

COMPARISON OF THE MENTAL TOUGHNESS OF BURAPHA UNIVERSITY ATHLETES AMONG MEN AND WOMEN

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So sánh sức bền thần kinh giữa nam và nữ vận động viên và nữ vận động viên
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Tóm tắt:

Tinh thần dẻo dai là khả năng kiểm soát tâm trí, tâm trạng, sự tập trung, sự cam kết và sự chú ý trong các tình huống khác nhau. Nghiên cứu này nhằm mục đích so sánh mức độ dẻo dai về tinh thần giữa các nam và nữ VĐV của trường Đại học. Đối tượng nghiên cứu bao gồm 76 VĐV của trường Đại học Burapha, đã từng thi đấu tại Đại hội thể thao lần thứ 43 giữa các trường Đại học ở Thái Lan, khu vực phía Đông. Thí nghiệm được tiến hành đối với 39 VĐV nam (chiếm 51,3) và 37 VĐV nữ (chiếm 48.7%) thuộc 5 môn thể thao khác nhau, bao gồm: bóng rổ, tennis, bóng bàn, bóng đá và bóng chuyền. Nghiên cứu được thực hiện dựa trên Bảng đánh giá mức độ dẻo dai về tinh thần phát triển bởi Julvanichpong, Vongjaturapat, và Julvanichpong (với hệ số Cronbach's Alpha là 0,98), sử dụng test độc lập t để phân tích dữ liệu. Kết quả nghiên cứu cho thấy mức độ dẻo dai về tinh thần của các VĐV nam cao hơn các VĐV nữ, tuy nhiên sự khác biệt không quá lớn ($p=0,815$)

Từ khóa: Tinh thần dẻo dai, vận động viên Đại học

Introduction

Mental Toughness or heart of fighter (Loehr, 1986) is an ability in well controlling of moods, having commitment and attention in competitions. The significance of the mind strength is the ability in controlling responding moods, concentrating, and alerting to the stressful situation at the proper level, not too much or not too less. The athlete with mental toughness is the one who trust himself and can control the stressful situation in arousing ways. This leads to more success rather than the fear of lost. It is considered that the mental toughness is very important for practicing and also competing moment.

A comparative study of the mental toughness of male and female athletes in the normal athletes which have the mental toughness of the athlete usually in areas such as mental toughness of the athletes who participated in the Thailand National Games 30th (4) found that athletes in team sports and individual has a mental toughness is no different. The study of Neuro-Linguistic Programming effect on Mental toughness of rowing athletes (5) found that athletes who receive Neuro Linguistic Programming by

generative change techniques had mental toughness in post-test and pre-test. The differences were statistically significant at 0.05.

The researchers were interested in studying factors related to the mental toughness of the Burapha University athletes. The athlete representative to attend the University of athletics. Athletes have the will to do the best to generate publicity for the university and the athletes themselves. Athletes performed poorly caused the stress is high anxiety. There are expectations of a trainer which is crucial to mentally diminished the strength of athletes. The mental strength assessment is useful to know the state of mind of the players and factors involved. With that in mind, it can be solved on spot and attitude as well as the coaches could train athletes to show their potential fully, both during training and competition.

The purposes of the study

1. To study the mental toughness of the athletes representing Burapha University qualifier.
2. To compare mental toughness between male and female.

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Hypothesis

The mental toughness between male and female are different.

Research methodology

Population

This research conduct on 96 representatives of university athletics of the 43rd East Zone qualification round from 6 types of sports including basketball, tennis, table tennis, futsal, volleyball, and soccer.

Samples

The samples of the study were 76 athletes who are attending university athletics of the 43rd East Zone qualification round from 5 types of sport which have both men and women teams including; 19 basketball players, eight tennis players, 4 table tennis players, 23 futsal players, and 22 volleyball players. The way of conducting this survey is accident simply random sampling from 76 athletes. (Krejcie and Morgan, 2529)

Research instrument

Mental Toughness Inventory of Middleton (2005) which has been developed and proved as good in content and construction validities and reliabilities for its Thai version by Tanida Julavanichpong, Naruepon Vongjaturapat, and Wichai Julavanichpong (2010). The feature of the inventory is self-report scoring in the 8-ranking rating scale. (from 1 = It is not true for me to 8= It is true for me). The inventory includes 12 components representing the mental toughness. Each component includes three minor questions. There are 36 questions altogether. The questions contain the following components: Self – Efficacy: SEFF for question 4, 16, and 28, Positive Comparisons: PCOMP for question 8, 20, and 32, Task Value: VAL for question number 9, 21, and 33, Potential: POT for question number 6, 18, and 30, Task Familiarity: TFAM for question number 10, 22, and 34, Personal Bests: PB for question number 2, 14, and 26, Stress Minimisation: MIN for question number 3, 15, and 17, Mental Self – Concept :MSC for question number 12, 24, and 36, Positivity: POSI for question number 11, 23, and 35, Perseverance: PERS for question number 7, 19, and 31, Task Focus:

TFOC for question number 5, 17, and 29, Goal Commitment: COMM V 1, 13, and 25, There is Cronbach Alpha Coefficient value of the questionnaire at .98.

Data analysis

The primary information such as age, gender, and types of sport was analyzed by mean, standard deviation, and percentage. Each factor is assigned a score of 24 is divided into three levels by 1-8 scores mean little, 9-16 means average, and 17-24 score means a high level. According to statistics, the hypothesis was tested using Independent t-test statistical significance at 0.05.

Data collection

1. The samples were sampled from the population to be studied. The questionnaires were distributed to the samples of the study via the president, the committee of the sporting event, or the head of the departments related to the sporting event, and the cooperation with the athlete coaches or the sports team manager. Then the data were collected when the athletes had their free time or were free from their main activities

2. The answering to the questionnaire started by giving the explanation to the samples about the purposes of the study and making an agreement in participation in the study by their will before answering the questionnaires. Samplers must also sign their names on the questionnaire before starting to answer the questionnaire. The questionnaire takes about 10 minutes to answer. The researcher or the research assistants collect the data of the sample from the questionnaires and check the completion of the questionnaires. If the questionnaires were found incomplete, the samples would be asked to confirm their answers. When the questionnaires found complete, the samplers were thanked for participation.

Results of data analysis

The 76 samples in the study were varied. Considering about gender, The samplers were male 39 person (51.3%), female 37 person (48.7%), aged between 17-26 years, from five types of sports ; tennis 8 person (10.5%), table tennis, 4 person (5.3%), futsal 23 person

(30.3%) basketball 19 person (25%) and volleyball 22 person (28.9%).

The samplers were male 39 person (51.3%), female 37 person (48.7%), Male athletes' score is 241.64 with 29.24 SD while female athletes' score is 243.00 with 29.23 SD. The analysis compared the total mental toughness between male and

female athletes found that the differences are not statistically significant ($p = 0.815$).

Discussion

By comparison, the difference of mental toughness of male and female athletes are different in no statistically significant difference ($p = 0.815$), which does not conform to the

Table 1. Mean, standard deviation and mental toughness level of each factor of all athletes

Factors	Mean	S.D.	level
Self – Efficacy: SEFF	19.56	3.09	high
Positive Comparisons	20.38	2.9	high
Task Value	20.65	2.47	high
Potential: POT	19.93	3.09	high
Task Familiarity	20.69	2.47	high
Personal Bests	21.14	2.82	high
Stress Minimisation	18.74	3.09	high
Mental Self – Concept	20.14	2.85	high
Positivity	20.05	2.59	high
Perseverance	20.55	2.89	high
Task Focus	19.28	2.85	high
Goal Commitment	21.12	2.85	high
Total mental toughness	242.3	29.13	highest

Table 2. Mean, standard deviation and mental toughness level of each factor of male and female athletes

Factors	male			female		
	Mean	S.D.	Level	Mean	S.D.	Level
Self – Efficacy	19.87	3.1	high	19.24	3.17	high
Positive Comparisons	20.21	2.86	high	20.56	2.98	high
Task Value	20.64	2.56	high	20.67	2.4	high
Potential	19.95	3.12	high	19.92	3.09	high
Task Familiarity	20.59	2.46	high	20.81	2.49	high
Personal Bests	20.82	3.13	high	21.49	2.47	high
Stress Minimisation	18.87	3.03	high	18.59	3.19	high
Mental Self – Concept	20.03	2.73	high	20.27	3.02	high
Positivity	20.03	2.62	high	20.08	2.6	high
Perseverance	20.44	2.67	high	20.68	3.13	high
Task Focus	19.31	3.01	high	19.24	2.71	high
Goal Commitment	21.03	3.17	high	21.22	2.51	high
Total mental toughness	241.64	29.24	highest	243	29.4	highest

Table 3. Comparison Mental toughness of athletes between men and women

Mental toughness	n		S.D.	t	df	p-value
male	39	243	29.39	0.202	74	0.815
female	37	243	29.24			

Summary:

Mental toughness is an ability in controlling and responding to mind properly of mood, concentration, commitment and attention in various situation. The purpose of the study was to compare the mental toughness of male and female university athletes. The samples used in the study were 76 Burapha University athletes who were participated in the 43rd Thailand University Games, East Zone qualifiers. The sample was taken from a purposive sampling of the sport with the team of men and women from five kinds of sports, including basketball, tennis, table tennis, football and volleyball athletes. There were 39 males (51.3 %), and 37 females (48.7 %). The research instrument was Mental Toughness Inventory developed by Julvanichpong, Vongjaturapat, & Julvanichpong (Cronbach's Alpha Coefficient 0.98). Independent t - test analyzed the data. The research results found that mental toughness levels of female athletes were higher than male athletes, but the difference was not significant ($p = 0.815$).

Keywords: Mental toughness, University athletes

hypothesis due to both male and female, who attended the University Games had the intention to play for a good race result and were in systematic practicing therefore there is not much of the different psychological level which conforms to the Studies of Mental Toughness of Wrestlers on Sporting Physical Education Institute of Thailand 38 (Pitaya Boonkongsen, Sumalee Tiyasiwaporn, and Aporn Hongsombat, 2556) The studies shows that there are no different in mental toughness of male and female wrestlers. Moreover, There is no comparison in the level of mental toughness by gender of athletes. Mental toughness was depended on the capability of each person to be trained, The way of coaching, and others people supports. The Comparison of Mental Toughness of Disability Athletes in ASEAN Para Games 7, Myanmar, (Panadda Leeyang, Jiraporn Sakulfang, and Tanida Julvanichpong, 2558) was found that male athletes has higher mental toughness than female athletes in no statistically significant ($p=0.484$) which could cause by similarity of practice programming under same environmental and circumstance. In some sport, athletes were trained on the same program so that the average score of mental toughness in 12 area have similar values on many levels.

Suggestions for further research.

Should study the mental toughness of the athletes by using other methods such as interviews to obtain more detailed information.

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