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COMPARISON OF MENTAL TOUGHNESS BETWEEN BASKETBALL AND BADMINTON PLAYERS

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ABSTRACT :-

The purpose of the study was to examine the mental toughness of basketball players and badminton players. For the said objective 35 players from basketball game and 35 players from badminton game of M.J.P.Rohilkhand University, Bareilly, who have participated at University games, were randomly selected to serve as subjects. For the collection of data Mental Toughness Questionnaire prepared by Allen Goldberg was administered. The questionnaire was comprised of 60 statements based on handling pressure (20 questions), concentration (17 questions), mental rebounding (14 questions) and winning attitude (9 questions). Each statement has two possible responses i.e. true or false. For the analysis of data, collected by administering the questionnaire to all the subjects, t-test was employed at 0.05 level of significance. The result of the study concluded that there was statistically significant difference in mental toughness between the players of basketball and badminton of M.J.P. Rohilkhand University, Bareilly. This clearly depicts that the mean mental toughness of the players of basketball is significantly higher than the mean mental toughness of the players of badminton .



KEYWORDS : Mental Toughness, Basketball, Badminton, Stressors

INTRODUCTION:-

Mental Toughness is the capacity for an individual to deal effectively with stressors, pressures and challenges and perform to the best of their abilities irrespective of the circumstances in which they find themselves struggled. In sport there is an increasing awareness of how important psychological factors are within athletic performance and it is now being recognized that physical talent is not the only component which leads to success. Players, whether from basketball or badminton games, are constantly under stress and anxiety while competing in tournaments, they struggle for each point and often put their best efforts to get success. In sports competition, there are situations that require the utmost concentration to face

difficult circumstances. It is always questionable that which players, basketball games or badminton games, possess better mental toughness. In the scientific and sport community, mental toughness is viewed as one of the most important attributes that will lead to a successful athletic performance. At the highest level it is often the mental game which separates the elite performers from the good performers. In sport there has been very little scientific attention focusing around mental toughness and this is seen as very surprising considering that it became necessary to compare mental toughness between players of basketball games and badminton games of M.J.P. Rohilkhand University, Bareilly .

METHODS

For the purpose to compare the mental toughness, 35 players from basketball games and 35 players from badminton games of M.J.P. Rohilkhand University, Bareilly who have participated at University games, were randomly selected to serve as subjects. For the collection of data Mental Toughness Questionnaire prepared by Allen Goldberg was administered. The questionnaire was comprised of 60 statements based on handling pressure (20 questions), concentration (17 questions), mental rebounding (14 questions) and winning attitude (9 questions). Each statement has two possible responses i.e. true or false. For the analysis of data, collected by administering the questionnaire to all the subjects, t-test was employed at 0.05 level of significance.

RESULTS

To find out the significant differences in mental toughness between basketball players and badminton players of M.J.P. Rohilkhand University, Bareilly t-test was employed at 0.05 level of significance. The statistical analysis of data pertaining to the mental toughness is given below:

Table -1
Significant Differences between the Basketball and Badminton players

Groups	Mean	S.D.	Difference between Mean (DM)	't' ratio
Basketball players	45.74	7.62	7.9	4.58*
Badminton players	38.88	5.2		

't' 0.05 (58) = 2.00

It is clearly evident from table No. 1 that there was significant difference in mental toughness between the Basketball players and Badminton players of M.J.P. Rohilkhand University, Bareilly since the calculated 't' value 4.58 was found to be more than tabulated value 2.00 at 0.05 level. Thus, data provides sufficient confirmation to ensure that the mean mental toughness of the Basketball players is significantly higher than the mean mental toughness of the Badminton players of M.J.P. Rohilkhand University, Bareilly.

DISCUSSION AND CONCLUSIONS

Findings of the study show that there was significant difference in mental toughness between the Basketball players and Badminton players of M.J.P. Rohilkhand University, Bareilly . This clearly indicates that the mean mental toughness of the Basketball players is significantly higher than the mean mental toughness of the Badminton players of M.J.P. Rohilkhand University, Bareilly . This may be attributed due to the reality that the players basketball games get themselves occupied more to prepare mentally for

various competitions and participate in competition as a team which develops team cohesion in them and it also helps them to distribute the pressure of the competition. Hence it is necessary to train players of Badminton games more than the players of Basketball games to enhance the mental toughness. These outcomes may be utilized to develop the various training plans.

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