

A CROSS SECTIONAL ANALYSIS OF MENTAL TOUGHNESS AMONG FEMALE JUDOKAS AT INTER-COLLEGE AND INTERVARSITY LEVEL



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Abstract:

The purpose of the study was to compare the mental toughness of female judokas of inter- college and intervarsity level. For this study 32 (Thirty-two) subjects were categorized into two sub sections of 16inter- college and 16 Intervarsity level female judokas, who were randomly selected from different weight categories. Ages, ranged between 19-25 were selected for this study. The mental toughness battery constructed by Goldberg(1998) was administrated which consists of 30 items with five subscales viz. (a) Rebound ability (b) Ability to Handle Pressure (c) Concentration (d) Confidence (e) Motivation. T-test was used to compare the mean difference and the level of significance was set at 0.05. After analysis insignificant difference is found in relation to Rebound ability, Ability to Handle Pressure, Concentration, Confidence, Motivation and Total Mental Toughness.

Keywords: Judokas, Mental Toughness, Inter-college & Intervarsity level.

Introduction:

Judo is the game which is very popular in India, particular in Haryana. Since last two decades the Indian judokas has been performing well in international level. Accomplish success in competition judo athletes must achieve an excellent level of physical fitness, physical condition during competition and psychological balance. Mental toughness is a quality of players to cope up better than your opponents and unshakeable pre service conviction towards same goal despite pressure and adversity. Jones et al. (2002) defines that cope better than your opponents with the many demands (competition, training, and lifestyle) that sports places on a performer. A review of literature pointed to mental toughness as being one of the more important determinants of peak athletic performance. Bull et al. (2005) and Connaught et al. (2008) suggested that a thorough understanding of the development of mental toughness requires the integration of context specific factors, such as the individual differences of the athlete as well as the sports setting in which the individual is engaged.

Methodology:

In the present study 32 female judokas were selected from different colleges under the affiliation of Punjab University, Chandigarh. They were further divided into two categories 16 inter- college and 16intervarsity level judokas which age ranged between 19-25 years. This scale is a standardized tool which has already been used in many research/psychological investigations. To measure the level of mental toughness of the subjects, the mental toughness battery constructed by Goldberg(1998) was administrated which consist of 30 items with five subscales viz. (a) Rebound ability(b) Ability to Handle Pressure (c) Concentration (d) Confidence (e) Motivation. Each dimension measured by six questions, with 'Yes' or 'No' by a tick mark responses. For analysis of data independent group t-tests was used to compare the mean difference and the level of significance was set at 0.05.

Results and Findings:

The results pertaining to significant difference, if any, among female judokas were assessed using the t-test and results are presented in three tables.

Table No: I
Mean values, Standard Deviation and T- Test Statistic of round ability Intercollegiate (N = 16) and intervarsitylevel judokas (N = 16)

Groups	N	Mean	SD	t-value
Inter- college	16	3.687	0.946	0.166
Intervarsity	16	3.625	1.147	

Significant at .05 level of significance

$t_{.05} (30) = 2.042$

Table no. I shows that the mean of Round ability of inter- college and intervarsity level judokas was 3.687 and 3.625 respectively, whereas the standard deviation (SD) of Round ability of inter- college and intervarsity level judokas was 0.946 and 1.147 respectively. So the above data indicates that the differences between inter- college and intervarsity level judokas in regard to Round ability are insignificant.

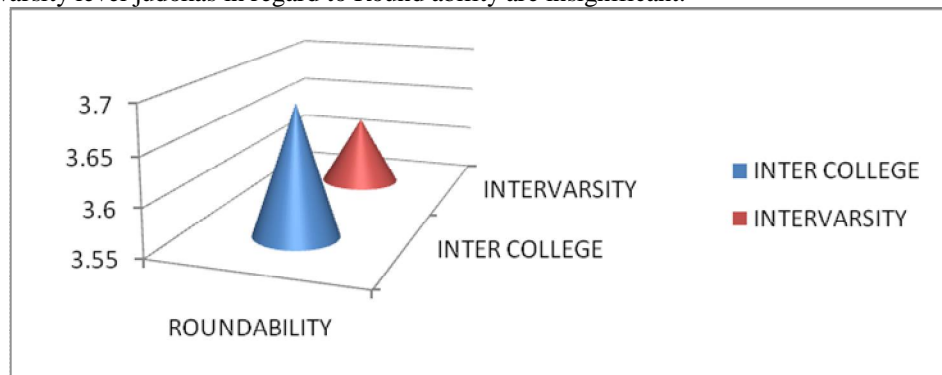


Figure. I: Graphical representation of Round ability among female judokas

Table No: II
Mean Values, Standard Deviation and T- Test Statistic of Ability to handle pressure in inter- college (N = 16) and intervarsity level judokas (N = 16)

Groups	N	Mean	SD	t-value
Inter- college	16	4.062	0.997	0.949
Intervarsity	16	3.75	0.856	

Significant at .05 level of significance

$t_{.05} (30) = 2.042$

Table no. II shows that the mean of Ability to handle pressure of inter- college and intervarsity level judokas was 4.062 and 3.75 respectively, whereas the standard deviation (SD) of somatic anxiety of inter- college and intervarsity level judokas was 0.997 and 0.856 respectively. So the above data indicates that the differences between inter- college and intervarsity level judokas in regard to Ability to handle pressure are insignificant.

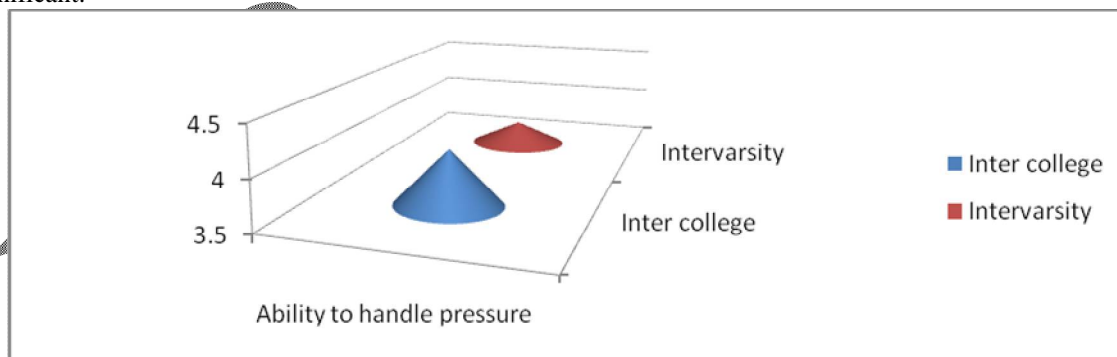


Figure II: Graphical representation of Ability to handle pressure among female judokas

Table No: III
Mean Values, Standard Deviation and T- Test Statistic of Concentration of inter- college (N = 16) and intervarsity level judokas (N = 16)

Groups	N	Mean	SD	t-value
Inter- college	16	3.625	1.147	-0.481
Intervarsity	16	3.812	1.046	

Significant at .05 level of significance

$t_{.05} (30) = 2.042$

Table no. III shows that the mean of Concentration of inter-college and intervarsity level judokas was 3.625 and 3.812 respectively, whereas the standard deviation (SD) of Concentration of inter-college and intervarsity level judokas was 1.147 and 1.046 respectively. So the above data indicates that the differences between inter-college and intervarsity level judokas in regard to Concentration are insignificant.

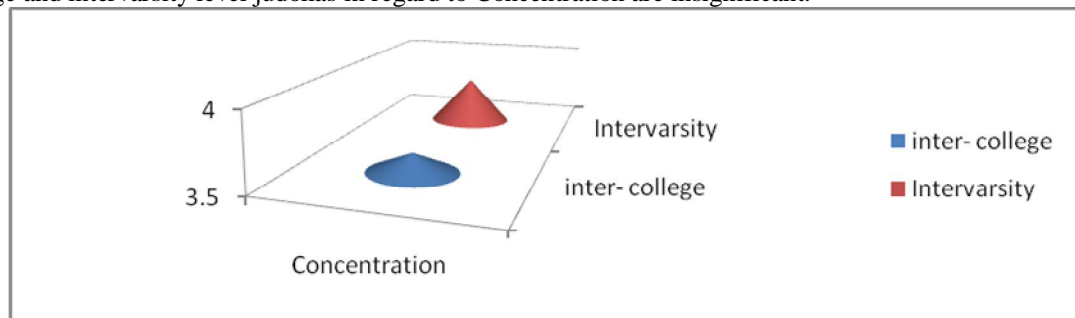


Figure III: Graphical representation of Concentration among female judokas

Table No: IV
 Mean Values , Standard Deviation and T- Test Statistic of Confidence in inter-college (N = 16) and intervarsity level judokas (N = 16)

Groups	N	Mean	SD	t-value
Inter- college	16	3.875	0.885	0.177
Intervarsity	16	3.812	1.108	

Significant at .05 level of significance

$t_{.05} (30) = 2.042$

Table no. IV shows that the mean of Confidence of inter-college and intervarsity level judokas was 3.875 and 3.812 respectively, whereas the standard deviation (SD) of Confidence of inter-college and intervarsity level judokas was 0.885 and 1.108 respectively. So the above data indicates that the differences between inter-college and intervarsity level judokas in regard to Confidence are insignificant.

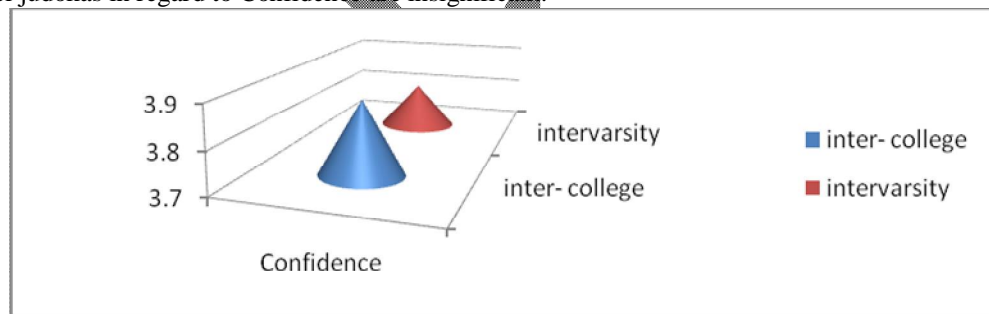


Figure IV: Graphical representation of Confidence among female judokas

Table No: V
 Mean Values , Standard Deviation and T- Test Statistic of Motivation in inter-college (N = 16) and intervarsity level judokas (N = 16)

Groups	N	Mean	SD	t-value
Inter- college	16	4.312	1.197	1.689
Intervarsity	16	3.687	0.873	

Significant at .05 level of significance

$t_{.05} (30) = 2.042$

Table no. V shows that the mean of Motivation of inter-college and intervarsity level judokas was 4.312 and 3.687 respectively, whereas the standard deviations (SD) of Motivation of inter-college and intervarsity level judokas was 1.197 and 0.873 respectively. So the above data indicates that the differences between inter-college and intervarsity level judokas in regard to Motivation are insignificant.

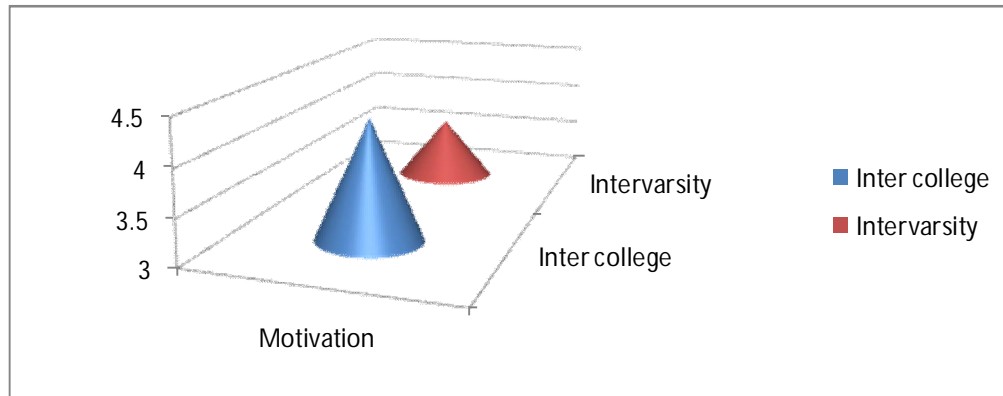


Figure V : Graphical representation of Motivation among female judokas

Table No: VI

Mean Values , Standard Deviation and T- Test Statistic of Mental toughness in inter- college (N = 16) and intersivity level judokas (N = 16)

Groups	N	Mean	SD	t-value
Inter- college	16	19.5	2.607	0.7009
Intersivity	16	18.937	1.878	

Significant at .05 level of significance

$t_{.05} (30) = 2.042$

Table no. VI shows that the mean of Mental toughness of inter-college and intersivity level judokas was 19.5 and 18.937 respectively, whereas the standard deviation (SD) of Mental toughness of inter- college and intersivity level judokas was 2.607 and 1.878 respectively. So the above data indicates that the differences between inter- college and intersivity level judokas in regard to Mental toughness are insignificant.

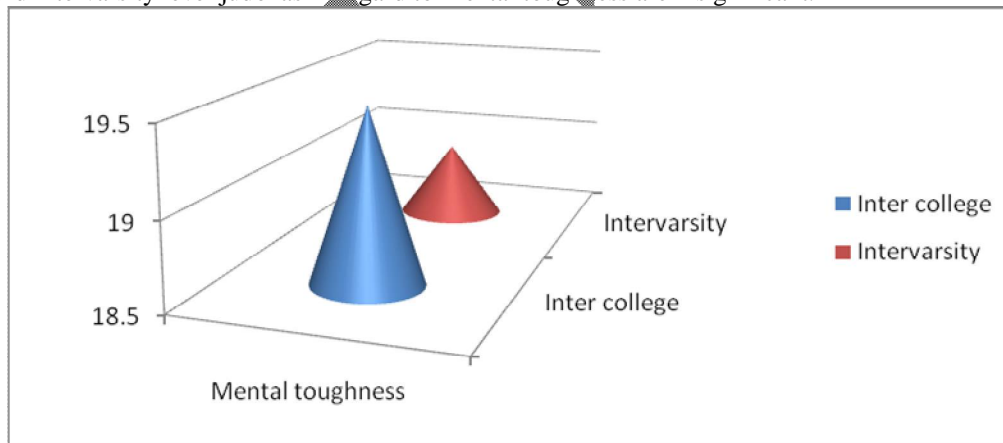


Figure VI: Graphical representation of mental toughness among female judokas

Discussions and Conclusion:

It is concluded from the above finding that the insignificant difference is found in Rebound Ability, Ability to Handle Pressure, Concentration, Confidence, Motivation and Total Mental Toughness of female judokas of Intercollegiate and Intersivity different level.

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