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A comparative study of mental toughness between students of school of physical education and school of education of DAVV, Indore

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Abstract---Mental toughness isn't being macho, uncaring, or self-centred; it is about being tough in the sense of not giving up and being confident that you can prevail, even if the odds are stacked against you. The purpose of the present study was to compare the difference of Mental Toughness between Students of School of Physical Education and School of Education of DAVV, Indore. The sample for the present study consists of 30 students from School of Physical Education and 30 students from School of Education and their age ranges from 18 to 25 years. The Mental Toughness of Students of School of Physical Education and School of Education were measured through MENTAL TOUGHNESS QUESTIONNAIRE (2004) developed by ALAN GOLDBERG. The criterion measure for the testing hypothesis in this study is the total scores obtained in the questionnaire. The score of the subjects of School of Physical Education and School of Education of DAVV, were analyzed by calculating the Data applied to Descriptive Statistics Mean, Standard Deviation and t-test were used in order to find out the Significance Difference to compare. The result has shown that there is Significance Difference between Students of School of Physical Education and School of Education of DAVV Indore in Mental Toughness through MENTAL TOUGHNESS QUESTIONNAIRE. The selected level of Significance as set at 0.05 levels.



Keywords---mental toughness, physical education, education and sports psychology.

Introduction

Mental toughness is one of the psychological dimensions that is considered important for performance, achievement, and excellence across many domains of life. Mental toughness is a term used throughout the sporting sphere. A personality trait that determines, in large part, how people respond to challenge, stress, and pressure, irrespective of their circumstances. The mentally tough competitor is self-motivated and self-directed. He or she does not need to be pushed from outside, as he or she is controlled from within. He or she is positive and realistic about his or her goals and success. The individual is generally calm and relaxed in pressure situations. The person is also mentally alert, focused, confident, and responsible for their actions.

“It's about maintaining a positive mindset, staying determined, and not giving up in the face of difficulties.” You can't control winning, but you can control your mental state, which will help you perform better. Performing better will help you win.

Sports have now become a profession for lots of players. In today's world, there is lots of competition going on among the players. And to perform constantly at higher levels of competition and to maintain or keep up the execution or performance, the players must be physically fit as well as mentally or psychologically solid. These days, sports competitions are very tough. Players are using the best techniques and training methods for better results during competitions. Even then, they are not satisfied with their results. Thus, the importance of psychology was realized in physical education to give the best possible results for players. Sports psychology is the branch of psychology that deals with the positive behaviour of athletes during training and competition periods to increase performance. It guides coaches and players to give individual attention to various methods and various motivational techniques. It guides sports ethics and sportsmanship to develop sports attitudes. The knowledge of sports psychology helps coaches and players develop and control anxiety levels. With regards to sport, mental toughness is a term that coaches, athletes, and sport psychology consultants use when discussing psychological factors that differentiate between successful and less successful athletes. Most prime athletes and coaches believe that psychological factors play as crucial a role as physical attributes and learned skills within the make-up of champions. After physical abilities are equally coordinated, as they tend to be in a competitive game, the contestant with a better switch over his or her mind will typically appear as the winner. Mental strength isn't progressing to a complete lack of talent; however, in close contests, it will build the distinction between winning and losing. The key to true success and achievement for athletes is mental toughness. The requirement of mental toughness develops mental capacity to excess by running through the pain and discomfort in the body, and it projects tougher and tougher. Success isn't final, and failure isn't fatal. This proverb has to be cultivated in the minds and practices of all athletes.

Mental toughness is the ability to consistently sustain one's ideal performance state during adversity in competition. Performing to one's potential requires good technique and mental skills. Ups and downs in performance are often directly traceable to psychological ups and downs. Players who create a special atmosphere within them perform consistently. Mental toughness is learned, not inherited. The ultimate measure of mental toughness is consistency. Mental Toughness becomes one of the most important aspects to be developed. Therefore, it has become the need of the hour to assess the degree of mental toughness in order to take the necessary steps to improve performance. If you are able to maintain mental toughness, then success will be yours. Mental toughness is a measure of individual resilience and confidence that may predict success in sports, education, and the workplace. Mental toughness is important because mentally tough individuals are simply mentally and physically healthier and perform better. The world in which we live today is seemingly more obsessed with success and with the desire and drive to "win." Perhaps it is the thought of being the best—the thought of being the most powerful or the most intelligent—that is captivating and encompasses our drive for success. Mental toughness may be an assortment of attributes that permit an individual to hold on through tough circumstances and emerge while not losing confidence. Five mental toughness characteristics evolved through this qualitative research. These factors include: Rebound ability, Ability to handle pressure, Concentration, Confidence, Motivation.

Physical Education refers to an integral part of the total education process, is a field of endeavour that has as its aim the improvement of human performance through the medium of physical activities that have been selected with a view to realizing this outcome. Physical Education provides cognitive content and instruction designed to develop motor skills, knowledge, and behaviours for physical activity and physical fitness.

Education refers to the discipline that is concerned with methods of teaching and learning in schools-like environments, as opposed to various nonformal and informal means of socialization. Education means to ensure the highest levels of academic achievement for all students and it helps students develop a positive self-concept by providing knowledge about various dimensions of teaching.

Methodology

To achieve the purpose of the study a total 60 University Students of DAVV Indore (30 students from School of Physical Education and 30 Students from School of Education) were recruited as subject. The age of all subjects was ranged from 18 to 25 years. The variables selected for the purpose of this study were: Mental Toughness. The data of the subjects was obtained by administrating "MENTAL TOUGHNESS QUESTIONNAIRE". The score was obtained by using the key as suggested by Alan Goldberg for Mental Toughness. After the collection of relevant data, it was processed and analyzed with descriptive statistics. To compare the subjects, mean, standard deviation and independent t-test was employed. The significance level was set at 0.05 percent.

Findings

Table 1
Mean Scores, Standard Deviation and T-Ratio of Mental Toughness between
Physical Education and Education Students

| Group | Number | Means | Mean difference | Std. Deviation | T-ratio |
|-------|--------|--------|-----------------|----------------|---------|
| Sope | 30 | 20.2 | 3.43 | 4.1555 | 3.3240 |
| Soe | 30 | 16.766 | | 3.8388 | |

Significant at 0.05 level

't' value required to be significant at $df(58) = 1.671$

Table 1 statistically represent that the Mean and Standard Deviation for Mental Toughness with regard to Physical Education Students was 20.2 and 4.155 where as in case of Education Students was 16.76 and 3.838 respectively. The calculated 't' value 3.3240, which is more than the required 't' value for significance at the 0.05 level with $df(58) = 1.671$

So, it indicates that there is a significant difference of overall Mental Toughness between the SOPE and SOE students.

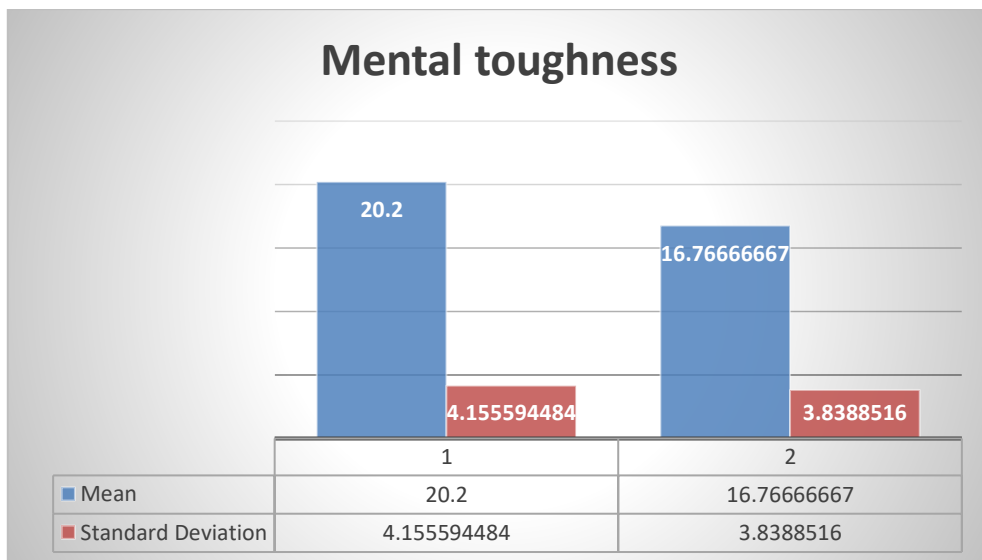


Figure 1. Graph of Mean Scores and Standard Deviation of Mental Toughness between Physical Education and Education students.

Discussion of Findings

Finding on the basis of analysis of data reveal that a significant difference exists between Physical Education Students and Education Students in the determinant of Mental Toughness. It indicated that Physical Education Students were of higher level of Mental Toughness. It may be attributed to fact that Physical Education Students come across many situations, where they have to control their emotion and complete the work theoretically as well as practically.

The higher level of mental toughness in physical education students may be due to physical education students have good in skill; more maturity compares to education students and psychologically prepare for any crucial situation for play and experience of tackling the pressure during the match.

Conclusion

From the findings of the study, we can conclude that there was a significant difference between scores of Physical Education Students and Education Students in relation to their Mental Toughness. Wherein Physical Education Students possess a higher level of Mental Toughness than Education Students.

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