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## COMPARITIVE STUDY OF MENTAL TOUGHNESS BETWEEN THE PLAYERS OF TAE-KWON - DO AND CRICKET



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**Abs tract:-***The purpose of the study was to find out the differences in mental toughness between Tae-Kwon-Do and Cricket male players of Guru Ghasidas Vishwavidyalaya ,Bilaspur(C.G.). Total fifty male players acted as subjects in this study (25 Tae-Kwon-Do, 25 Cricket) of age ranged from 21 to 25, from Guru Ghasidas University, Bilaspur (C.G.). The subjects were randomly selected and were shortlisted through purposive sampling. To analyze mental toughness of the subjects Mental toughness Questionnaire (Dr. Alan Goldberg, 2004) was used. The statistical technique employed for this study was independent't'-test at 0.05 level of significance. Statistical analysis indicates significant difference in mental toughness of Tae-Kwon-Do and Cricket players. Therefore, the hypotheses that there would be no significant difference between mental toughness players have been rejected, though Tae-Kwon-Do players showed higher mean in Concentration and Confidence whereas Cricket players showed higher mean in Reboundability, Pressure handling ability and Motivation. This clearly indicates that Tae-Kwon-Do players are significantly better in Concentration and Confidence than Cricket players. Whereas Reboundability, Pressure handling ability and Motivation were found significantly better in Cricket players than Tae-Kwon-Do players.*

**Keyw ords:**Mental Toughness, Reboundability, Tae-Kwon-Do players, Cricket players.

### INTRODUCTION

Clough has described that "The mentally tough individual has a high sense of self-belief and an unshakeable faith that they control their own destiny. Furthermore, they remain relatively unaffected by competition or adversity."

Jones, Hanton, & Connaughton (2002) said in their study that Mental toughness is "Having the natural or developed psychological edge that enables you to: generally, cope better than your opponents with the many demands (competition, training, lifestyle) that sport places on a performer; specifically, be more consistent and better than your opponents in remaining determined, focused, confident, and in control under pressure." Mental Toughness refers to an individual's resilience and an inner drive to succeed - particularly in the moment of challenging. Mental toughness is undoubtedly an important ingredient of athletic success; basically, sportsmen with mental toughness have the ability to raise their game to the highest level at crucial moments in a match.

#### Clough identified 4 key components of Mental Toughness:

1. Control
2. Challenge
3. Commitment
4. Confidence

A great deal of research work has been done on the

comparative study of mental toughness of team and individual game players. Here in this study we have analyzed mental toughness particularly of Tae-Kwon-Do and Cricket players. Tae-Kwon-Do which is a form of Korean martial arts requires a competent level of mental toughness for a shorter period of time whereas Cricket demands consistent mental toughness for hours during the competition. By nature Tae-Kwon-Do is a short duration and high intensity individual game whereas Cricket is a long duration and moderate intensity level team game. So there is enough scope to find out and elaborate their mental toughness standards with respect to one another.

Keeping in mind the purpose of the study it was hypothesized that there may be significant differences between Tae-Kwon-Do and Cricket male players with respect to their mental toughness.

#### OBJECTIVE OF THE STUDY

The objective of the study was planned with the aim to compare Mental Toughness between Tae-Kwon-Do and Cricket players.

To compare overall Mental Toughness between Tae-Kwon-Do and Cricket players.

#### MATERIALS AND METHODS

The subjects for this study are fifty (25 Tae-Kwon-Do Players and 25 Cricket Players) male players belongs to Physical Education Courses of Guru Ghasidas University,

Bilaspur between the age group of 21 to 25 years . To compare Mental Toughness between Tae-Kwon-Do and Cricket players, t- test was applied at 0.05 level of significance.

**DESCRIPTION AND ADMINISTRATION OF QUESTIONNAIRE**

**Mental toughness Questionnaire:** A trait measure of mental toughness was used (The mental toughness questionnaire: MTQ; Dr. Alan Goldberg, 2004). This test consists of 30 questions includes both positive and negative statements. Each statement consists of two responses: True or False. The respondent made a tick ( ) on any one of the responses that fit to them best. The MTQ assess five-factors: Rebound ability, Ability to handle pressure, Concentration, Confidence and Motivation. The purpose of the study was explained to them. The screening of the questionnaire was done to check that no questions are left unanswered.

**DATA ANALYSIS**

For data analysis responses were expressed as mean and standard deviation. Independent't' test was performed for comparison between two group (Tae-Kwon-Do and Cricket players), p<0.05 was considered statistically significant. Data analysis was performed using SPSS 17.0 software under windows.

**RESULTS**

To compare Mental Toughness between Tae-Kwon-Do and Cricket players of different levels of competition, mean, standard deviation and't' test were computed. On Mental Toughness, the means and standard deviations of the two groups along with the significance of difference by way of student't' test has been presented in table-1.

**TABLE-1**  
**Mean and Standard Deviation of Mental Toughness Components Between Tae-Kwon-Do and Cricket Players.**

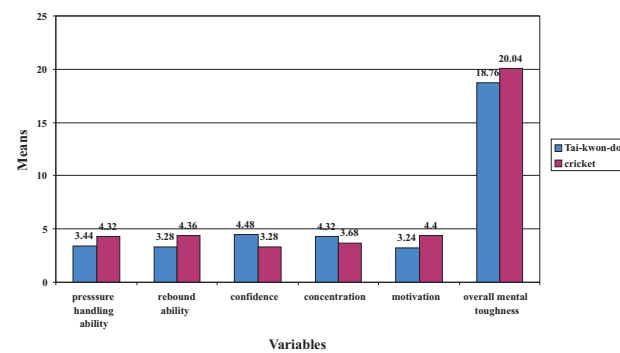
VARIABLES		MEAN	S.D.	't' value
Pressure Handling Ability	T.P	3.44	0.82	3.51*
	C.P	4.32	0.94	
Reboundability	T.P	3.28	1.06	4.36*
	C.P	4.36	0.63	
Confidence	T.P	4.48	0.50	5.09*
	C.P	3.28	1.06	
Concentration	T.P	4.32	0.69	3.02*
	C.P	3.68	0.80	
Motivation	T.P	3.24	0.92	5.14*
	C.P	4.40	0.64	
Overall Mental Toughness	T.P	18.76	1.94	2.38*
	C.P	20.04	1.85	

T.P= Tae-Kwon-Do Players, C.P= Cricket Players

\*Significant at 0.05 levels

Table- 1 indicates that the means of Cricket players on Pressure handling ability, Reboundability, Motivation and Overall mental toughness were 4.32, 4.36, 4.40 and 20.04 respectively which are higher than the means of Tae-Kwon-Do players in the mentioned components and the obtained't' was 3.51, 4.36, 5.14 and 2.38 which was found to be significant at .05 level of confidence. This clearly denotes that Cricket players are significantly better than Tae-Kwon-Do players in Pressure handling ability, Reboundability, Motivation and Overall mental toughness. Table-1 also reveals that the means of Tae-Kwon-Do players in Confidence and Concentration was 4.48 and 4.32 and obtained't' value was 5.09 and 3.02 respectively which was found to be significant at .05 level of confidence. This reflects that Tae-Kwon-Do players are significantly better than Cricket players in Confidence and Concentration.

FIGURE- MEAN COMPARISON



**DISCUSSION**

The results of the study indicate that there was significant difference in mental toughness components between Cricket and Tae-Kwon-Do players. The analyzed data shows that Cricket players are significantly better than Tae-Kwon-Do players in Pressure handling ability, Reboundability, Motivation and Overall mental toughness. This may be attributed to the fact that the Cricket players involve themselves more to prepare mentally for various competitions and participate in competition as a team which helps them to share the pressure of the competition, bouncing back from mistakes and being motivated. Whereas; Tae-Kwon-Do players leads in confidence level because they compete and manage challenging situations alone. They also have some extra edge and are significantly better in concentration ability because the competition duration is very short and does not allow them to be reckless at any point of the competition so they have to be very concentrated as no second chance for them is permitted.

The results of Jalili, F. et. al. (2011) consistent with findings of this study that indicated there was a significant difference between team and individual athletes in mental toughness. There is enough scope for taking player's mental weakness under the consideration during the training sessions and enabling them to cope up with challenging and

strenuous situations with strong mental set up.

This study may be utilized for the formulation of various training programmes. Players with strong mental toughness would be able to manipulate situation and absorb pressure and bring goodwill to themselves.

#### **CONCLUSION**

Results of this study are consistent with previous research studies that have demonstrated that overall mental toughness of Cricket players (Team game) was better than Tae-Kwon-Do players (Individual game). These results will assist coaches, clubs, sports bodies and other policymakers in boosting sports from multiple perspectives.

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