

Comparative Study of Mental Toughness, Aggression and Self Confidence among Male and Female Judo Player

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Abstract

Background: The purpose of the study was to compare Male and Female Judo Players of LPU, Phagwara on Mental Toughness, Aggression and Self Confidence. **Method:** A total of forty (40) students, comprising of 20 female and 20 male players from LPU, Phagwara were randomly selected for the study and were shortlisted through purposive sampling. The age of the subjects ranged between 18 to 28 years. To analyse Mental Toughness, Aggression and Self Confidence of the subjects we used questionnaire developed by Dr. Alan Goldsberg, Kumar and Shukla, Agnihotri respectively. To compare Male and Female Judo Players on above said psychological parameters t test was applied with level of significance fixed at 0.05. **Result:** The analysis of data using t test for finding the significance difference between Male and Female Judo Players on Mental Toughness showed significant difference but in case of Aggression and Self Confidence findings showed insignificant difference. Therefore, the hypotheses that there will be a significant difference between Male and Female Judo players on the parameter Mental Toughness has been accepted and in case of Aggression and Self Confidence the hypothesis is rejected. **Conclusion:** Findings revealed that Male and Female Judo Players are significantly different on parameter Mental Toughness but in case of Aggression and Self Confidence they are not significantly different.

KEYWORDS: Mental Toughness, Aggression and Self Confidence

INTRODUCTION

In today's world it is a matter of concern how psychology of an athlete influences sports, athletic performance, exercise, and physical activity. Some sports psychologists work with professional athletes and coaches to improve performance and increase motivation. Other professionals utilize exercise and sports to enhance people's lives and well-being throughout the entire lifespan. In sports there is an increasing awareness of how important psychological factors are within athletic performance and it is now being recognised that physical talent is not the only component which leads to success (Gucciardi, Gordon & Dimmock, 2008). Mental toughness is when you, your body, the competition, nature, or the environment has the best of you so that you're physically tapped out and need to figure out how to pull something out of yourself... not in a robotic way—in a way that's mentally aware and engaged. It's not just the ability to keep moving but to keep doing it in a way that's engaged and competitive in the environment you're in, whether that's competing against the clock or other human beings. It's easy when you feel good physically. It's when that physicality leaves you. I think of mental toughness as your ability to deal with pain and to process it. It's your body's ability and your mind's ability—mostly your mind's. Mental toughness could be the ability to get out of your body what your body is capable of that day. Aggression – can be defined as any interpersonal behavior intended to cause physical harm or mental

distress. In a sports context, aggression can best be defined as an unprovoked physical or verbal assault, and aggressiveness as the propensity to commit such an assault. The sporting community, however, draws a distinction between aggression and aggressiveness, and the (brutal) body contact that is seen as integral to some sports such as rugby, boxing or the martial arts. This kind of contact conforms to the rules of the sport and is completely legitimate even when the same sort of behaviour outside the sports context is defined as criminal. Also, participants in these sports, by the very act of taking part, have implicitly accepted the inevitability of rough contact. They have implicitly consented to the probability of minor injury and the possibility of serious injury. Self-confidence is commonly defined as the sureness of feeling that you are equal to the task at hand. This sureness is characterised by absolute belief in ability. You may well know someone whose self-belief has this unshakeable quality, whose ego resists even the biggest setbacks. In such people, confidence is as resilient as a squash ball: the harder the blow, the quicker they bounce back. Nonetheless, although confidence is a desirable characteristic, arrogance - or a sureness of feeling not well founded in one's ability - is undesirable. If self-confidence is perhaps the 'guardian angel of sports performers' then arrogance is their nemesis. So to know the status of these three parameters between the gender scholar is very curious about to know the difference exists or not even if they were having same sports, rules or moreover demands of the game.

OBJECTIVE OF THE STUDY

The objective of the study was to compare Mental Toughness, Aggression and Self Confidence among Male and Female Judo Players.

PROCEDURE AND METHODOLOGY

A total of forty (40) Judo Players, comprising of 20 Female and 20 Male players from LPU, Phagwara were randomly selected for the study. The age of the subjects ranged between 18 to 28 years. The variable selected for the purpose of this study was Mental Toughness, Aggression and Self Confidence.

The scores on Mental Toughness, Aggression and Self Confidence were obtained by using questionnaire prepared by Dr. Alan Goldberg’s, Kumar and Shukla, Agnihotri respectively. To compare above said psychological parameters among Judo Male and Female players t- test was applied at the significance level of 0.05.

RESULTS AND DISCUSSIONS OF THE FINDINGS

To compare the two groups namely 20 Male and 20 Female Judo players from LPU on the Mental Toughness, Aggression and Self Confidence Mean, Standard Deviation and t test was computed. The findings are presented below:

Table-1: Mean and Significance of difference between Male and Female Judo Players on the Mental Toughness

Variable	M/F	Mean	S.D	d.f	t value
Mental Toughness	Male	15.60	4.96	38	1.147
	Female	14.20	2.28		

Table No. 1 indicate that Judo Male is not significantly different from Judo Female, $t(38) = 1.147, p > .05$.

Fig.-1 Means of Judo Male and Female players on the Mental Toughness

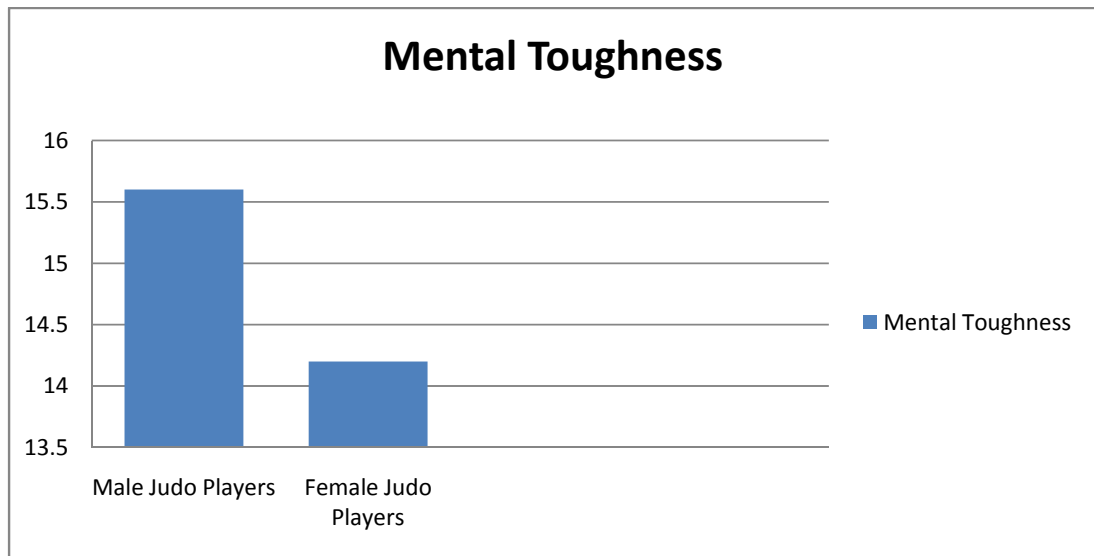


Table-2: Mean and Significance of difference between Male and Female Judo Players on the Aggression

Variable	M/F	Mean	S.D	d.f	t value
Aggression	Male	13.65	2.98	38	0.327
	Female	13.40	1.67		

Table No. 2 indicate that Judo Male is not significantly different from Judo Female, $t(38) = 0.327, p > .05$.

Fig.-2 Means of Judo Male and Female players on the Aggression

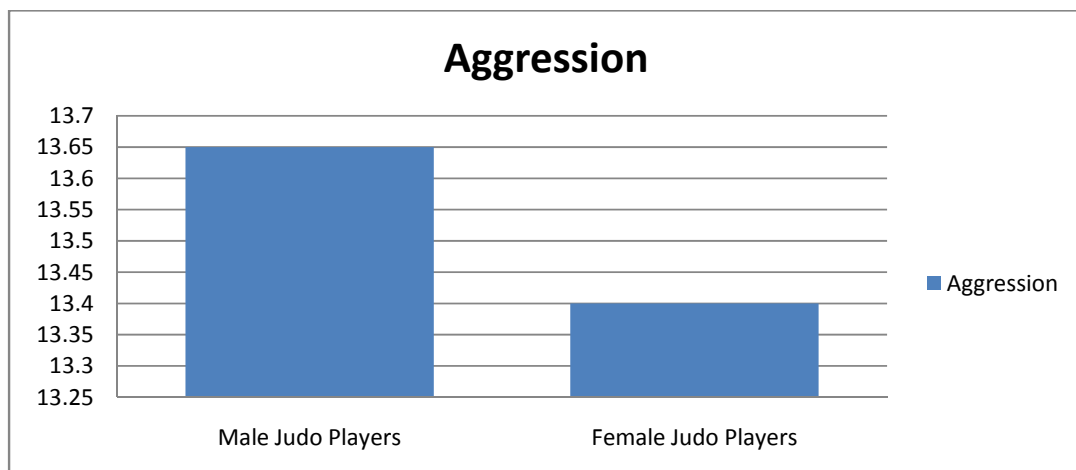
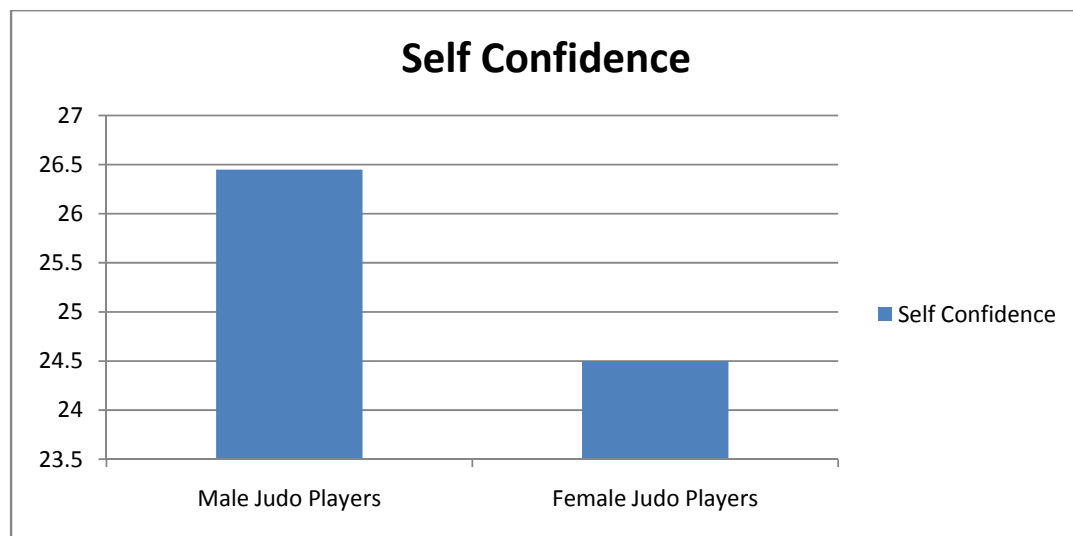


Table-3: Mean and Significance of difference between Male and Female Judo Players on the Self Confidence

Variable	M/F	Mean	S.D	d.f	t value
Self Confidence	Male	26.45	3.07	38	1.3307
	Female	24.50	5.79		

Table No. 3 indicates that Judo Male is not significantly different from Judo Female, $t(38) = -1.3307, p > .05$.

Fig.-3 Means of Judo Male and Female players on the Self Confidence



DISCUSSION OF FINDINGS

Findings on the basis of analysis of data revealed that no significant difference exists between Male and Female Judo players on the variables Mental Toughness, Aggression and Self Confidence. It indicated that Male Judo players are more Mental Toughness than Female Judo players as far as competition is concern. As the Male Judo players had greater mean which indicated that they are more mentally tough in competitive or playing situation than Female Judo players.

The reason for no significant difference between male and female players in Judo is maybe because Females play more defensive then Male to make them safe they avoid tough situations and try to ignore that situation which makes them injured or harm and as far as Aggression and Self Confidence is concern findings shows insignificant results thus in these two parameters they are not so different just because of the same nature and demand of the game.

CONCLUSION

On the basis of analysis of data, the following conclusions may be drawn: insignificant difference exists between Male and Female Judo players in the variable Mental Toughness , Aggression and Self Confidence are concern.

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