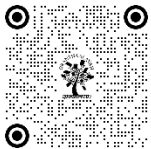


A COMPARATIVE STUDY OF MENTAL TOUGHNESS OF INTERUNIVERSITY AND NATIONAL LEVEL KABADDI PLAYERS OF MAHARASHTRA

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ABSTRACT

The aim of the present study is to study the Mental Toughness of interuniversity and national level kabaddi players of Maharashtra. A total of 350 kabaddi players of Maharashtra have been selected as a sample of the study by purposive sampling method. In which 175 Inter University level and 175 National level Male Kabaddi players. Mental Toughness scale developed by Allan S. Goldberg has been used. To determine the psychological characteristics of different levels of Kabaddi players percentage and t-test has been calculated. Results indicate that most of the Inter University and National level Kabaddi players of Maharashtra have Moderate Mental Toughness. There is found no significant difference in Mental Toughness of inter university and national level kabaddi players of Maharashtra.

Keywords: Sport Psychology, Mental Toughness, Kabaddi Players

1. INTRODUCTION

Performance in sports is not just determined by biomechanics (e.g., technique variables) and physiology (fitness factors); psychological elements also have a big impact. To perform at their peak, however, every athlete must experience some level of stress. Previous experiences, coping strategies, and heredity all have an impact on that threshold. Playing sports can cause acute, episodic, or chronic stress, just like anything else in life. Sports are often episodic, whether it's a fun match between friends or a championship game. In fact, acute stress is a challenger; if it is not connected, it may become an episodic stressor that might affect a person over time and interfere with play.

2. MENTAL TOUGHNESS

A person's degree of confidence and mental toughness can be used to predict success in the workplace, school, or sports. It evolved as a broad phrase in the context of sports training, referring to a set of attributes that allow an athlete to progress as an athlete and manage difficult training and competing situations while remaining confident. The word has grown in favor in recent years among coaches, sport psychologists, sports writers, and business leaders.

Mental toughness is more vital to sports success than any other single attribute. In the initial research on mental toughness, 82% of wrestling trainers rated it as a significant component in their players' success (Sharma, 2022). A good attitude or mental toughness is extremely beneficial to success for a variety of reasons. A successful athlete must be tough under pressure, confident in themselves, and devoid of personal troubles. They must be motivated to achieve and understand that they are capable of accomplishing everything they set their minds to.

India undoubtedly dominates kabaddi. Since its entry to Asian games and the inauguration of the kabaddi world cup, India has been nearly untouchable. They are World Cup champions in both the men's and women's categories. However, things are gradually changing, as seen by India's loss in a league game and the tight encounter with Iran. As a result, the gap between India and other nations is narrowing rapidly. It may be claimed that Indian kabaddi players are worlds ahead in terms of talent, but it is also vital to assess their psychological capacity. Mental toughness, a type of psychological examination, might be utilized in this context. Psychological data may also help you stay ahead in all aspects of your Kabaddi performance. In recent decades, mental toughness has emerged as a significant psychological determinant for sustained success.

2.1. OBJECTIVES

- 1) To analyze Mental Toughness of Inter University level and National Male Kabaddi Players.
- 2) To compare Mental Toughness of Inter University and National level Male Kabaddi Players.

Hypothesis

- 1) There will be no significant difference in Mental Toughness of Inter University and National level Kabaddi players of Maharashtra.

3. SOURCE OF DATA AND SELECTION OF SUBJECTS

The data required for the present study has been collected from the Inter-University level and National level Male Kabaddi players from the places of training and competitions of players like- Stadium, universities, and colleges.

Sample

In the present study, a total of 350 kabaddi players of Maharashtra have been selected as a sample of the study by purposive sampling method. In which 175 Inter University level and 175 National level Male Kabaddi players.

Procedure

In the present study a following questionnaires for psychological variables has been used for data collection. The details of questionnaire is as follows-

- Mental Toughness would be assessed by question naire developed by Allan S. Goldberg.

To determine the psychological characteristics of different levels of Kabaddi players percentage and t-test has been calculated.

4. RESULT AND DISCUSSION

- To analyze Mental Toughness of Inter University level and National Male Kabaddi Players.

Table Level of Mental Toughness of Inter University and National level Kabaddi players of Maharashtra

Classification	InterUniversitylevel	National level
	(N=175)	(N=175)

Low Mental Toughness	6.67%	8.00%
Moderate Mental Toughness	50.67%	49.34%
High Mental Toughness	42.66%	42.67%

Interpretation

Table illustrates the level of mental toughness of inter university and national level kabaddi players of Maharashtra. It is clear from that, out of 175 inter university level players, 6.67% have low mental toughness, 50.67% have moderate mental toughness and 42.66% have high mental toughness. Whereas, out of 175 national level players, 8% have low mental toughness, 49.34% have moderate mental toughness and 42.67% have high mental toughness. It can be concluded that the mental toughness of inter university and national level kabaddi players is not different.

- There will be no significant difference in Mental Toughness of Inter University and National level Kabaddi players of Maharashtra.

Table Difference in Mental Toughness of Inter University and National level Kabaddi players of Maharashtra

Group	N	Mean	SD	t-value	Result
InterUniversitylevel	175	23.67	11.44	1.56	Not Significant
National level	175	25.48	10.23		

Interpretation

Table illustrates the difference mental toughness of inter university and national level kabaddi players of Maharashtra. It is clear from the observation of the table that the mean scores of mental toughness of inter university level and national level players were found 23.67 and 25.48 and the standard deviation were found 11.44 and 10.23 respectively. On calculation, the t-test the value was found to be 1.56. The table value of the t-test is 1.97 at the degree of freedom 348 and the significance level 0.05, which is more than the calculated value. Therefore, the formulated hypothesis is accepted. It can be concluded that there is found no significant difference in self-confidence of inter university and national level kabaddi players of Maharashtra.

5. CONCLUSION

Result of the study shown that most of the Inter University and National level Kabaddi players of Maharashtra have Moderate Mental Toughness. There is found no significant difference in Mental Toughness of inter university and national level kabaddi players of Maharashtra.

CONFLICT OF INTERESTS

None.

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