

## A STUDY OF MENTAL TOUGHNESS AMONG TEAM GAME PLAYERS

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### ABSTRACT

*The present study was planned with the aim to assess the differences between different team game players of Hockey, Kabaddi and Volleyball. It was hypothesized that there would be a significant difference between team game players on Mental Toughness. The sample consisted of 106 male respondents chosen from Sports Authority of India's (SAI), under sports promotional scheme (STC= SAI Training Centres). The sample comprised of Hockey players (n=40; Mean age=18.08; SD=1.61), Volleyball players (STC players n=26; Mean age=18.19; SD= 1.72), and Kabaddi players (STC players n=40; Mean age= 17.83; SD= 1.29) within the age range of 14-21 years (Mean age=18.01; SD=1.52). Psychological Performance Inventory was administered under standardized conditions. Results showed significant differences among the Team game players on different dimensions of Mental Toughness.*