

## COMPARATIVE STUDY OF MENTAL TOUGHNESS BETWEEN NATIONAL AND INTERUNIVERSITY LEVEL FEMALE HOCKEY PLAYERS

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*(Received October 10, 2015, accepted November 10, 2015)*

### ABSTRACT

*Field hockey is an invasive territorial and long duration playing game that involves considerable aerobic energy contribution superimposed with brief though frequent anaerobic efforts along with mentally strong and tough players to win matches and championships. Due to vital importance of mental toughness in sports and particularly in hockey this paper focused on the comparison of mental toughness between national and interuniversity level female hockey players. Total 32 female hockey players in which 16 national players were selected from M.P. Hockey Academy, Gwalior and 16 interuniversity hockey players were selected from L.N.I.P.E., Gwalior of age 18 to 23 years as subjects for this study. Mental toughness was checked by Dr. Alan Goldberg (2004) Mental Toughness Questionnaire. To determine the difference of Mental Toughness among female hockey players independent t-test was employed through SPSS Package 20.0 and the significant level was set at 0.05. The findings of this research paper showed that there were significant differences between NLFHP and ILFHP on the four sub-factors of mental toughness (MT) namely rebound-ability, ability to handle pressure, concentration ability, and motivation but on the sub-factor of confidence no significant difference was observed. This could be attributed to the fact that NLFHP were mentally tough than the ILFHP.*