

**COMPARATIVE STUDY OF MENTAL TOUGHNESS  
BETWEEN VOLLEYBALL AND FOOTBALL PLAYERS**

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**Abstract:**

Mental Toughness is the ability to concentrate on the proceeding of a particular sporting discipline and not let the pressure of the match situation or the sense of occasion to get the better of the player. Sportsman, whether from Volleyball or Football, or any Sports, are constantly under stress and anxiety while competing in tournaments, they struggle for each point or score and often put their best efforts to get success. In competitions, there are situations that require the utmost concentration to face difficult circumstances. It is always questionable that which, player, Volleyball or Football, possesses better Mental Toughness. Therefore, observing the felt requirement, we consider it necessary to attempt to study the Mental Toughness of Volleyball and Football players of University level. For the purpose to examine Mental Toughness, 20 Volleyball and 20 Football players of University level were randomly selected to serve as subjects. For the collection of data Mental Toughness Questionnaire (1995) prepared by Allan Goldberg was administered. To analyze the data, 't' test was employed. As per the statistical analysis significant difference in mental toughness between the Volleyball and Football players was found. This clearly indicated that the mean Mental Toughness of the Football Players was significantly higher than mean Mental Toughness of the Volleyball Players of University level of Chhatrapati Shahu Ji Mahraj University, Kanpur Uttar Pradesh.

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

**Introduction:**

Mental Toughness is a widely used expression in modern sports. It is a quality which differentiates winner from the loser, the champion from the rest of the field. Basically sportsman with mental toughness has the ability to raise their game to the highest level at crucial moments in a match. This also implies that the mental toughness gives them the necessary focus and ability to concentrate on the job in hand.

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Mental Toughness of Volleyball and Football players of University level of Chhatrapati Shahu Ji Mahraj University, Kanpur Uttar Pradesh.

### Objective of the Study:

The main objective of the study was to compare the Mental Toughness between Volleyball and Football Players.

### Methodology:

For the purpose to examine Mental Toughness, 20 Volleyball and 20 Football Players of University level, Chhatrapati Shahu Ji Mahraj University, Kanpur Uttar Pradesh, were randomly selected to serve as subjects. For the collection of data Mental Toughness Questionnaire (1995) prepared by Allan Goldberg was administered. The Questionnaire comprised of 60 questions/statements based on Handling Pressure (20 questions), Concentration (17 questions), Mental rebounding (14 questions) and Winning attitude (09 questions). Every statement had 2 possible responses i.e. True or False. To analyze the data, collected by administering the questionnaire to all the subjects of University level 't' test was employed.

### Findings:

To find out the significant difference in Mental Toughness between Volleyball Players and Football Players 't' test was employed at 0.05 level of significance. The statistical analysis of data pertaining to the Mental Toughness is given below.

**Table No-1**  
**Significant differences between the Volleyball Players and Football Players of University level**

Groups	Mean	S.D	Difference between Mean (DM)	't'
Volleyball Players	35.8	6.06	6.8	3.49*
Football Players	42.6	8.72		

't' 0.05 (58) = 2.00

It was evident from table 1 that there was significant difference in Mental Toughness between the Volleyball Players and Football Players of University level, of Chhatrapati Shahu Ji Mahraj University, Kanpur Uttar Pradesh since the calculated 't' value 03.49 was found to be more than tabulated value 2.00 at 0.05 level of significance. Thus, data provides significant evidence to ensure that the mean Mental Toughness of the Football Players was found significantly higher than the mean Mental Toughness of the Volleyball Players of University level, of Chhatrapati Shahu Ji Mahraj University, Kanpur Uttar Pradesh.

### Discussion:

The findings of the study revealed that there was statistically significant difference between the Mental Toughness of Volleyball Players and the Football Players of Chhatrapati Shahu Ji Mahraj University, Kanpur Uttar Pradesh. This clearly indicates that the mean Mental Toughness of the Football Players is significantly higher than the mean Mental

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Toughness of the Volleyball Players of University level of Chhatrapati Shahu Ji Maharaj University, Kanpur Uttar Pradesh. This may be attributed to the fact that the Football Players involve themselves more to prepare mentally to participate in various tactical moves in different situations and body contact positions during the game. Therefore necessary care needs to be taken in training to enhance or cope up the Mental Toughness of Volleyball and Football Players in specific and team games in general.

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