



Comparative study of mental toughness and depression between male and female players

Anattullah Sheikh¹, Dr. Jai Shanker Yadav²,

¹ Research Scholar (MPhil), Department of Physical Education, Dr. C.V. Raman University, Kota Bilaspur, Chhattisgarh, India

² Associate Prof. Dr. C.V. Raman University, Kota Bilaspur, Chhattisgarh, India

Abstract

The main purpose of the study was to investigate the mental toughness and depression between male and female players. The data pertaining to the study were collected by two standard questionnaires, Mental Toughness designed by Dr. Alan Goldberg and depression inventory framed by Prof. O. P. Mishra, Dr. Vidya B. Verma, & Santosh Kumar was used. For the present study, the data were collected from the inter-collegiate of male and female players of different districts of Kashmir division. The data pertaining to mental toughness and depression collected from 120 subjects and 60 subjects were selected from each group i.e. 60 from male and 60 female players, through purposive random sampling for testing the hypothesis. The data obtained from the responses given by the subjects on standard questionnaire of mental toughness and Depression was marked according to the key and analyzing by using 't' test to find out the significant difference in Mental toughness and Depression between male and female players at 0.5 level of significance. It was hypothesized that there would significant difference in mental toughness and depression between male and female players.

Keywords: mental toughness, depression, male and female players

Introduction

Mental toughness is a collection of attributes that allow a person to persevere through difficult circumstances (such as difficult training or difficult competitive situations in games) and emerge without losing confidence. In recent decades, the term has been commonly used by coaches, sport psychologists, sport commentators, and business leaders. Coaches and sports commentators freely use the term mental toughness to describe the mental state of athletes who persevere through difficult sport circumstances to succeed. For example, it is often simply applied as a default explanation for any victory, which is highly problematic as an attribution.

Depression is described as a bunch of symptoms portrayed by sadness and "a loss of interest in everyday activities" (American Psychiatric Association, 1994) Depression is a mental disorder that involves body, mood, and thoughts. It is defined as a persistent mood disturbance, plus at least four of the following: sleep disturbance, changes in psychomotor activity, loss of ability to experience pleasure and interest, fatigue, feelings of worthlessness or guilt, difficulty in concentrating, and preoccupation with death or a wish to die (American Psychiatric Association, 1987) It affects the way one feels about him/her self and he/she can suffer from low-self-esteem.

Methodology

The main purpose of this study was to investigate the mental toughness and depression between male and female players. It was hypothesized that there would be significant difference in mental toughness and depression between male and female players.

Sources of data

The intercollegiate male and female players' falls under the jurisdiction of Kashmir division were selected as subjects

Selection of the Subject

120 subjects were selected for this study, 60 male and 60 female players.

Sampling Methods

The subjects were selected by using purposive sampling method.

Criterion Measures

Following are the criterion measures which were responsible for collection of data, to testing the hypothesis.

Mental Toughness

The standard questionnaire of Mental Toughness designed by Dr. Alan Goldberg has been used for the collection of data.

Depression

The standard questionnaire of depression inventory framed by Prof. O. P. Mishra, Dr. Vidya B. Verma, & Santosh Kumar will be used for the collection of data; This Inventory consists of 32 items.

Statistical Analysis and Interpretation of Data

For the present study, the data were collected from the inter-collegiate of male and female players of different districts of Kashmir division. The data pertaining to mental toughness and depression collected from 120 subjects and 60 subjects were selected from each group i.e. 60 from male and 60 female players, through purposive random sampling for testing the

hypothesis. The data obtained from the responses given by the subjects on standard questionnaire of mental toughness and Depression was marked according to the key and analyzing by using 't' test to find out the significant difference in Mental toughness and Depression between male and female players.

Findings

For the present study, the data were collected from the inter-collegiate of male and female players of different districts of

Kashmir division. The data pertaining to mental toughness and depression collected from 120 subjects and 60 subjects were selected from each group i.e. 60 from male and 60 female players, through purposive random sampling for testing the hypothesis. The statistical result of the undertaken Mental Toughness and Depression between Male and Female Players for verifying researcher's hypothesis has shown in the following tables.

Table 1: Comparison of mental toughness between male and female players

Group	Mean	S.D.	M.D	S.E	D.F	O.T	T
Male Players	18.85	2.06	0.3	0.38	118	0.771	2.00
Female Players	18.55	2.19					

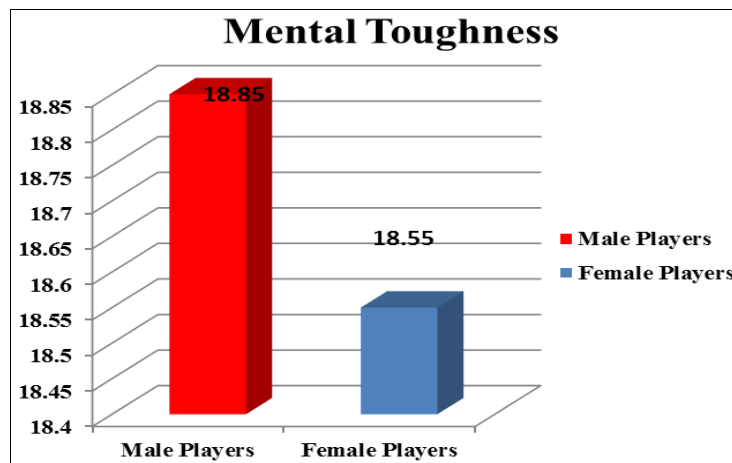


Fig 1: Showing Comparison of Mean Mental Toughness between Male and Female Players

Table 2: Comparison of depression between male and female players

Depression	Group	Mean	S.D.	S.E	M.D.	D.F.	O.T.	T.T.
Motivational	Male Players	18.77	2.01	0.37	0.4	118	1.06	2.00
	Female Players	19.17	2.11					
Cognitive	Male Players	22.95	3.89	0.69	0.57	118	0.74	2.00
	Female Players	22.43	3.75					
Somatic	Male Players	12.82	3.31	0.60	0.2	118	0.32	2.00
	Female Players	12.62	3.34					
Behavioral	Male Players	15.12	2.75	0.49	0.26	118	0.53	2.00
	Female Players	14.85	2.74					
Emotional	Male Players	28.77	3.46	0.62	0.08	118	0.13	2.00
	Female Players	28.68	3.42					

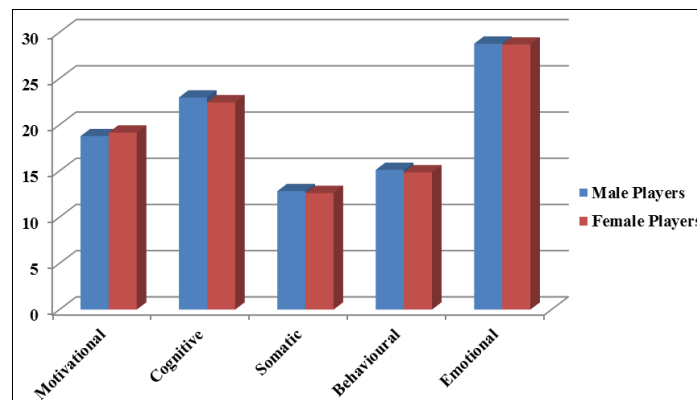


Fig 2: Showing comparison of depression (motivational, cognitive, somatic, behavioral, emotional, between male and female players)

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