

MENTAL TOUGHNESS AMONG THE HOCKEY PLAYER OF STATE AND NATIONAL LEVEL

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ABSTRACT

Mental toughness is the ability to consistently sustain one's ideal performance state during adversities in competition performing to one's potential requires good technique and mental skills. The purpose of the study was to find out the difference between the mental toughness of hockey players at State and National level. The subjects selected for this study were 30 male hockey players from senior national tournament and 30 male hockey players from state tournament. Mental Toughness Questionnaire¹ (2004) prepared by Alan Goldberg is the most appropriate test because it contains only 30 items and it can be filled up within 3 to 5 minutes. It covers the entire Five Mental Toughness components which are rebound ability, pressure tolerance, concentration, confidence, motivation. It is a reliable questionnaire for measuring mental toughness. To analyze the mental toughness among hockey players of State and National level 'T' test was applied to find out the significant of mean difference between hockey players of state and national level. There was significant difference found in players participating in different state and national level tournaments.

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INTRODUCTION

Mental toughness is the ability to consistently sustain one's ideal performance state during adversities in competition performing to one's potential requires good technique and mental skills. Ups and down in performance are often directly traceable to psychological ups and down. Players who create a special atmosphere within them perform consistently. Mental toughness is learnt, not inherited. The ultimate measure of mental toughness is consistency. The mentally tough competitor is self-motivated and self-directed. He/she does not need to be pushed from outside as he is controlled from outside as he is controlled from within. The player is in total control of his emotions. He/she is positive and realistic about his/her goals and success. The individual is generally calm and relaxed under pressure situations. The person is also mentally alert, focused, confident and responsible for his actions. He is ready for actions. He is ready for action, usually energetic and determined. The three basic principles of mental toughness are: (1) control what you think. (2.08) Control what you visualize and (3) control how you look. The central nervous system cannot tell the difference between the thought and the actual event. Your muscles undergo a 1/3 contraction every time you visualize an action. The more vivid, detailed and real the visualization, the more powerful will be the effect. Mental toughness depends on controlling your emotional response to events. Control the situation rather than letting the situation control you. You can't control winning, but you can control your mental state, which will help you perform better. Performing better will help you win. In the modern times it is not the participation but outstanding performance which is important. So much emphasis on excellence and for winning has led to searching for the bases of performance. Therefore; attempts to identify the factor determining success in competitive sports have captured the attention of sports scientists. Sport psychologists (researchers and practitioners), coaches, sports commentators, sports fans, and athletes acknowledge the importance of mental toughness in sporting performance. In the work on the issue emphasized that athletes and coaches felt that at least fifty percent of success is due to psychological factors that reflects mental toughness. Similarly, Gould, Hodge, Perterson, and Petlichkoff (1987) emphasized that coaches feel that mental toughness is important in achieving success, while Norris (1999) has emphasized the importance of mental toughness in developing champion athletes. Despite widespread agreement on the importance of mental toughness and calls to identify psychological attributes that create champions, high quality researcher into mental toughness is limited. Jones, Hanton and Connaughton (2002) conducted a qualitative study of elite athletes, aiming to define mental toughness and to determine the essential attributes required to be a mentally

tough performer. Mental toughness is having the natural or developed psychological edge that enables you to:

1. Generally, cope better than your opponents with the many demands (competition, training, lifestyle) that sport places on a performer; and
2. Specifically, be more consistent and better than your opponents in remaining determined, focused, and in control under pressure.

Athletes are constantly under severe levels of stress and anxiety to perform well. They fight for every inch and often put their bodies through excruciating pain to secure a win. Yet how is it done? How does one get the subconscious mind and body to work together without consulting the conscious and rational mind---which surely would prevent such nonsense from continuing? As is the case with any competition, there are situations that require the utmost concentration in face of difficult circumstances. These can be caused by anything from being a half boat down with 500 meters left in a crew regatta, to having to make one more touchdown to secure that extra point over your opposition. If you are able to maintain mental toughness then success will be yours.

METHODOLOGY

The subjects selected for this study were 30 male hockey players from senior national tournament held at Pune from 2nd to 14th April 2015 and 30 male hockey players from state tournament held at Rewa from 2nd to 6th Feb 2015. Mental Toughness Questionnaire2 (2004) prepared by Alan Goldberg is the most appropriate test because it contains only 30 items and it can be filled up within 3 to 5 minutes. It covers the entire Five Mental Toughness components which are rebound ability, pressure tolerance, concentration, confidence, motivation. It is validity and reliable questionnaire for measuring mental toughness. The questionnaire on mental toughness prepared by Alan Goldberg has thirty items, which has five categories namely: Rebound ability (6 questions), Pressure tolerance (6 questions), Concentration (6 questions), Confidence (6 questions), and Motivation (6 questions). A sample statement under handling pressure category read “I get too nervous to really perform to my potential.” The subjects were instructed to respond to each item according to how they generally felt in competitive sports situations.

Every statement has two possible responses i.e.

- A. True
- B. False

The questionnaires on mental toughness were administered to 30 male hockey players from each category i.e. State 2nd to 6th 2015. Further Data of men's hockey players was collected during Senior Nationals at Pune from 2nd to 14th April 2015. The purpose and description of the questionnaire on mental toughness were explained to them. Questionnaires were distributed, instructions and directions were read by the scholar at dictation speed to make the subjects understand about what they were exactly required to do. All subjects were instructed to respond independently. There were no time limit for the completion of the questionnaire but the subjects were instructed not to ponder too long over any statement and respond all the statements in the questionnaire independently.

CRITERION MEASURES

Mental Toughness Questionnaire (2004) prepared by Alan Goldberg, was used to provide a quick assessment of mental toughness of hockey players of State and National level. This questionnaire is especially designed for adolescents and adults. The questionnaire consists of 30 items which covers the entire five mental toughness components.

1. Rebound ability
2. Pressure tolerance
3. Concentration
4. Confidence
5. Motivation

On the basis of their mental toughness which describes them the best at the moment, the subject responded to the alternative response in true and false.

FINDINGS OF THE STUDY

Table-1

INDEPENDENT T- TEST FOR THE COMPARISON OF STATE AND NATIONAL LEVEL OF HOCKEY PLAYERS ON SCORES OF CONCENTRATION

Levene's Test for Equality of Variances									
t-test for Equality of Means									
	F	P-Value	T	Df	P-Value	Mean Difference	Std. Error Difference		
Concentration	.943	.336	1.430	58	.158	.46	.32		

***Not significant at 0.05 level**

tab $F_{.05}(2, 57) = 2.00$

Table 1 reveals that the Levene's test for equality of variance was significant as p-value is greater than .05. It is also evident from the above table that value test statistics (i.e., 't') was found significant. As the p-value is greater than .05. The results from the above table shows that the mean difference (.46) of state and national level of hockey players on concentration was significant which says that there is difference in concentration of state and national level of hockey players.

Table-2

INDEPENDENT T- TEST FOR THE COMPARISON OF STATE AND NATIONAL LEVEL OF HOCKEY PLAYERS ON SCORES OF CONFIDENCE

Levene's Test for Equality of Variances									
t-test for Equality of Means									
	F	P-Value	T	Df	P-Value	Mean Difference	Std. Error Difference		
Confidence	.000	.988	4.427	58	.000	1.16	.26		

***Not significant at 0.05 level**

tab $F_{.05}(2, 57) = 2.00$

Table 2 reveals that the Levene's test for equality of variance was insignificant as p-value is greater than .05. It is also evident from the above table that value test statistics (i.e., 't') was found significant as the corresponding p-value is greater than .05. The results from the above table shows that the mean difference (1.16) of state and national level of hockey players on confidence was insignificant, which says that there is no difference in confidence of state and national level of hockey players.

Table-3

INDEPENDENT T- TEST FOR THE COMPARISON OF STATE AND NATIONAL LEVEL OF HOCKEY PLAYERS ON SCORES OF HANDLE PRESSURE

	Levene's Test for Equality of Variances		t-test for Equality of Means				
	F	P-Value	T	Df	P-Value	Mean Difference	Std. Error Difference
Handle Pressure	4.451	.039	.591	58	.557	.20	.33

*Not significant at 0.05 level

tab $F_{.05}(2, 57) = 2.00$

Table 3 reveals that the Levene's test for equality of variance was significant as p-value is greater than .05. It is also evident from the above table that value test statistics (i.e., 't') was found insignificant as the corresponding p-value is greater than .05 the results from the above table shows that the mean difference (.20) of state and national level of hockey players on handle pressure was significant which says that there is difference in handle pressure of state and national level of hockey players.

Table-4

INDEPENDENT T-TEST FOR THE COMPARISON OF STATE AND NATIONAL LEVEL OF HOCKEY PLAYERS ON SCORES OF MOTIVATION

Levene's Test for Equality of t-test for Equality of Means Variances									
	F	P-Value	T	Df	P-Value	Mean Difference	Std. Error Difference		
Motivation	.247	.621	1.303	58	.198	.43	.33		

***Not significant at 0.05 level**

tab $F_{.05}(2, 57) = 2.00$

Table 4 reveals that the Levene's test for equality of variance was significant as p-value is greater than .05. It is also evident from the above table that value test statistics (i.e., 't') was found significant. As the corresponding p-value is greater than .05 the results from the above table shows that the mean difference (.43) of state and national level of hockey players on motivation was significant which says that there is difference in motivation of state and national level of hockey players.

Table-5

INDEPENDENT T-TEST FOR THE COMPARISON OF STATE AND NATIONAL LEVEL OF HOCKEY PLAYERS ON SCORES OF MOTIVATION

Levene's Test for Equality of Variances									
t-test for Equality of Means									
	F	P-Value	T	df	P-Value	Mean Difference	Std. Error Difference		
Rebound Ability	2.171	.146	.327	58	.745	.10	.30		

***Not significant at 0.05 level**

tab $F_{.05}(2, 57) = 2.00$

Table 5 reveals that the Levene's test for equality of variance was significant as p-value is greater than .05. It is also evident from the above table that value test statistics (i.e., 't') was found insignificant as the corresponding p-value is greater than .05 the results from the above table shows that the mean difference (.10) of state and national level of hockey players on rebound ability was significant which says that there is difference in rebound ability of state and national level of hockey players.

DISCUSSION OF FINDINGS

The data obtained and analysis of data has revealed that the mental toughness of male state and national hockey players were of average level and significance difference were observed when both of these group were statistically compared. Performing at optimal level require optimal level of Rebound ability, Concentration, Confidence, Pressure tolerance and Motivation factors comprising mental toughness of state and national level players have to acquire all positive characterless or excellent players of hockey in both categories have not shown the desired mental toughness administrators may not be giving more emphasis on the mental aspects of the training physical performance in considered to be the most important aspect of training. But now days 75% of winning in sports its considered to be depended on the mental aspect, hence wild training this aspects should be trained enough so that at the time of competition player coaches excellent behavior characteristics required for peak performance in mental toughness analysis of data. it was also revealed that there significant difference state and national level hockey in the entire five dimensions of Mental Toughness "REBOUND ABILITY" players of state and national level of hockey players were observed to have good level on rebound ability the mean difference are 0.10 both groups were toward the higher side, but mental toughness of national level players was better than state level of hockey players, because national level players have good in skill, more maturity compare to state level of players and psychologically prepare for any crucial situation for play that's why the national level of hockey players were better in REBOUND ABILITY. In second dimension CONCENTRATION of state and national level of hockey players were observed to have good level on concentration the mean difference are 0.46 both group is toward the higher side, but mental toughness of state level players are better than the national level of hockey players, because state level player have less pressure in their that's why the state level players are good in CONCENTRATION. In third dimension HANDLE PRESSURE of state and national level of hockey players were observed to have good level on HANDLE PRESSURE the mean difference are 0.20 both group is toward the higher side, but mental

toughness of national level players are better than the state level of hockey players, because national level player have good in tackling the pressure during and after the match in their that's why the national level players are good in HANDLING PRESSURE. In fourth dimension MOTIVATION of state and national level of hockey players were observed to have good level on MOTIVATION the mean difference are 0.43 both group is toward the higher side, but mental toughness of national level players are better than the state level of hockey players, because national level player have good knowledge of skill, the compare with positive way and negative way and motivation level will increase automatically when the player will fight with state level players that's why the national level players are good in MOTIVATION. In last dimension CONFIDENCE of state and national level of hockey players were observed to have good level on CONFIDENCE the mean difference are 0.16 both group is toward the higher side, but mental toughness of national level players are better than the state level of hockey players, because national level player have more match playing experience and good way to tackle the match that's why the national level players are good in CONFIDENCE.

CONCLUSION

On the basis of the analysis of the data following conclusion were drawn:-

- There was significant difference found in players participating in different state and national level tournaments.
- It was found that the mental toughness of national level of Hockey players are better than state level hockey players.
- It was found that the sub factors of mental toughness in confidence of state level players are better than the national level players.
- It was found that the sub factors of mental toughness in rebound ability, concentration, motivation, pressure tolerance of national level players are better than the state level players.

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