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Comparative study of mental toughness between male and female wrestling players

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Abstract

Background: The Purpose of the study was to compare Male and Female Wrestling players of Punjab University Chandigarh on mental toughness.

Method: A total of forty (40) students, comprising of 20 female and 20 male players from Punjab University, Chandigarh were randomly selected for the study and were shortlisted though purposive sampling. The age of the subjects ranged between 18 to 25 years. To analyse mental toughness of the subjects: Mental toughness Questionnaire (R-0.88 and V-0.80) developed by Dr Alan Goldberg's was used. To ascertain mental toughness of the subjects, scoring key were referred and to compare Male and Female Wrestling Players on mental toughness students t test was applied with level of significance fixed at 0.05. Result the analysis of data using students t test for finding the significance difference between Mae and Female Wrestling players on mental toughness showed an insignificant difference. Therefore, the hypotheses that there will be significant difference between the mental toughness of Male and Female Wrestling players have been rejected.

Conclusion: Male and Female Wrestling players showed significant difference on mental toughness, though male Wrestling players showed slightly slightly higher mean on mental toughness than female Wrestling players students.

Keywords: Mental toughness, Wrestling

Introduction

Mental toughness is a necessity in competitive sports. Competing against other athletes, or even against your personal best, can be a stressful process. When it's time to compete and prove your physical and sports ability to yourself and to others with an audience present, stress and anxiety can often get in the way. If you miss a basket or swing the bat and miss, you might feel like you have failed or that you are not good enough. With others watching, these feeling can become magnified. Mental toughness during sports performance involves tuning out the opinions of others. After all, you are human and you will make mistakes. Acknowledging that no one is perfect and that all you can do is make your best effort each time is large part of demonstrating mental toughness is sports.

Objective of the study

The object of the study was to compare Mental Toughness among male and female Wrestling players.

Procedure and methodology

A total of forty (40) students, comprising of 20 female and 20 male players from Punjab University, Chandigarh were randomly selected for the study. The age of the subjects ranged between 18 to 25 years.

The scores on mental toughness were obtained by using Mental Toughness questionnaire prepared.

By Dr. Alan Goldberg's, 2004. To compare the Mental Toughness among wrestling male and female players students t- test was applied at the significance level of 0.05

Results and discussions of the findings

To compare the two groups namely 20 female and 20 male Wrestling players from Punjab

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University on the Mental Toughness, mean, standard deviation and t test were computed. The findings are presented below. On Mental Toughness, the means and standard deviations of the two groups along with the significance of difference by way of students t test has been presented in table-1.

Table 1: Mean and Significance of difference between male and female wrestling players on the Mental toughness.

Group	Mean	S.D.	d.f.	t value
Male Wrestling Player	15.60	4.95	38	0.25
Female Wrestling Players	14.75	2.93		

t value to be significant at 0.05 level= 1.68 With d.f. (n-2=38) The above table-1 indicates that the means of male and female Wrestling players on the Mental Toughness was 15.60 and 14.75 respectively. The obtained t was 0.25, which was found to be insignificant at .05 level of confidence. This also indicates that female Wrestling players had Graphically represented in figure-1).

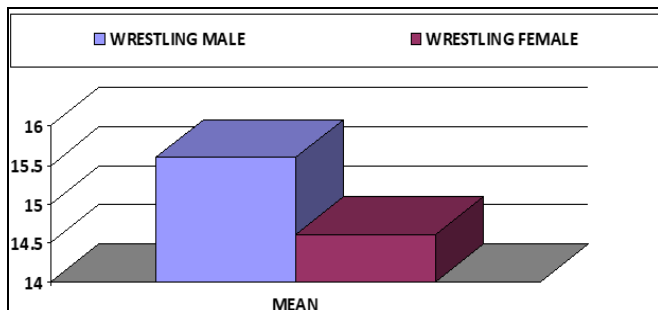


Fig 1: Means of Wrestling Male and Female players on the mental toughness

Discussion of findings

Findings on the basis of analysis of data reveal that insignificant difference exists between male and female Wrestling players in the variable of mantel toughness. It indicated that male Wrestling players have more mental toughness than Female Wrestling players. As the male Wrestling players had greater mean which indicated that they are more mentally tough in competitive situation than Female Wrestling players in the dimension of Mental Toughness.

The reason for insignificant difference between male and female players in combative games is maybe because girls play more defensive then male to make them safe they avoid tough situations and try to ignore that situation which make them injured or harm.

Conclusion

On the basis of analysis of data, the following conclusions may be drawn: Female judo players had lesser mean than male Wrestling players in the dimension of Mental Toughness. There was insignificant difference found between the Mental Toughness of Male and Female Wrestling Players.

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