

# Comparative Study of Self-Esteem and Mental Toughness between Inter-Collegiate and Inter University Players

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## Abstract

The purpose of the study was to analyze the self-esteem and mental toughness among inter-collegiate and inter university men players. This study was conducted with 200 subjects with 100 inter collegiate and 100 university players in different discipline. The subjects were selected based on the representation for the college and university in the inter-collegiate and inter-university participation respectively. The age of the subjects was 18 to 28 years and all of them were from Chennai city. The tests were conducted through the selected questionnaires of self-esteem and mental toughness. The self-esteem was assessed by using Rosenberg's Self-Esteem Scale and Mental Toughness was assessed through Alan Goldberg Mental Toughness Questionnaire. The mean, standard deviation and t- value were analyzed to find out the significant differences between inter-collegiate and inter university players in self-esteem and mental toughness. The level of significance was fixed at .05 levels. There was a significant difference between inter-collegiate and university players in self-esteem and mental toughness. Further the mean score indicated that the inter-university players were having higher amount of self-esteem and mental toughness than inter-collegiate players.

**Key words:** self-esteem. Mental toughness; Inter-collegiate, inter university

## Introduction

Sports performance is the product of many ingredients and it includes anthropometrical, physical, physiological, social, technical and tactical efficiency along with psychological qualities. All the qualities are required well defined proposition. The players are acquiring many qualities through sports participation. It includes psychological qualities such as emotional control, developments of personality, self-esteem, mental toughness so on. The psychological qualities differ from person to person based on their age, education, social status and experience. It also differ from different level of sports performers. The present study also intended to find out the level of self-esteem and mental toughness between inter collegiate and inter university players.

Osborne (1993) defined self-esteem as a relatively permanent positive or negative feeling about self that may become more or less positives and negatives as individuals encounter and interpret success and failures in their daily lives. A positive self-esteem is essential for the successful life. Peoples having a positive self-esteem are better able to cope with wins and losses in sports and life. It will brought them many benefits, such as

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Reduced anxiety, a more optimistic outlook on life, fewer interpersonal problems, less chance of conforming to social pressure and a better body image whereas the a negative self-esteem are more likely to the person to be depressed, engage in risky behaviors and not participate in sports or physical activity. Self-esteem can be enhanced by positive experiences in sports. Quadri Syed Javeed (2014) found out sportsmen had significantly high emotional intelligence and high self-esteem than the non-sportsmen

Self-esteem can be improved by being good at sports or in a particular sport. When an athlete performs well or feels successful, he or she can feel good about him or herself. However, the opposite is also true: despair and low self-esteem results when this person does not perform well or view him or herself as a failure. Ralph Waldo Emerson said that Self-trust is the first secret of success. Sports psychologists have consistently referred to mental toughness as one of the most important psychological characteristics related to outcomes and success in elite sport. Mental toughness is the ability to consistently sustain one's ideal performance state during adversities in competition. Performing to one's potential requires good technique and mental skills. Ups and downs in performance are often directly traceable to psychological ups and downs. Mental toughness is learnt, not inherited. Mentally tough athletes are determined and committed to success. Mentally tough athletes are self-confident, self-assured and they are unaffected by competition and anxiety. Goldberg (1998) defined "Mental toughness is an ability to cope with or handle pressure". Dennis defined "Mental Toughness is an ability to overcome of rebound from failure". Mental toughness is an important psychological characteristic of sport performance (Gould et al., 1993).

Tailor Donald (1995) found that the inter-collegiate athlete having higher self-esteem as compared with non-sports Participant College athletes. He further reported that athletic participation has a positive effect on self-esteem. Muthu et al. (2011) evaluated the self-esteem of women sports participant in various games and they found out Tennis, Fencing, Tennis was having high level of self-esteem followed by Badminton, Ball Badminton, Kho-Kho and Kabaddi players. Athletes who are more successful are generally considered to be more mentally tough than less successful athletes (Gould, Weiss, & Weinberg, 1981).

Norris (1999) emphasized the importance of mental toughness in making of champion athlete. Balaji and Simson Jesudass (2011) conducted a study on Mental Toughness Differentials among Cricket Players at Different Age Groups and they found Cricket Players of age group 18-21 years showed significantly greater mental toughness than the other two age groups 10-14 and 15-17. Chen and Cheesman (2013) investigated whether mental toughness distinguishes mixed martial arts (MMA) athletes competing at different levels. It was theorized that higher mental toughness would separate those competing at the professional level compared to lower

levels. Male MMA competitors ( $N = 136$ ,  $M$  age = 27.1 years,  $SD = 4.8$ ) were categorized as amateur, semi-professional, or professional and assessed by questionnaire using the Psychological Performance Inventory-A and the Sports Mental Toughness Questionnaire. There were statistically significant differences between the three groups on mental toughness. The professional group had higher scores compared to semi-professional and amateur groups with regard to confidence, positive cognition, and determination. The findings supported previous work that athletes performing at higher levels have superior mental toughness.

### **Purpose of the study**

The purpose of the present study was to find out the level of self-esteem and mental toughness between inter-collegiate and inter university players

### **Methodology**

For achieving the result of the study two hundred players consisting 100 inter-collegiate and 100 inter university players were selected as subjects from ten colleges and five Universities from Tamil Nadu. All the subjects were under graduate students of both arts and science section and their age ranges from 18 to 28 years.

### **Administration of Psychological Tools and Description of Test**

The tests were conducted through the selected questionnaires of self-esteem and mental toughness. The self-esteem was assessed by using Rosenberg's (1965) Self-Esteem Scale and this is consisted 10 questionnaires. The score ranges from 0 to 30. Mental Toughness was assessed through Alan Goldberg Mental Toughness Questionnaire (MTQ). It consist of 30 statements with the score ranges from 0 to 30.

### **Statistical procedure**

The mean, standard deviation and t- value were analyzed to find out the significant differences between inter-collegiate and inter university players in self-esteem and mental toughness. The level of significance was fixed at .05 levels.

### **Results and Discussions**

The significance of difference among inter-collegiate and inter university players on self-esteem and mental toughness were tabulated and presented in the table I and II.

**Table -I****Comparison of Self-Esteem between Inter Collegiate and Inter University Players**

Level of play	N	Mean	Std. Deviation	Std. Error Mean	t-Ratio
Inter collegiate	100	13.88	4.18	0.41	9.66*
Inter university	100	20.26	5.27	0.52	

\*Significant at 0.05 level of confidence Table value at 0.05 level for df 98=1.96

Table I reveals that the mean, standard deviation, standard error and t-ratio. The mean values of self-esteem inter-collegiate players were 13.88 and inter-university players were 20.26. The mean value indicated that the inter university players were much higher than the inter-collegiate players in self-esteem. The calculated t- value of 9.66 was higher than the table value of 1.96 at 0.05 level of confidence. Therefore a significant difference was found between inter-collegiate and inter university players in self-esteem.

**Table-II****Comparison of Mental Toughness between Inter Collegiate and Inter University Players**

Level of play	N	Mean	Std. Deviation	Std. Error Mean	t-Ratio
Inter collegiate	100	15.8	3.79	.379	9.07*
Inter university	100	21.28	4.7	.47	

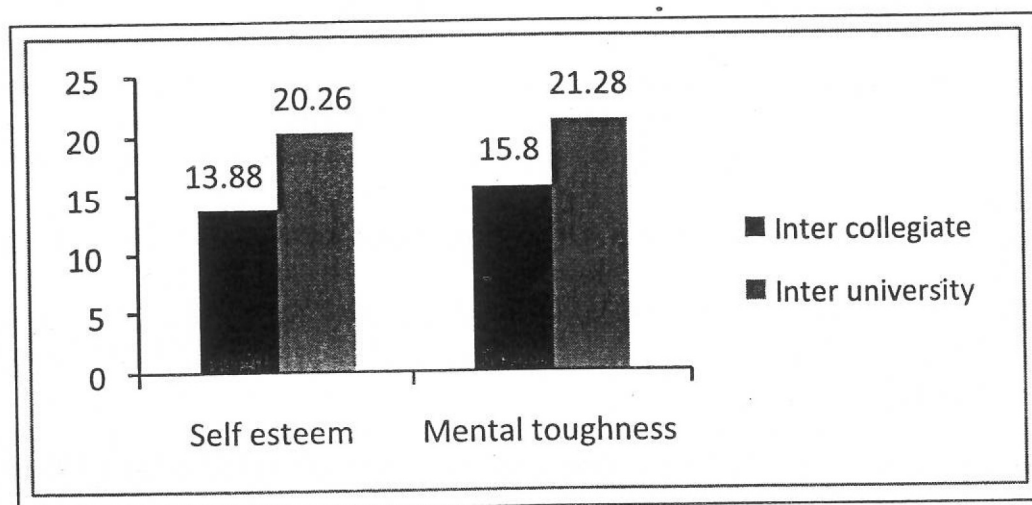
\*Significant at 0.05 level of confidence Table value at 0.05 level for df 98=1.96

Table-II reveals that the mean, standard deviation, standard error and t-ratio. The mean value of mental toughness of inter-collegiate players was 15.8 and inter-university players were 21.28. The mean value indicated that the sports men students were much higher than the inter-collegiate players in mental toughness. The calculated t- value of 9.07 was much higher than the table value of 1.96 at 0.05 level of confidence. It indicated that there was a significant difference found between the inter-collegiate and inter-university players in mental toughness.



Figure-1

Bar diagram showing the mean value of self-esteem and mental toughness between inter-collegiate and inter university players



### Conclusions

It was concluded from the result of the study that the inter university players were higher self-esteem and mental toughness than the inter-collegiate players. It is understood from this study that the higher sports performance always higher level of self-esteem and mental toughness. Further the result of the study indicated that the sports provide a better psyche state among college students.

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