

A Cross Sectional Study of Mental Toughness Among Judokas of Inter Collegiate and Inter University Level

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Abstract: *Judo is the game which is very popular in India. Since last two decades the Indian judokas has been performing well in international level. Accomplish success in competition judo athletes must achieve an excellent level of physical fitness, physical condition during competition and psychological balance.*

Keywords: Judo

I. INTRODUCTION

Mental toughness is a quality of players to cope up better than your opponents and unshakeable pre service conviction towards same goal despite pressure and adversity. Jones et al. (2002) defines that cope better than your opponents with the many demands (Competition, training, and lifestyle) that sports places on a performer. A review of literature pointed to mental toughness as being one of the more important determinants of peak athletic performance. Bull et al. (2005) and Connaughton et al. (2008) suggested that a thorough understanding of the development of mental toughness requires the integration of context specific factors, such as the individual differences of the athlete as well as the sports setting in which the individual is engaged.

II. METHODOLOGY

In the present study 32 male judokas were selected from different colleges under the affiliation Bangalore University, Bangalore. They were further divided into two categories 16 inter- college and inter university level judokas which age ranged between 19-25 years. This scale is a standardized tool has already been used in many research/psychological investigations. To measure the level of mental toughness of the subjects, the mental toughness battery constructed by Goldberg (1998) was administrated which consist of 30 items with five subscales viz. (a) Rebound ability (b) Ability to Handle Pressure (c) Concentration (d) Confidence (e) Motivation. Each dimension measured by six questions, with 'Yes' or 'No' by a tick mark responses. For analysis of data independent group t-tests was used to compare the mean difference and the level of significance was set at 0.05.

Table 1: Mean Values, Standard Deviation and T-Test Statistic of round ability in inter- collegiate (N = 16) and inter university level judokas (N = 16).

Rural school	N	Mean	SD	t-Value
Inter-Collegiate	16	3.687	0.946	0.1668
Inter University	16	3.625	1.147	

Significant at .05 level of significance

$$t_{.05} (30)=2.042$$

Table 1: shows that the mean of Roundability of inter- collegiate and inter university level judokas was 3.687 and 3.625 respectively, whereas the standard deviation (SD) of Roundability of inter- collegiate and inter university level judokas was 0.946 and 1.147 respectively. So the above data indicates that the differences between inter- collegiate and inter university level judokas in regard to Round ability are insignificant.

Table 2: Mean Values, Standard Deviation and T- Test Statistic of Ability to handle pressure in inter- college (N = 16) and intervarsity level judokas (N = 16).

Mean	N	Mean	SD	t-Value
Inter-Collegiate	16	4.062	0.997	0.949
Inter University	16	3.75	0.856	

Significant at .05 level of significance

$$t_{.05} (30)=2.042$$

Table 2: shows that the mean of Ability to handle pressure of inter- collegiate and inter university level judokas was 4.062 and 3.75 respectively, whereas the standard deviation (SD) of Ability to handle pressure of inter- collegiate and inter university level judokas was 0.997 and 0.856 respectively, so the above data indicates that the differences between inter- collegiate and inter university level judokas in regard to Ability to handle pressure are insignificant.

Table 3: Mean Values, Standard Deviation and T-Test Statistic of Concentration of inter- collegiate (N = 16) and inter university level judokas (N = 16)

Groups	N	Mean	SD	t-Value
Inter-Collegiate	16	3.625	1.147	-0.481
Inter University	16	3.812	1.046	

Significant at .05 level of significance

$$t_{.05} (30)=2.042$$

Table 3 shows that the mean of Concentration of inter- collegiate and inter university level judokas was 3.625 and 3.812 respectively, whereas the standard deviation (SD) of Concentration of inters- college and intervarsity level judokas was 1.147 and 1.046 respectively. So the above data indicates that the differences between inter- collegiate and inter university level judokas in regard to Concentration are insignificant.

Table 4: Mean Values, Standard Deviation and T- Test Statistic of Confidence in inter- collegiate (N = 16) and inter- university level judokas (N = 16).

Mean	N	Mean	SD	t-Value
Inter-Collegiate	16	3.875	0.885	0.177
Inter University	16	3.812	1.108	

Significant at .05 level of significance

$$t_{.05} (30) = 2.042$$

Table 4 shows that the mean of Confidence of inter- collegiate and inter-university level judokas was 3.875 and 3.812 respectively, whereas the standard deviation (SD) of Confidence of inter- collegiate and inter- university level judokas was 0.885 and 1.108 respectively. So the above data indicates that the differences between inter collegiate and inter- university level judokas in regard to Confidence are insignificant.

Table 5: Mean Values, Standard Deviation and T. Test Statistic of Motivation in inter-collegiate (N= 16) and inter- university level judokas (N = 16)

Mean	N	Mean	SD	t-Value
Inter-Collegiate	16	4.312	1.197	1.689
Inter University	16	3.687	0.873	

Significant at .05 level of significance

$$t_{.05} (30)=2.042$$

Table 5 shows that the mean of Motivation of inter- collegiate and inter-university level judokas was 4.312 and 3.687 respectively, whereas the standard deviation (SD) of Motivation of inter- collegiate and inter- university level judokas was 1.197 and 0.873 respectively. So the above data indicates that the differences between inter- collegiate and inter- university level judokas in regard to Motivation are insignificant.

Table 6: Mean Values, Standard Deviation and T- Test Statistic of Mental toughness in inter- collegiate (N = 16) and inter-university level judokas (N = 1J)

Mean	N	Mean	SD	t-Value
Inter-Collegiate	16	19.5	2.607	0.7009
Inter University	16	18.937	1.878	

Significant at .05 level of significance

$$t_{.05} (30) = 2.042$$

Table 6 shows that the mean of mental toughness of inter- collegiate and inter-university level judokas was 19.5 and 18.937 respectively, whereas the standard deviation (SD) of Mental toughness of inter-collegiate and inter-university level judokas was 2.607 and 1.878 respectively. So the above data indicates that the differences between inter- collegiate and inter-university level judokas in regard to Mental toughness are insignificant.

III. DISCUSSIONS AND CONCLUSION

It is concluded from the above finding that the insignificant difference is found in Rebound Ability, Ability to Handle Pressure, Concentration, Confidence, Motivation and Total Mental Toughness of male judokas of Inter collegiate and Inter-university different level.

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