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**APPRAISAL OF MENTAL TOUGHNESS IN POSITIONAL PLAYERS**



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**ABSTRACT**

The objective of the study was to appraisal of mental toughness in positional players. To achieving the purpose of research, there were 80 male football players were selected among them 20 goalkeepers, 30 defenders and 30 forward players with systematic sampling. The data were selected from Himachal Pradesh in the academic session 2021-2022 with ages raging between 18-26 years. The mental toughness was measured through mental toughens Inventory, developed by Prof. Sandeep Tiwari. The inventory is highly reliable and valid. 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 positional players.

**Keywords:** Mental Toughness & Positional Players.

**INTRODUCTION**

Mental toughness (MT) has been studied as an important individual difference factor that allows individuals to deal effectively with challenges and to persist under pressure. MT has its highest profile in sport but its impact is now recognized in a wide range of other domains. It is an umbrella term that entails positive psychological resources, which are important across a range of achievement contexts (Clough et al., 2002; Crust and Clough, 2011; Gucciardi et al., 2015a). Moreover, it does not only reflect an effective coping mechanism as reaction to stressors (e.g., reappraising stressful situations as opportunities for self-development) but also allows individuals to proactively seek out opportunities for personal growth due to high levels of confidence in one's abilities (St Clair-Thompson et al., 2015). A number of MT models have been developed

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(e.g., Fourie and Potgieter, 2001; Clough et al., 2002; Jones et al., 2002; Golby and Sheard, 2006; Golby et al., 2007; Gucciardi et al., 2008; Coulter et al., 2010). For example, Clough et al. (2002) drew from hardiness theory to develop a multidimensional model of MT, whereas Gucciardi et al. (2015a) drew from theories of stress and personal resources to develop a unitary model of MT. While these models differ in several aspects, they also share a number of features. For instance, self-belief is at the core of most definitions (e.g., Clough et al., 2002; Bull et al., 2005; Thelwell et al., 2005; Gucciardi et al., 2008).

### DESIGN OF THE STUDY

#### Selection of Subjects:

The objective of the study was to appraisal of mental toughness in positional players. 80 male football players were selected from the state of Himachal Pradesh among them 20 goal keeper, 30 Defenders and 30 forward players. The ages ranging of the players from 18-26 years and purposive sampling technique were applied to collect the data in the academic year 2021-2022.

#### 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

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items, this questionnaire is a 5 point likert type among them 5 point showed strongly agree and 1point 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 ANALYSIS AND RESULTS**

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

**Table: I**  
**Mean of Mental Toughness among Positional Players**

Variable	Group	N	Mean
Mental Toughness	Goal Keepers	20	101.11
	Defenders	30	96.60
	Forward Players	30	97.15

**Table: II**  
**Comparison of Mental Toughness among Positional Players**

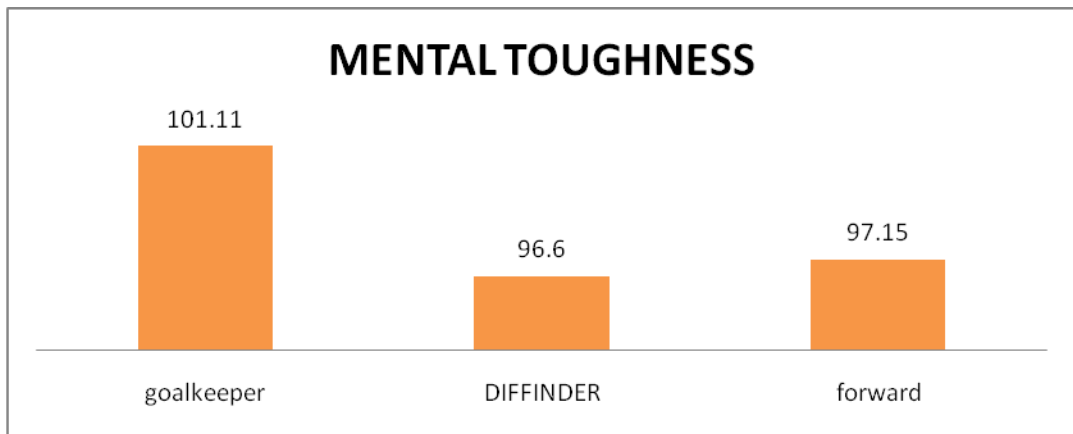
Sources of variance	Degree of freedom	Sum of Square	Mean sum of Square	F-value
Between the Group	2	238.34	118.11	1.79
Within the Group	77	3632.41	62.52	

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**Fig: 1: Mental Toughness among Positional Players**


**DISCUSSION ON 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.


**CONCLUSIONS**

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


1. Goal keepers defenders and forward players are same mentally tough.




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2. A large majority of the respondents expressed that the mental toughness are important in football.
3. It also indicates that, for optimum level of performance psychological aspects of training played a very important role.

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