

MENTAL TOUGHNESS, EMOTIONAL STABILITY OF KABADDI PLAYERS AND GENERAL STUDENTS

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Abstract : *The main objective of this study was to compare Mental Toughness and Emotional Stability between kabaddi players with general students and also male versus female . One hundred and twenty (N=120) subjects were selected for the study in which 30 male and 30 female kabaddi players, 30 male and 30 female general students of physical education were selected. The age ranged from 18 to 26 years. The data collection tool used in the study - The Sports Specific Personality Test (SSPT), developed by Dr. Agya Jit Singh and Dr. H. S. Cheema. From there, selected psychological parameters like Mental Toughness and Emotional Stability were measured. Mental Toughness and Emotional Stability of the subjects were compared by the help of Mean, Standard Deviation, Percentage and Independent 't'-test. The result of the calculation showed that Mental Toughness of Kabaddi Players and General Students (both Male and Female) were significantly different but in respect to Emotional Stability there was an insignificant relationship between Kabaddi players and General Students (both Male and Female). Also the result showed that the level of Mental Toughness of Kabaddi Players were higher than General Students of Physical Education discipline. But the level of Emotional Stability of Kabaddi Players and General Students of Physical Education discipline was quite similar in nature. On the basis of Percentage, Kabaddi Girls players were more Emotionally Stable than the others.*

IndexTerms - *Mental Toughness, Emotional Stability, Sports Specific Personality.*

I. INTRODUCTION

It is generally recognized that psychological factors are of crucial importance in high-level competitive sports. Cognitive anxiety is characterized by negative concerns and worries about performance, inability to concentrate, and disrupted attention (Krane & Williams, 1994). Somatic anxiety consists of an individual's perceptions, which are characterized by indications such as sweaty palms, butterflies, and shakiness (Martens, Burton, Vealey, Bump & Smith, 1990). As far as Kabaddi is concerned, it is suggested that psychological factors play an even more decisive role in a competition, differentiating between successful and less successful teams. Pivotal to athletic performance is the ability to more maintain desired athletic performance levels during particularly critical periods of competition, such as during pressurised situations that typically evoke elevated levels of anxiety (e.g., do or die raid, super tackle) or when exposed to unexpected adversities (e.g., unfavorable umpire calls on crucial points). These kinds of situations become markedly important when athletes, who are separated by marginal physical and technical differences, are engaged in closely contested matches, games, or races. These are largely dependent on athletes' psychological attributes. These attributes appears to be Mental Toughness and Emotional Stability.

Mental Toughness indicates that mentally tough athletes can take rough handling; they are not easily upset about losing, playing badly or being spoken to harshly, can accept strong criticism without being hurt and do need too much encouragement from their coaches. This is also manifested in realistic, self-reliant and cynical behavior. Cattell (1960) described the tough-minded individual as one who is emotionally mature, is independent in action and thought, is hard and realistic in his appraisal of himself and the world can overrule his feelings and does not show anxiety, about events occurring about him.

Emotional Stability is characterized by maturity, stability quite realism, absence of neurotic fatigue, placidness, unaffectedness, optimism and self-discipline. While on the other hand, Emotional Instability is characterized by low tolerance of frustration, immaturity, unstableness, high excitability, evasiveness, wordiness and neurotic fatigability. There is a high level of anxiety and apprehensiveness together with diminished activity, lowered self-confidence and a general loss of initiative.

II. PURPOSE OF THE STUDY

The study was conducted to compare the Mental Toughness and Emotional Stability between Kabaddi Players and General Students both male and female. Also it was to compare the Mental Toughness and Emotional Stability between male and female among the subjects.

III. METHODOLOGY

The sample size was one hundred and twenty (N=120) for the study. The subjects were 30 male and 30 female kabaddi players (District and State level), 30 male and 30 female students of Physical Education. The age ranged from 18 to 26 years. The data collection tool used for the study - The Sports Specific Personality Test (SSPT) developed by Dr. Agya Jit Singh (Retired Head, Dept. of Psychology, Panjabi University, Patiala and also Ex-Sports Psychologist, N. S. National Institute of Sports, Patiala) and Dr. H. S. Cheema (Ex-Lecturer in Education, Dept. of Correspondence Courses, Panjabi University, Patiala). From there, selected psychological parameters like Mental Toughness and Emotional Stability were measured in Bengali version, standardized by Dr. Urmi Chakraborty (Assistant professor in Psychology, (STAGE 2) Government College of Education (C.T.E.), Banipur, West Bengal Education Service.) After collecting the data i.e. data of Mental Toughness and Emotional Stability of kabaddi players and general students were interpreted by the help of Mean, Standard Deviation, independent t-test and Percentage calculation. Level of confidence was set at $p < 0.05$.

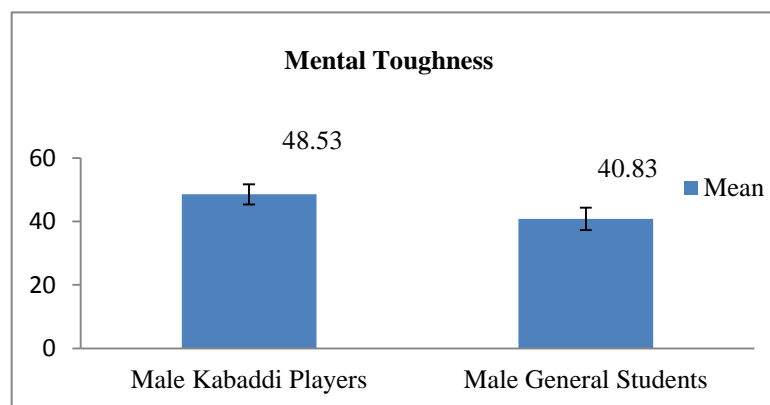
IV. RESULT AND DISCUSSION

Table – I Comparison of data on Mental Toughness of Male Kabaddi Players and Male General Students.

Group	N	Mean	S.D.	Percentage	't' Value
Male Kabaddi Players	30	48.53	±3.20	80.88%	8.83 ^S
Male General Students	30	40.83	±3.54	68.05%	

* $t_{0.05}(58) = 2.045$ and $t_{0.01}(58) = 2.756$, S = Significant

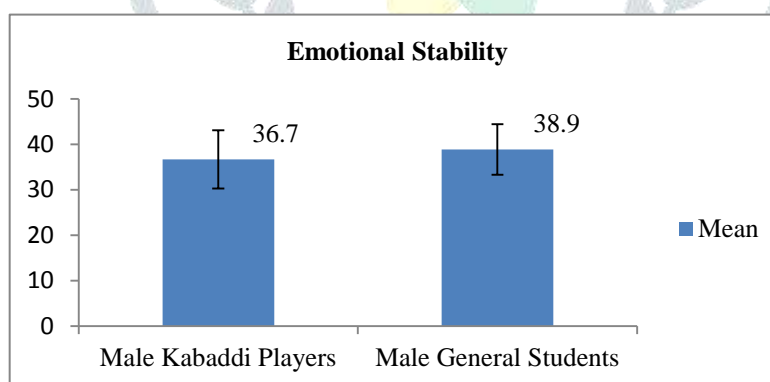
Table – I represents the descriptive statistics of the Mental Toughness of male kabaddi players and male general students along with comparison. The Mean and Standard Deviation of Mental Toughness were 48.53 ± 3.20 for male kabaddi players group and 40.83 ± 3.54 for male general students group. The significant difference in Mental Toughness between the two groups was found.

**Figure – 1** Graphical presentation of Mental Toughness of Male Kabaddi Players and Male General Students.**Table – II** Comparison of data on Emotional Stability of Male Kabaddi Players and Male General Students.

Group	N	Mean	S.D.	Percentage	't' Value
Male Kabaddi Players	30	36.70	±6.39	61.17%	1.419 ^{NS}
Male General Students	30	38.90	±5.59	64.83%	

* $t_{0.05}(58) = 2.045$, NS = Not Significant

Table – II represents the descriptive statistics of the Emotional Stability of male kabaddi players and male general students along with comparison. The Mean and Standard Deviation of Emotional Stability were 36.70 ± 6.39 for male kabaddi players and 38.90 ± 5.59 for male general students. The significant difference in Emotional Stability between the two groups was not found.

**Figure – 2** Graphical presentations of Emotional Stability of Male Kabaddi Players and Male General Students.**Table – III** Comparison of data on Mental Toughness of Female Kabaddi Players and Female General Students.

Group	N	Mean	S.D.	Percentage	't' Value
Female Kabaddi Players	30	43.5	±3.42	72.5%	3.068 ^S
Female General Students	30	41.07	±2.68	68.45%	

* $t_{0.05}(58) = 2.045$ and $t_{0.01}(58) = 2.756$, S = Significant

Table – III represents the descriptive statistics of the Mental Toughness of female kabaddi players and female general students along with comparison. The Mean and Standard Deviation of Mental Toughness were 43.5 ± 3.42 for female kabaddi players and 41.07 ± 2.68 for female general students. The significant difference in Mental Toughness between the two groups was found.

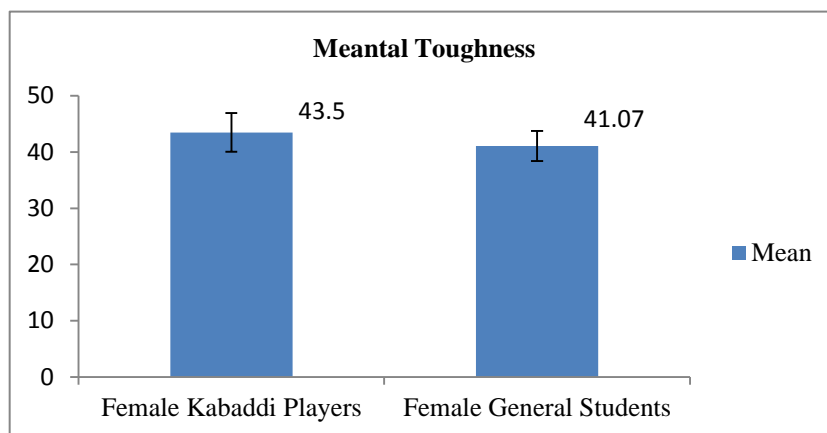


Figure – 3 Graphical presentation of Mental Toughness of Female Kabaddi Players and Female General Students.

Table – IV Comparison of data on Emotional Stability of Female Kabaddi Players and Female General Students.

Group	N	Mean	S.D.	Percentage	't' Value
Female Kabaddi Players	30	42.5	±5.29	70.83%	0.214 ^{NS}
Female General Students	30	42.17	±6.71	70.28%	

* $t_{0.05}(58) = 2.045$, NS = Not Significant

Table – IV represents the descriptive statistics of the Emotional Stability of female kabaddi players and female general students along with comparison. The Mean and Standard Deviation of Emotional Stability were 42.5 ± 5.29 for female kabaddi players, and 42.17 ± 6.71 for female general students. The significant difference in Emotional Stability between the two groups was not found.

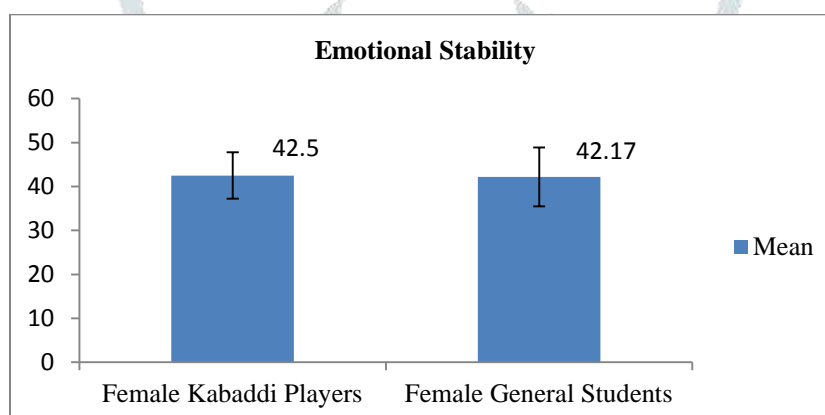


Figure – 4 Graphical presentations of Emotional Stability of Female Kabaddi Players and Female General Students.

Table – V Comparison of data on Mental Toughness of Male Kabaddi Players and Female Kabaddi Players.

Group	N	Mean	S.D.	Percentage	't' Value
Male Kabaddi Players	30	48.53	±3.20	80.88%	5.88 ^S
Female Kabaddi Players	30	43.50	±3.42	72.5%	

* $t_{0.05}(58) = 2.045$, and $t_{0.01}(58) = 2.756$, S = Significant

Table – V represents the descriptive statistics of the Mental Toughness of male kabaddi players and female female kabaddi players along with comparison. The Mean and Standard Deviation of Mental Toughness were 48.53 ± 3.20 for male kabaddi players and 43.50 ± 3.42 for female female kabaddi players. The significant difference in Mental Toughness between the two groups was found.

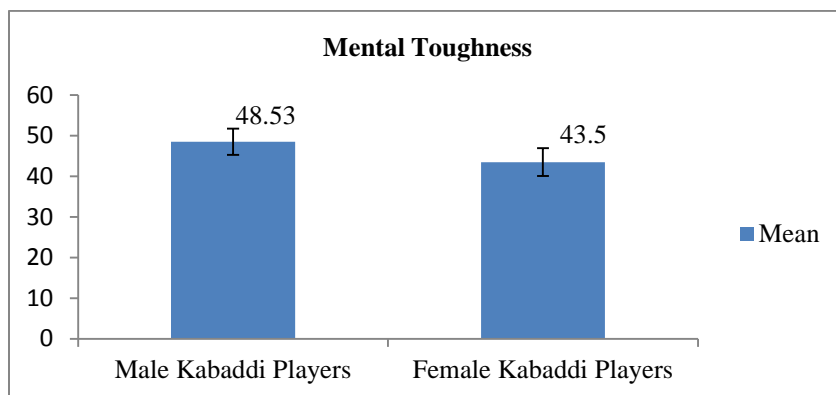


Figure – 5 Graphical presentations of Mental Toughness of Male Kabaddi Players and Female Kabaddi Players.

Table – VI Comparison of data on Emotional Stability of Male Kabaddi Players and Female Kabaddi Players.

Group	N	Mean	S.D.	Percentage	't' Value
Male Kabaddi Players	30	36.70	±6.39	61.17%	3.829 ^S
Female Kabaddi Players	30	42.50	±5.29	70.83%	

* $t_{0.05}(58) = 2.045$, and $t_{0.01}(58) = 2.756$, S = Significant

Table – VI represents the descriptive statistics of the Emotional Stability of male kabaddi players and female kabaddi players along with comparison. The Mean and Standard Deviation of Emotional Stability were 36.70 ± 6.39 for male kabaddi players and 42.50 ± 5.29 for female kabaddi players. The significant difference in Emotional Stability between the two groups was found.

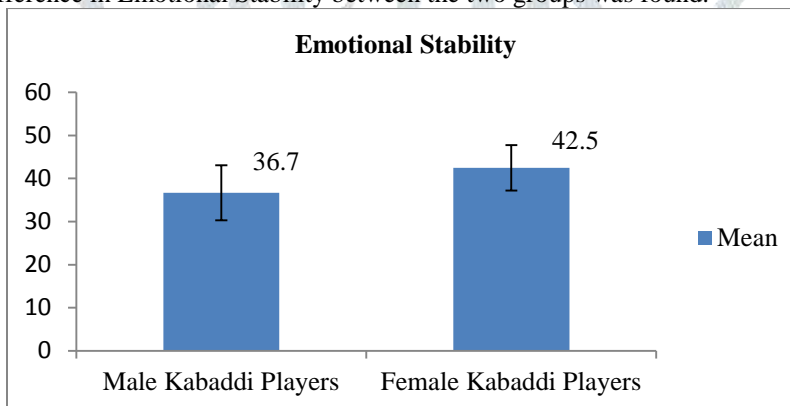


Figure – 6 Graphical presentations of Emotional Stability of Male Kabaddi Players and Female Kabaddi Players.

Table – VII Comparison of data on Mental Toughness of Male General students and Female General Students.

Group	N	Mean	S.D.	Percentage	't' Value
Male General students	30	40.83	±3.54	68.05%	0.288 ^{NS}
Female General Students	30	41.07	±2.68	68.45%	

* $t_{0.05}(58) = 2.045$, NS = Not Significant

Table – VII represents the descriptive statistics of the Mental Toughness of Male General students and Female General Students along with comparison. The Mean and Standard Deviation of Mental Toughness were 40.83 ± 3.54 for Male General Students and 41.07 ± 2.68 for female General students. The significant difference in Mental Toughness between the two groups was not found.

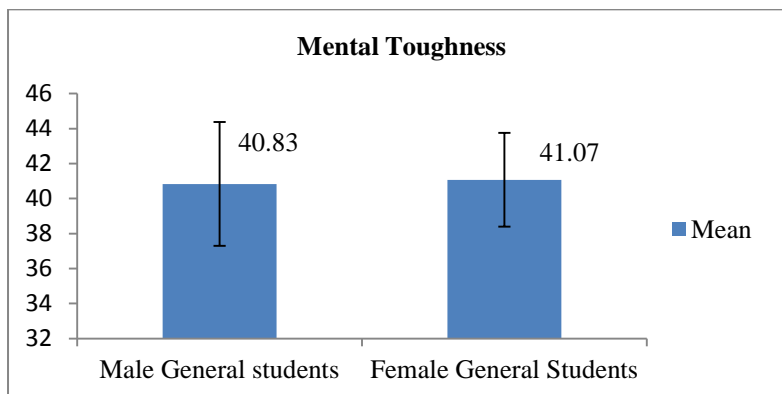


Figure – 7 Graphical presentations of Mental Toughness of Male General students and Female General Students.

Table – VIII Comparison of data on Emotional Stability of Male General Students and Female General Students.

Group	N	Mean	S.D.	Percentage	't' Value
Male General Students	30	38.90	±5.59	64.83%	2.048 ^S
Female General Students	30	42.17	±6.71	70.28%	

* $t_{0.05}(58) = 2.045$, S = Significant

Table – VIII represents the descriptive statistics of the Emotional Stability of Male General Students and Female General Students along with comparison. The Mean and Standard Deviation of Emotional Stability were 38.90 ± 5.59 for Male General Students and 42.17 ± 6.71 for Female General Students. The significant difference in Emotional Stability between the two groups was found.

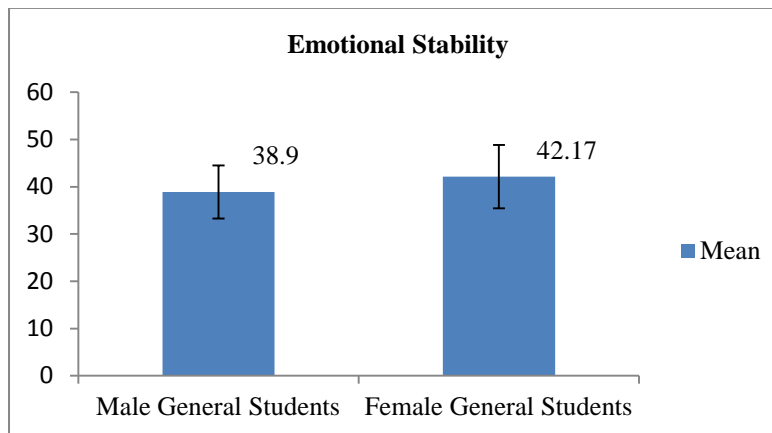


Figure – 8 Graphical presentations of Emotional Stability of Male General Students and Female General Students.

V. DISCUSSION OF FINDINGS

The development of Mental Toughness requires a series of formative experiences (challenge, classification, setbacks, critical incident, trauma and recovery, sustained commitment, development of mind-set and perspective during challenge, failure, and acceptance), combined with support and coping resources (social support and significant others, external shaping, social support, overcoming problems, social comparison and reflective practice). Para-athletes have experienced a major life trauma, and experienced PTG, sports injury related and adversity growth opportunities that require various coping resources and support systems to be developmental and mentally tougher athletes' superior levels of success. The mental toughness is the most important mental skill for athletic performance. Coaches found mental toughness to be the most important psychological attribute for success and also Coaches recognize the importance but seem to lack the knowledge and time to develop this mental skill. The present study showed a higher level of mental toughness in kabaddi players than general physical education students. There are various studies of emotional stability in which similar results were shown. On a survey study male students are found to be more emotionally stable than female students. Sports are such an activity wherein lot of physical effort is required. A physically fit person has always been found to be better. However, being physically fit is not enough. One has to be emotionally stable as well to perform better. The study revealed that the National players had exhibited better than their counterparts at inter-school level and non-players. Also it was found that the male players had demonstrated better than their counterpart female players. But the present study showed there was no significant difference in emotional stability between kabaddi players and general physical education students.

VI. CONCLUSION

On the basis of obtained results following conclusions were drawn:

In the present study a significant difference was found in Mental Toughness between kabaddi Players (Male and Female) and General Physical Education Students (Male and Female). Also the study revealed that in Mental Toughness Kabaddi Players are better than General Students. But there was no significant difference found in Emotional Stability between Kabaddi Players (Male and Female) and General Physical Students (Male and Female). On the other hand, a significant difference was found in Mental Toughness between Male Kabaddi Players and Female Kabaddi Players. It was revealed that in Mental Toughness Male Kabaddi Players are better than Female Kabaddi Players. In Emotional Stability, there also a significant difference was found between the two groups and it was revealed that the Female are better than Male in Emotional Stability.

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