

WRITING A JOURNAL SUMMARY

Mental Toughness in Sports: Level of Mental Toughness among Football Players in Different Position

- **Research Question(s)/ Problem Statement**
This study aims to determine the differences in mental toughness among youth soccer players based on their playing positions, namely forwards, midfielders, and defenders. In addition, this study also seeks to examine whether the length of soccer playing experience is related to the level of mental toughness. The research subjects were soccer players who are members of the SUKMA Johore team.
- **Motivation/ Relevance**
The background of this study is based on the understanding that mental ability is a very important aspect in the development and achievement of athletes. An athlete's performance is not only influenced by technical ability, game tactics, and physical condition, but also by psychological aspects. By examining the level of mental toughness in players according to their positions, this study is expected to contribute to improving performance and soccer match results.
- **Theoretical Frameworks**
Mental toughness is understood as the psychological capacity that helps athletes remain capable of performing optimally and focusing on their goals despite facing pressure, whether mild or severe. This concept consists of four main interrelated aspects, namely the ability to control pressure and emotions, commitment to goals, readiness to face challenges, and belief in one's abilities.
- **Method**
This study used a quantitative approach and involved 32 male soccer players from the SUKMA Johore team aged 18–21 years. The measurement instrument used was the Sport Mental Toughness Questionnaire (SMTQ), which consisted of 14 statements covering three dimensions of mental toughness: Confidence, Constancy, and Control. The collected data were analyzed using descriptive statistics and ANOVA with the help of the SPSS program.
- **Results/ Arguments**
The results showed that players who played as forwards had higher levels of mental toughness than midfielders and defenders. This is thought to be because forwards play a strategic role in attacking and scoring goals, which requires greater mental strength. The average overall SMTQ score for the team was 37.03, with the forward position recording the highest average score (mean = 37.59).
- **Conclusion**
In conclusion, playing positions in soccer teams are associated with differences in mental toughness, with forwards demonstrating the highest

mental toughness. However, this study has limitations in terms of its relatively small sample size and narrow geographical coverage, meaning that the results cannot be generalized widely. Nevertheless, the use of a valid SMTQ instrument provides a strong basis for the findings of this study.

- **Your own opinion**
Logically, these findings are acceptable because forwards often face pressure to score goals and must quickly recover from failure, which ultimately requires greater mental toughness than other positions.

A comparative study of mental toughness among football players depending on play position: A study of inter-university level athletes

- **Research Question(s)/ Problem Statement**
This study aims to determine whether the level of mental toughness of soccer players differs according to their position on the field, namely goalkeeper, defender, midfielder, and striker. The researchers assume that goalkeepers and center backs tend to have higher mental toughness because the demands of these positions require high focus, quick decision-making skills, and readiness to face pressure. This study was conducted on players competing at the intercollegiate level.
- **Motivation/ Relevance**
Mental toughness (MT) is one of the psychological factors that plays a major role in determining an athlete's performance, especially in sports that require the ability to cope with high pressure, such as soccer. Each position on the field carries different responsibilities and mental pressures, so the psychological needs of each player are not uniform. This study was conducted to fill the gap in previous studies regarding variations in MT based on playing position. It is hoped that the results of this study can serve as a basis for developing more specific mental training programs tailored to the characteristics of each position.
- **Theoretical Frameworks**
Mental toughness is defined as an innate or developed psychological advantage that enables players to cope with the demands of sport better than their opponents. This study adheres to a model that includes three main subscales: confidence, constancy, and control. This concept is often associated with the "4C" model (Control, Commitment, Challenge, and Confidence).
- **Method**
This study is a quantitative research involving a total of 60 male intercollegiate soccer players in India, aged between 18 and 24 years, who were selected through purposive sampling. The participants were divided into four groups according to their playing positions. The instrument used was the 14-item Sports Mental Toughness Questionnaire (SMTQ). The collected data were analyzed using descriptive statistics, ANOVA (to test for group differences), and Tukey's post hoc test (for intergroup comparisons).program.
- **Results/ Arguments**
Data analysis shows significant differences in overall mental toughness scores among the four positions. A more detailed comparison shows that goalkeepers have much higher MT scores than midfielders and forwards. Defenders also

score much higher than midfielders. Goalkeepers dominate with the highest scores on all MT subscales.

- **Conclusion**
Overall, playing position was found to influence the level of mental toughness in intercollegiate soccer players. Goalkeepers and defenders demonstrated higher mental toughness, particularly in terms of self-control and perseverance. These findings reinforce the view that athletes' psychological needs should be tailored to the demands of their position on the field.
- **Your own opinion**
The finding that goalkeepers and defenders are more mentally resilient can be explained by the nature of their roles. Goalkeepers are in a highly isolated position and are required to make quick decisions under extreme pressure, while defenders often act as the organizers of the defense. Both roles demand a high level of control and composure, which is consistent with their MT scores.

Mental Strength of Football Players When Matching: Case Study on Village League Teams Karyamukti Village

- **Research Question(s)/ Problem Statement**
The purpose of this study is to determine the level of mental toughness of Karyamukti Village League soccer players when competing in matches. The problems observed are the decline in players' condition and low self-confidence during matches compared to during training.
- **Motivation/ Relevance**
Mental toughness is an important aspect because it is one of the determining factors for a team's success. A good mentality can boost players' confidence and performance. MT contributes to providing positive energy and calmness in decision-making on the field.
- **Theoretical Frameworks**
This study uses four dimensions (aspects) of mental toughness proposed by Gucciardi et al. (2009): 1) Thrive through challenge, 2) Sport awareness, 3) Tough attitude, and 4) Desire for success.
- **Method**
This study used a quantitative descriptive type with a survey method. The research subjects were 23 players from the Karya Mukti Village League team. The sampling technique used probability sampling (random sampling). The instrument used was an MT instrument developed by the researcher (92 items, after validity testing, 61 valid items remained), using a Likert scale. The data were analyzed using Microsoft Excel, including validity testing, reliability (Cronbach's Alpha 0.956), normality (Shapiro Wilk), and hypothesis testing (t-count test).
- **Results/ Arguments**
The results show that the overall mental toughness level of the players is high, with an average score of 79.3%. The four MT dimension indicators were also categorized as high: Thrive through challenges (average 80.8%), Sport awareness (average 72.0%), Tough attitude (average 79.9%), and Desire for Success (average 79.1%).
- **Conclusion**

Based on data analysis, it was concluded that soccer players in Karyamukti Village have a high level of mental toughness. This high overall average score (79.3%) supports and confirms the hypothesis proposed in the study.

- **Your own opinion**

This high level of reported mental toughness contrasts with the phenomenon observed by coaches in the Introduction (that players lack confidence when competing). This may indicate that players' self-reports tend to be higher or more optimistic, or that coaches' perceptions and players' mental realities are out of sync. Nevertheless, statistically, players collectively assess themselves as having strong mental toughness.

A survey of "mental hardiness" and "mental toughness" in professional male football players

- **Research Question(s)/ Problem Statement**

This study aims to investigate the mental hardiness scores of professional soccer players and test the correlation between two psychological questionnaires (SMTQ-M and PPI-A). Another issue examined is the level of agreement between the players' self-assessments and the hardiness assessments given by two coaches. The research subjects were 20 professional male soccer players.

- **Motivation/ Relevance**

Top athletic performance depends on physical and psychological components. When athletes have equivalent physical abilities, the difference in their success depends on psychological factors. This research is relevant because it offers valuable and cost-effective psychological measurement tools for sports practitioners (such as chiropractors involved in athlete management) in the context of the biopsychosocial model of care.

- **Theoretical Frameworks**

This study uses the concept of Hardiness (defined by Kobasa), which consists of three Cs: Commitment, Control, and Challenge. In addition, the concept of Mental Toughness is measured, whose components include self-confidence, perseverance, control, determination, self-assurance, positive cognition, and visualization. The two questionnaires used collectively cover most of these sub-components.

- **Method**

This study is a quantitative survey involving 20 male professional soccer players. Two modified instruments, SMTQ-M and PPI-A, were used for self-assessment. Two experienced coaches were also asked to independently assess the players using a categorical scale (above/below/average). Data analysis used Pearson's correlation (for the relationship between questionnaires) and Cohen's kappa (to assess agreement between coaches and players/coaches).

- **Results/ Arguments**

There is a strong and significant linear correlation between SMTQ-M and PPI-A scores ($r=0.709$, $p<0.001$). Players who have played for the national team (international) have a significantly higher average score of 7.4% ($p=0.04$) than non-international players. The agreement between the two coaches was weak to moderate (Cohen's kappa =0.33). Most importantly, no

significant agreement was found between the players' self-assessments and the assessments given by the coaches.

- Conclusion

Both questionnaires (SMTQ-M and PPI-A) have good correlations and can be used to effectively measure mental hardiness characteristics. Players who play at the national/international level score slightly higher on mental hardiness. There is little agreement among coaches when assessing players' mental hardiness, and players have different self-assessments than coaches' assessments.

- Your own opinion

The lack of agreement between coaches and players shows that players' psychological attributes are interpreted subjectively, both by the players themselves and by outsiders (coaches), who may include other factors such as talent and past performance in their assessments. Nevertheless, this process provides a good platform for players to increase their self-awareness of various mental traits.

Daftar Pustaka

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