



A STUDY OF MENTAL TOUGHNESS BETWEEN GAME PLAYERS

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ABSTRACT

Mental toughness is a key factor in a person's ability to perform, accomplish, and exceed in a variety of areas of life. Sportspeople, trainers, fans, and spectators all use the phrase "mental toughness" to describe the ability to persevere in the face of adversity. Mental toughness is a word that coaches, players, and sport psychology consultants use when addressing the psychological elements that distinguish between successful and unsuccessful athletes in sports. The word "mental toughness" is often used in the sports arena. Athletes, coaches, fans, and commentators all use it in their everyday language. Mental toughness may be the most important psychological attribute in sports. Someone who has Mental Toughness may be well-mannered, moral, helpful, and amiable. Every element of an athlete's life may be affected by mental toughness. It's sometimes difficult to tell the difference between an athlete's professional and personal lives, especially at the greatest levels of competition. An athlete may argue that mental toughness is needed in every aspect of his or her life in order to maximize potential in a sport like this. Individuals who possess high levels of Mental Toughness are capable of dealing well with challenges posed by the human body and mind, allowing them to meet high expectations while working under extreme conditions.

KEYWORDS: Mental Toughness, Game Players, psychology consultants, human body and mind

INTRODUCTION

Sports training should begin with an understanding of the mental makeup of the learner in mind. All physical activities need the student to complete the motions precisely. This is the most important requirement. A better understanding of why an activity is being done the way it is would also help him become more engaged. Sports should be more than just a way for him to keep fit; they should be an integral part of his character, as should his sporting mentality. It will be a joy to study sports with this kind of approach. Although all sports contests need physical talents and specific skills, it is more than just a recreation sport that is many three times associated with triumph, ego, and self-respect; it is more than just a recreation sport. It is important to emphasize a certain mental attitude when teaching smaller units of competence.

At any point throughout the process of learning, we should encourage one of the players to demonstrate the talent more confidently "in an effortlessness presentation." However, the coach must keep a close eye on his movements, facial expressions, and gestures, as well as his overall air of arrogance. In the long run, it's not a good idea to cultivate a habit of overestimation or underestimation of one's own abilities, as this could lead to a shift in one's mindset, which could lead to a shift in one's mindset, which could lead to a shift in one's mindset. Because they care so much for one of their buddies, they have a few blemishes. A player's performance may suffer as a result if their coach yells at them. Mental preparation should begin as soon as you begin training. Coaches are responsible for developing athletes.

Sports talents and physical attributes are honed over time via regular practice. However, contemporary sports need athletes to use their mental talents when preparing and competing. Goal setting, visualization, and mental practice of skills or motions are all examples of mental training methods. Mental training includes learning how to assess one's own performance and estimate one's own skills. By telling oneself, "I am standing on a rock, others are on the waves," one may reduce fear and turn it into energy. They should be done on a regular basis. Many more elements are being worked on to improve performance. A person's mental toughness may be a collection of traits that allow them to persevere through difficult situations and emerge unscathed. The current research focuses on a number of psychological aspects of mental toughness.

DEFINITIONS AND EXPLANATIONS OF THE TERMS MENTAL TOUGHNESS

i. Confidence

Using the confidence subscale, you may find out how confident athletes are in their own skills to accomplish objectives and outperform their competition. To put it simply, it is the condition of being absolutely positive that a theory or forecast is true, as well as the best or most effective way to proceed.

ii. Constancy

Personal responsibility, an unwavering mindset, and the capacity to focus are all characteristics of constancy.

iii. Control

Control in the SMTQ is concerned with the perception that one is personally influential and can bring about desired outcomes with particular reference to controlling emotions.

TEAM COHESION

In sports, especially team sports, it is essential that the squad remain cohesive. As far as sports are concerned, team cohesiveness is a need. It is possible to move even the largest of mountains, with the right amount of effort. You wouldn't be able to stand on your own two feet. It is thought that the concept of cohesiveness refers to the degree to which individuals are connected to a group and their inclination to stay in a team or "stick together". Cohesion in a team is achieved by desire and practise, as well as a shared goal for success. Because of this, team cohesiveness is critical to both the team's performance and its social environment. Members of a group's cohesiveness may be defined as the amount to which they want to attain a shared objective and establish a sense of collective identity. The amount to which members of a group get along with each other is known as Social Cohesion, whereas Task Cohesion refers to the extent to which members of a group work together to accomplish the group's objectives.

The slogan of the game "There is no 'I' in the group" reflects the common connotation of the phrase "cohesion." Cohesion is a dynamic process that is represented in a team's inclination to stick together and remain united in pursuit of its goals and objectives. A team's sense of cohesiveness shows an individual's predisposition to be drawn to the group and to believe that he or she is part of something larger than themselves.

It is essential to the overall performance of the team. A group's ability to function effectively depends on its members' ability to work together in harmony. Group and cohesiveness, according to some, are inextricably linked; one cannot exist without the other. Carron's conceptual model for sports team cohesiveness includes the following elements:

The 10 views of team cohesiveness may be accessible via the individual's perceptions of the group's integration and personal attractiveness to the group from both task-related and socially oriented perspectives.

It is considered that the bulk of variation in team cohesiveness may be explained by four dimensions. The task of integrating a group social integration of the group, Attractions to the social group on an individual level.

Two elements of group integration indicate the individual's sentiments of closeness and connection in the group as a whole, regardless of the group's work or social context. A task or social viewpoint, however, is what motivates individuals to join a group. The Group Environment Questionnaire was created by putting these four aspects of team cohesiveness into practice (GEQ).

1. Mental toughness in sport

Athletes' success or failure is multifactorial. It depends on the combination of many factors including physical, tactical, technical and psychological factors. The psychological factor is usually the determinant that differentiates a winner and a loser in sports. For example, indicated that mental ability contributed over 50% in athletes' success when competing against the opponents. In addition, Gould, Hodge, Peterson, and Petlichkoff (1987) stated that mental toughness was the most important for success in wrestling (rated as 82%). In a study involving ten Olympians, they reported mental toughness is one of the highest ranked psychological characteristics that determine at successful performance. However, despite its frequent use, the term mental toughness remains subjective. Specifically, it is often used to describe a broad term that reflects the ability of an athlete to cope effectively with training and competition demands in an effort to remain resilient.

Athletes, coaches, and applied sports psychologists have consistently referred to mental toughness as one of the most important psychological characteristics related to outcomes and success in the elite sport. However, it is probably one of the least understood terms used in applied sport psychology. This is partly due to a wide variety of definitions, measurements and research designs used when researching this construct. In order to facilitate further understanding of this construct, a sport-specific use of this terminology is warranted. The purpose of this manuscript is to review those studies examining the construct of mental toughness and its relationship to sports performance. This review is divided into four specific sections including

the early views on mental toughness, contemporary mental toughness research applying qualitative approaches, contemporary mental toughness research using quantitative approaches, and research on the relationship between mental toughness and other psychological variables.

TEAM GAME AND INDIVIDUAL GAME

1. Team Game: Any activity in which two or more participants work together to achieve a common goal is considered a team sport. Athletics is a kind of competition in which participants are divided into two or more teams and compete against each other. A game or activity in which two or more people work together to achieve a common aim or purpose. In a group activity, participants are divided into opposing factions, each of which aims to win. Basketball, volleyball, handball, cricket, kabaddi, kho-kho football, and hockey are just a few examples of sports. The goal of team sports is to pit two teams against one other and have the players work together to achieve a common goal. The goal is to obtain points by directing a ball or other item in line with a set of regulations, with the same team members participating.

A common feature of team sports is that they are practiced amongst small groups of players who must work together to achieve a common goal. Colleagues are tasked with promoting the creation of a ball or other similar object in accordance with a variety of criteria in order to get attention and points. Athletes and spectators alike, as well as local and national businesses, have been profoundly impacted by the growing popularity of sports throughout time. At the same time as players pursue their aspirations and serve as role models, young athletes learn valuable life skills and follow in the footsteps of their heroes, and sports fans unite around their teams and contribute to their communities via their fandom. Sports in which a team of players compete against another team of players.

2. Individual Game: In an individual sport, competitors compete against one another as a single entity. It is an individual sport where the players compete against one other as individuals, rather than as a team against each other in a specific event. Individual sports, such as golf, bowling, and tennis, are those in which a player competes just against himself or herself without the assistance of a partner. In an individual sport or event, a person who competes against other persons. Individual sports in which participants compete against each other, either one-on-one or in a group setting. An individual participant who fights bravely against another player in an individual sport may also be called a "fighter." One may argue that individual sports are those in which a single participant or player competes against the other in a one-on-one match.

Among the many sports that are included in the athletics category are wrestling, taekwondo, karate, and many other events, such as the 100mts dash, the 200mts dash, the 400mt dash, and the 800mts. dash. There are also field events like long jump, high jump, and pole vault, as well as throwing events like shot put, discus, javelin, and hammer throw.

MENTAL TOUGHNESS BETWEEN INDIVIDUAL GAME AND TEAM GAME PLAYERS

People's lives are becoming more and more centred on sports. It started off as a rather basic occupation, but has now evolved into a highly structured human endeavour. As an athlete, you must have the capacity to perform effectively under pressure as well as physical and mental stamina in order to be successful. In order to compete in competitive sports, one must have a high degree of physical ability, as well as strong mental attention. Competitors' ability to differentiate themselves is becoming more difficult in an era when athletes are becoming increasingly similar in terms of their physical appearance, technical proficiency, and tactical knowledge. When competing in today's highly competitive environment, it is very difficult to maintain mental toughness and perform well under immense pressure. Mental toughness is in great demand since more physical and mental energy is required, and mental toughness is vital for this. Players are evaluated by coaches, managers, teammates, fans, the press, and the media before, during, and after a performance by these individuals. It's very uncommon for players to be forced to make split-second decisions and precise movements in response to an opponent's move, which may have far-reaching repercussions in games of all levels.

Understanding the role of sport psychology in helping athletes improve their athletic abilities is critical. Sport disciplines and competitions, in terms of the types of sports, also include a range of characteristics due to the distinct psychological behaviours that athletes encounter. There are distinct differences between team sports and individual sports when it comes to expectations. A person is compelled to act a specific way because of the nature of sports. Because of the nature of team sports like football, basketball, handball, and others, players incur a high number of fouls during competition, causing them to feel bad and exhibit undesirable behaviours. Individual sports, on the other hand, place players in a position of reliance on their own inherent ability.

Individual sports have one-dimensional performance standards, but team sports performance is dependent on the performance of teammates. In contrast to solo sports, where players practice alone for long periods of time, team sports require them to work closely with their colleagues

and spend a significant amount of time training with them. As part of the International Journal of Physical Education, Fitness and Environment, athletes in certain solo sports may devote more time to mental training than in team sports. Unlike in solo sports, where the outcome is either winning or losing and there is no tie, in team sports there is a wide range of outcomes.

COMPARISON OF PHYSICAL FITNESS VARIABLES BETWEEN INDIVIDUAL GAMES AND TEAM GAMES ATHLETES

Being physically fit is a condition of health and well-being that includes both skill and health-related aspects. A person is said to be fit if they have enough energy to go through the day without feeling worn out and yet have a good time. In order to live a long, healthy life, older individuals need to maintain and enhance their physical fitness. It's a combination of skill-related traits like dynamic balance, power, speed and agility as well as health-related aspects like cardiovascular endurance and muscular strength. It is difficult to determine how much of a given fitness characteristic (e.g. muscular endurance) is necessary for a healthy quality of life since functional tests are specialised and normative rather than criterion-based. The performance of athletes is influenced by a variety of variables. Size, shape, and form, as well as the makeup of one's body, are all thought to have a part in this.

Physical fitness is an important factor in a sportsman's ability to compete in any given game or event. Muscular strength, agility, power, speed, and cardiovascular endurance are the five motor qualities that make up physical fitness or condition. As a result, these talents play a critical role in almost every sport. The primary goal of sports training is to improve and maintain one's physical fitness. Muscular power, also known as explosive power, is a mix of speed and strength that affects how hard a person can strike, leap, and push, among other things, in a vigorous performance. Strength, response time, speed of movement, and muscle coordination all have a role in agility, which is the capacity to swiftly alter the direction of one's body or components. Athletics requires a rapid start and stop, as well as a quick change of direction. Running speed is not only an athletic event in and of itself, but it also plays a significant role in almost every court and field game, and it may be the difference between a performer's success and failure. Physical fitness is essential to a person's well-being and productivity. Even today, physical fitness is more than just being able to do a task without exertion. A person's physical and mental well-being, as well as their social and emotional well-being, are all impacted by their level of physical fitness.

It's no secret that sports like football and basketball are very competitive, with athletes always striving to beat their own personal bests and set new ones. For him, the role of sports in developing character in children is perfect. Skill and physical fitness are required by nature of sport. Sports scientists, team physicians, athletic trainers, coaches, and players have formed tight ties to study new scientific techniques for selecting athletes as a result of the rising shift in sports' competitive attitude. Muscular strength, agility, power, speed, and cardiovascular endurance all play a role in sportsmanship. Physical, physiological, and psychological aspects all have a part in a performance's success or failure. Excellence can only be achieved with the right activities and fresh training approaches. Physical fitness disparities between individual game and team game participants were the focus of the current investigation.

CONCLUSION

Many people, including young children and their parents, are involved in youth sports. These people include athletes who are trying to improve their performance, injured athletes who are trying to overcome the pressure of motivation, individuals who are trying to overcome the pressure of competition, and so on. As a field of study, sport and exercise psychology is concerned with the mental components of behavior in sport and exercise, as well as the psychological effects of sport engagement and physical activity. This includes topics like personality, motivation, attribution, arousal, leadership, team dynamic, and goal setting. Sports psychology is seen quite differently by different individuals, with some thinking it's a worthless "airy-fairy" subject and others thinking it's amazing. According to Rahall (1989), it is the most significant determinant of performance in top athletes, and it is the psychological elements that have their influence despite the physiological and medical considerations. Sven Goran - Eriksson, manager of the English national football team, has recently converted after declaring that very little effort is needed to achieve sporting success. What ultimately determines victory or defeat is the mental edge or disadvantage each player brings to the table. And a sports psychologist is an integral part of this procedure.

It's a well-known truth that today's sports require more than just physical prowess to succeed. Extraordinary achievement in competitive sports is the result of a combination of innate physical abilities and learned psychological characteristics. Recent studies and reviews of the field of physical education and sports have concluded that athletes' physical performance is influenced by a number of different elements, including their own bodies, their minds, and their

surroundings. Intelligence, attitude, drive, tension, anxiety, and hostility are just few of the many psychological factors—in addition to physical condition, technical competence, and mental toughness—that significantly impact the results at the highest levels of competition. Sports psychologists and organizations are paying increasing attention to the mental side of athletics since athletes' responses to competition can have both good and negative effects on their performance.

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