

A STUDY OF MENTAL TOUGHNESS OF NORTH ZONE INTERVARSITY BATSMEN

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ABSTRACT

The present study investigated the mental toughness of north zone intervarsity batsmen. A sample of 100 male intervarsity batsmen aged between twenty two and twenty eight years self-reported mental toughness inventory prepared and developed by Goldberg (1995), was administered. The inventory/questionnaire consisted of sixty statements based on Handling Pressure (20 items), Concentration (17 items), Mental Rebounding (14 items) and Winning attitudes (09 items). Every statement had two potential choices i.e. true or false. Descriptive statistics were computed to analyse the data at 0.05 level of significance. The result show that the 15% batsmen have scores of 26-30 indicates strength in overall mental toughness. 40% batsmen have scores of 23-25 indicates average to moderate ability in mental toughness. 45% batsmen have scores of 22 or below mean that you just ought to begin putt longer into the mental training area. A low score within the concentration indicates that the low performance may be a results of inability to regulate the main target of attention before or throughout the competition. you would like to become a far better overall contestant, he can got to place it time and energy for active concentration exercises

Keywords: Mental toughness, Cricket, Inter-university, Batsmen, Male players

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INTRODUCTION

Researchers and practitioners in sport psychology, coaches, sports commentators, sports fans, and athletes acknowledge the importance of mental toughness in sport performance (Williams, 1988; Hodge, 1994; Tunney, 1987;). In the same issue, Loehr (1982 and 1986) emphasized that coaches and athletes felt that minimum of 50 percent of success is due to psychological factors, which reflect mental toughness. Gould, and Hodge also emphasized the same fact that coaches feel that mental toughness is important to achieve success in sport.

Coaches, athletes and sports scientific discipline consultants have systematically cited mental toughness collectively of the foremost vital psychological characteristics associated with outcomes and success in elite sport, though researchers have, till recently, devoted very little time to learning this idea. (Crusta, Lee 2007). Mental toughness is "Having the natural or developed psychological edge that permits you to: usually, cope higher than your opponents with the numerous demands (competition, training, lifestyle) that sport places on a performer; specifically, be additional consistent and higher than your opponents in remaining determined, focused, control under pressure and confident, (Jones, Connaughton, and Hanton, 2002).

Stephen J. Bulla et al. (2005) mental toughness may be a vital component in up to date international cricket. Twelve English cricketers known as being among the mentally toughest throughout the previous twenty years were interviewed. Analysis of the targeted interview transcripts known the vital role of the player's atmosphere in influencing 'Tough Character,' 'Tough Attitudes,' and 'Tough Thinking.' the worldwide themes are conferred in a very mental

toughness framework that has been wont to publicize the findings to the cricket coaching job and taking part in population in England. The different and complementary nature of the worldwide themes are wont to facilitate offer a structural appreciation of the requirement for consistent interaction between atmosphere, character, attitudes, and thinking so as that a entertainer will systematically be thought-about as mentally powerful in cricket. Implications of the findings of sport scientific discipline support inside English cricket are highlighted.

Gucciardia and Daniel et al. (2009) developed a psychometrically sound live of mental toughness in cricket, employing a multi-method analysis style. 2 qualitative studies during which current former cricketers' (N=16) perceptions of the key parts of mental toughness in cricket and therefore the suitability of an item pool to focus on those key parts (N=9) were assessed. we tend to then conducted 2 quantitative studies to look at each the within- and between-network properties of the Cricket Mental Toughness Inventory victimization corroborative correlational analysis and correlations. Support for the existence of a five-factor, 15-item model was unconcealed with 3 Independent samples of cricketers; 2 contained cricketers from many completely different countries (n = 285 and 285), whereas one contained Australian cricketers solely (n = 433). every of the 5 subscales (affective intelligence, basic cognitive process management, resilience, self-belief, and want to achieve) were completely related with dispositional flow, hardiness, and resilience and negatively related with contestant burnout. though requiring replication and extension, the results of this study offer preliminary support for the issue

structure, internal dependability, and construct validity of the CMTI.

Crusta, Lee & KayvonAzadib (2010) assessed the link between mental toughness and athletes' use the strategies of psychological performance. 67 male and 40 female athletes, who participated at university to national standard in a variety of sports. Participants completed the Mental Toughness Questionnaire -48 (Clough et al., 2002) to find out mental toughness, performance strategies of test (Thomas et al., 1999) and to find out the use of psychological strategies in practice and competition. Results of the statistical analyses discovered that self-talk, emotional management and relaxation techniques were considerably and completely associated with mental toughness in each observe and competition. Of the MTQ48 subscales, commitment was found to load most often against performance ways and so it's doable that the results of this study mirror extremely committed performers seeking performance improvement ways. according to theoretical predictions, athletes of county customary and higher than reported

considerably higher mental toughness than university athletes.

MATERIALS & METHODS

Subjects:

For the purpose of the study, one hundred batsmen randomly selected from North Zone Intervarsity Cricket Tournament (Men)-2010 held at CSJM University, Kanpur (UP) ranged 22-28 years of age.

Measure:

For the collection of data, mental toughness questionnaire prepared and developed by Goldberg (1995) was administered. The questionnaire comprised of 60 statements based on handling Pressure (20 questions), concentration (17 questions), mental rebounding (14 questions) and winning attitudes (09 questions). Every statement had two potential choices i.e. true or false.

RESULTS AND DISCUSSION

To investigate the level of mental toughness of north zone intervarsity batsmen, percentage was calculated and data pertaining to this, has been presented in Table 1 and depicted in Figure 1.

Figure 1

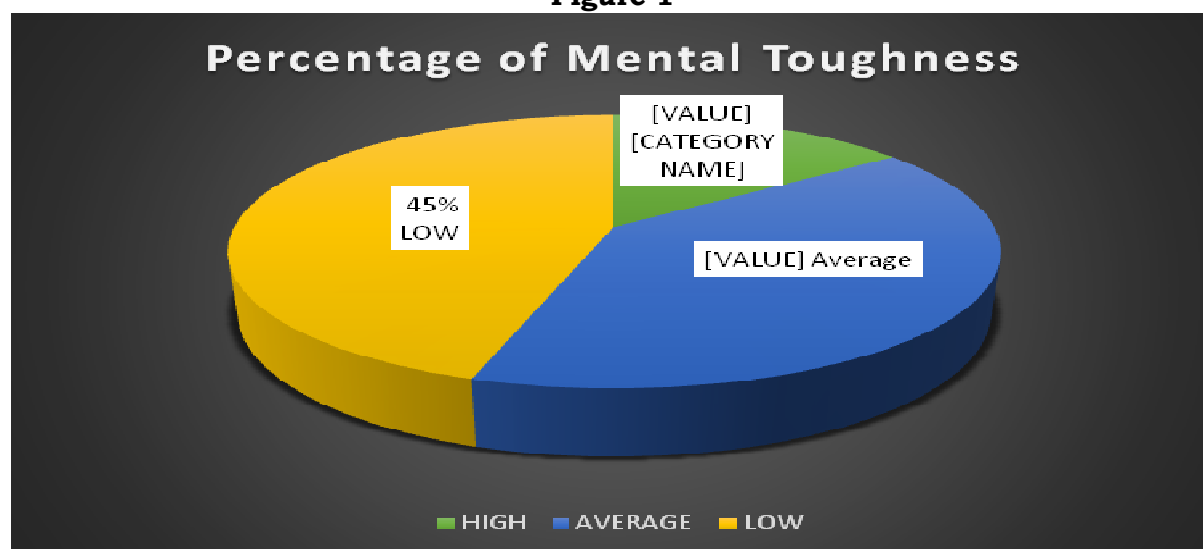


TABLE 1
SPORTS COMPETITIVE MENTAL TOUGHNESS OF NORTH ZONE INTERVARSITY
WICKET KEEPER

Percentage of Players	Classifications	
	Score of Mental Toughness	Level of Mental Toughness
15%	22 or below	Strength in overall mental toughness
40%	23-25	Average to moderate skill in mental toughness
45%	26-30	To start putting more time into the mental training area

DISCUSSION

15% batsmen had scores of 26-30, indicated the strength in overall mental toughness. 40% batsmen had scores of 23-25, indicated average to moderate skill in mental toughness and 45% batsmen had scores of 22 or below mean that they had need to start putting more time into the mental training area. A low score in the concentration section indicated that some of your poor performance was the direct result of inability to control the focus of attention before/during competition. By putting some time and energy into practicing concentration exercises, they may become a better overall athlete.

CONCLUSION

Mental toughness was observed high in fifteen percent (15%) and average in forty percent (40%) of north zone intervarsity batsmen. Forty five (45%) batsmen were below mean, who have need to start putting more time into the mental training area.

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