

THE RELATIONSHIP AMONG SELF CONFIDENCE, NEGATIVE ENERGY CONTROL, ATTENTIONAL CONTROL, VISUALIZATION/IMAGERY CONTROL, MOTIVATION LEVEL, POSITIVE ENERGY AND ATTITUDE CONTROL IN ELITE NATIONAL ATHLETES OF INDIA: A CORRELATIONAL STUDY

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(Received April 20, 2014, accepted June 10, 2014)

ABSTRACT

The preset endeavor was planned to examine the relationship among variables of mental toughness in elite Indian athletes at national level. A total sample of 133 elite athletes aged between 17-33 years from 8 sports disciplines viz., Athletics, badminton, Basket Ball, football, hockey, swimming, volleyball and Weight Lifting were drawn as subjects for this study. Psychological Performance Inventory was administered under standardized conditions to collect the data. Data was analyzed by using Pearson's product moment correlation test. The extent of association among variables of mental toughness was analyzed. The findings revealed that there were Significant correlations found among variables of mental toughness viz., Self confidence, negative energy control, attentional control, visualization/imagery control, motivation level, positive energy and attitude control of athletes. Self Confidence and Attitude control were significantly correlated with other variables of Mental Toughness. Sports psychology can help in evaluating the mental toughness of athletes and designing intervention strategies to improve the mental hardiness which in turn improves the performance of athletes.