

A Survey of Mental Toughness among Cricket Players

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Abstract

The objective of the present study was to find out mental toughness among male and female cricket players. For the present study players from different Zone of Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon inter zonal cricket competition were taken as subject of the study. Their age ranged from 17 to 24 years. Mean, S.D. and percentages were utilized to identify the Mental Toughness among male and female softball players. A questionnaire prepared by Dr. Alan Goldberg was utilized to identify mental toughness and the abilities like Rebound Ability, Pressure Handling, Concentration, Self Confidence and Motivation for mental toughness assessment of the players. Total number of population was 128 out of which 120 (n=120, m=60, f=60) cricket male and female players participating Inter zonal cricket competition were taken as a sample of the study. Study concluded that, neither male or female softball players were Mentally Tough in overall observation of the study. Most of players were found in low and medium percentage of mental toughness. The information obtain from these study provide a plate form for the future research.

Keywords: Survey, Cricket, Inter Zonal Cricket Competition, Mental Toughness

Introduction

Sports play an important role in the development of an individual and human civilization. The first sports, such as hunting and running, grew out of the need for survival. Others developed from religious rites. Today, huge numbers of people take part in sports for fitness and enjoyment, while others are professionals in a vast industry. Sports of various types, play a vital role for the spirit of team work, cooperation, competition and yet ever intensifying search for achievement. Sports are agent of socialization and sublimation of psychological energy. It teaches not to be frustrated unduly but to intensify efforts for further excellence. Sports have come to play an increasingly important role in modern society, though its origin date back to down of man. Throughout human history man's ability to survive is depended upon his physical ability.

For each and every game athlete fit himself or herself not only physically but also psychologically, because physiology develops the energy basis and psychology is the

ultimate determining factor in winning a game. Mental toughness is newly invented branch of sport psychology. It is important for the athlete's performance. In mental toughness there are 5 abilities involved like Rebound ability, Pressure handling, Concentration, Self-confidence and Motivation.

Mentally tough athletes respond in varying ways which enable them to remain feeling relaxed, calm and energized because they have learned to develop two skills firstly, the ability to increase their flow of positive energy in crisis and adversity and secondly, to think in specific ways so that they have the right attributes regarding problems, pressure, mistakes and competition.

This study was delimited to Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon Inter zonal level male and female cricket players.

The aim of present study was to find out mental toughness between male and female Puberty players.

Methods

Subjects :

For the present study players from different Zone of Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon inter zonal cricket competition were considered as population of the study, to find out mental toughness among male and female players information were collected from 60 male and 60 female players considered as a sample for the present study.

Apparatus :

For the present study, players participated in Zone of Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon inter zonal cricket competition which was held at Pratap Arts, Commerce and Science College, Amalner were considered for data collection. A questionnaire prepared by Dr. Alan Goldberg for the assessment of mental toughness was administered as a tool for the present study. Players who participated in inter zonal cricket competition acted as source of the data collection and questionnaires were filled up from the player at competition venue.

Analysis and Interpretation of Data

Table No.1

Rebound Ability

Group	Sample	Mean	Standard Deviation	Percentage		
				Law	Medium	Tough
Male	60	2.93	1.22	91.37%	8.33%	0.00%
Female	60	3.08	1.23	90.00%	8.33%	1.67%

Table no 1 indicates description of rebound ability. It also shows the Mean (S. D) and percentage of male and female players. Mean (S.D) of male $2.93 \pm (1.22)$ and female $3.08 \pm (1.23)$. Percentage of low ability of male (91.67 %) and female (90%), medium percentage of male (8.33%) and female (8.33%) and tough percentage of male recorded 0% and female (1.67%).

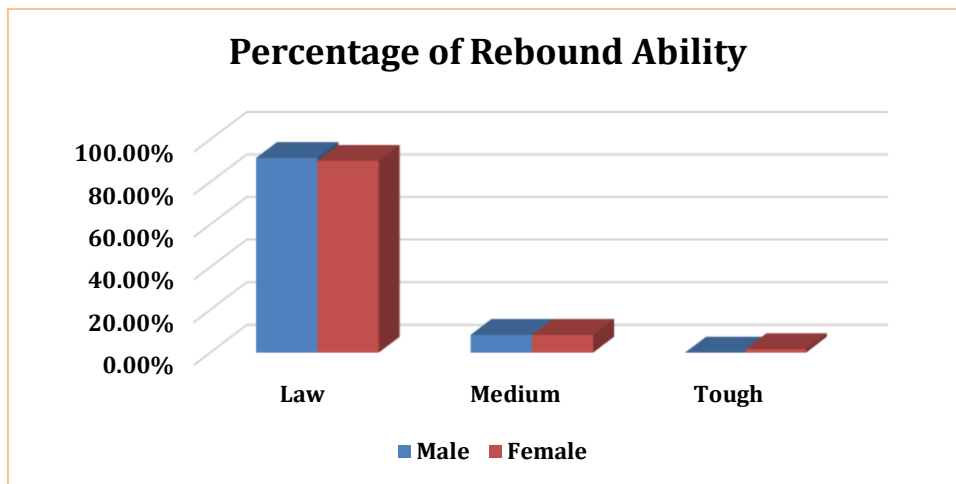


Figure 1 illustrate the percentage of male and female players Rebound Ability (n=120)

Table No.2

Handling Pressure Ability

Group	Sample	Mean	Standard Deviation	Percentage		
				Law	Medium	Tough
Male	60	2.64	0.98	96.66%	1.67%	1.67%
Female	60	2.92	0.94	96.67%	3.33%	0.00%

Table no 2 indicates the, Mean (S.D) and percentage of Pressure Handling ability of male and female players. Mean (S.D) of male $2.64 \pm (0.98)$ and female $2.92 \pm (0.94)$. From percentage, low percentage recorded by male (96.66%) and female (96.67%), medium percentage of male

(1.67%) and female (3.33%) and tough percentage recorded a very least by male (1.67%) and female (0.00%).

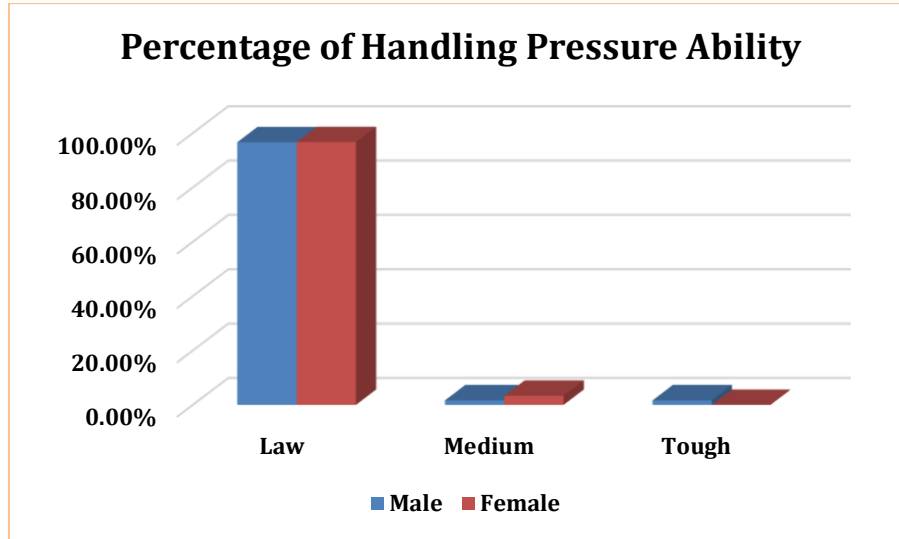


Figure II illustrate the percentage of male and female players Handling Pressure Ability (n=120)

Table No.3

Concentration Ability						
Group	Sample	Mean	Standard Deviation	Percentage		
				Low	Medium	Tough
Male	60	4.16	1.2	60.00%	25.00%	15.00%
Female	60	4.05	1.05	66.67%	26.67%	6.67%

Table no. 3 showing the, Mean (S.D) and percentage of concentration ability of male and female players. Mean (SD) of male $4.16 \pm (1.2)$ and female $4.05 \pm (1.05)$ Low percentage of male (60.00%) and female (66.67%), medium percentage recorded by male (25.00%) and female (26.67%) and tough reported by male (15.00%) and female (6.67%).

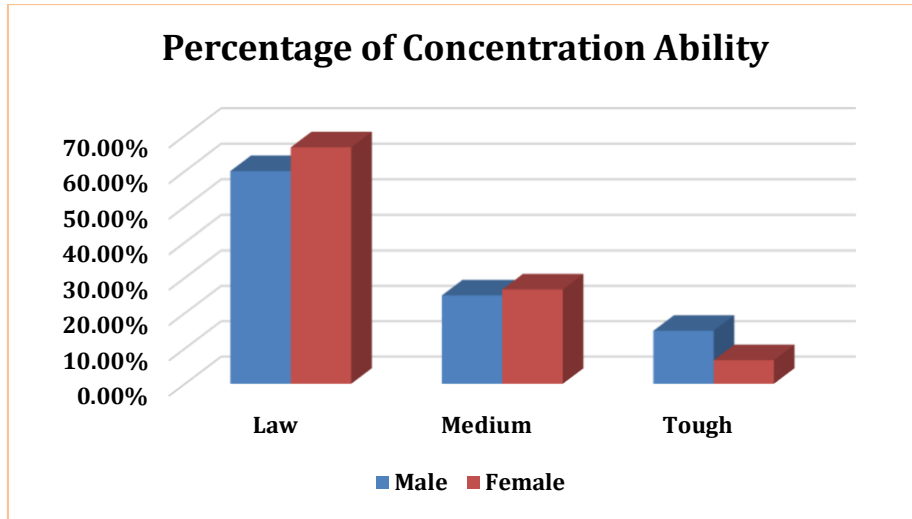


Figure III illustrate the percentage of male and female players Concentration Ability (n=120)

Table No.4

Self Confidence Ability						
Group	Sample	Mean	Standard Deviation	Percentage		
				Law	Medium	Tough
Male	60	3.93	1.28	65.00%	18.33%	16.67%
Female	60	3.67	1.02	81.67%	13.33%	5.00%

Table no. 4 indicates the, Mean (S.D) and percentage of self confidence of male and female players Mean (SD) of male 3.93 ±(1.28) and female 3.67 ±(1.02), low percentage of male (65.00%) and female (81.67%), medium percentage of male (18.33%) and female (13.33%) and tough percentage recorded by male (16.67%) and female (5.00%).

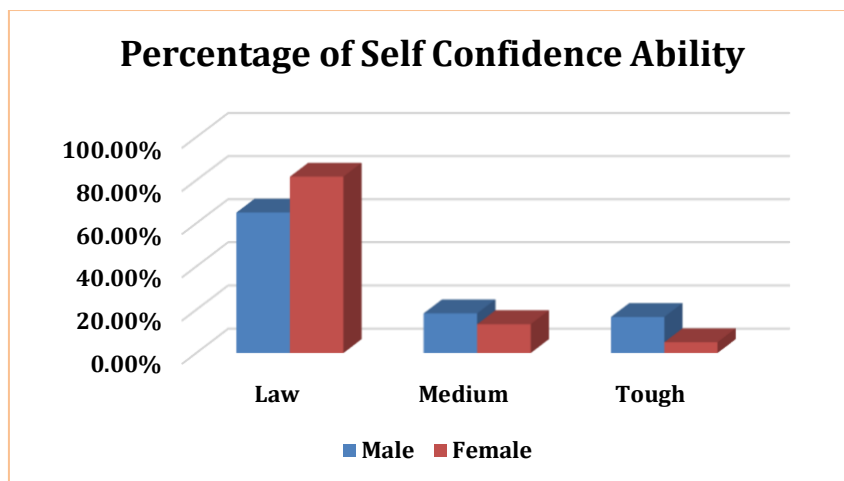


Figure III illustrate the percentage of male and female players Self Confidence Ability (n=120)

Table No.5

Motivation						
Group	Sample	Mean	Standard Deviation	Percentage		
				Law	Medium	Tough
Male	60	4.57	0.78	28.33%	70.00%	1.67%
Female	60	4.32	0.79	58.33%	38.33%	3.33%

Table no 5 indicates the, Mean (S.D) and percentage of motivation between male and female players. Mean (SD) of male 4.57 ±(0.78) and female 4.32 ±(0.79). Low percentage of male (28.33%) and female (58.33%), medium percentage of male (70.00%) and female (38.33%) tough percentage of male (1.67%) and female (3.33%).

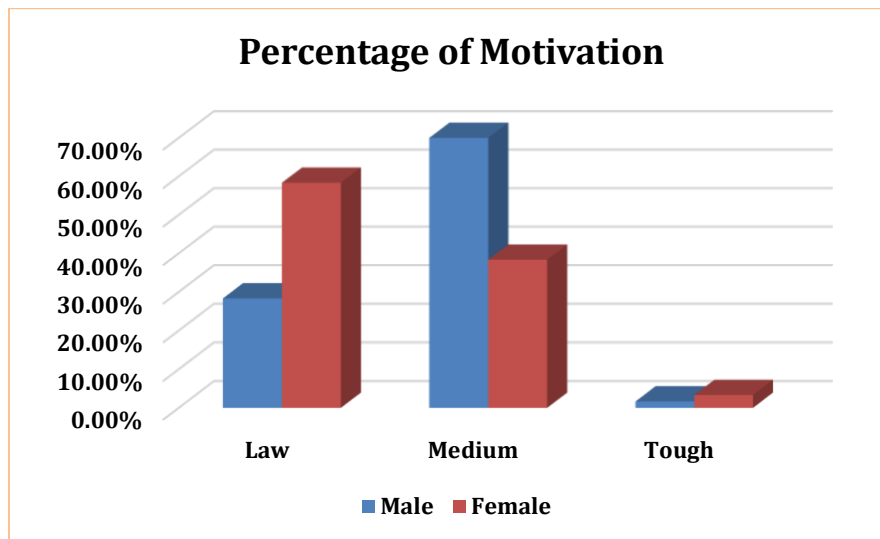


Figure IV illustrate the percentage of male and female players Motivation (n=120)

Table No.6

Mental Toughness						
Group	Sample	Mean	Standard Deviation	Percentage		
				Law	Medium	Tough
Male	60	18.25	3.09	86.67%	13.33%	0.00%
Female	60	18.00	2.49	95.00%	5.00%	0.00%

Table no 6, indicates the, Mean (S.D) and percentage of Mental Toughness among male and female players. Mean (S.D) of male 18.25 ±(3.09) and female 18 ±(2.49). Low percentage recorded most predominantly by male (86.67%) and female (95.00%), medium percentage

recorded by male (13.33%) and female (5.00%), 0.00% percentage of tough recorded by male and female players.

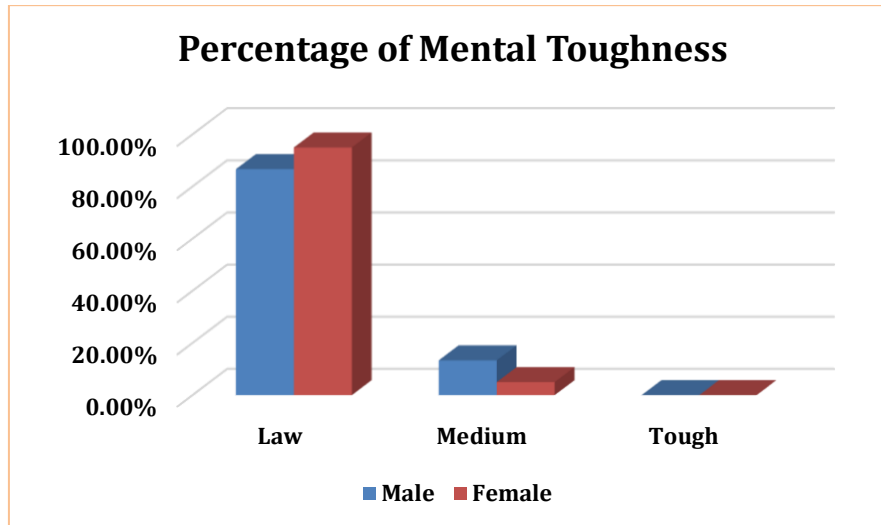


Figure IV illustrate the percentage of male and female players Mental Toughness (n=120)

Results

Study concluded that, Regarding Rebound Ability, Handling Pressure, Concentration Ability, Self Confidence, Motivation and Mental Toughness between male and female players are most commonly recorded in low percentage. Only Concentration, Self Confidence and Motivation ability of male and female players recorded tough percentage but male players are tough rather than female players. But no one as mentally tough in overall observation of the study.

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