

## Comparison of Mental Toughness Ability Among Semi-Finalist Teams of Interuniversity Female Cricket Tournament

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### Abstract

**Purpose:** Purpose of the study was compare the mental toughness ability among the semi-finalist teams.

**Method:** Forty four (N = 44) subjects were selected from the four semi-finalist teams, took eleven plying members of each team, during the East Zone Interuniversity (Female) Tournament 2017-18, organized by the VBSP University, Jaunpur. Their age ranged between 18-25 years. ANOVA was applied for analysis of data. Mental toughness was measured through Psychological Performance Inventory (PPI, Loehr 1986) questionnaire.

**Result:** Calculated F value was 4.71 significantly higher to the table value 2.46. Means of mental toughness for all the semi-finalist teams were significantly difference.

**Conclusion:** VBSP University had highest mental toughness during the tournament and secured the first position defeated to Kolkata University. Kolkata University was runner up of that tournament. Further, Visva-Bharti University and MGKVP University had secured third and fourth position respectively in that tournament.

**Keywords:** mental toughness, female cricket player

### Introduction

**M**ental toughness refers to a collection of psychological characteristic which are central to optimal performance. Athletes, coaches, and sport psychologists have consistently implicated mental toughness as one of the most important psychological characteristics related to success in sports. Over the last few decades, numerous studies have been conducted to examine the role of mental toughness in sporting success. Mental toughness is a measure of individual resilience and confidence that may predict success in sport, education and the workplace. As a broad concept, it emerged in the context of sports training, in the context of a set of attributes that allow a person to become a better athlete and able to cope with difficult training and difficult competitive situations and emerge without losing [confidence](#). In recent decades, the term has been commonly used by coaches, [sport psychologists](#), [sports commentators](#), and business leaders.

Most elite athletes contended that at least 50% of their superior athletic performance was the result of mental or psychological factors that reflected the phenomenon of mental toughness (Loehr, 1982, 1986). The psychological factor is

usually the determinant that differentiates a winner and a loser in sports (Brewer, 2009). For example, Weinberg and Gould (2003) 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 (Gould, Dieffenbach, & Moffett, 2002). 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 (Bull, Shambrook, James, & Brooks, 2005; Connaughton et al., 2008; Fourie & Potgieter, 2001; Jones, Hanton, & Connaughton, 2007; Thelwell, Weston, & Greenlees, 2005).

There are several factors as to why a positive mentality or mental toughness is a benefactor to success. An elite athlete must be able to handle pressure, have self-belief and avoid lifestyle distractions. They must have that urge to win and know that they have all the capabilities to do

anything they desire. This separates good athletes from the elite athletes.

**Materials and Methods**

*Participants*

Participated were recruited the forty four subjects from the semi-finalist teams, took eleven plying members of each team, during the East Zone Interuniversity (Female) Tournament 2017-18, organized by the VBSP University, Jaunpur. Their age ranged between 18-25 years.

*Data collection*

After obtaining approval for the human subjects protocol from the tournament organizer, prospective team coaches were contact by phone about the taken the data. Data collected occurred at coaches' convenience at a team meeting or practice session.

*Measure*

Through Psychological Performance Inventory (PPI, Loehr 1986) questionnaire mental tough was measured.

**Procedure**

The PPI questionnaire was distributed to the subjects. Sometime direction were read by the researcher and directed to the subjects to the subjects to understand about what they required to do. The inventory had no limit but at an average it required about 15 minutes for responding to 42 questions the Psychological Performance Inventory (PPI) had 42 items. The subjects were instructed to respond to each items according how he generally felt at the time of completion. At every subjects had 5 possible responses i.e.

1. Almost Always
2. Often
3. Sometimes
4. Seldom
5. Almost Never

While the subject responded to the questionnaire, the researcher verified weather they recorded sequentially and explained the meaning of the words in case of doubt.

**Statistical Procedure**

In order to find out the significance differences of mental toughness among the semi-finalist team of interuniversity tournament Analysis of Variance (ANOVA) test was employed at 0.05 level of significance.

**Result**

**Table-1**  
ANOVA of Semi-Finalist Teams

|               | Sum of square | Df | Mean Square | F     |
|---------------|---------------|----|-------------|-------|
| Between Group | 7849.53       | 3  | 4341.34     | 4.71* |
| Within Group  | 4691.71       | 40 | 259.68      |       |
| Total         | 12541.24      | 43 |             |       |

$F_{0.05}(3, 40) = 2.46$

**Table 2**  
Paired Wise Mean Comparison

| VBSP University | Kolkata University | Visva-Bharti University | MGKV P University | Mean Difference | CD    |
|-----------------|--------------------|-------------------------|-------------------|-----------------|-------|
| 172.86          | 161.79             |                         |                   | 11.07*          | 10.98 |
|                 |                    | 149.93                  | 129.64            | 20.29*          |       |
| 172.86          |                    | 149.93                  |                   | 22.93*          |       |
|                 | 161.79             |                         | 129.64            | 32.15*          |       |

Figure 1 Present the means of Semi-Finalist Teams

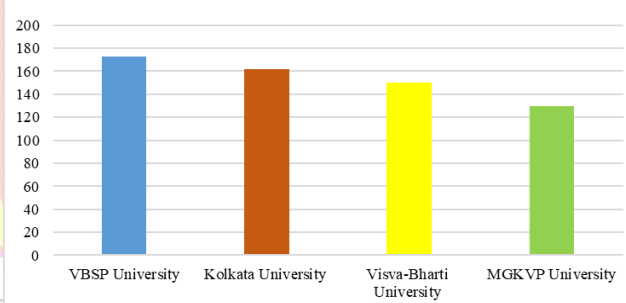


Table 1 revealed that the ANOVA 'F' value was 4.71, which was greater to the table value 2.46 (3, 40) at the significance 0.05 level. Means of mental toughness for all the semi-finalist teams were significantly difference. VBSP University mean 172.86 had the higher value of mental toughness in compare to Kolkata University 161.79, Visva- Bharti University 149.93 and MGKVP University 129.64.

**Discussion of finding**

Result of the studied was clearly shown that the VBSP University had highest mental toughness during the tournament and secured the first position defeated to Kolkata University. Kolkata University was runner up of that tournament. Further, Visva-Bharti University and MGKVP University had secured third and fourth position respectively in that tournament. VBSP University female player was

mentally stronger and took a very good victory upon the Kolkata University team in the final. Therefore, mental toughness played a significant role into the overall performance. Others components like training of the players, match winning quality, role of coach, role of captain were also essential for overall performance of a team. But mental toughness can also play a role into the match winning situation. All these four semi-finalist teams have higher mental toughness because these teams have good experienced, played maximum match against different teams, good skill, high class fitness level in compare to other non-qualifying teams in the tournament. **Singh, J. (2020)** revealed the successful trackers are the mentally though in comparative to unsuccessful athletes. The mental side of cricket is what separates the best players from the rest. **Cotterill, Stewart & Barker, Jamie. (2013)** explain that technical, tactical, and physical preparation are important for top class performances but it is often what happens inside a player's mind that is the difference between success and failure.

**Conclusion**

The very best players and teams are confident, motivated, concentrate effectively, cope with pressure, and control their emotions. The Psychology of Cricket is the first book to provide expert and up-to-date advice into one of the most psychological sports around. The book is appropriate for anyone involved in playing or coaching cricket, and for all levels. The Psychology of Cricket teaches individuals to develop mental toughness by using mental skills which can be used in both practice and match situations, and provides expert advice on understanding the important ingredients of successful teams and leaders.

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