

THE LIABILITY OF WILL TO WIN AND COMPONENTS OF MENTAL TOUGHNESS ON PERFORMANCE OF FEMALE ATHLETES AT UNDER GRADUATE LEVEL

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ABSTRACT

In sports, competition has gained ascendance over all its other worthily objectives. Accordingly, it has triggered off passionate research in various aspects of human behavior and brought into existence sport bio-sciences with the sole objective of boosting human performance. The present study throws light on attributes and component(s) of mental toughness and will to win which lead to a failure among athletes. Unsuccessful female athletes who participated in the athletic meet held at Guntur, 2011 were selected for the present study as subjects. Questionnaires on will to win (A. Kumar), and Mental toughness filled by the students, which described mental toughness and scoring was done accordingly. Statistical analysis was done by using computer program for ANOVA and Schiff Pairwise Comparison test. The results of this study are interesting because it clearly reveals the factors where an athlete fails to develop in a particular group(s) of the mental toughness attribute. The performance profile appears to be a tool that is particularly useful for aiding the design of specific mental, physical and technical training program. The central involvement of the athlete in the process is a key strength that may boost motivation and promote adherence to any intervention strategies devise. It may also facilitate the coach-athlete relationship by promoting dialogue and addressing any perceived discrepancies. Additionally, the profile can be used as a monitoring device to assess the effectiveness of any interventions and highlighted areas of good and poor progress.