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Analysis Study on Selected Mental Toughness Profile between Rural and Urban Male Field Hockey Players

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Abstract

In this research, we present the profile of the mental toughness of field hockey players in domicile (rural and urban) identifying and similarities of differences in domicile of field hockey players rural (n = 83) and urban (n = 58) who have participated in south zone inter University level field hockey tournament for the academic year 2010 – 2011, were examined by the questionnaire of MTQ 18. There in age ranged from 18-24 years. Mental Toughness Questionnaire (MTQ) was developed by Loehr et.al. (1992) assess the mental toughness of players. The collected data were statistically analyzed by using in one way analysis of variance. From the obtained results lead to conclude that, the domicile has no significant impact on mental toughness. In analyzing the sources behind this, it was observed that, most of the players have been migrated from rural and urban areas. In such a way, though a player is basically being the rural as they adapted with urban environment surroundings, which might be a source for getting such a insignificant mean differs on mental toughness.

Keywords: Mental Toughness, Rural, Urban, Hockey Players.

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Introduction

The fact about today's hockey players is that they are simply stronger, faster and more efficient than yesterday and tomorrow may be still better. In this global world, hockey the Indian national game, having credit of eight gold medals in the Olympic history, struggles lot to qualify for participation in the forthcoming international competitions. In the game of hockey, executing the human resources while locating and selecting the players, physical education teachers, coaches, and trainers are giving importance to the physical and anthropometric structure rather than the psychological structure of individuals. The mental toughness is the essential psychological aspects for a player to perform well in sport, to accommodate the competitive pressure. For a player in sport, these characters either may be inherited or acquired, as the individual's psychological structure is the product of heredity and environment. Thus the player in the game of hockey may be differed in living place and the geographical condition such as rural and urban.

Methodology

The purpose of the study was to a mental toughness profile of the field hockey players in rural and urban living place. To achieve the purpose of the study, a total of 141 subjects domicile of field hockey players rural (n = 83) and urban (n = 58) who have participated in south zone inter University level field hockey tournament for the academic year 2010 – 2011, were examined by the questionnaire of MTQ 18. There in age ranged from 18-24 years. Tools used in the study; Mental Toughness Questionnaire (MTQ) was developed by Loehr et.al. (1992) assess the mental toughness of players. This questionnaire contains eighteen questions. The sub components of mental toughness are: focus, competitive desire, resiliency, and self-confidence. Participants are asked to read a statement and then circle the number that corresponded best to them. Likert's five-point scale was used, with "1" indicating that an athlete strongly agreed (more mentally tough) and "5" indicating that he strongly disagreed with the statement (less mentally tough). The average score on the eighteen questions of the MTQ was 1.83. The five priorities for resiliency questions are (MTQ's 7, 10, 11, 12, and 16). Finally, the priorities for self-confidence questions are (MTQ's 2, 3, 6, and 14). Statistical Techniques; the collected data were statistically analyzed by using in one way analysis of variance.

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Table 1

Descriptive statistics on mental toughness between rural and urban male hockey players

S.No	Variables	N		Mean	Std.Dev	F – ratio
1	Resiliency	83	Rural	13.27	2.30	0.00
		58	Urban	13.26	2.36	
2	Self Confidence	83	Rural	11.52	2.35	1.35
		58	Urban	11.95	1.85	

*significant at 0.05 level (1, 139) 3.06

Table I indicates the obtained 'F' values on variables for the mental toughness profile on male field hockey players in domicile (rural and urban) were: 0.00(resiliency) and 1.35 (self-confidence). The obtained F- values to be significant at 0.05 level for degree of freedom 1, 139 the required critical value was 3.06. Thus the observed F - values on variables were found to be higher than the required critical value. It was concluded that the mental toughness profile of domicile (rural and urban) were produced insignificant improvement.

Discussion and Findings

In domicile based analysis on components of mental toughness of hockey players belong to rural and urban, the obtained results explained that no one component make them to differ significantly. From the obtained results lead to conclude that, the domicile has no significant impact on mental toughness. In analyzing the sources behind this, it was observed that, most of the players have been migrated from rural and urban areas. In such a way, though a player is basically being the rural as they adapted with urban environment surroundings, which might be a source for getting such a insignificant mean differs on mental toughness. From the results of components of mental toughness such as resiliency and self-confidence between rural and urban was found as statistically not significant of hockey players. Shobhna and Rekha (2009) the findings indicated that there were no significant differences with regard to self-esteem of rural and urban adolescents Roxana Dev and Omar Dev (2009) Although more of urban respondents giving inaccurate perception compared to rural respondents, however there is no significant difference in body image perception as compared to body mass index among urban and rural respondents [$t(198)=1.18$, $p=0.23$, $p>0.05$].

Conclusion

In domicile based analysis on components of mental toughness variables as resiliency and self-confidence of hockey players belong to rural and urban, the obtained results explained that no one component

make them to differ significantly. From the obtained results lead to conclude that, the domicile has no significant impact on mental toughness components as resiliency and self-confidence.

In analyzing the sources behind this, it was observed that, most of the players have been migrated from rural and urban areas. In such a way, though a player is basically being the rural as they adapted with urban environment surroundings, which might be a source for getting such insignificant mean differs on mental toughness variables as resiliency and self-confidence.

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