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Research Article



A Comparative Study of Self-Concept & Mental Toughness on Selected Kabaddi Players of Gujarat

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Abstract

Self-concept questionnaire, constructed and standardised by Rajkumar Saraswat, whereas the Mental toughness questionnaire, constructed and standardised by Tiwari, Sharma and Jyoti, was administered on 100 Kabaddi Players (50 male & 50 female) of Gujarat. The age of subjects ranged between 19 and 26 years. The objectives of the study were to assess and compare the Self-concept & Mental Toughness among male and female Kabaddi players of Gujarat. Statistical analysis was done by t-test, and the significance of the result was seen at the 0.05 level. The t-test showed that there was a significant difference found in the sub-variables of self-confidence, attention control and attitude control between male & Female Kabaddi Players. There was no significant difference found in the self-concept & sub-variable of motivation control, goal setting and visual and imagery and total mental toughness score.

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KEYWORDS: Self-Concept, Mental Toughness, Motivation, Attention, Goal Setting, Male & Female Kabaddi players.

1. INTRODUCTION

- Certain Self Concept & Mental Toughness are the most important to achieve success in sports.
- Self-concept is learned by an individual through inference from their unique experiences. The individual's perception of others towards him strongly influences his self-image.
- Self-concept is a highly complex component of behaviour, composed of both cognitive and affective dimensions.
- Self-concept has at least four orientations: The real self, the perceived self, the ideal self and the self as perceived by others.
- Mental toughness is the ability to consistently sustain one's ideal performance state during competition. The ultimate measure of mental toughness is consistency.
- The use of thinking skills, imagery, confidence building and other skills described later can be powerful techniques in reaching a high level of mental toughness.
- The largest number of sports psychologists recognise the fact that attention is a multi-dimensional construct. By being mentally tough, you can bring your talent and skill to light consistently.
- The study would help to prepare and modify the psychological training programme according to the self-concept & Mental Toughness of the Male & Female Kabaddi Players.

Statement of the PROBLEM

A comparative study of self-Concept & Mental Toughness on selected Kabaddi players of Gujarat.

Purpose of the Study

The objectives of the study were to compare & find the differences among Male & Female Kabaddi players of Gujarat in the context of self-concept, self-confidence, motivation control, Attention control, Goal setting, Attitude control, and visual and imagery.

SAMPLE

A total number of one hundred (n=100) subjects belonging to the age ranging 19-26 years were selected. 50 male Kabaddi players and 50 female Kabaddi players of Gujarat were selected as subjects for the said study.

2. METHODOLOGY

- The data was collected from 50 male Kabaddi players and 50 female Kabaddi players of Gujarat.
- The self-concept questionnaire constructed and developed by Rajkumar Saraswat as well Tiwari, Sharma and Jyoti's mental toughness questionnaire was used as a tool to collect the data on mental toughness were employed to collect the data from the subjects.
- All the necessary instructions were given to the subjects before they were requested to respond to the statement in the questionnaire.
- The calculation of the questionnaire was based on five alternatives to give their responses, ranging from the most

acceptable to the least acceptable description of the self-concept.

- Whereas the questionnaire was based on five alternatives to give responses ranging from strongly disagree to strongly agree with a description of mental toughness.
- With the help of the scoring keys, the researcher collects the raw scores according to the instructions given in the manual.

3. DATA ANALYSIS AND DISCUSSION

The collected data were analysed statistically, computing Mean, S.D. and t-ratio to find out a significant difference, if any, between the two experienced groups on the psychological parameter considered for the study. The results have been depicted in the following table.

Table 1: Significance Differences of Mean Score at Self Concept Among Male & Female Kabaddi Players of Gujarat.

| Variable | Group | Mean | Standard Deviation | Significant t (0.05) | t Ratio |
|--------------|--------|------|--------------------|----------------------|---------|
| Self Concept | Male | 16.6 | 2.75 | 2.04 | 0.22 |
| | Female | 18.2 | 4.14 | | |

*Significant at 0.05 level.

The t-test showed that there was no significant difference in the "t" value between male and female Kabaddi players on self-concept. The calculated "t" (0.22) value is much lower than the tabulated "t" value (2.04) at the 0.05 level.

Table-2: Significance Differences of Mean Scores at Various Tools of Mental Toughness Among Male & Female Kabaddi Players of Gujarat

| Variables | Group | Mean | Standard Deviation | Significant t (0.05) | t Ratio |
|------------------------|--------|---------|--------------------|----------------------|---------|
| Attention Control | MALE | 37.420 | 4.233 | 2.118* | 0.037 |
| | FEMALE | 35.380 | 5.333 | | |
| Motivation Control | MALE | 34.260 | 5.286 | 0.186 | 0.853 |
| | FEMALE | 34.460 | 5.489 | | |
| Attitude | MALE | 23.180 | 2.327 | 2.114* | 0.037 |
| | FEMALE | 21.840 | 3.829 | | |
| Self Confidence | MALE | 28.940 | 2.895 | 2.375* | 0.019 |
| | FEMALE | 27.360 | 3.707 | | |
| Goal Setting | MALE | 31.820 | 3.915 | 1.565 | 0.121 |
| | FEMALE | 30.560 | 4.131 | | |
| Visual and Imagery | MALE | 23.760 | 3.047 | 0.906 | 0.367 |
| | FEMALE | 27.620 | 3.245 | | |
| Total Mental Toughness | MALE | 176.540 | 21.208 | 0.769 | 0.444 |
| | FEMALE | 173.500 | 18.225 | | |

* Significant at 0.05 level

The t-test showed that there was a significant difference in the "t" value between the elite sportsmen and the beginners on the sub-variables of Attention control, Attitude control and self-confidence. Whereas no significant differences were found in motivation control, Goal setting, Visual and imagery, and total

mental toughness score among male and female Kabaddi players of Gujarat.

4. DISCUSSION OF FINDINGS AND CONCLUSIONS

Within the limitations of the study, the following conclusions may be drawn.

1. In relation to self-concept, the t-test showed that there was no significant difference in the “t” value between male and female Kabaddi players of Gujarat.
2. Whereas, a significant difference was found in the sub variable of mental toughness of Attention control, Attitude control and self-confidence scores among the Male & Female Kabaddi players.
3. But no significant difference found in Motivation control, Goal setting, Visual and imagery and Total Mental toughness score among the Male & Female Kabaddi players.
4. The total mental toughness is conceded, as the mean scores of mental toughness of Male Kabaddi players of Gujarat were found to be more than the Female Kabaddi players.

The Male Kabaddi players have reflected better scores in self-confidence, attention control and attitude control, which may be attributed to the fact that Male Kabaddi players participate in various levels of competitions as well as a larger number of competition participations in various situations, whereas such situations are limited in the Female Kabaddi players of Gujarat.

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