

MENTAL TOUGHNESS AMONG INDIVIDUAL AND TEAM GAME ATHLETES: A COMAPRATIVE STUDY

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This study is an attempt to assess mental toughness in terms of self-confidence, negative energy control, attention, visualization, motivation, positive energy, and attitude control among individual and team athletes in a sample of 127 national athletes were drawn from national camps conducted at Sports Authority of India, Netaji Subhas Southern Centre, and Bangalore. The Sample consists of 60 individual and 67 team game national athletes. Psychological Performance Inventory (PPI) was used to assess Mental Toughness of the athletes. Independent t test was applied to assess the mean differences among individual and team players. Based on results the extent of mental toughness among individual and team athletes was analyzed.

Keywords: Mental Toughness, Individual and Team Athletes.