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"A STUDY OF MENTAL TOUGHNESS AMONG THE KHO-KHO AND KABADDI PLAYERS"

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ABSTRACT

This study was conducted for the purpose of examine measure and also compare the mental toughness among Kho-Kho and Kabaddi team games. The descriptive method of research was utilized and the normative survey technique was used for gathering data. The MTQ48 (Clough et al., 2002) questionnaire served as the instrument for collecting data from 60 students from different colleges who played in Karnatak University Dharwad Inter collegiate competitions. Using descriptive analysis and independent simple t test was done by using IBM SPSS statistics 21.0 software. This study reveals there are no significant difference between and Kho-Kho and Kabaddi game players' mental toughness. Although Kho-Kho game players possesses higher mean average than the Kabaddi game players but difference was not at significant level so hypothesis that predicted is accoaches.

KeyWord: Mental Toughness, Kho-Kho, Kabaddi

INTRODUCTION

In today's world, it is rare to see individuals competing for pure pleasure relaxation and innocent recreation. Rare too is does not matter whether we win or lose'-a mantra which is co increasingly old fashioned. The world in which we live today is seemingly more obsessed with success and within the desire and drive to "win" Perhaps it is the thought of being the best, the thought of being the most powerful or the most intelligent that is captivating and encompasses our drive for success. In almost every endeavour the humankind embarks on there exists the drive to be at the top, or to continuously improve at the very least. Michael Shared, in his book The Achievement Mind-set: Understanding Mental Toughness presents some thought provoking questions that we should all be considering. He asks the following: What separates an athlete thriving on elite competition from one who disintegrates under pressure? Why is it that some athlete is able to succeed in the face of adversity while others cannot? Why can some athletes resist and disregard negative effect in competition while others let it influence and weaken their competitive performance? What is it that allows athlete to rebound after defeat and personal failure? Many suggest that the answers to these questions lie in the successful development,

Implementation and continuous maintenance of thief concept of Toughness. Top sports people today realize that winning goes just technique and further includes a new dimension known psychology of winning which incorporates a magnitude of different mental ingredients such as context specific mental skills found in tailor made Mental Toughness programs

Until recently, enquiries into the phenomenon of Mental Toughness were inundated with the commonly-held notion that Mental Toughness was a big cliché' within the sporting world. Numerous researchers have pondered over how broadly applied the term Mental Toughness is, coupled with it being one of the least understood phrases in sport. The situation today is somewhat different. The concept of Mental Toughness is no longer new, and for some time now there have existed many applied texts devoted solely to the development and conceptualization of Mental Toughness. The increased flow of academic interest in the Mental Toughness. The increased flow of academic interest in the Mental Toughness phenomenon clearly indicates the significance and importance that

sport psychologists, coaches and athletes they place on Mental Toughness. The influence that psychological factors have on athletic performance is becoming increasingly important and prominent today. So much so that coaches, athletes and sport administrators. Recognise that success can't be guaranteed by raw physical talent alone. In fact many researchers have significant influencing factor contributing to success excellence as well as A endorsed by various research Africa there is psychological intervention and the impact it has on performance Researchers conducting studies using psychological intervention frameworks are still trying to capture the, a somewhat stubborn audience.

When we encounter stressful situations or are faced with any kind of adversity, the resultant outcome in terms of positive or negative emotional responses and the effects these responses have on our performance will be influenced by our ability to successfully manage internal and external demands. This refers to ability to go beyond pure physical talent, skill and ability and tap into the mental side of performance enhancement and optimization: Too many people overlook mental elements when faced with difficulty in performances and whenever faced with situation that require an enhanced level of performance, the immediate reaction is generally to make an adjustment to all levels and phases of their physical training routine long before the mental aspect of performance is even considered. Every athletic contest is a contest of control, control of the delicate mind and body connection, yet athletes consistently and persistently continue to train harder and harder I call at the expense of mental training.

Athletes that are able to engage in the mental side of training and performing have a greater advantage to those who are unable to do this. The biology of the human body is designed to regulate its very existence and this regulation stems directly from the central control system, the brain and the mind. Regardless of the physical attributes that athletes may possess, the tougher athlete: will most often prevail and the determining factor between success and failure is "often more easily and perhaps more appropriately, attributable to psychological factors". The determining factor between a good athlete and a great athlete can come down to the quality and extent of their psychological preparation and how well these athletes apply their skills during high pressure game situations. It has now become crucial for athletes, should they want to succeed, to obtain the ability to cope with the psychological stress that accompanies not only elite sports participation but sports participation in general. Gucciardi, Gordon, and Dimmock (2009) use the concept 'Mental Toughness' as an umbrella term for athletes who are considered to possess superior mental characteristics and they believe that it is the mental game that will differentiate the performers. It can be simply put 'Mental Toughness sets apart good and great athletes when physical, technical and tactical skills are equal'.

It is important to note, however, developing and maintaining physical or technical abilities. The point being stressed here is that an athlete who has physical talent skill and ability can become an even greater athlete and increase their chances of a more successful performance and care if they begin to mentally An athlete who does not share equal physical ability as other this and who is perhaps considered slightly weaker in this regard may even become a better athlete if they learn to mental training and technical training they will increase the chances of establishing a consistent peak performance every time they compete They will open up an opportunity for superior and elite performance that otherwise was untapped unheard of and somewhat unattainable They will be breaking into unexplored realms of performance optimization The store developing and furthermore maintaining Mental Toughness is imperative in today's sporting world and the difference between success and failure may be determined by this sole factor.

MENTAL TOUGHNESS

The mental toughness widely used in the realm of athletic Both coaches and the like acknowledge that athletic Success stems from not only one's physical ability, but the ability to develop a maintain a strong state of mind as well. According to Greg Dale (2010) an accredited sport

psychologist, most athletes admit that anywhere from 50.00 % of their success in sport is attributed to psychological call factors. However, when asked how much time athletes actually spend developing and practicing their mental game most admit to committing only 5-10 % of their total training time to the Development of key psychological skills essential to sport (Dale 2010). Phrases such as 'focus', 'relax, leave confidence', 'stay composed', and "be tough, are commonly heard in the sporting environment. However, although these phrases are widely used, the majority of athletes are never actually taught how to focus, how to relax, how to be confident, how to stay composed, and how to be tough. Most coaches and athletes simply focus their time and effort on technical and physical training, as opposed to mental skills training. However, it is the combination of both physical and mental strength that is essential for optimal athletic achievement. Yogi Berra, a former American Major League Baseball player, is famous for his statement that " 90 % of the game is half mental" (Dale, 2010). This significance and the importance of the mind in athletics.

Although the importance of mental toughness for achieving optimal performance results has been acknowledged, this concept is of overlooked, and there is much ambiguity surrounding the actual definition of the term mental toughness as it relates to sport. Lack of clarity and precision surrounding the term mental toughness is unfortunate, since it is arguably one of the most important psychological attributes in

Achieving performance excellence" Jones et al., 2002, p. 206). Identifying a clear definition of mental toughness may help both coaches and athletes alike to develop a better understanding of the concept, while gaining insight on the significance and importance of devoting both time and effort to enhancing mental toughness. With the ultimate goal of achieving performance excellence in mind, it is important to uncover the ambiguity surrounding mental toughness, while encouraging both coaches and athletes to devote appropriate training time to the development of such a key psychological skill Mental toughness has been defined as "a collection of values, attitudes, emotions, and cognitions that influence the way in which an individual approaches, responds to, and appraises demanding events to consistently achieve his or her goals" (Gucciardi, Gordon, & Dimmock, 2009, p. 206). A concept that was developed within the setting of sport psychology refers to what we usually call the higher mental abilities of an athlete (Crust, 2008). However, the question of whether athletes differ from athletes regarding their mental toughness still needs to be addressed. Gucciardi et al. (2009) suggest that mental toughness is more a function of environment than domains, potentially important in any environment that requires performance setting challenges, and adversities, La... Business, the military, and medicine. Two recent studies examined mental toughness in a non-sport sample (Gerber et al. 2013a, 2013b) however no comparison was made with athletes. In addition, those two studies made the assumption that the structure of mental toughness was similar in athletes and non-athletes. In summary, mental toughness has almost exclusively been tested within the sporting domain. This exclusive focus on one population has not only limited our theoretical understanding, but it has also limited the application of mental toughness else where

IMPORTANCE OF MENTAL TOUGHNESS IN SPORT

Willie Mays, a Hall of Fame baseball player, proclaimed that it isn't hard to be good from time to time in sports. What is tough is being good every day (Dale, 2010, pl). In line with the definition of toughness, as previously stated above, this quote high importance of consistency and resiliency in sport, despite the situation, or other prominent demands and pressures face. More subtly, this quote signifies that mental toughness is an important and essential element contributing to performance excellence over time. An abundance of studies have supported the idea that mental toughness is essential to consistent success in sport (Blakesless & Goff 2007, Mamassis &

Doganis, 2004; Patrick & Hrycaiko, 1998, Thelwell & Greenless, 2001; Turner & Barker, 2001). Developing and enhancing the psychological skills associated with mental toughness has been shown to help athletes control their thoughts, words, actions, and emotions, which will ultimately lead to

optimal athletic achievement (Leor, 1994). According to Leor, individuals have complete control over what they say, think, and do. By learning to control one's words, thoughts, and actions, athletes will be more likely to achieve the ideal performance state, which is essential for optimal performance results. Furthermore, Loehr (1994) has gone on to describe 4 key markers of mental toughness including emotional flexibility, emotional responsiveness, emotional strength, and that an athlete's may emotional resiliency, which have each been deemed as important for contributing to success in sport. Emotional flexibility refers to the ability to cope with the various situations in competition, in

a balanced or none Defensive manner. Emotional responsiveness refers to the ability to be emotionally engaged during competition, as opposed to withdrawn. Emotional strength refers to the ability to handle the various emotions associated with sport, and to further more always put forth a valiant effort no matter the situation. Last but not least, emotional resiliency refers to the ability to face adversity, and to quickly recover from various setbacks. Each of these markers of mental toughness plays a role in helping athletes to consistently perform to the upper range of their talent and skills. Through the development of these key components associated with mental toughness, performance excellence will become more achievable.

PURPOSE OF THE STUDY

The Major purpose of the study is to examine measure and also compare the mental toughness among Kabaddi and Kho-Kho team games.

HYPOTHESIS

The hypothesis framed for this study is that "there is no significant difference between mental toughness among Kho-Kho and Kabaddi team players".

LIMITATIONS

- Environment factors, which contribute to the mental toughness players, were not taken into consideration.
- The response of the subject to the questionnaire might not all cases and this was recognized as a limitation.

DELIMITATIONS

1. The present study was restricted to indigenous Kabaddi and Kho-Kho only.
2. This study was restricted to who player in Karnataka University Dharwad inter college tournament in respected games.

SIGNIFICANCE OF THE STUDY

1. The present study highlights the Mental Toughness of Kabaddi and Kho-Kho players.
2. Through this study we come to know about the Mental Toughness difference between Kabaddi and Kho-Kho Team Games players.

DEFINITION OF TERMS MENTAL TOUGHNESS

Mental toughness is a controversial term, in that many people use at the term liberally to refer to any set of positive attributes that helps a person to cope with difficult situations, INDIGENOUS GAMES

KHO-KHO:- kho-kho is tag sports played by teams of twelve players who try to avoid being touched by members of the opposing team, only 9 players of the team enter the field. It is one

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of the two most popular traditional tag games of south Asia, the other being kabaddi, Apart from south Asia. It is also played in South Africa

KABADDI:- A sport of Indian origin played by teams of seven on a circular sand court, the players attempt to tag or capture opponents and must hold their breath while running, repeating the word 'kabaddi' to show that they are doing so.

METHODOLOGY

The present research design specifies the questions to be investigated, the process of sample selection, methods of procedure to followed, measurements to be obtained and comparison an analyses to be made.

SAMPLES FOR STUDY

For the present study, 100 students from different colleges who played in Karnatak University Inter collegiate competitions in games are selected as subjects for this study.

TOOLS USED

The research scholar has used sportsman. Mental Toughness questionnaire MTQ48; Clough et al., 2002) which is having 48 questions rated five point likert scale ranking 1 strongly disagree; 2 disagree; 3 neither agree nor disagree; 4 agree; 5-strongly agree.

PROCEDURE OF DATA COLLECTION

The questionnaire was used for collecting data. Printed copies of the questionnaire was distributed to players and requesting them to fill all the questions without leaving any questions. All the instructions were given to the students with prior permission of the principal of the college and the data will be kept confidential and used only for research purpose.

STATISTICAL TECHNIQUES USED FOR ANALYSIS OF THE DATA

After collecting data they were analysed with reference to the hypotheses and then analysed by using Descriptive analysis and Independent Simple t-test by using I SPSS Statistics 21.00 software.

DATA ANALYSIS AND INTREPRETATION

In the earlier chapter, an attempt has been made to explain the methodology followed in the study, which included design population and sample, hypotheses, tools, data collection procedure statistical technique of data under different sections are presented. In order to research meaningful and wise conclusion, the analysis and interpretation must be carried out scientifically according to intelligibly formulated hypotheses After the data had been collected, it was processed and tabulated using Microsoft Excel 2010 Software. The data collected on employed. In this chapter, analysis and interpretation ion of data team game, mental toughness among Kho-Kho and Kabaddi Then the data were analysed with reference to the objectives and hypotheses and then analysed by using differential analysis including unpaired t-test, by using IBM SPSS 21.0 statistical software and the results obtained have been interpreted.

INDEPENDENT SAMPLES T-TEST

T-test for equality of means

	Sports	t	Df	Sig	Mean
Mental toughness	Equal variance assumed	1.82	58	0.073	10.86

score	Equal variance not assumed	1.82	42.16	0.075	10.86
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Above t-test table reveals no significant difference between Kho-Kho and Kabaddi game players mental toughness. Although Kho-Kho game players possesses higher mean average than the Kabaddi game players but difference was not at significant Level. So hypothesis which states there is no significant difference between mental toughness among Kho-Kho and Kabaddi team games has been accepted.

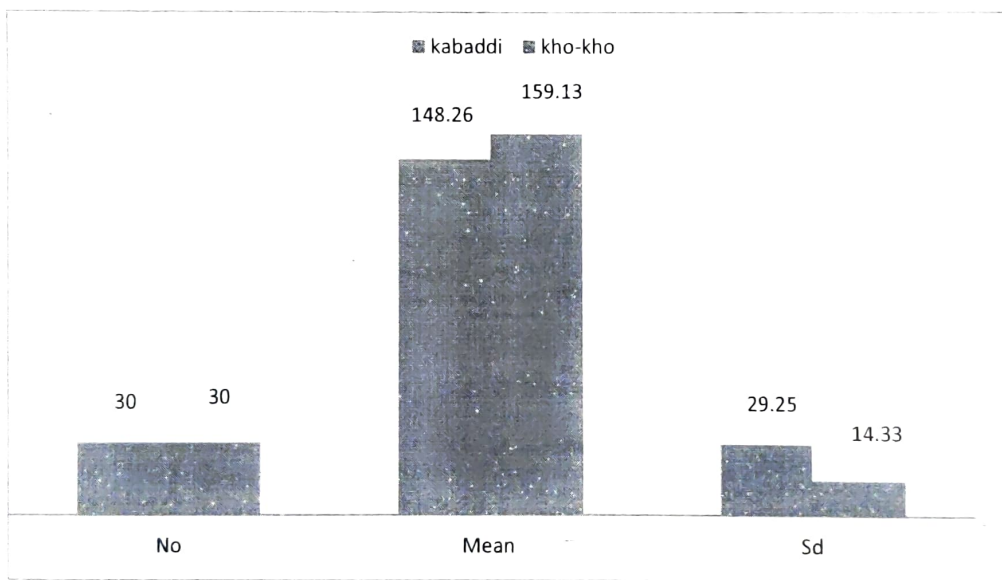
DATA ANALYSIS AND INTREPRETATION

In table number i presented descriptive statistics of Kho-Kho and Kabaddi games mental toughness scores. From the below table it is observe that mental toughness mean score of Kho-Kho players higher compared to Kabaddi players. To verify whether the mean difference is significant data is subject to independent sample T test.

Table 4.1: Mean and Standard deviation of mental toughness score of Kho-Kho and kabaddi games

	Sports	N	Mean	Sd
Mental toughness score	Kho-kho	30	159.13	14.33
	Kabaddi	30	148.26	29.25

Graph-4.1: Mean and standard deviation of mental toughness score of kho-kho and kabaddi games



DISCUSSION AND CONCLUSION

Mental toughness mean score of Kho-Kho games is higher compared to Kabaddi games players. Kho-Kho game players possess higher mean average than the Kabaddi game players. These further states that the concept of Mental Toughness is no longer new some time now there have existed many applied texts devoted solely to the development and conceptualization of mental toughness. The increase flow of academic interest in the many texts devoted solely ion of Mental Toughness. The Mental Toughness to increased flow phenomenon clearly indicates the significance and importance that sports psychologists, coaches and athletes they place on Mental Toughness.

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Mental Toughness can be a significant influencing factor contributing to successful performance excellence as well as a performance enhancer. An athlete who does not share equal physical ability as other athletes and is perhaps considered slightly weaker in this regard may even be a better athlete if they lean to engage in Mental Toughness development, improvement and maintenance. It is important to uncover the ambiguity surrounding mental toughness while encouraging both coaches and athletes to devote appropriate training time to the development of such a key for key emotional strength, emotional resiliency, which have each been deemed an important factor for contributing to success in sport. Taken together, these findings support the theoretical assumption that mental toughness is a higher-order construct encompassing different characteristics and that sport participation is associated with higher mental toughness. Mental toughness of the players could be enhanced if they really understand the professionalism of the game and put it in practice. More research is required to understand how mentally tough athletes experience less anxiety in comparison to those who are not mentally tough. Our findings suggest that relationships observed in this study emphasize the need for the inclusion of trait anxiety mental toughness interventions. Mental toughness is also associated with psychological variables that have been associated with increased risk of injury in collegiate athletes.

RECOMMENDATIONS

On the basis of the results of this research, the following recommendations may be made out for future research.

- This is recommended to conduct this study on more subjects and more games.
- It is recommended that factors which are influencing on mental toughness of players can be studied in future studies.
- It is also recommended to study on positive and negative effects of mental toughness on player's performance
- Further recommended to conduct this study on different level player's
- Also different environment conditions.
- The same study may be conducted to female players who played in different sport.

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