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IMPACT OF MENTAL TOUGHNESS AMONG TAEKWONDO PLAYERS AND NON-TAEKWONDO PLAYERS

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Introduction

Mental toughness means ability to balance in one's daily living. In other words toughness is a complex phenomenon depends on a set of familiarly personal, psychological and social variables. Mental toughness is as an important feature as the physical health of a person to make him complex with balance mental disposition of the children to cope with life more effectively and productively. Good mental toughness depends on the good state of both mind and body. Each exerts a direct influence on the other, but owing to the power of matter, good mental toughness is of supreme importance according to Hadfield (1952) mental toughness is the harmonious functioning of the whole personality.

Park and Park (1977) have explained

three main characteristic of mental toughness.

- 1) One feels comfortable about oneself, one feels reasonably secure and adequate, and one accepts one's plus points and limitations and having the self respect and confidence.
- 2) One feels right towards others, therefore he develops friendship and loving behavior he may develop the sense of trust in others, therefore he can take the responsibility for his neighbors and fellow men.
- 3) Mentally toughness persons is able to meet the demands of life. He does something about the problems as they arise. He sets reasonable goals for himself, shoulders his daily responsibilities, think better about

him and take his own decisions.

- 4) According to WHO expert committee (1950) "Mental Toughness" implies the capacity in an individual to form harmonious relations with others and to participate in or contribute constructively to changes in his social and physical environment. It also implies his ability to harmonious and balanced satisfaction of his own potentially conflicting instinctive drives in that it reaches an integrated. Synthesis rather than the denial of satisfaction to certain instinctive tendencies as a means of avoiding the thwarting of others.

Effect of Taekwondo Players on Mental Toughness:

Seller R, Birrer D. The roles of mental toughness increasingly recognized in the discussion about health. In this article, health is considered to be a dynamic balance between resources and potential risk factors. Sports and physical activity may represent resources that do not only contribute to an increased well being, but also to an improved self concept as a cognitive representation of one's health status.

To study the most important aspect of players a means of promoting interpersonal, national and international understanding. It would provide clue whether players are truly fulfilling this much publicized purpose or the difference in their

mental toughness status are defeating the fundamental purpose of players promotion.

Objectives of the study:

- 1) To examine the level of mental toughness between the taekwondo and non taekwondo players of Aurangabad District.
- 2) To know the age factors influence on mental toughness of taekwondo and non taekwondo players.

Hypothesis of study:

- 1) There would be significant difference between in the mental toughness level of taekwondo and non taekwondo players of Aurangabad District.
- 2) There would be significant difference in the level of mental toughness between taekwondo and non taekwondo players on age factor.

Variables:

- 1) Independent : Mental toughness
- 2) Dependent : Level of mental toughness age

Methodology:

The present investigation pertaining to "Impact of Mental Toughness among Taekwondo and on Taekwondo Players" is in the frame work of ex-post facto research. The particulars of samples, tools, collection of data and statistical techniques are given as under:

Sample:

Keeping the objectives in view, appropriate research design is adopted. The sample for the study is drawn from the Taekwondo and non taekwondo players of Aurangabad District 50 Taekwondo players and 50 non taekwondo players were administered mental toughness scale to assess the differences in their mental toughness. The sample design is as under.

Distribution of sample

Sl. No.	Taekwondo Players	Non-Taekwondo Players	Total
1	50	50	100

Tools:

1. **Personal Data Schedule:** This is framed to collect information regarding the personal and socio demographic status of the sample.
2. **Mental toughness scale** developed by Dr. Jagadish and Dr. A.K. Srivastava was used in the present study. The inventory contains 54 questions. The responses are scored with the help of manual.

Collection of Data :

The data were collected from the Taekwondo and Non-Taekwondo players of Aurangabad District who were administered the Mental Toughness scale during the level of competitions.

Analysis and interpretation of data

Table – 1

Mental Toughness level of Taekwondo and Non-Taekwondo Players

	M	SD	t-value
Taekwondo Players	127.20	15.55	6.54**
Non Taekwondo Players	145.10	11.00	

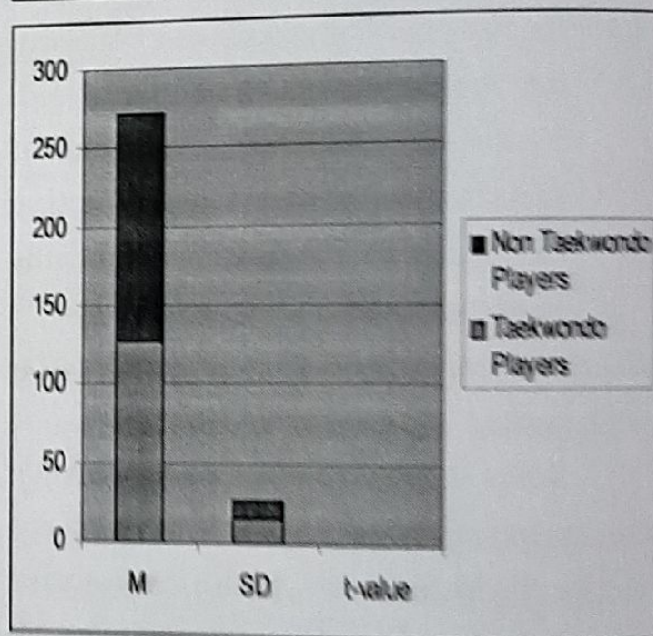


Table No. 1 and graph shows the mean, SD and t-value of Taekwondo and Non Taekwondo players in relation to their level of mental toughness. The Mean and SD of Taekwondo players is 127.20 and 15.55 respectively and the Mean and SD of Non-Taekwondo players is 145.10 and 11.00 respectively.

The mean score of taekwondo players is higher than the non taekwondo players. It shows

that the taekwondo players have high mental toughness and non taekwondo players have low mental toughness.

Table 2

Mental Toughness Level of Taekwondo and Non-Taekwondo Players

Sources	Age	Mean	SD	t-value
Taekwondo Players	<25	130.20	16.70	1.61*
	>25	125.44	18.43	
Non Taekwondo Players	<25	145.23	10.55	0.53
	>25	144.12	9.88	

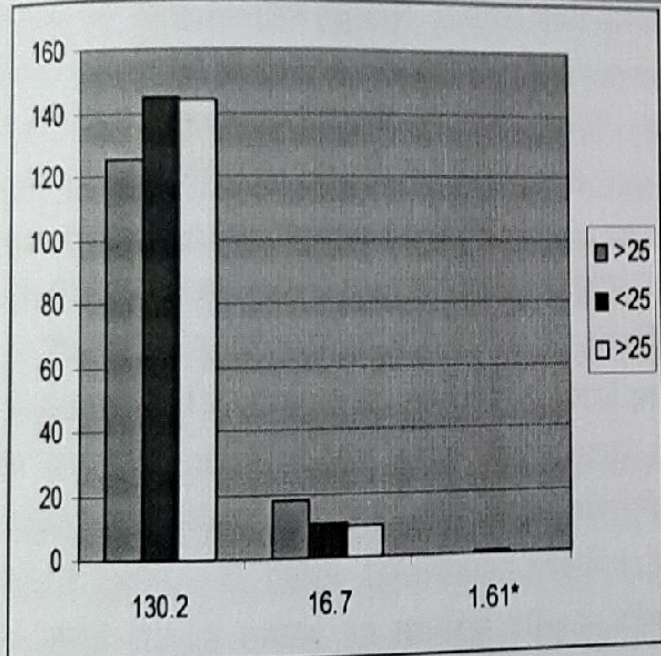


Table No. 2 and graph shows the Mean, SD and t-value of age groups of taekwondo and non taekwondo players in relation to their level of mental toughness. The mean score of below 25 age taekwondo players is higher than the above 25 age taekwondo players. It shows that the above 25 age. taekwondo players the better mental toughness than the below 25 age taekwondo players. Because the above 25 age taekwondo

players are have more experiences, mentally matured in the game and also well settled in their life. When t-value was applied to know the significant difference it was found that obtained t-value is 1.61, so it indicates the significant difference between these two age groups of taekwondo players. Statistically significant at 0.05 level.

Conclusions

- 1) The taekwondo players have high mental toughness and non taekwondo players have low mental toughness.
- 2) The above 25 age taekwondo players have better mental toughness than the below 25 age taekwondo players.

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