

Vol 4 Issue 4 Oct 2014

ISSN No :2231-5063

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# International Multidisciplinary Research Journal

## *Golden Research Thoughts*

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Publisher  
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**RNI MAHMUL/2011/38595**

**ISSN No.2231-5063**

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**GRT** **COMPARITIVE STUDY OF MENTAL TOUGHNESS  
BETWEEN SUB-JUNIOR NATIONAL MALE  
AND FEMALE BASEBALL PLAYERS**

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**Abstract:-**The purpose of the study was to find out the differences in mental toughness between sub-junior national male and female baseball players. For the purpose of the study eighty (40 male and 40 female) Under-14 players were selected from the 59th National School Games tournament held at Police Line Bilaspur (C.G.). The mental toughness was measured by mental toughness questionnaire: MTQ; developed by Dr. Alan Goldberg (2004) which has five subscales namely: Pressure Handling Ability, Rebound ability, Confidence, Concentration and Motivation. The statistical technique employed for analyzing the data were descriptive statistics and 't' test using SPSS 17.0 software under windows. The level of significance chosen was 0.05. The result of the study indicate that there were significance between the male and female Under-14 baseball players on sub scales of Pressure Handling Ability, confidence, rebound ability and total mental toughness score. Whereas, there is no significance difference between the male and female sub-junior national baseball players on sub scales of concentration and motivation. Further, the male sub-junior national baseball players were found to be better than the female U-14 baseball players on the psychological variable of Mental Toughness.

**Keywords:**Mental Toughness, Pressure Handling Ability, Rebound ability, Confidence, concentration and Motivation.

### INTRODUCTION

Mental toughness is probably one of the most used but least understood terms used in applied sport psychology. The literature includes numerous contributions dedicated to the notion of developing mentally tough performers, but the widely-differing definitions and resulting operationalization have only served to induce confusion rather than clarity. 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 et al (2002) said in their study that

- Generally (e.g., competition, training, and lifestyle) that are placed on you as a performer.
- Specifically, to

Mental toughness is not being affected by anything but what's going on in the game or competition no matter what coaches, other players, or refs are doing. It's being able to block out what's not important. Successful athletes are supposed to be not only Physically Tough but Mentally Tough as well. The reason for this originates out of the realization that top sports are a ruthless, cold, and hard business, where there is no place for the tender-spirited. Characterization of such trait indicates that the "Mentally Tough" athlete can take rough handling; is not easily upset about losing, playing badly, or being spoken to harshly; can accept strong criticism without being hurt; and does not need too much encouragement from his coach.

Although it is invaluable for sport success, mental toughness is often a misunderstood part of athletic development. Yet how you develop your mind will directly impact how well you play your sport—for better or for worse.

#### **Aim**

This study aims to investigate compare mental toughness between sub-junior national male and female baseball players.

#### **PROCEDURE & METHODOLOGY**

A total of eighty sub-junior national baseball players (40 male and 40 female) were selected as the subject in this study. The subjects were selected from 59th National School Games tournament held at police line bilaspur, Chhattisgarh. In order to assess the mental toughness of sub-junior national baseball players, the mental toughness questionnaire: MTQ developed and authenticated by Dr. Alan Goldberg (2004) was adopted to assess the mental toughness of sub-junior national baseball players. The scale measures following five mental toughness skills namely, Pressure Handling Ability, Rebound ability, Confidence, Concentration and Motivation.

The research scholar made personal visit to the 59th National School Games tournament held at police line bilaspur, Chhattisgarh and distributed the questionnaire to the respondents. The purpose of the study was clearly explained to the respondent before administering the questionnaire. The respondents were requested to read the instructions carefully before giving the final response to the questions.

In order to analyze the data a descriptive statistics and t-test was applied. The level of significance was set at 0.05.

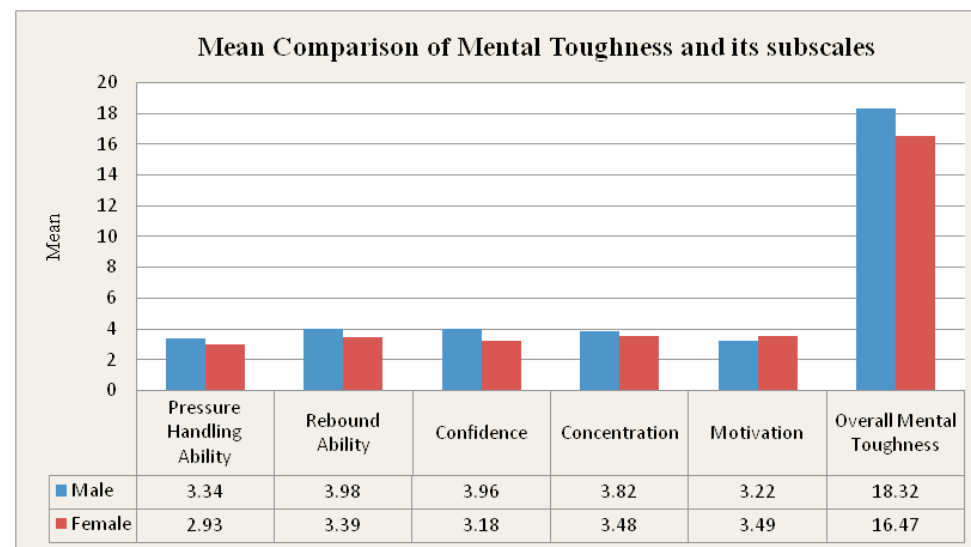
#### **RESULT AND DISCUSSION**

The data collected from the male and female sub-junior national baseball players were subjected to descriptive analysis and employing t test. The result

**TABLE- 1**  
**Significance of Differences in between Male and Female Sub-Junior National Baseball Players on the Sub-Scales of Mental Toughness Components.**

Pressure Handling Ability	Male	3.34	0.89	.41	.20	2.04*
	Female	2.93	0.91			
Rebound Ability	Male	3.98	0.98	.59	.18	3.21*
	Female	3.39	0.62			
Confidence	Male	3.96	0.58	.78	.16	4.75*
	Female	3.18	0.86			
Concentration	Male	3.82	0.76	.34	.18	1.84
	Female	3.48	0.88			
Motivation	Male	3.22	0.99	.27	.20	1.32
	Female	3.49	0.84			
Overall Mental Toughness	Male	18.32	1.89	1.85	.40	4.54*
	Female	16.47	1.75			

\*Significant at 0.05 levels



Analysis of the data revealed a significance difference in the 't' values between the male and female sub-junior national baseball players on sub scales of pressure handling ability, rebound ability, confidence, and total mental toughness score. Whereas, there were no significance difference between the male and female sub-junior national baseball players on sub scales of Concentration and motivation. The total mental toughness mean score of male and female sub-junior national baseball players were found to be 18.32 and 16.47, which show that the male sub-junior national baseball players is having more mental toughness in comparison to sub-junior national baseball players. Thus, it could very clearly be stated that the male sub-junior national baseball players had the ability to consistently sustain one's ideal performance state.

**CONCLUSION**

It is concluded that there were significance difference obtained between male and female sub-junior national baseball players on the psychological variable of Mental Toughness.

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