

A Comparative Study of Mental Toughness between National Level Kho-Kho and Kabaddi Players

Kiran G. N.^{1*} Dr. R. Srinivasa²

¹Research Scholar, University College of Physical Education, Bangalore University, Bangalore

²Professor, University College of Physical Education, Bangalore University, Bangalore

Abstract – The purpose of the present study is to compare the mental toughness between national level Kho-Kho and Kabaddi players. The study was conducted by selected 20 each players, who were represented at Karnataka State team from both Kabaddi and Kho-Kho games. Their age ranging from 18 to 25 years. The subjects were selected from Pioneer Kho-Kho Club, B.M.T.C, H.A.L and Vijayanagara Kabaddi Club. Questionnaires were used as a tool to find out the mental toughness. Dr. Alan Goldberg's questionnaire was selected and used for the study. It was hypothesized that there would be a significant difference between the national level Kho-Kho and Kabaddi players. The 't' test is employed to compare the degree of mental toughness between national level Kho-Kho and Kabaddi players. To analyze the score t-test is employed; the level of significance for testing the hypothesis is set at 0.05 level of confidence. There is no a significant difference found between Kho-Kho and Kabaddi players. The Kabaddi players fared better than the Kho-Kho players when mental toughness is considered.

Keywords: Mental Toughness, Kho-Kho, Kabaddi, Questionnaires, Significance.

INTRODUCTION

Mental toughness is a huge terminology in the sphere of sports; the role of mental toughness is incredible. It leads to self-belief, self-confidence and makes to enhance the performance. It has the ability to create and maintain positive feelings, in the stage of difficult hinders and dilemma. Success for all the athletes is "mental toughness".

The good way of true success and achievement for athletes is mental toughness. The requirement of mental toughness develops mental capacity to excess by running through the pain and discomfort the body and it projects tough and tougher.

"Success is not final and failure is not fatal". This proverb has to be cultivated in the minds and practices of all the athletes.

According to Coach Pat Connelly "what is important is working hard to do better than runners done in the past, and better than some other athletes in their next race".

In present situation most of the players and coaches are updating with the issues of mental toughness

performing and designing programs to build mental toughness ability in them.

Kho-Kho and Kabaddi are the most popular games in India; it is rich in its nature and spreads the frogmen of rural life. Both the games were originated in India. These games are gaining momentum throughout the rural and urban areas in India. These games are easy to play, costs less expensive and little or no equipment needed. The rule for this game is easy to understand. These games are really thinking and interesting and have the qualities of other major games and at the sometime attract more appeal. Kho-Kho and Kabaddi games also require high level physical fitness and psychological variables.

HYPOTHESIS

It is hypothesized that there would be a significant difference in mental toughness among the National Level Kho-Kho and Kabaddi players.

PURPOSE OF STUDY

The main purpose of the study is to compare the mental toughness of the Kho-Kho and Kabaddi players.

METHODOLOGY

The study attempts to compare the mental toughness between Kho-Kho and Kabaddi players. Mental toughness test was conducted on selected 20 each Kho-Kho and Kabaddi players, who were represented at Karnataka state team. The age group of the subjects is ranged between 18 to 25 years. The subjects were selected from Pioneer Kho-Kho Club, B.M.T.C, H.A.L and Vijayanagara Kabaddi Club. These samples were tested with the help of Dr. Alan Goldberg’s mental toughness questionnaire to find out Psychological variable. The collected data were tabulated for the purpose of analysis. The t-test is used for testing the hypothesis for significance of mean difference in the mental toughness scores of kho-kho and Kabaddi players compared by using the statistical formula. All the statistical calculations were carried out with the help of SPSS windows package.

STATISTICAL ANALYSIS AND DISCUSSION

Table showing the Mean, Standard Deviation and T-value for mental toughness between Kho-Kho and Kabaddi players.

variables	Kho-kho players			Kabaddi players			t- value
	No. of sample	mean	Standard deviation	No. of sample	mean	Standard deviation	
Rebound ability	20	3.30	1.52	20	3.85	1.39	1.089
Ability to Handle pressure	20	3.75	1.33	20	4.25	1.01	1.248
Concentration	20	3.05	1.19	20	3.45	1.31	0.914
Confidence	20	4.60	1.09	20	4.75	1.11	0.376
Motivation	20	3.30	1.30	20	3.45	1.45	0.429

*Significant at 0.05 level.
Table value-2.09

It is evident from the table and clearly depicts that there is no significant difference in variance for Rebound ability between Kho-Kho and Kabaddi players are 3.30 and 3.85 respectively, the standard deviation is 1.52 and 1.39. The t-test value is 1.089. There is no significance difference between the Kho-Kho and Kabaddi players of Rebound ability, because the t-ratio is less than table value (2.09). Kabaddi players have better Mental Toughness of Rebound ability than the Kho-Kho players.

It is evident from the table and clearly portrays that there is no significant difference in variance for Ability to handle pressure between Kho-Kho and Kabaddi players are 3.75 and 4.25 respectively, the standard deviation is 1.33 and 1.01. The t-test value is 1.248. There is no significance difference among Kho-Kho and Kabaddi players of Ability to handle pressure, because the t-ratio is less than table value (2.09). Kabaddi players have better Mental Toughness of Ability to handle pressure than the Kho-Kho players.

It is evident from the table and clearly explains that there is no significant difference in variance for Concentration between Kho-Kho and Kabaddi players are 3.05 and 3.45 respectively, the standard deviation is 1.19 and 1.31. The t-test value is 0.914. There is no significance difference among Kho-Kho and Kabaddi players of Concentration, because the t-ratio is less than table value (2.09). Kabaddi players have better Mental Toughness of Concentration than the Kho-Kho players.

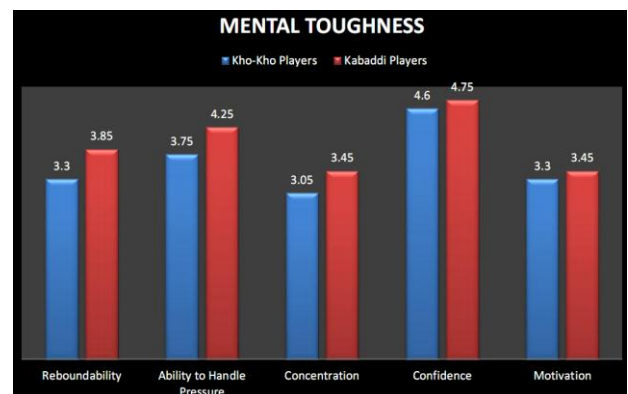
It is evident from the table and clearly defines that there is no significant difference in variance for Confidence between Kho-Kho and Kabaddi players are 4.60 and 4.75 respectively, the standard deviation is 1.09 and 1.11. The t-test value is 0.376. There is no significance difference among Kho-Kho and Kabaddi players of Confidence, because the t-ratio is less than table value (2.09). Kabaddi players have better Mental Toughness of Confidence than the Kho-Kho players.

It is evident from the table and clearly depicts that there is no significant difference in variance for Motivation between Kho-Kho and Kabaddi players are 3.30 and 3.45 respectively, the standard deviation is 1.30 and 1.45. The t-test value is 0.429. There is no significance difference among Kho-Kho and Kabaddi players of Motivation, because the t-ratio is less than table value (2.09). Kabaddi players have better Mental Toughness of Motivation than the Kho-Kho players.

It can also be observed that there would be no significant difference between the Kho-Kho and Kabaddi players. Hence the stated research hypothesis was rejected and null hypothesis is accepted.

Figure-1

Graph showing the mean value of Mental Ability between Kho-kho and Kabaddi players



CONCLUSION

On the basis of systematic study with all the limitations it is concluded that, there is no significant difference between the Kho-Kho and Kabaddi

players. The Kabaddi players fared better than the Kho-Kho players when mental toughness is considered. The Kabaddi players are mentally tougher than Kho-Kho players. Thus the Kho-Kho players need more psychological training.

RECOMMENDATIONS

With the result of the studies the following recommendations have been made.

1. Every sports person should compulsorily undergo tests for measuring the mental toughness.
2. This study helps us to know the importance of psychological fitness and work towards the development.

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Corresponding Author

Kiran G. N.*

Research Scholar, University College of Physical Education, Bangalore University, Bangalore

E-Mail – nidhi7rkt@gmail.com