

Psychological Profile of Volleyball Players In Respect To Mental Toughness

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ABSTRACT

Assessment of psychological profiles of volleyball players of different age levels with regard to mental strength. For the present study, a total of 150 male volleyball players were selected as the subject of study in competitions at different age levels with regard to mental toughness, keeping in mind the aspect of feasibility. The variable of mental toughness was selected for the purpose of this study. The mean score and standard deviation of volleyball players at different age competitions regarding mental toughness i.e. Sub Junior, Junior and Senior were calculated. One –way analysis of variance was applied to determine the significance of the mean difference between volleyball players of different age levels. The average score of volleyball players on mental toughness was 19.94. In addition, it was found that one hundred and seven volleyball players (Sb. Jr. 38, Jr. 48, Sr. 21) had low scores, twenty-six volleyball players (Sb. Jr. 12, Jr. 06, Sr. 08) scored on average and seventeen volleyball players (Sb. Jr. 07, Jr. 04, Sr. 6) scored high on mental toughness. A significant difference was found between competing at different age levels with regard to mental toughness. A significant mean difference was found in mental strength between sub-junior and junior; junior and senior who were (77 *, 75.1 *) higher than CD (6.36) at a significance level of 0.05, while a non-significant mean difference was found between sub-juniors and seniors (1.9) which was lower than CD (6.63) at a significance level of 0.05.

Key Words: Mental Toughness, Volleyball Players, Psychological profile.

INTRODUCTION

Mental toughness is the ability to communicate with yourself, especially when you are under pressure. Everyone has some degree of mental toughness. We all have a point where we hesitate when a situation starts to negatively affect our performance. This is the first indication that mental toughness is at stake. Anyone can train to improve their current level of mental toughness. The most common techniques are visualization, relaxation, energy, self-talk and goal setting rejuvenating an ideal state of performance when needed and dealing

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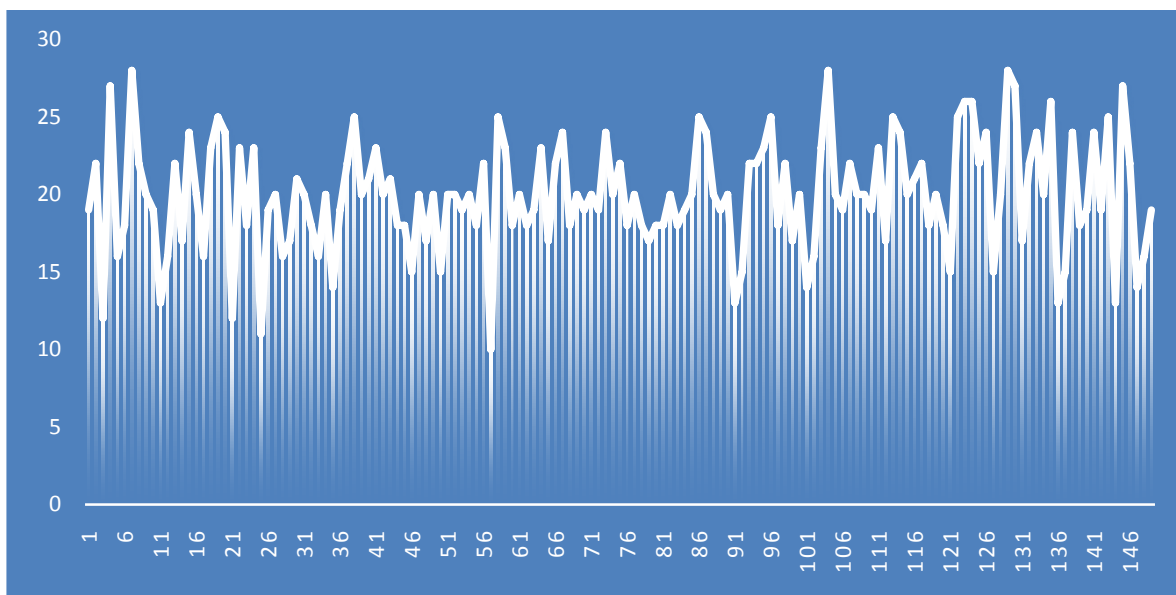
effectively with performance declines. Fourie and Potgieter (2001) also argued that being mentally resilient means that athletes have acquired thinking, belief, and visualization skills that allow them to effortlessly access stimulating emotions during competition. Just because an athlete is mentally strong is not always a guarantee of success in the sport. It is, in fact, complementary to good technique and good form. The principle is simple and the results should be impressive. Therefore, it is not only the development and mastery of mental resistance skills that is important, but also learning the proper mind control to perform the skills when it matters most. Mental strength is also characterized by self-motivation and self-direction. Mentally strong athletes are generally calm and relaxed under pressure.

STATISTICAL TECHNIQUE

Mean score and standard deviation of volleyball players at different age competitions for mental toughness. i.e. Sub Junior (under 16), Junior (under 18) and Senior (over 18) was calculated. One-way analysis of variance was applied to determine the significance of the mean difference between volleyball players of different age levels. In cases where the F ratio was found to be significant, the Post-hoc comparison least significant difference (L.S.D.) test was used to examine the specific difference between paired means ordered at levels of 0.05.

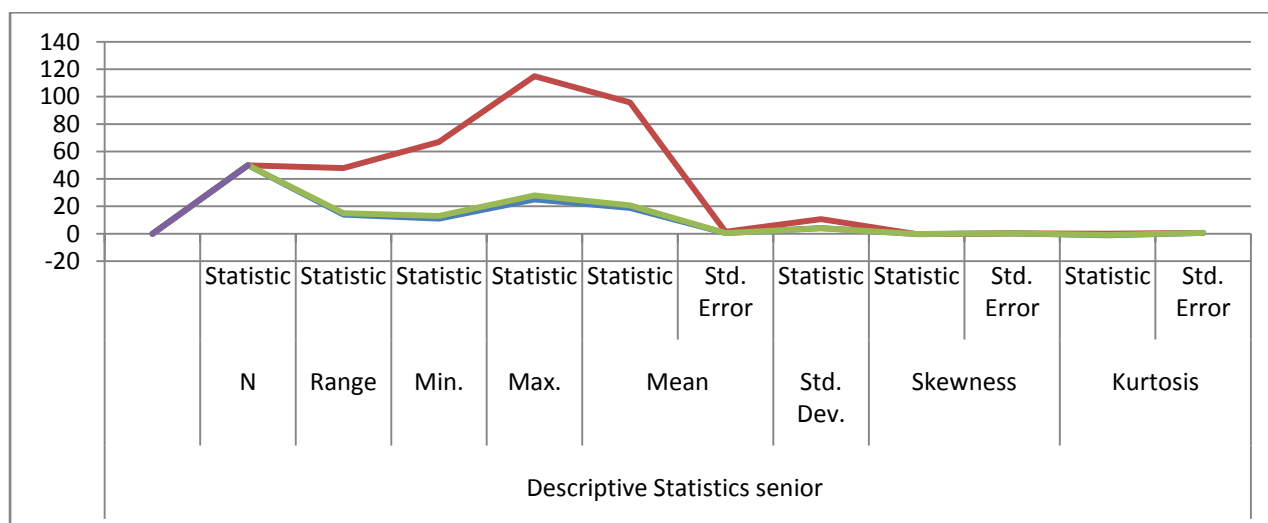
RESULT -

Psychological Profile of Volleyball Players of Different Age level Competition in respect to Mental Toughness



Graphical Representation of Volleyball Players of Different Age Level Competition in relation to Mental Toughness

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Analysis of Variance of Volleyball Players of Different Age level competition in relation to Mental Toughness

SV	DF	SS	MS	F-Value
SST	2	192877	96438.5	
SSE	147	7224.84	9.14857	1962.183*
Total	149	200101.8	6487.65	

*Significant at 0.05 level

$F_{0.05}(2,147) = 2.27$

Revealed that significant difference was found among different age level competition in relation to mental toughness, as obtained 'F' ratio of 1962.183 was higher than the required/tabulated $F_{0.05}(2,147) = 2.27$.

Least Significant Difference Post-hoc Test for the Comparison of Paired Means of Volleyball Player of Different Age level Competition In relation to Mental toughness

Sub-junior	Junior	Senior	MD	CD
18.82	95.82		77*	
18.82		20.72	1.9	6.3656298*
	95.82	20.72	75.1*	

Significant at 0.05 level

It is evident from the above table that significant mean difference was found in relation to mental toughness between sub-junior and junior; junior and senior which were (77*, 75.1*) higher than the C.D. (6.36) at 0.05 Level of significance whereas insignificant mean Difference was found between sub-junior and senior (1.9) which was lower than the C.D. (6.36) at 0.05 level of significance.

DISCUSSION& FINDINGS

In this study, competitive volleyball players of different ages had lower mental toughness in competitions of different ages; where a significant difference was found between the different Competition age levels (senior level) with regard to mental toughness, as the 'F' ratio obtained from 1962.183 was greater than the required F / tabulated F 0.05 (2147) = 2.27 . Mental toughness is the ability to communicate with yourself, especially when you are under pressure. Everyone has some degree of mental toughness. We all have a point where we hesitate when a situation starts to negatively affect our performance. This is the first indication that mental toughness is at stake. Anyone can train to improve their current level of mental toughness. Mental toughness can be defined as that unshakable perseverance and belief in a goal despite pressure or adversity (Middleton, 2004). Finally, a significant mean difference was found between sub-junior and junior; junior and senior who (77*, 75.1*) were higher than CD (6.36) at a significance level of 0.05, while a non-significant mean difference was found between sub-juniors and seniors (1.9) which was lower than CD (6.36) at the significance level of 0.05.

CONCLUSIONS

Mean Score of volleyball players in relation to mental toughness was found 19.94. Further it showed one hundred seven Volleyball players (Sb. Jr. 38, Jr. 48, Sr. 21) scored low, twenty-six Volleyball players (Sb. Jr. 12, Jr. 06, Sr. 08) scored average and seventeen Volleyball players (Sb. Jr. 07, Jr. 04, Sr. 6) scored high level in mental toughness . Significant difference was found among different age level competition in relation to mental toughness. Significant mean difference was found in relation to mental toughness between sub-junior and junior; junior and senior which were (77*, 75.1*) higher than the C.D. (6.36) at 0.05 Level of significance whereas insignificant mean Difference was found between sub-junior and senior (1.9) which was lower than the C.D.(6.63) at 0.05 level of significance.

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