Comparative Study of Mental Toughness between National and International Indian Weightlifters

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Abstract

The purpose of the study was to investigation mental toughness of male i.e. Senior International and Senior National Weightlifters of 18 male (9 Senior International, 9 Senior National) were selected to serve as subject for this study. Criterion measures chosen for the study were the score obtained in the mental toughness questionnaire prepared by Alan Goldberg. The present study revealed that Senior International and Senior National male Weightlifters have differed significant values in Mental Toughness and its sub-factors.

KEYWORDS: Mental Toughness, Mental Pressure, Mental Concentration, Mental rebounding and Winning Attitude.

Introduction:- Most top athletes and coaches believes that psychological factors play as crucial a role as physical attributes and learned skill in the makeup of champions. Mental toughness is one of the psychological qualities that are highly valued in sport.

Many Weightlifters are good in the physical aspect but not tough enough mental. Any successful Weightlifters should have all the fitness, power and skills but without the presence of mental toughness, they cannot be perform perfectly against dead weight and shows there efficiency mental in any uneven sports situation, anywhere. Mental toughness can also give you an edge like focusing on the match no matter what is happening around, keeping you calm and cool on the platform. Having mental toughness is having a high EQ emotional intelligence success as Weightlifters and will help you attain consistent achievement.

Methodology:- 18 male Weightlifters (9 Senior International, 9 Senior National) were selected to serve as subjects for this study. Senior International Weightlifters were those who presented India and Senior National Weightlifters were those who represent National Weightlifting championship of India. Criterion measures chosen for the study were the scores obtained in the mental toughness questionnaire prepared by Alan Goldberg which has four categories namely: handling pressure (20 questions), concentration (17 questions), mental rebounding (14 questions) and winning attitude (9 questions). The MTQ questionnaire consists of sixty items; every statement has two possible responses i.e. True or False. The subjects responded to each question by placing a √ on the appropriate response. The questions were administrated to Senior International and Senior National male weight lifters during commonwealth games trial and final competitions at Delhi. After explained the purpose of questionnaires were distributed, instructions and directions to the subject, they respond to each item according to how they generally felt in competitive sports situations.
T test was computed to find out the significant difference among mean of mental toughness and its sub factors. The level of significance was set at 0.05.

Results and Discussion:-

TABLE-I
MEANS OF SENIOR INTERNATIONAL MEN WEIGHTLIFTERSS ON MENTAL TOUGHNESS AND ITS SUB FACTORS

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variable</th>
<th>Senior International Weightlifters Mean</th>
<th>Senior National Weightlifters Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Handling Pressure</td>
<td>14.33</td>
<td>9.57</td>
</tr>
<tr>
<td>2.</td>
<td>Concentration</td>
<td>11.78</td>
<td>8.36</td>
</tr>
<tr>
<td>3.</td>
<td>Mental Rebounding</td>
<td>10.00</td>
<td>7.71</td>
</tr>
<tr>
<td>4.</td>
<td>Winning Attitude</td>
<td>7.22</td>
<td>6.71</td>
</tr>
<tr>
<td>5.</td>
<td>Mental Toughness</td>
<td>43.33</td>
<td>32.36</td>
</tr>
</tbody>
</table>

Senior International and Senior National male Weightlifters (N=9)

The finding of the study reveals that the Senior International and Senior National male Weightlifters have differed significantly in variable of handling pressure, concentration, mental rebounding, winning attitude and mental toughness and opinionated that the Senior International Weightlifters have higher level of mental toughness and its sub factors than Senior National Weightlifters.

It may occur because exposes in different level competitions or training and have good dealing ability with stress and adversity of International Weightlifters is much higher in compare to Senior National. It is just possible that the difference in sports competition anxiety level between National and International Weightlifters may be related to experience factors. It may be said that with more National and International experience, the Weightlifters develop a greater capability to manage with the competitive stress factors.

Conclusion:-

1. Senior International men Weightlifters had higher mean values than Senior National men Weightlifters in Mental Toughness and its sub-factors.

2. Significant differences were found between Senior International and Senior National men weightlifters in Mental Toughness sub-factors in Handling Pressure, Concentration, Mental Rebounding and Winning Attitude.

References:
Lee, Crust and Clough, P. J. “Relationship between mental toughness and physical endurance” School of Sport Science and Psychology, York St John College, Lord Mayor’s walk, York. United Kingdom.
