

## Study of Relationship between Mental Toughness and Achievement Motivation of Badminton Players

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### Abstract

The purpose of the study was to find out the relationship between mental toughness and achievement motivation of badminton players. The subjects were randomly selected from L.N.L.P.E. badminton match practice. The totals of 20 badminton player were selected and age was 18-25 years. Standardized questionnaire sports achievement motivation test prepared by M.L.Kamlesh and mental toughness questionnaire prepared by Alan Goldberg was used to assess. The level of significance was set at 0 .05. Based on the collected data and the findings, it has been revealed that there was a positive relationship between mental toughness and sports achievements of the Badminton players. It is concluded that sports achievement improve through mental toughness

**KEYWORDS:** mental toughness and achievement motivation.

### INTROUCTION

Motivation is the basic drive for all of our actions. Motivation refers to the dynamics of our behavior, which involves our needs, desires, and ambitions in life. Achievement motivation is based on reaching success and achieving all of our aspirations in life. Achievement goals can affect the way a person performs a task and represent a desire to show competence (Harackiewicz, Barron, Carter, Lehto, & Elliot, 1997). These basic physiological motivational drives affect our natural behavior in different environments. Most of our goals are incentive-based and can vary from basic hunger to the need for love and the establishment of mature sexual relationships. Our motives for achievement can range from biological needs to satisfying creative desires or realizing success in competitive ventures. Motivation is important because it affects our lives every day. All of our behaviors, actions, thoughts, and beliefs are influenced by our inner drive to succeed. **Mentally tough leaders** are more consistent than their peers. They have a [clear goal](#) that they work towards each day. They don't let short-term profits, negative feedback, or hectic schedules prevent them from continuing the march towards their vision. They make a habit of building up the people around them — not just once, but over and over and over again. Mental strength means that you regulate your emotions, manage your thoughts, and behave in a positive manner, despite your circumstances. Developing mental strength is about finding the courage to live according to your values and being bold enough to create your own definition of success. Mental strength involves more than just willpower; it requires hard work and commitment. It's about establishing healthy habits and choosing to devote your time and energy to self-improvement.

### METHODOLOGY

The subjects in the study were randomly selected. A total of 20 badminton players, aged 18-25 were selected. Before testing began subjects were briefed regarding the

study protocol and informed consent was obtained. The questionnaire for this study were *Standardized questionnaire sports achievement motivation test prepared by M.L.Kamlesh and mental toughness questionnaire prepared by Alan Goldberg* was used to assess. To Study of relationship between mental toughness and achievement motivation of badminton players correlation coefficient was calculated.

**FINDINGS**

The significance relationships between mental toughness and sports achievements of badminton player were presented in Table –1.

**Table – 1**

<b>VARIABLES CORRELATED</b>	<b>Coefficient Correlation</b>
Mental Toughness & Achievement Motivation	.625*

\*significant (df) .05 (18) = 0.444

The data presented in table 1 clearly reveals there was a significant relationship between mental toughness and sports achievement of badminton players as the calculated value was greater than the tabulated value (r=.625) at 18 degree of freedom at .05 level of confidence.

**DISCUSSION**

The finding of the study has shown a significant relationship between mental toughness and sports achievement of badminton players of LNIPE, Badminton match practice. This could be attributed to the programme and training methodology provided in LNIPE. The annual programme for sport training in badminton is developed keeping in view the individual difference and level of practice followed by the motivational model of teachers/trainers.

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