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## APPRAISAL OF MENTAL TOUGHNESS IN POSITIONAL PLAY IN FOOTBALL



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### ABSTRACT

The aim of present study was to appraisal of mental toughness in positional play in football. To achieving the purpose of research, there were 80 male football players were selected among them 20goalkeepers, 30 defenders and 30forward players with purposive sampling approach. The data were selected from Uttarakhand in the academic session 2017-2018with ages raging between 20-24 years. The mental toughness was measured through mental toughens Inventory, developed by Prof. Sandeep Tiwari. The inventory is highly reliable and valid. Before the test, the procedure of the questionnaire and the purpose of the test were briefly explained to the all subjects for better understanding and to increase the motivation level. The mental toughness was appraisal through one way analysis of variance at  $P<0.05$  level. On the basis of results, it may be concluded that there were insignificant difference obtained in mental toughness among goalkeepers, defenders and forward players in football in the state of Uttarakhand.

**Keywords:** Mental Toughness, Uttarakhand & Football Players.

### INTRODUCTION

In modern society sports has developed scientifically and skillfully to a great extent where human performance has reached great excellence thereby certain point physiological and physical performance is not enough for the ultimate performance it also needs optimum psychological variable such as confidence, anxiety, stress, motivation, and arousal, mental toughness etc. so that desired execution of skill techniques and tactics can be performed psychology as behaviors science has made it contribution in this regards. There are certain psychological principles which have to be applied so that the athletes and players are able to show their best in their performance. It is important to know about the role of mental toughness of the players during training as well competitive situations (Alderman 1947).

The increased stress of competitions can cause athletes to react both physically and mentally in a manner that can negatively affect their performance abilities. They may become tense, their heart

rate rise, into a cold sweat they worry about the outcome of the competition, they find it hard to concentrate on the task in hand. This has led coaches to take an increasing interest in the field of sports psychology and in particular in the area of competitive anxiety. Many coaches and athletes have become aware of the importance of mental skills in sport and are placing more emphasis on the development of these skills. The roles of sports psychologists are numerous, but they primarily teach athletes mental game skills to improve their performance and learning (Patrick, 2016). Mental toughness provide psychological edge to cope better than opponent players and also to be consistent in remaining determined, confidence, focused and handle pressure (Jones, 2002) Mental toughness is an ability of athlete to witness positive responses to situations to persist and refuse to give in (Gould, 1987) includes of motivation (Gould, 1987) , concentration (Goldberg A. 1998), and confidence.

## **METHODOLOGY**

### **Selection of Subjects**

80 male football players were selected from the state of Uttarakhand among them 20 goal keeper, 30 Defenders and 30 forward players. The ages ranging of the players from 20-24 years and purposive sampling technique were applied to collect the data in the academic year 2017-2018.

### **Selection of Questionnaire**

#### **The Mental Toughness**

The mental toughness of footballers was APPRAISAL through mental toughness Inventory, developed by Prof. Sandeep Tiwari. The questionnaires was used in this study for the collection of the data is selected because they are found be most reliable and have been widely used to appraisal mental toughness of players in the profession of physical education and sports throughout the world. There were five dimensions namely Rebound ability, Ability of handle pressure, Concentration, Confidence and Motivation

#### **Administration of Questionnaires**

The subjects were consulted personally and their sincere cooperation be solicited. The researcher was himself visit the different venues and was collect data on the mental toughness of each sample. The questionnaire contained total 80 items, this questionnaire is a 5 point likert type among them 5 point showed strongly agree and 1pont showed strongly disagree, The subject responding using five points ordinal scale, hence the maximum response score from the total inventory will 150 points and minimum 30 points respectively.

## STATISTICAL TECHNIQUE

The mean is used to characterized the players and the appraisal of mental toughness among goalkeeper, midfielder and forward players, the one way ANOVA was applied at  $P < 0.05$  level of significant

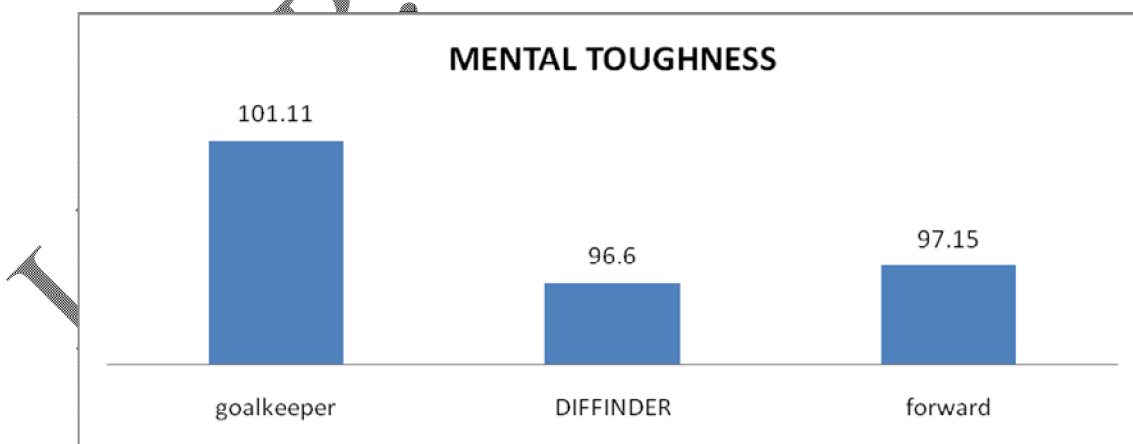
## RESULTS

**Table No: I**  
**Mean of Mental Toughness among Goal Keepers, Defenders and Forward Players**

Variable	Group	N	Mean
Mental toughness	Goal keepers	20	101.11
	Defenders	30	96.60
	Forward players	30	97.15

**Table No: II**  
**Comparison of mental toughness among Goal Keepers, Defenders and Forward Players in football**

Sources of variance	Degree of freedom	Sum of square	Mean sum of square	F-value
Between the Group	2	238.34	118.11	1.79
Within the Group	77	3632.41	62.52	



**Fig: 1**

## DISCUSSION OF FINDINGS

Mental toughness is a quality which determines, in some part, how effectively individuals perform when exposed to stress, pressure and challenge irrespective of the prevailing situation. Athlete, coaches and applied sports psychologist have consistency referred to mental toughness as one of the most important psychological characteristics related to outcomes and success in elite sports. From the table I, the mean of mental toughness of goalkeepers are (101.11), Defenders are (96.60) and Forward players are (97.15). Whereas from the above table II, the Analysis of Variance indicate that there were insignificant difference among the Goalkeeper, Defender and forward player at  $P < 0.05$  level. It means result clearly showed that the Goalkeeper, Defender and forward player have same level of mental toughness.

## CONCLUSION

Within the Limitation of the present study the following conclusions were drawn:

- Goal keepers defenders and forward players are same mentally tough.
- A large majority of the respondents expressed that the mental toughness are important in football.
- It also indicates that, for optimum level of performance psychological aspects of training played a very important role.

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