



TO ASSESS MENTAL TOUGHNESS ON COLLEGE LEVEL BOYS IN COMPACT SPORTS LIKE BOXING, TAEKWONDO, WRESTLING, JUDO

Dr. D.J. Asath Ali Khan, Assistant Professor, Department of Physical Education and Sports Sciences, SRM Institute of Science and Technology, College of Science and Humanities, Kattankulathur, Chengalpattu, Tamilnadu, India.

D. Jiju, M.Phil Research Scholar, Department of Physical Education and Sports Sciences, SRM Institute of Science and Technology, College of Science and Humanities, Kattankulathur, Chengalpattu, Tamilnadu, India. jijudamodharan@gmail.com

ABSTRACT- The purpose of the study was to find out the assess how mental toughness influence on college level boys in compact sports like boxing, taekwondo, wrestling, judo. The study was delimited to the sports like Judo, Wrestling, Taekwondo and boxing of Kerala State. The age group of the participants was ranged from 16-24 years. The selected dependent variable mental toughness. The subjects were selected from four different disciplines namely Judo, Wrestling, Taekwondo and boxing of Kerala State. 50 women judo players, 50 boys wrestlers, 50 boys boxers, 50 boys taekwondo players were selected as subjects for data collection. The data's were collected from them with the help of Mental Toughness Questionnaire by Alan Goldberg. Descriptive statistics, which help to describe a data distribution, such as mean and standard deviation of the scores were calculated for summarizing the collected raw data. In all the statistical tests, the level of significance was fixed at 0.05 levels. There was a significant relationship was seen between mental toughness. The value obtained was -.214 which indicated a significant negative relationship at 0.01 levels when compared with Boxing, Taekwondo and Judo.

Keywords: Mental toughness, Compact Sports.

I. INTRODUCTION:

Mental toughness is a critical element in contemporary international cricket. However, little is known beyond the obvious basics of what constitutes mental toughness in an English cricketer. This study addressed two main objectives: 1) develop a greater understanding of what mental toughness is within cricket, and 2) identify how existing mentally tough English cricketers developed their mental toughness. Twelve English cricketers identified as being among the mentally toughest during the previous 20 years were interviewed. Analysis of the focused interview transcripts identified the critical role of the player's environment in influencing 'Tough Character,' 'Tough Attitudes,' and 'Tough Thinking.' The global themes are presented in a mental toughness framework that has been used to disseminate the findings to the cricket coaching and playing population in England. The contrasting and complementary nature of the global themes are used to help provide a structural appreciation of the need for consistent interaction between environment, character, attitudes, and thinking in order that a performer can consistently be considered as mentally tough in cricket. Implications of the findings in relation to the delivery of sport psychology support within English cricket are also highlighted.

Combat sports may also be armed and the athletes compete using weapons, such as types of sword in western fencing (the foil, épée and saber) and kendo (shinai). Modern combat sports may also wear complex armour, like SCA Heavy Combat and kendo. In Gatka and Modern Arnis sticks are used, sometimes representing knives and swords.

Sports performance is determined by a combination of physiological factors, technical skill, tactical insight and state of mind. All four factors are critical to peak performance. One could argue however that the last of these is the executive function, as it is the mind which determines whether or not what you have trained in over the past few years, is brought out on the day – at that moment when it matters most. Yet it is this aspect of sports performance which has traditionally been paid the least attention in preparation for competition. Hence, in a world where many athletes are physically, technically and tactically increasingly similar, it is the mind which offers perhaps the greatest scope for a competitive advantage. The role of mind has become even more important with the rapidly increasing commercialization of sport, which has presented new pressures for athletes across many levels and ages. Fortunately, like the other

three factors, the mind can be improved through training. The more the mental skills are learned and practiced, the better and the more consistent the performances become. Performance in sports is no longer dependent on physiological well-being of the athlete. It is clear now that there are numerous psychological factors which affect and improve the physical performance. The important psychological factors which affect the physical performance and sports are as Personality, Learning, Intelligence, Attention and concentration, Motivation, Emotions, Individual differences, Aggression, Stress, Anxiety, Group dynamics, Mental Imagery and Mental toughness.

II. METHODS:

The purpose of the study was to find out the assess how mental toughness influence on college level boys in compact sports like boxing, taekwondo, wrestling, judo. The study was delimited to the sports like Judo, Wrestling, Taekwondo and boxing of Kerala State. The age group of the participants was ranged from 16-24 years. The selected dependent variable mental toughness. The subjects were selected from four different disciplines namely Judo, Wrestling, Taekwondo and boxing of Kerala State. 50 women judo players, 50 boys wrestlers, 50 boys boxers, 50 boys taekwondo players were selected as subjects for data collection. The data's were collected from them with the help of Mental Toughness Questionnaire by Alan Goldberg. Descriptive statistics, which help to describe a data distribution, such as mean and standard deviation of the scores were calculated for summarizing the collected raw data. In all the statistical tests, the level of significance was fixed at 0.05 levels.

Table - I

DESCRIPTIVE STATISTICS OF THE VARIABLE 'MENTAL TOUGHNESS' OF SELECTED GROUPS

Games	N	Mean	Std. Deviation	95% Confidence Interval for Mean		Minimum	Maximum
				Lower Bound	Upper Bound		
Boxing	50	15.88	2.65	15.1256	16.6344	11.00	23.00
Wrestling	50	15.64	2.81	14.8408	16.4392	5.00	21.00
Taekwondo	50	17.66	4.05	16.5079	18.8121	11.00	27.00
Judo	50	15.80	2.92	14.9699	16.6301	8.00	22.00
Total	200	16.24	3.24	15.7930	16.6970	5.00	27.00

It is evident from table-4.3 that observed mean and standard deviation (SD) of the variable 'Mental Toughness' of Boxing were 15.88 and 2.65 respectively; mean and standard deviation (SD) of Wrestling were 15.64 and 2.81 respectively; and mean, standard deviation (SD) of Taekwondo were 17.66 and 4.05 respectively; and mean, standard deviation (SD) of Judo were 15.80 and 2.92 respectively. Finally irrespective of all the groups the mean and standard deviation (SD) of variable 'Mental Toughness' is 16.24 and 3.24 respectively.

III. DISCUSSION OF FINDINGS:

The purpose of the study was to assess how anxiety and aggression influence on college level boys in combat sports of Kerala State. And the purpose of the study was to know whether there is a significant difference in variables like Anxiety and Aggression level among Boxers, Taekwondo, Wrestlers, Judo players. And also to know whether there is any relationship between the variables like Anxiety and Aggression.

The investigator selected 200 boys from different combat sports, 50 judo players, 50 wrestlers, 50 boxers, 50 taekwondo players from Kerala State. The age of the subject ranges between 16-24 years. When the result of variable 'Mental Toughness' was analysed, it was found that there is a significant difference between the Boxers, Taekwondo, Wrestlers and Judo. The mean and standard deviation (SD) of Boxers were 15.88 and 2.65 respectively; mean and standard deviation (SD) of Wrestling were 15.64 and 2.81 respectively; and mean, standard deviation (SD) of Taekwondo were 17.66 and 4.05 respectively; and mean, standard deviation (SD) of Judo were 15.80 and 2.92 respectively. The f ratio obtained was 4.50 (df = 196, 3) which was statistically significant at 0.05 level. The multiple comparison shown and reveal the facts that the Boxers have significant difference in their scores of Mental Toughness in comparison to Taekwondo players, the Wrestlers have significant difference in their scores of Mental Toughness in comparison to Taekwondo players, the Taekwondo players have significant difference in their scores of Mental Toughness in comparison to Boxers, Wrestling and Judo players, no difference seen between Boxers with compare to Wrestling and Judo players, no difference seen between Wrestling with compare to Boxing and Judo players and no difference seen between Judo with compare to Boxing and Wrestling players.

IV. CONCLUSION:

There was a significant relationship was seen between mental toughness. The value obtained was -.214 which indicated a significant negative relationship at 0.01 levels when compared with Boxing, Taekwondo and Judo.

Author Contributions: AAK and J designed the concept and conducted the study complete the raw data, does statistical analysis, generate the results and drafted the manuscripts. All authors have read and agreed to the published version of the manuscript.

Funding: The research received no funding or support from any of the agencies

Conflicts of Interest: The authors declare no conflict of interest.

Ethical approval: Not applicable

Availability of data: All available data has been presented in the study.

Acknowledgments: Authors wish to thank Dr.R.Mohanakrishnan, Associate Director of Sports, HOD, Department of Physical Education and Sports Sciences, College of Science and Humanities, Kattankulathur, Chengalpattu, Tamilnadu, India for his support towards research.

REFERENCE:

1. Burke.D.Grandjean, patriacia, A.Laylor and jay weiner (2002) 'confidence, concentration, and competitive performance of elite athletes: A natural experiment on Olympic gymnastics". Journal of sports and exercise psychology, 24, 320-327.
2. Burton, D. (1988), Re-examining the elusive performance relationship. Journal of sports and exercise psychology, 10, 45-61.
3. Chris Englert and Alex Bertrams (2012) "Anxiety, Ego Depletion, and Sports Performance". Journal of Sport and Exercise Psychology, 34(5),580-99.
4. Govindasamy K. Effect of Pranayama with Meditation on Selected Psychological Variables Among school Girls. Modern Perspectives of Sports Science and Yoga for the Enhancement of Sports Performance. 2018 Mar 3:209-11.
5. Fredrick. M, Christina and Ryan M. Rechard (1995) "self-determination in sports." International journal of sports psychology, 26, 5-23.