

# Assessment on Mental Toughness among Team Games of Haryana

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**Abstract – This study was conducted to compare mental toughness among team games of Haryana. Total 120 male players of different games i.e. ball, Basketball, Football and Hockey (Ave. age 23.31 yrs) who took part in interuniversity tournament were selected as sample. The selected sample comprise of equal number of subjects different team games belongingness. Mental toughness questionnaire prepared by Tiwari (2004) was used in the present study to collect data. Results reveal that mental toughness of Hockey male players is significantly higher as compared to other team games i.e. Basketball and Football players at .05 level of significance. On the basis of results, it may be concluded that psychological qualities such as mental toughness which is related with sports performance can be differentiated in interuniversity volleyball players on the basis of their different team games belongingness.**

**Keywords – Mental Toughness, Male, Team, Haryana.**

## INTRODUCTION

People who remain calm and collective during pressure situations are mentally tough, this was opined by Loehr (1986) [3]. According to Loehr mentally tough athletes use their positive energy during play when situation becomes tense. The components which form mental toughness are self-confidence, ability to control fear, anger and frustration, focus, positive mental image, to persevere to achieve something, and attitude control respectively. One of the psychological variable i.e. mental toughness has been considered most valuable as far as sports performance is concerned by sports psychologists.

## METHODOLOGY

Total 120 male players of different games i.e. Basketball, Football and Hockey (Ave. age 23.31 yrs) who took part in interuniversity tournament were selected as sample. The selected sample comprise of equal number of subjects different team games belongingness. Mental toughness questionnaire prepared by Tiwari (2004) was used in the present study to collect data. Results reveal that mental toughness of Hockey male players is significantly higher as compared to other team games i.e. Basketball and Football players at .05 level of significance which is analysis by 't' test.

## RESULTS

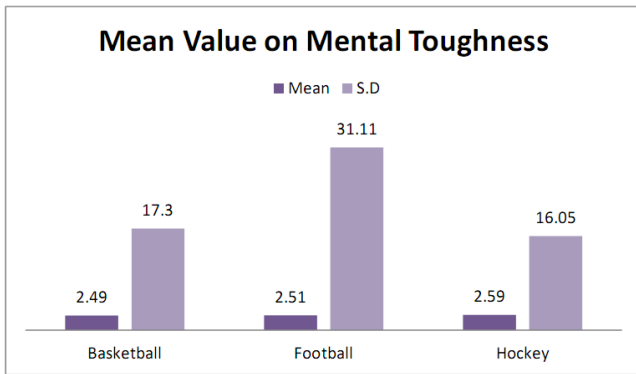
Table-1

Mean value on mental toughness of team games of Haryana

Group	N	Mean	S.D	't'
Basketball (Male Players)	40	2.49	17.30	1.94
Football (Male Players)	40	2.51	31.11	2.94
Hockey (Male Players)	40	2.59	16.05	4.03

Significant at 0.05 levels

When compared on the basis of the residential area of the team games, the three team games namely Basketball, Football and Hockey shows a significant difference in mental toughness. The Hockey male player's shows higher mental toughness scores as compared to the other team games. The following graph depicts the mean mental toughness scores among the team games of Haryana.



Graph- 1

Graphical representation on mental toughness of team games of Haryana

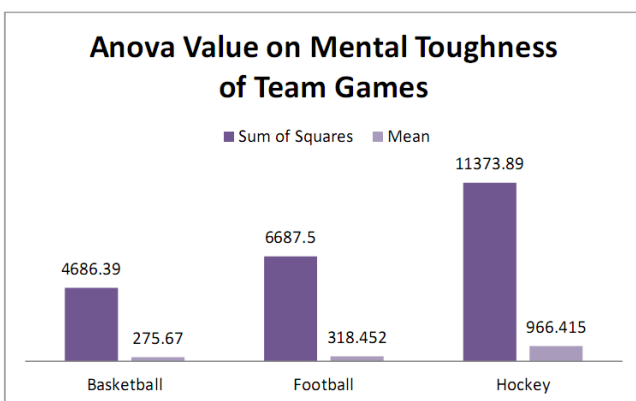
Table- 2

Anova value on mental toughness of team games of Haryana

Source of treatment	Sum of Squares	DF	Mean	F ratio
Between Group	4686.39	17	275.67	.866
Within Group	6687.50	21	318.45	
Total	11373.89	38	966.41	

Significant at 0.05 levels

The mean squares value of the self-awareness in case of basketball, football and hockey male players of Haryana is .275.67, 318.45 and 966.41 respectively. The obtained sum of squares between the groups is 4686.39 with in groups is 6687.50 and in total is 11373.89. The obtained f-ratio value among the basketball, football and hockey male players of Haryana is .866.



Graph-2

Graphical representation on a nova difference on mental toughness of team games of Haryana

**CONCLUSION**

On the basis of results, it may be concluded that psychological qualities such as mental toughness

which is related with sports performance can be differentiated in interuniversity volleyball players on the basis of their different team games belongingness.

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