

COMPARATIVE STUDY ON MENTAL TOUGHNESS AMONG MALE AND FEMALE TENNIS PLAYERS

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ABSTRACT

The present investigation attempts to study Mental-Toughness among Male and Female (Elite, Intermediate and recreational) Tennis Players. A sample of 180 (Elite, Intermediate and recreational) Male and Female Tennis players age ranging between 16-35 years were selected for the study. Mental toughness questionnaire (MTQ) developed by Lochr et.al, (1992) was used to assess Mental-Toughness. The statistical treatment used for analyzing the data were Mean, Standard Deviation, and 't' value. Result revealed that there was no significant difference found among Elite (Male and Female) Tennis players on Competitive Desire, Focus, Resiliency and Self-confidence. Among Inter-Mediate (Male and Female) tennis players there was no significant difference found on Competitive Desire and Focus and there was significant difference found on their Focus and Self-Confidence. Among recreational (Male and Female) tennis players there was no significant difference found on their focus and there is significant difference on their Competitive Desire, Resiliency and Self-Confidence.