

## A Comparative Study on Selective Psychological Variables among the Team Game and Individual Game Athletes

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### Abstract

There are certain moments during competition that appear to carry great psychological significance, when the momentum starts to shift in one direction or another. These situations require athletes to remain completely focused and calm in the face of difficult circumstances. In concept mental toughness and anxiety play most important role in competition and these are most important part of competition. The purpose of the study was to compare psychological differences between team game players & individual game players. The data was collected on psychological parameter namely **Mental toughness** (self confidence, motivation, attention control, goal setting, visual & imaginary, attitude control). For the purpose of this study a total of 80 players who have played at the inter college level of University of Delhi categorized as Team Game and Individual Game (40 in each continuum). The data pertaining to psychological difference was collected by administering the Mental Toughness Questionnaire for measuring mental toughness along with the sub variables, self confidence, motivation, attention control, goal setting, visual & imaginary, attitude control. Psychological variables and sub-variables were analyzed statistically by using Descriptive statistics (mean, standard deviation) and two-way ANOVA. Within the limitations of the study it was found that there was No significance difference was found in the variables of Mental Toughness between Team and Individual Games.

**Keywords:** Mental Toughness, Team Game, Individual Games

### INTRODUCTION

A sport is an over expanding avenue of human life. From very simple beginning it has evolved a highly organized activity of human society. The success and failure of an athlete is dependent on the blending of physical ability, conditioning, training, mental preparation and the ability to perform well under pressure. Competitive sports demand a high level physical ability, and at the same time, they require a sharp mental focus. In a world where many athletes are physically, technically and tactically increasingly similar, it is the mind which offers perhaps the greatest scope for a competitive advantage.

Player are subject to performance evaluation by coaches, manager, fellow team-mates, spectators, press & media which occur before, during and post-performance player are expected to make a split second judgment and accurate movement or reaction to the opponent's move, often under immense pressure and tough situation, which can have far reaching effects with sports at all levels. **Mental toughness** term is commonly used by coaches, sports psychologist, sports commentator, and leaders-generally describes a collection of attributes that allow a person to persevere through difficult circumstances (such as difficult training or difficult competitive situation in games) and emerge without losing confidence. Mental toughness surface to an individual an inner drive to succeed particularly when going in challenging. It explains when it is possible to place two individual in to the same working environment and see that one find it difficult to cope with pressure and one thrives Mental toughness also illustrates a strong link between stress management & peak performance development where the letter can't be achieved without performer.

### OBJECTIVES

There is a dearth of research exploring the factors that impact the development and performance of sports; few consider psychological factors are of more importance to examine the behavior of players during or after the competitions. Thus, the aim of the present study was to compare and study selective psychological variables among the team game and individual game athletes.

## PROCEDURE & METHODOLOGY

A total of 80 players belonging to various colleges of Delhi University who played at the inter college level in session 2011-2012 and were categorized under Team Games and Individual Games (40 in each continuum). A demographic questionnaire was created by the authors to gather information about age, grade level, sport, and years participating in sport. To evaluate the mental toughness among player selected from various sports groups mental toughness questionnaire in sports developed by Tiwari, Sharma, and Solanki was employed. This mental toughness test was scientifically authenticated by the authority by establishing its reliability, Validity along with developing norms and was developed on subject of Indian origin. The 48 statement questionnaire have been categorized into seven sub-scale namely confidence, Motivation control, attention control, Goal setting, Visual and imaginary, Attitude control. The index of reliability of the questionnaire that is the validity of the questionnaire stated was 0.98. The data was analyzed with the help of descriptive statistics (mean & standard deviation) and 2-way ANOVA for comparison of selected psychological variables among team game and individual game.

## RESULTS & DISSCUSSION

After analyzing the data, the findings pertaining to different questions have been presented as follows:

### MENTAL TOUGHNESS

**Table 1**

**Overview of Sample Means and Standard Deviations for Mental Toughness**

Variables	Mean	S.D	N
Self Confidence	28.02	3.728	80
Motivation	34.04	4.809	80
Attention	34.31	5.150	80
Goal Setting	30.79	6.413	80
Visual Imagery	21.82	3.564	80
Attitude Control	21.36	3.323	80

**Table 1** presents an overview of sample means and standard deviations for the variables of Mental Toughness under consideration in this study. The means are located between 21.36 and 34.31 whereas mean and standard deviation for Self Confidence is  $28.02 \pm 3.728$ , Motivation is  $34.04 \pm 4.809$ , Attention is  $34.31 \pm 5.150$ , Goal setting is  $30.79 \pm 6.413$ , Visual imagery is  $21.82 \pm 3.564$ , and Attitude Control is  $21.36 \pm 3.323$  respectively for all the selected subjects for the study.

**Table 2**

**Overview of Means and Standard Deviations for Mental Toughness between Team and Individual game**

Variables	Team			Individual		
	Mean	S.D	N	Mean	S.D	N
Self Confidence	27.87	4.158	40	28.17	3.289	40
Motivation	33.72	5.648	40	34.35	3.840	40
Attention	34.22	5.907	40	34.40	4.337	40
Goal Setting	32.08	7.644	40	29.50	4.635	40
Visual Imagery	21.20	3.180	40	22.45	3.849	40
Attitude Control	21.45	3.551	40	21.28	3.121	40

**Table 2** presents an overview of Team and Individual game means and standard deviations for the variables of Mental Toughness under consideration in this study. In case of Team game the means are located between 21.20 and 34.22 whereas mean for Self Confidence is 27.87, Motivation is 33.72, Attention is 34.22, Goal setting is 32.08, Visual imagery is 21.20, and Attitude Control is 21.45 respectively. Most of the standard deviations fall between 3.180 and 7.644 and S.D. for Self Confidence is 4.158, Motivation is 5.648, Attention is 5.907, Goal setting is 7.644, Visual imagery is 3.180, and Attitude Control is 3.551 respectively among Team game Intercollegiate players. In case of Individual game the means are located between 21.28 and 34.40 whereas mean for Self Confidence is 28.17, Motivation is 34.35, Attention is 34.40, Goal setting is 29.50, Visual imagery is 22.45, and Attitude Control is 21.28 respectively. Most of the standard deviations fall between 3.121 and 4.635 and S.D. for Self Confidence is 3.289, Motivation is 3.840, Attention is 4.337, Goal setting is 4.635, Visual imagery is 3.849, and Attitude Control is 3.121 respectively among Individual game Intercollegiate players.

To find out significant difference between for Team and Individual players Two Way ANOVA was employed which shown in the next table.

**Table 3**  
**Two way ANOVA of Team Game and Individual Game Players**

Source	Dependent Variable	Type III Sum of Squares	df	Mean Square	F	Sig.
Game	Self confidence	2.254	1	2.254	.160	.690
	Motivation	13.712	1	13.712	.586	.446
	Attention	.847	1	.847	.033	.856
	Goal setting	125.846	1	125.846	3.313	.073
	Visual and Imagery	31.912	1	31.912	2.835	.096
	Attitude Control	2.662	1	2.662	.241	.625

\*Significant at .05 level \* $f_{.05}(2,81) = 3.07$

**Table 3** presents an overview of the Test of between-Subjects Effects for Game and Gender for the variables of Mental Toughness under consideration in this study. There came out to be no significant difference for the Test of Between-Subjects Effects for the Game as the calculated value for each variable of Mental Toughness were, Self-Confidence = 0.160; Motivation=0.568; Attention= 0.033; Goal Setting= 3.313; Visual and Imagery= 2.835; Attitude Control=0.241, for which the values computed at 0.05 level were found out to be insignificant between the Team Game and Individual Game.

## CONCLUSIONS

Within the limitations of the study it was concluded that there was No significance difference was found in the variables of Mental Toughness between Team and Individual Games.

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