



## A STUDY ON MENTAL TOUGHNESS AMONG HOCKEY PLAYERS OF THIRUVALLUR DISTRICT (AVADI TOWN)

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### **Abstract**

*The present study was to find out the mental toughness of Men Hockey Players in Thiruvallur district (Avadi town). The sample consisted of 100 men hockey players which comprised of 50 players who had represented at inter college level (Group I) and the other 50 were working class who had represented district levels from various clubs and associations (Group II).. The age of the subjects ranged between 18 to 35 years. Independent randomized research design was used for this study as the subjects were selected randomly from Thiruvallur district. Two independent groups college and non college hockey players, Mental Toughness by Lochr et al. (1992) questionnaire was administered to ascertain the mental toughness. The collected data were subjected to statistical treatment to find out any difference between the groups in the depended variable selected using independent 't' test. The result showed that the players who had and Non College Hockey Players do not differ significantly on Mental Toughness.*

**Key words:** Mental toughness, Hockey players.

### **Introduction**

At the elite level preparation for winning field hockey focuses on the physical aspects of the game. Drills are designed to improve conditioning and physical skills like stick handling, passing, shooting and marking the opposition. Mental skills like focus, mental toughness and emotional control are relatively neglected. When people do get around to talking about the mental game it is



usually in terms of qualities like pride, character, and confidence, with little awareness of what they can actually do to develop these qualities.

### **Mental Toughness**

It is a physiological edge that enables you to be consistent, confident, focused and determined during high pressure situation in order to perform at maximum potential. An individual with mental toughness can be quite well mannered, ethical, friendly, helpful, affable and warm. The quality of mental toughness means that an individual has the ability to master the naturally unmanageable desire of the body and mind and bring them under a single line to achieve and sustain demanding goals and performance under pressure. Mental toughness is the ability to persevere in pursuit of a goal, no matter how long it takes or how much pain is involved. It is the willpower needed to complete the mission regardless of obstacles.

Connaughton, Declain et. Al.(2010) studied that the eleven super elite participants (7 performers, 2 coaches and 2 sport psychologists) were interviewed regarding the development and maintenance of mental toughness. Findings revealed that this process occurred over four distinct career phases; three developmental phase and maintenance phase. Factors influencing development and maintenance included: skill mastery, competitiveness, successes, international competitive experience, education and advice, the use of physiological skills, access to an understanding social support network, and reflective practice. In addition, positive and negative critical incidents were perceived by participants to act as catalysts in initiating or enhancing specific components of mental toughness. Practical implications highlight the importance of a mental toughness attitude/mindset to development, while future directions are discussed in relation to measurement and intervention strategies.

### **Objective:**

To ascertain whether there is any significant difference on Mental Toughness between Hockey Players (Men) who had represented inter college level (Group I) and the other 50 who had represented district levels from various clubs and associations (Group II).

**Hypothesis:**

There will be significant difference on Mental Toughness between Hockey Players (Men) who had represented inter college level (Group I) and the other 50 who had represented district levels from various clubs and associations (Group II).

**Methodology**

To facilitate the study 100 Men Hockey Players from Thiruvalluvar District specifically from Avadi Town were selected comprising of 50 players who had represented at inter-college and district levels (Group I) and the other 50 Hockey Players were working class who had represented district levels from various clubs and associations (Group II). Their age ranged between 18 and 35 years. Mental Toughness was selected as the Dependent Variable (Psychological Variable). Independent randomized research design was used for this study. Mental Toughness by Lochr et al. (1992) questionnaire was administrated to ascertain their Mental Toughness. The collected data were subjected to statistical treatment to find out any difference between the groups in the depended variable selected using independent 't' test

**Table –I**

**Shows the Mean, Standard Deviation, t-value, Level of Significance among inter -college and clubs and associations Men Hockey Players on Mental Toughness**

Variable	Group	No of Subjects	Mean	SD	t-value
Mental Toughness	Group I	50	24.30	3.60	4.06*
	Group II	50	28.75	2.93	

\*Significance at 0.05 level,  $t(0.5)_{98} = 1.98^*$

Table I revealed that the mean mental toughness of Hockey players (Men) who had represented district and College levels and other Hockey Players (Men) who had represented from different clubs and associations were 24.30 and 28.75 respectively. The standard deviation of district



and College levels and other Hockey Players (Men) who had represented from different clubs and associations in mental toughness were 3.60 and 2.93 respectively. The obtained 't' ratio in flexibility was 4.06. Since the obtained 't' ratio value of 4.16 was greater than the required table value of 1.98 at 0.05 level of confidence with 98 degree of freedom. It was found to be statistically significant.

### Conclusion

The result of the study showed that there was a significant difference in mental toughness between Hockey players (Men) who had represented district and inter-college levels and other Hockey Players (Men) who had represented from different clubs and associations

### References

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