

Comparison of Mental Toughness between Theists, Atheist & Deist Belief Sportsperson

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Abstract

Mentally tough players are conceptualized as being able to function effectively in stressful situations and recent researches has found small to moderate correlations between mental toughness and coping but studies comparing the mental toughness among theist, atheist and deist sportsperson is rare in India. Thus, the paper aims at comparing the mental toughness among theist, theist and deist belief sportsman belonging to both individual and team game. The sample consisted of 60 players of twenty each in group (THEIST, ATHEIST & DEIST). To determine the Mental Toughness among the different players who confessed to be Theist, Atheist & Deist, Dr. Alan Goldberg's Questionnaire on Mental toughness was administered. Mean standard deviation and ANOVA was used to compare the mental toughness among THEIST, ATHEIST & DEIST. The findings revealed to significant difference was found among Theist, Atheist & Deist Belief Sportsperson in relation to mental toughness ($F=0.192$) as obtained 'F' value was less than required F-ratio to be significant at 0.05 level with (4, 57) degree of freedom. Several studies has shown that mental toughness has positive relationship with religion/player but on the basis of present findings it can be concluded that mental toughness has no relation with theism, atheism, or deism.

KEYWORDS: Mental Toughness, Theists, Atheist & Deist

Introduction

We know that players with higher level of mental toughness perform better in sports. They are also less likely to perceive themselves as being bullied and are more likely to behave more positive. Mental toughness and affect intensity were found to be unrelated. This is an important finding because it suggest participants with high or low levels of mental toughness do not characteristically experience more or less intense emotions. Theism in the broadest sense is the belief in at least one deity. In a more specific sense, theism refers to particular doctrine concerning the nature of god and his relationship to the universe. Theism, in this specific sense, conceives of god as personal and active in the governance and organization of the world and the universe. Deism is the belief that at least one deity exists and created the world, but that the creator(S) does/ do not alter the original plan for the universe. Deism typically rejects supernatural events (such as prophecies, miracles, and divine revelations) prominent in organized religion. Instead, Deism holds that reveal the existence of a supreme being as creator. Theism can be either the rejection of theism, or the position that deities do not exist. In the broadest sense, it is the absence of belief in the existence of deities.

material and methods

A total of sixty sportsperson were studied by personal invitation. The players were taken from both individual and team games. All the players were informed precisely regarding the purpose, procedure of data collection and what their contribution will be. The age group of the subjects ranged from 18-30 years. The subjects belonged to different socioeconomic statuses and all of them participated in competition (interuniversity and state) regularly for a number of after which the subjects were asked about their opinion in category. Initially a total of 80 players were surveyed but due to personal reasons 20 opted out. As presence/absence of 'god' or the presence of supernatural power was the central focus administered after the subjects' confession about their belief (theist, atheist and deist). Finally, to determine the Mental Toughness among the different players who confessed to be Theist, Atheist & Deist, Dr. Alan Goldberg's Questionnaire on mental toughness (Arupryil, 2005),

Statistical analysis

To compare selected mental toughness among Theist, Atheist & Deist belief sportsperson, descriptive statistics and analysis of variance was calculated by using SPSS version 11.5. The level of significance was set at 0.05 level of confidence

Results and discussion

Table- 1 the characteristics of subjects (mean \pm SD) in relation to mental toughness among theist, atheist & deist belief sportsperson

Belief	Mean	Std. Deviation
Theist	18.0500	3.59056
Atheist	18.3000	4.66905
deist	18.8000	3.30231
Total	18.3833	3.84484

Variables	SoV	Sum of Squares	df	Mean Square	'F'
Mental toughness	Between Groups	5.833	2	2.917	0.192
	Within Groups	866.350	57	15.199	
	total	872.183	59		

*Significance at 0.05 level of confidence

$$F_{0.05}(2,57)=3.15$$

Table- I revealed that no significant difference was found among Theist, Theist & Deist Belief sportsperson in relation to Mental Toughness ($F=0.192$) as obtained 'F' value was less than required F-ratio to be significant at 0.05 level with (4,57) degree of freedom.

Discussion

The interaction between sport and religion has been a significant area of study for sport sociologists, who have recognized the importance of religion and spirituality in athletes' lives (Coakley, 2003; Hoffman, 1992; Stevenson, 1991) cited from Nick J. Watson & Czech, 2005. Religion and sport are two major areas that compose the social landscapes in the lives of many. Bryant and McElroy (1997) stated, "Sport embodies religious values including character development, hard work, and perseverance, and like religion, it promotes and inculcates these qualities behaviors". As mentioned by Fourie and Potgieter identified components of mental toughness. These are: motivation level coping skills, confidence maintenance, cognitive skill, discipline and goal-directedness competitiveness, possession of prerequisite physical and mental requirements, team unity, preparation skills, psychological hardiness, religious convictions and ethics. Coakley (2003) has suggested six possible reasons athletes utilize religious prayer: prayer as a coping mechanism for uncertain stressful situations; to help live a morally sound life; to sanctify athletes' commitment to sport; to put sport into perspective; to establish a strong bond of attachment between teammates; and to maintain social control. But in the present study, the investigator found no significant difference among the players who believe the theory of Theism, Atheism and Deism. Thus, further empirical investigation on relationship between mental toughness and Theist, Theist & Deist belief is important. One reason for insignificant difference in relation to mental toughness among Theist, Atheist & Deist belief sports may be smaller sample size

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