A Comparative Study of Mental Toughness in Talented Kabaddi Players

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ABSTRACT
The present study compared mental toughness of talented male kabaddi players. To serve the purpose of the study, 50 national level male kabaddi players (Average age 26.22 years) and 50 intercollegiate male kabaddi players (Ave. age 21.92 years) were selected randomly. 6 dimensional mental toughness inventory prepared by Tiwari (1994) was the psychological tool used in the present study. The result showed that talented male kabaddi players are mentally more tough as compared to less talented kabaddi players. It was concluded that achievements in kabaddi is greatly linked to mental toughness.

INTRODUCTION
In competitive sport a player often comes across certain movements where winning or losing is dependent on players ability to cope with pressure situations. In this regard mental toughness plays a major role. According to Loehr (1986) a mentally tough athletes have the ability to increase the flow of positive energy in difficult situations. Loehr (1986) also suggested that mentally tough performers are disciplined thinkers and respond to pressure by remaining relaxed, calm and energized. Hence, mental toughness includes psychological qualities like confidence, optimism, ability to cope with pressure situation, ability to tolerate pain and discomfort and ability to bounce back from tough situations and failures. The mental toughness attributes include (1) self-confidence (i.e. belief that he/she can perform well and be successful), (2) negative energy control, (3) stay focused and to perform well, (4) visualization and imagery control (i.e. creating positive mental images), (5) motivation level (i.e. the energy and willingness to persevere), (6) positive energy control (i.e. energized with fun, joy and satisfaction), and (7) attitude control (i.e. habits of thought and unyielding).

Researchers in the past have shown that mental skills like mental toughness can differentiate between success and failure in sports. Researchers like Thomas and Over (1994) and Meyers et al. (1998) in their
studies showed the significance of mental toughness in sports performance. Norris (1999) and Gould et al. (2002) also showed that mental toughness is the foremost criteria to become a champion.

It is true that India reign its supremacy in kabaddi at world stage but European countries are fast catching up with India. In order to remain at the top, the mental skills of Indian male kabaddi players needs to be ascertained for talent identification programs in future. Although so many researchers like Khanna, et al. (1996), Meti and Saraswati (2007), Mahdi Majlesi et al. (2012), Quadri and Dhonde (2012) have investigated physical and physiological, nutritional, psychological aspects of sports performance in kabaddi but so far no study has been conducted as yet in India which addresses the mental toughness of talented male kabaddi players. Hence the researcher decided to compare mental toughness of national and inter collegiate male kabaddi players.

HYPOTHESIS
Talented male kabaddi players will show more magnitude of mental toughness as compared to less talented male kabaddi players.

PROCEDURE

Sample
50 male kabaddi players (Ave. age 26.22 years) who took part in national championship were selected as sample and treated as talented male kabaddi players. Another set of 50 male kabaddi players (Ave. age 21.92 years) who participated in inter collegiate kabaddi tournaments were also selected and treated as less talented male kabaddi players. Random sampling method was used for selection of subjects.

Tools
To assess mental toughness, 6 dimensional mental toughness inventory, prepared by Tiwari (1994) was adopted. This inventory is highly valid and reliable.

Procedure
Randomly selected male kabaddi players were subjected to mental toughness inventory prepared by Tiwari (1994) as per standard procedure and according to availability as well as convenience of subjects in a laboratory like condition. Author’s manual was used to score the responses given by subjects. After classifying data into talented (national level) and less talented male kabaddi players (inter collegiate level), it was compared with the help of independent sample ‘t’ test.
ANALYSIS OF DATA

Table No. 1 Comparison of Mental Toughness between Talented and Less Talented Male Kabaddi Players

<table>
<thead>
<tr>
<th>Variable</th>
<th>Talented Male Kabaddi Players (N=50)</th>
<th>Less Talented Male Kabaddi Players (N=50)</th>
<th>t</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M</td>
<td>S.D.</td>
<td>M</td>
<td>S.D.</td>
</tr>
<tr>
<td>Mental Toughness</td>
<td>180.78</td>
<td>20.68</td>
<td>168.68</td>
<td>21.52</td>
</tr>
</tbody>
</table>

A perusal of entries reported in table 1 reveal that national male kabaddi players are mentally more tough (M=180.78) as compared to male kabaddi players of lesser talent (M=168.68). The calculated t=2.86 also confirms this finding at .01 level of statistical significance.

DISCUSSION

The results once again reiterated that self control, patience, optimism, and environmental adaptation are key mental skills to succeed at highest level. In a study of the psychological characteristics of Olympic champions, Gould et al. (2002) identified mental toughness as the mental skill which is one of the most significant contributor for sports performance enhancement. Hence the results of the present study are consistent with the previous findings.

RESULTS

Mental toughness in talented male kabaddi players was significantly higher as compared to male kabaddi players with lesser talent.

CONCLUSION

On the basis of results it was concluded that talented male kabaddi players have significantly better mental skills in the form of mental toughness which enable them to perform at highest level.
REFERENCES


