



# A Comparative Study on Mental Toughness Among Basketball and Badminton Players

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## Abstract

The aim of the study was to compare mental toughness among Basketball Players and Badminton Players. For the purpose of the study of total 48 players were selected from LNIPE, Gwalior. Where 24 basketball players and 24 badminton players respectively were selected. The selected players age group was delimited to 18 to 25 years. All the samples selected on random basis. The selected samples from Lakshmibai National Institute of Physical Education, Gwalior to measure Mental toughness between Basketball Players and badminton Players. To assess mental toughness level of selected subjects. In order to assess the mental toughness of basketball and badminton players by Sandeep Tiwari. To compare the Mental toughness level of selected samples 't'- test was used. Result of the study shows that there is significant difference between Basketball players and badminton players in Mental toughness and Badminton players It is indicated that badminton players mental toughness is higher than basketball players Mental.

**Keywords:** Mental Toughness, Basketball Players, Badminton Players.

## 1. Introduction:

Mental toughness is a psychological attribute that has gained significant attention in research, particularly in sports, education, and organizational settings. It refers to an individual's ability to consistently perform under pressure, maintain focus, and overcome challenges, while demonstrating resilience and self-confidence. Mental toughness is not merely about enduring hardship but thriving in adversity, making it a critical factor in achieving success across various domains.

The concept of mental toughness has its roots in sports psychology, where it has been studied extensively to understand its impact on athletic performance. However, its application extends beyond sports, influencing academic achievement, workplace productivity, and personal well-being. Researchers have identified key components of mental toughness, such as emotional regulation, perseverance, adaptability, and a positive mindset, which collectively enable individuals to face stressors and maintain high performance.

"Mental toughness" is normally used colloquially to refer to any set of positive attributes that helps a person to cope with difficult situations. Coaches and sport commentators freely use the term mental toughness to describe the mental state of athletes who persevere through difficult sport conditions to succeed. For example, it is often simply applied as a default explanation for any victory, which is highly difficult as an attribution. Criticisms about the use of this unfocused approach abound (for example, Moran (2012).

Mental toughness is a collection of values, attitudes, Behaviors and emotions, which enable an individual to persevere and overcome any obstacle, adversity or pressure experienced, but also to maintain concentration and motivation when things are going well, to consistently produce high levels of performance. In today's competitive scenario, the all other concerned with sports cannot depend only on physical fitness alone, they have to identify and determine psychological attributes which affects the performance. Research of the last two decades has made considerable progress and contributes to our understanding of the psychological and biological/ physiological components important to individual and team game athletes. Each psychological variable has its unique contribution towards sports performance but some of the variables are preferably and specifically suitable for few games. The psychological parameters such as personality

traits, anxiety, self-esteem and mental toughness are among the factors that can be considered to determine psychological predictors (Anizu et al., 2003).

Mental toughness was defined by Goldberg (1998) as capacity to face adversity and able to bounce back from repeated failures. Jones, Hanton, & Connaughton (2002) Mental toughness is defined as "the ability to consistently perform towards the upper range of your talent and skill regardless of competitive circumstances." It highlights consistency in performance under pressure. Middleton, Marsh, Martin, Richards, & Perry (2004) Mental toughness refers to "an unshakeable perseverance and conviction towards a goal despite pressure or adversity."

Mental toughness in general terms encompasses some positive psychological attributes that absorbs the effect of stressful situations so that one can perform at its best with consistency (Clough, Earle, & Sewell, 2002). "A set of personal characteristics which is used to guard against life pressure constitutes mental toughness" (According to White 2001), According to Jones (2002) defined mental toughness as developed mental edge that enables an athlete to maintain focus, confidence, determination and control consistently.

Gucciardi, Gordon, and Dimmock (2008) defined mental toughness as enduring attributes which enables an athlete to cope with adverse circumstance and perform well. They also defined mental toughness as maintaining a certain performance level even when game situation is easy or against a weak opponent.

Some of the many characteristics that are evident when a player is mentally tough include:

- i. Self-confidence
- ii. Self-motivation
- iii. Focus
- iv. Concentration
- v. Composure
- vi. Calmness
- vii. Poise
- viii. Self-control
- ix. Positive Energy
- x. Determination
- xi. Persistence
- xii. Leadership

## **2. Materials and Method:**

### **2.1 Selection of Subjects:**

For the purpose of the study of total 48 players were selected from LNIPE, Gwalior. Where 24 basketball players and 24 badminton players respectively were selected. The selected players age group was delimited to 18 to 25 years.

### **2.2 Selection of Variables:**

For the present study the researcher selected mental toughness variables.

### **2.3 Criterion Measures:**

In order to assess mental toughness basketball and badminton players by Sandeep Tiwari.

### **2.4 Administration of Test:**

A questionnaire with the required instructions provided to respondents Before the Questionnaire is provided, necessary instructions regarding the subject will be communicated.

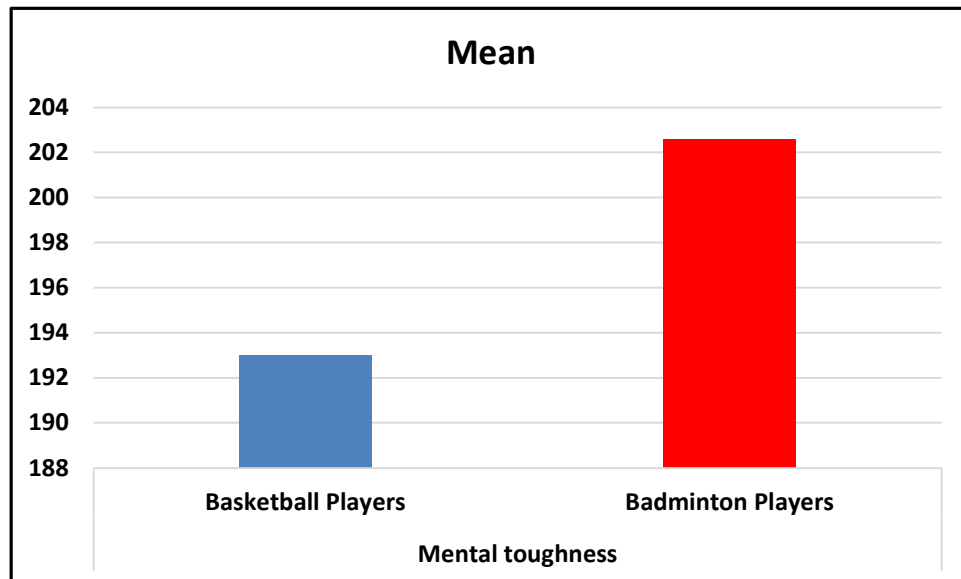
### 2.5 Statistical Procedure:

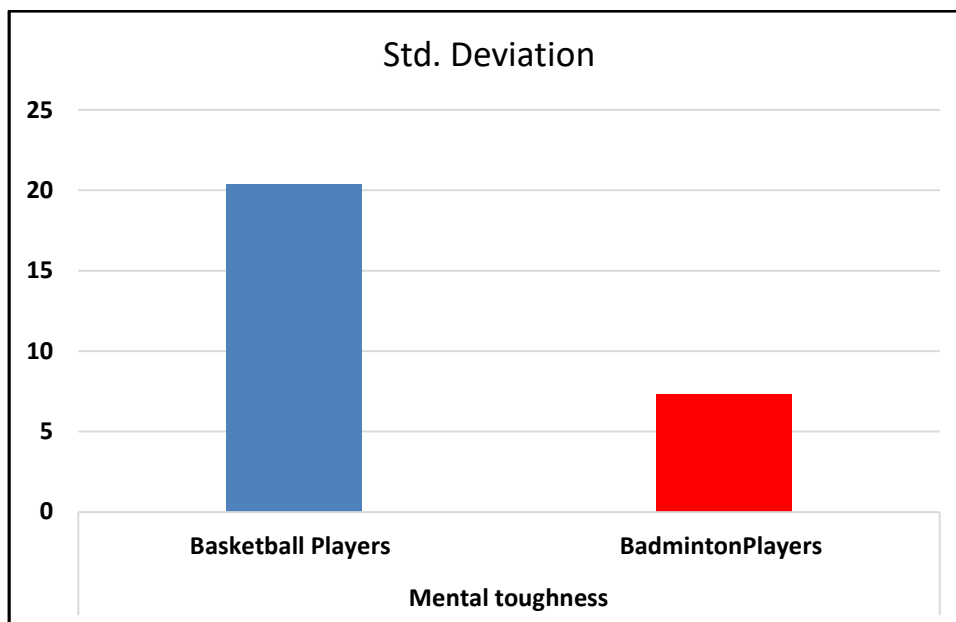
The data collected was tabulated and subjected to statistical analysis. Descriptive analysis was done by computing means, standard deviations and independents 't' test were applied to analyses the data.

### 3. Data analysis and Interpretation:

**Table: 1**  
**Mean and S.D. of Mental Toughness among Basketball and Badminton players**

	Sports	Mean	Std. Deviation	Std. Error Mean	Mean Difference	't'
Mental Toughness	Basketball Players (N=24)	193.00	20.36	4.15		
	Badminton Players (N=24)	202.58	7.31	1.49	9.58	2.17>.05





#### 4. Discussion of the Findings:

Result in table 01 indicated that there is significant difference between Basketball players ( $M= 193.00$ ,  $SD= 20.36$ ) and badminton players ( $M= 202.58$ ,  $SD= 7.31$ ) in Mental toughness and Badminton players. The  $t=2.17$  indicated that badminton players mental toughness is higher than basketball players.

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