AN ASSESSMENT OF MENTAL TOUGHNESS AMONG TAEKWONDO AND THANG-TA PLAYERS

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Abstract:

The goal of this research was to examine the Mental Toughness among Taekwondo and Thang-Ta players. To analyze the data on mental toughness the following mental toughness dimensions namely Rebound ability, Handling pressure, Concentration, Confidence and Motivation were taken up for the present study. The mental toughness was tested on a total 60 male players who participated in the national level competitions. Among them thirty players were Taekwondo players (N=30) and the remaining thirty players were Thang-Ta players (N=30). Their aged ranged from 18- 26 years old. To compare the significant difference between the two groups independent t- test was employed for data analyses by using the statistical software SPSS. It was discovered that there is insignificant difference in overall mental toughness and various dimensions of mental toughness i.e rebound ability, handling pressure, concentration and motivation but significantly differs in 'confidence' only.
Keywords: *Mental toughness, Thang-Ta, Taekwondo.*

INTRODUCTION

Thang-ta is a combat sport incorporating a variety of striking and grappling techniques. Fights are won by knockout, submission, referee intervention, or a judges' decision at the end of the regulation time. Typical amateur bouts are scheduled for three 3-minute rounds, whereas

professional and higher-level amateur bouts are often three 5-minute rounds. The highest level of competition, professional main event fights comprise five 5-minute rounds. All rounds at each level of competition are separated by 1 minute of rest. It is an elaborate system of physical culture that involves breathing methods, meditations, and rituals. Some of the sword and spear forms are entirely ritualistic, although they are composed of material techniques (Nongmaithem & Jirgensons, 1998).

Research on Taekwondo also indicates the importance of psychological preparedness. As a martial art, Taekwondo requires a set of special psychological factors. In a study on the character of members of the Filipino Taekwondo team reported that successful athletes were in a more optimal level of mental and behavioral preparedness than other athletes (Pieter et al. 2006)

Mental toughness is commonly defined as a psychological resource that allows a person to maintain or improve performance in challenging situations (Yankov, Davenport, & Sherman, 2019). Mental toughness is often defined as one of the most important psychological characteristics that support the success of athletes (Cowden 2017).

To study mental toughness, qualitative research is seen as one of the most common to help us understand what mental toughness is and how people acquire it. However, researcher should also be encouraged to use qualitative methods to help look at differences among athletes in relation to cognitions and behaviors. It was hypothesized that there would be significant difference in mental toughness level between the Thang-Ta and Taekwondo players.

Selection of Subjects:

The mental toughness was tested on a total 60 male players who participated in the national level competitions. Among them thirty players were Taekwondo players (N=30) and the remaining thirty players were Thang-Ta players (N=30). Their aged ranged from 18 – 26 years old.

Selection of Variables and Tool Used:

"Mental toughness questionnaire" by Alan Goldberg (2004) has been used for the present study.

Mental Toughness Dimensions:

i. Rebound ability
ii. Handing pressure
iii. Concentration
iv. Confidence

v. Motivation

Method of Scoring Mental Toughness Dimensions:

i. Rebound ability: For the rebound ability the response of questions 3 and 6 are 'yes' while questions 1, 2, 4 and 5 are 'no'.

ii. Ability to handle pressure: For the ability to handle pressure the response of questions 7 and 11 are 'yes' while questions 8,9,10 and 12 are 'no'.

iii. Concentration: For the question 17 is 'yes' while 13, 14, 15, 16 and 18 are 'no'.

iv. Confidence: For the questions 19, 21 and 22 are 'yes' while 20, 23 and 24 are 'no'.

v. Motivation: For the questions 25, 26, 27, 29 and 30 are 'yes' while 28 is 'no'.

Overall scoring:

A score of 26-30 indicates the strength in overall mental toughness. Score of 23-25 indicates average to moderate in skill mental toughness. Score of 22 below means that the individual needs to start putting more effort into the mental training area.

RESULTS

Table –1: Mean, Standard Deviation and t- test for Rebound Ability

Variable	Group	N	Mean	MD	SD	SE	df	t-ratio
Rebound Ability	Taekwondo	30	0.45	0.02	0.23	0.06	58	0.17
	Thang-Ta	30	0.43		0.20			

Insignificant at $0.05_{(58)}$ =2.00

Table -1 present the results of mean and standard deviation value of Taekwondo and Thang-Ta players on the sub variable rebound ability as 0.45±0.23 and 0.43±0.20 respectively and t- value was found to be 0.17 which is less than tabulated t-value 2.00. Therefore, insignificant different was found between Taekwondo and Thang-Ta players in rebound ability. The mean differences are graphically represented in fig-1.

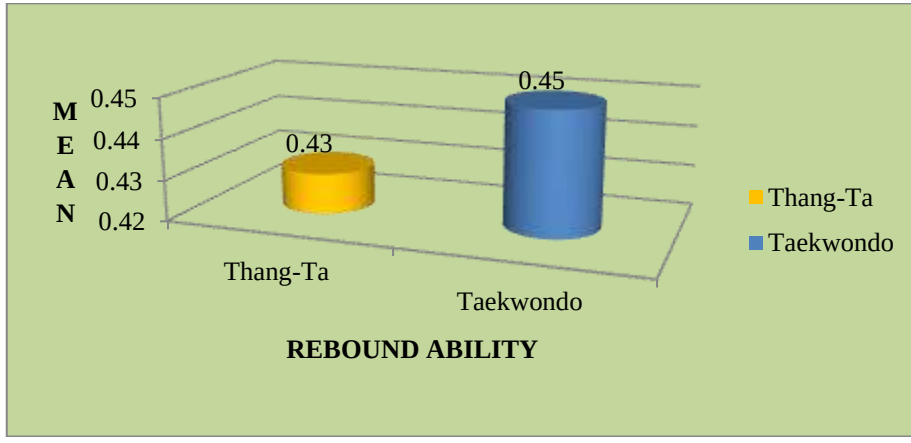

Fig-1: Mean difference of rebound ability test among the Taekwondo and Thang-Ta players

Table-2: Mean, Standard Deviation and t- test for Handling Pressure

Variable	Group	N	Mean	MD	SD	SE	df	t-ratio
Handling pressure	Taekwondo	30	0.37	0.06	0.20	0.06	58	1.00
	Thang-Ta	30	0.43		0.23			

Insignificant at $0.05_{(58)} = 2.00$

Table -2 present the results of mean and standard deviation value of Taekwondo and Thang-Ta players on the sub variable handling pressure as 0.37±0.20 and 0.43±0.23 respectively and t- value was found to be 1.00 which is less than tabulated t-value 2.00. Therefore, insignificant different was found between Taekwondo and Thang-Ta players in handling pressure. The mean differences were graphically represented in fig-2.

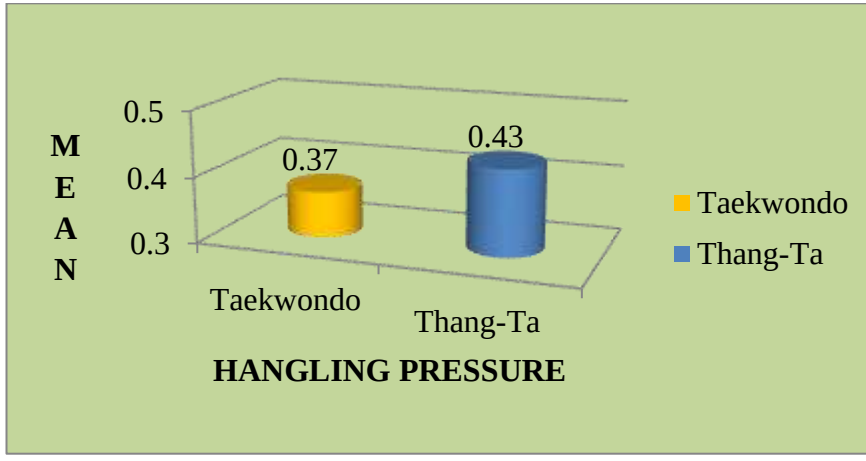

Fig-2: Mean difference of handling pressure test among the Taekwondo and Thang-Ta players

Table-3: Mean, Standard Deviation and t- test for Concentration

Variable	Group	N	Mean	MD	SD	SE	df	t-ratio
Concentration	Taekwondo	30	0.39	0.08	0.21	0.05	58	1.60
	Thang-Ta	30	0.47		0.20			

Insignificant at $0.05_{(58)} = 2.00$

Table -3 present the results of mean and standard deviation value of Taekwondo and Thang-Ta players on the sub variable Concentration as 0.39±0.21 and 0.47±0.20 respectively and t- value was found to be 1.60 which is less than tabulated t-value 2.00. Therefore, insignificant different was found between Taekwondo and Thang-Ta players in handling pressure. The mean differences were graphically represented in fig-3.

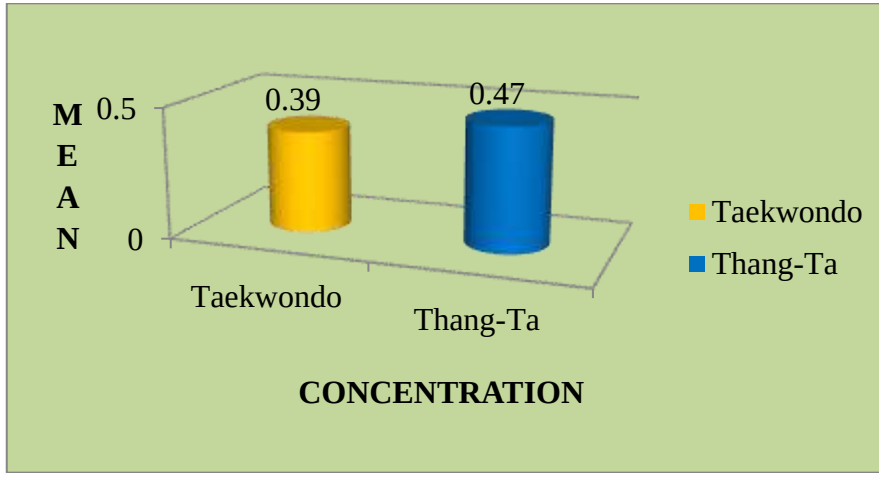

Fig-3: Mean difference of 'Concentration' test among the Taekwondo and Thang-Ta players

Table-4: Mean, Standard deviation and t- test for Confidence

Variable	Group	N	Mean	MD	SD	SE	df	t-ratio
Confidence	Taekwondo	30	0.37	0.10	0.16	0.04	58	2.50*
	Thang-Ta	30	0.47		0.19			

**Significant at $0.05_{(58)}$ =2.00*

Table-4 present the results of mean and standard deviation value of Taekwondo and Thang-Ta players on the sub variable Confidence as 0.37±0.16 and 0.47±0.19 respectively and t- value was found to be 2.50 which is greater than tabulated t-value 2.00. Therefore, significant different was found between Taekwondo and Thang-Ta players in Confidence. The mean differences were graphically represented in fig-4.

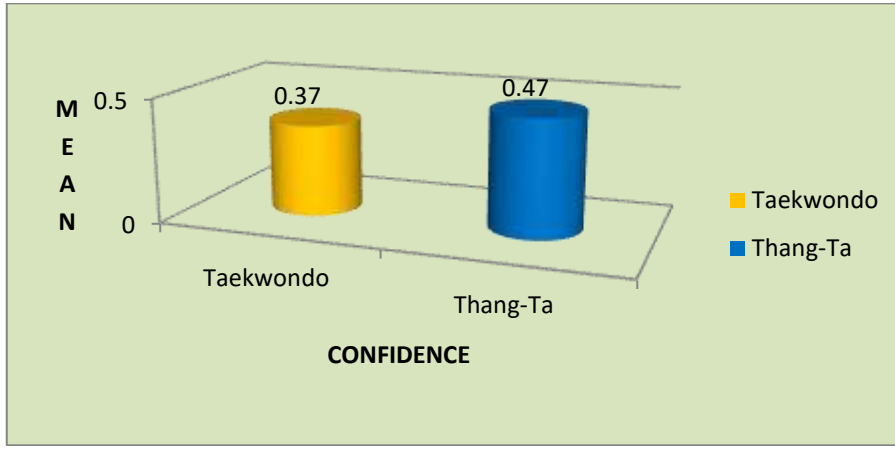

Fig-4: Mean Difference of Confidence test among the Taekwondo and Thang-Ta Players

Table-5: Mean, Standard Deviation and t- test for Motivation

Variable	Group	N	Mean	MD	SD	SE	df	t-ratio
Motivation	Taekwondo	30	0.66	0.03	0.15	0.05	58	0.60
	Thang-Ta	30	0.69		0.20			

Insignificant at $0.05_{(58)} = 2.00$

Table -5 present the results of mean and standard deviation value of Taekwondo and Thang-Ta players on the sub variable Motivation as 0.66±0.15 and 0.69±0.20 respectively and t- value was found to be 0.60 which is less than tabulated t-value 2.00. Therefore, insignificant different was found between Taekwondo and Thang-Ta players in Motivation. The mean differences were graphically represented in fig-5.

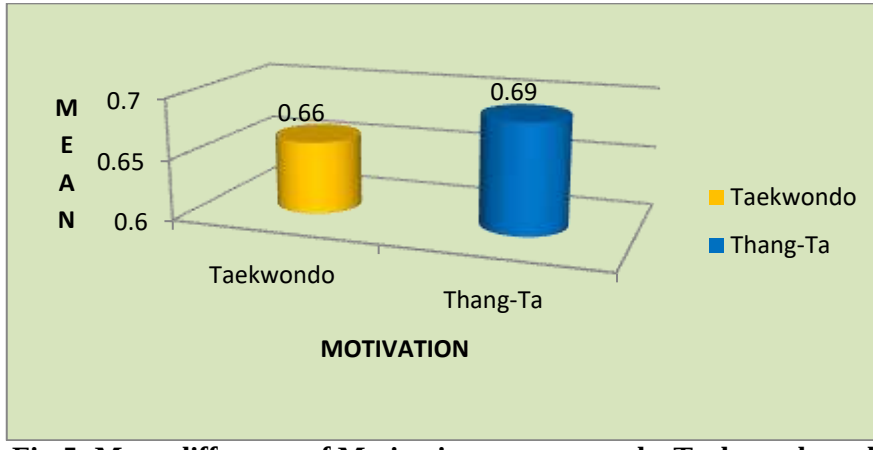

Fig-5: Mean difference of Motivation test among the Taekwondo and Thang-Ta players

Table-6: Mean, Standard deviation and t- test for Mental Toughness

Variable	Group	N	Mean	MD	SD	SE	df	t-ratio
Overall Mental Toughness	Taekwondo	30	13.43	1.43	2.14	0.73	58	1.96
	Thang-Ta	30	14.87		3.39			

Insignificant at $0.05_{(58)} = 2.00$

Table -6 present the results of mean and standard deviation value of Taekwondo and Thang-Ta players on overall mental toughness as 13.43±2.14 and 14.87±3.39 respectively and t- value was found to be 1.96 which is less than tabulated t-value 2.00. Therefore, insignificant different was found between Taekwondo and Thang-Ta players in overall mental toughness. The mean differences were graphically represented in fig-6.

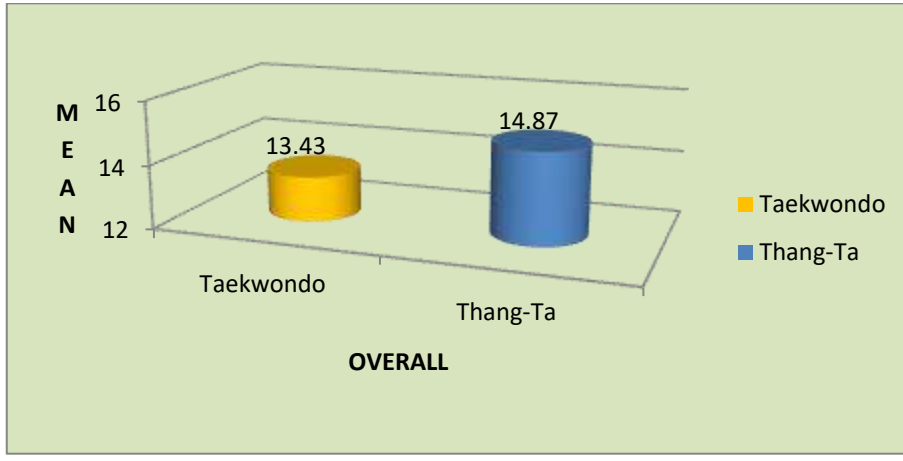

Fig-6: Mean difference of overall Mental Toughness among the Taekwondo and Thang-Ta Players

DISCUSSION

It is easily evident from the above the Mean comparison and all graphical representations in figure 1-6 that insignificant difference have been observed on the overall mental toughness between the two groups and also insignificant differences have been also observed on mental toughness dimensions namely; rebound ability, handling pressure, concentration and motivation but 'confidence' was found significantly differ between Taekwondo and Thang-Ta players. It has been found that players have been performed insignificantly on various mental toughness dimensions and overall mental toughness. As Thang-Ta originated form Manipur its players may have more confidence level than Taekwondo players.

Mahmoud and Sahar (2019) showed that the elite adolescent taekwondo athletes significantly have high mental toughness and use more self-compassion than non- elite adolescent taekwondo athletes. Solanki and Singh (2013) found the differences in mantel toughness between taekwondo and cricket male players that Taekwondo players are significantly higher in concentration and confidence whereas the cricket players are significantly better in rebound ability, handling pressure and motivation. Singh (2016) found the differences in mental toughness between judo and taekwondo players that the judo players more mentally

tough in comparison to taekwondo players. Thelwell et al.(2005) identified its attributes from single sport perspective of professional soccer players closely resemble the attributes that mental toughness investigated in those individuals who have achieved the ultimate outcome in their sports. Sethi (2019) shown that women weightlifters were better on rebound ability, ability to handle pressure, concentration Confidence Motivation and Overall Mental Toughness as compared to the Taekwondo Player.

CONCLUSION

On the basis of findings it is concluded that there was statistically insignificant difference in overall mental toughness and the sub-variables, rebound ability, handling pressure, concentration and motivation but significant difference on confidence only. Mental toughness is an important component for games. Therefore necessary care should be taken in training programmes to enhance the mental toughness of the player.

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