

## Comparison of mental toughness and motivation between Bangladesh and Nepal kho-kho players of 12<sup>th</sup> south Asian games

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### Abstract

The purpose of the study was "Comparison of mental toughness and motivation between Bangladesh and Nepal kho-kho players". The subject for this study was 12<sup>th</sup> South Asian Games 2016, which was organized by India in Guwahati (Assam). Total 30 (Thirty) male Kho-Kho players, 15 players of Bangladesh and 15 player of Nepal were (19-30 years of age) selected. The sports motivation scale (sms28) developed by Luc G. Pelletier, Michelle Fortier, and the Sports Mental Toughness Questionnaire developed by A Dr. Alan Goldberg (2012) were selected for this study. The selected variables were motivation and mental toughness. The obtained data were analyzed by applying independent 't' test in order to comparison of mental toughness and motivation differential between Bangladesh and Nepal Kho-Kho players. Further, the level of significance was set at 0.05 level of confidence. The finding of the study reveals that there was no significant difference was found in case of mental toughness and motivation between Bangladesh and Nepal kho-kho players may be due to the reason that the players were undergone with same duration and training, or having an equal amount of training and experience, they are equally motivated and mentally tough to win 12<sup>th</sup> South Asian Games.

**Keywords:** motivation, mental toughness and Bangladesh kho-kho players, Nepal kho-kho players

### Introduction

Motivation refers to "the reasons underlying behavior" (Guay *et al.*, 2010, p. 712) [4]. Paraphrasing Gredler, Broussard and Garrison (2004) [5, 16] broadly define motivation as "the attribute that moves us to do or not to do something" (p. 106). Intrinsic motivation is motivation that is animated by personal enjoyment, interest, or pleasure. As Deci *et al.* (1999) [6] observe, "Intrinsic motivation energizes and sustains activities through the spontaneous satisfactions inherent in effective volitional action. It is manifest in behaviors such as play, exploration, and challenge seeking that people often do for external rewards" (p. 658).

Motivation plays a key role in any given activity or task, stated by "Sage states as the direction and intensity of ones efforts" (cited by Sewell, Watkins and Griffin, p.355), referring to the drive to take part in some form of activity and persisting in that activity. Weiss (1992) and Weinberg (1995) [9]. Argued that this definition is too simplistic (cited by Wesson, Wiggins, Thompson and Hartigan, p.576). This essay aims to define and evaluate the three main types of motivation and their consequences in terms of participation within sport and physical activity. Motivation itself can be categorized into three types: amotivation, extrinsic motivation and intrinsic motivation.

Motivation involves a constellation of beliefs, perceptions, values, interests, and actions that are all closely related. As a result, various approaches to motivation can focus on cognitive behaviors (such as monitoring and strategy use), non-cognitive aspects (such as perceptions, beliefs, and attitudes), or both. For example, Gottfried (1990) [10] defines academic motivation as "enjoyment of school learning characterized by a mastery orientation; curiosity; persistence; task-endogeny; and the learning of challenging, difficult, and novel tasks" (p. 525). On the other hand, Turner (1995) [11] considers motivation to be synonymous with cognitive

engagement, which he defines as "voluntary uses of high-level self-regulated learning strategies, such as paying attention, connection, planning, and monitoring" (p. 413).

The definition that resulted from this study is as follows: "Mental toughness is having the natural or developed psychological edge, that enables you to generally cope better than your opponents with the many demands (competition, training, and lifestyle) that sport places on a performer, and specifically, be more consistent and better than your opponents in remaining determined, focused, confident, and in control under pressure.

In Search of Mental Toughness Sport psychologists (researchers and practitioners), coaches, sports commentators, sports fans, and athletes acknowledge the importance of mental toughness in sporting performance. Athletes and coaches felt that at least fifty percent of success is due to psychological factors that reflect mental toughness.

"Toughness is a constellation of mental skills, all of which are learned that are characteristic of mentally tough competitors" (Loehr, 1982, p. 11) [12].

Mental toughness is a term people use that will allow a person to become a better athlete (such as difficult training or difficult competitive situations in games) and emerge without losing confidence. In recent decades, the term has been commonly used by coaches, sport psychologists, sports commentators, and business leaders.

"When the going gets tough, the tough get going" is one way to say it. Or, as one sports psychologist put it, mental toughness is "the ability to consistently perform toward the upper range of your talent and skill regardless of competitive circumstances."

### Review of related literature

Upon reviewing the literature on mental skills, mental toughness consistently emerged as one of the most important

psychological characteristics of sport. The literature clearly shows that mental toughness is imperative for peak sport performance. Gould, Hodge, Peterson, and Petlichk off (1987) [14], Gould, Eklund, and Jackson (1993a), Williams (1998) [17], and Gould, Dieffenbach, and Moffett (2002) [17], all state that mental toughness is an important psychological characteristic of sport performance. Unfortunately, many acknowledge the importance of mental toughness, but few fully understand it. “While athletes and coaches often talk about mental toughness, seldom has it been precisely defined” (Gould *et al.*, 2002, p. 199) [18]. Coaches and athletes use this term daily without a clear understanding of its components or what it means to be mentally tough.

Ryan *et al.* (1997) conducted research on athletic motivation and whether initial motivation predicted adherence to that particular sport. The purpose of their study was to explore how an athlete’s motives for initiating activity in a particular sport related to his or her continuation and participation in that particular sport. An important distinction was made between intrinsic and extrinsic motivation. As discussed briefly above, intrinsically motivated behaviors are performed for the satisfaction one gains from engaging in the activity itself. The aim of Bakker, De Koning, Van Ingen Schenau, & De Groot=s (1993) [21] study was to Replicate Scanlan *et al s.* (1989) [22] 1 earlier study that enjoyment is not only related to achievement in sport (i.e., perceived competence and social recognition of competence), but also to the social (i.e., social and life opportunities) and movement dimensions (i.e., the act of skating) (e.g. Bakker *et al.*, 1993) [21, 23]. In contrast to Scanlan and colleagues, Bakker *et al.* (1993) [21, 23] sampled skaters at the national and international level who were still competing, whereas Scanlan *et al*=s. (1989) [22]. Study was limited to retired skaters. Bakker *et al.* (1993) [21, 23] planned to use the four themes identified by Scanlan *et al.* (1989) [22] these are: sources of enjoyment, social and life opportunities, Perceived competence and social recognition of competence, and the act of skating (e.g., Bakker *et al.*, 1993) [21, 23].

**Objective of the study**

The objective of the present study was to make a comparison of mental toughness and motivation between Bangladesh and Nepal Kho-Kho players of 12<sup>th</sup> South Asian Games in Kho-Kho.

**Selection of Subjects**

For the purpose of present study 30 male Kho-Kho players

(15 players of Nepal, 15 players of Bangladesh) were selected from 12<sup>th</sup> South Asian Games which was held in Guwahati, Assam (2016).

**Procedure**

Total 30 male Kho-Kho players (19-30 years of age) selected from South Asian Games-2016 which was organized by India in Guwahati (Assam). The selected variable was motivaton and mental toughness. After obtaining approval for the human subjects protocol from the tournament organizer, prospective team coaches were contacted about the taken the data.

**Tool Used**

1. The motivation score of the subjects was obtained by using sports motivation scale (sms28) developed by Luc G. Pelletier, Michelle Fortier.
2. Mental Toughness: The Sports Mental Toughness Questionnaire developed by A Dr. Alan Goldberg was also selected for this study, because it is most reliable, valid and suitable test to measure mental toughness of sportsman.

**Hypothesis**

It was hypothesized that there may be significant difference in mental toughness and motivation between Bangladesh and Nepal Kho-Kho players.

**Measures**

Sport motivation scale (SMS; Pelletier *et al.*, 1995) the scale was designed to assess individuals’ level of motivation towards sport, using the self-determination theory framework. Participants reported the extent to which the listed reasons for practicing their sport corresponded with their own personal reasons. Participants’ motivation was assessed using a 7-point Likert scale ranging from 1 (Does not correspond at all) to 7 (Corresponds completely). The scale consisted of the 28 items measuring seven factors (three types of intrinsic motivation, four types of extrinsic motivation, and amotivation).

**Statistical Technique**

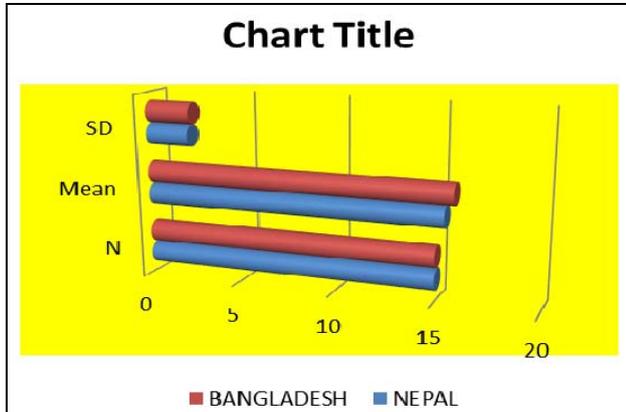
The obtained data were analyzed by applying independent’s test in order to comparison of Mental Toughness and motivation differential between Nepal and Bangladesh men Kho-Kho players. The level of significant was set at 0.05.



**Table 1:** Comparison of mental toughness between Bangladesh and Nepal Kho-Kho Players

Team	N	Min	Max	Mean	SD	't'
Nepal	15	12	20	15.40	2.29	-0.468
Bangladesh	15	12	19	15.86	2.38	

't' (2.28) = 2.048

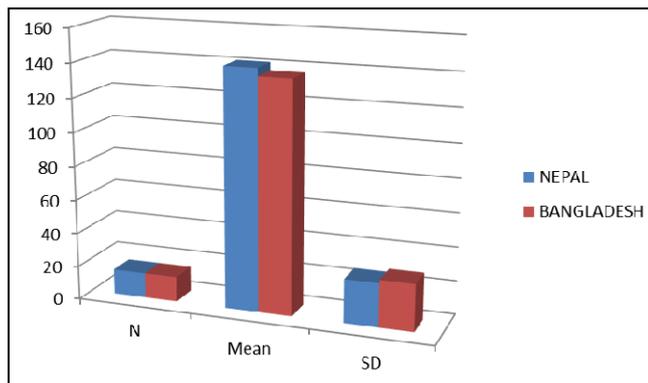


**Finding**

From the above table-1, It is revealed that there was no significant difference in case of mental toughness test as calculated 't' value [-0.468] is less than tabulated 't' value [2.048] at 0.05 level of significance. Thus it may be concluded that there was no significant difference between Bangladesh and Nepal kho-kho players related to mental toughness test. The finding of the table1 are presented above in fig. 1

**Table 2:** Comparison of motivation between Bangladesh and Nepal Kho-Kho Players

Team	N	Min	Max	Mean	SD	't'
Nepal	15	101	182	141.2667	26.00403	.474
Bangladesh	15	96	185	136.6000	27.93564	



**Finding**

From the above table-1, It is revealed that there was no significant difference in case of motivation test as calculated 't' value [0.474] is less than tabulated 't' value [2.048] at 0.05 level of significance. Thus it may be concluded that there was no significant difference between Bangladesh and Nepal kho-kho players related to motivation test at 0.05 level of significance. The finding of the table 2 are presented above in fig. 2.

**Discussion of Finding**

No Significant difference was found in case of motivation between Bangladesh and Nepal. It may be due to the more aware about the technique, right training, or may be due to the reason that the players were almost of the same level of fitness level, or having an equal amount of training, they were highly motivated to win the 12<sup>th</sup> south Asian games which must have been a probable cause for this.

The insignificant difference in mental toughness between Bangladesh and Nepal may be due to the reason that the players were almost of the same level of fitness level. In addition, Bangladesh and Nepal kho-kho players get a similar kind of exposure which also must be a contributing factor in the insignificant difference.

**Conclusion**

Within the limitation of the study the following conclusion may be drawn:

1. There is no significant difference in case of mental toughness between Nepal and Bangladesh kho-kho players.
2. There is no significant difference in case of motivation between Nepal and Bangladesh kho-kho players.

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