

## Investigation of mental toughness in relation to ranking points in badminton singles at different levels of achievement

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### ABSTRACT

The purpose of the study is to investigate mental toughness in relation to ranking points in badminton singles at different levels of achievement. 90 male Badminton players i.e. 30 Senior National, 30 Junior National under – 19 and 30 Junior National under – 17 were selected to serve as subjects. Criterion measures chosen for the study was the scores obtained in the mental toughness questionnaire prepared by Alan Goldberg. There was no significant difference in Senior National, Junior National U-19 and Junior National U-17 singles male badminton players on Mental Toughness and its sub factors. No significant relationship was observed between ranking points of Senior National, Junior National U-19 and Junior National U-17 singles male badminton players with Mental Toughness and its sub factors. Senior National male badminton players were better than Junior National U-19 and Junior National U-17 players.

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### Key Words: mental toughness, ranking points, badminton, singles.

Many Badminton players are good in the physical aspect but not mentally tough enough. A badminton player can have all the fitness, power, agility and skills but without the presence of mental toughness, he or she can be affected mentally anytime, anywhere. A match could take a rather long time to end. A good badminton player or in other words an 'established badminton player will not go down without a fight and should be able to keep the pace and the accuracy of his shots until the very last point in the game no matter how long he plays. This is where mental toughness plays a big role.

Mental toughness can also give an edge like focusing on the match no matter what is happening around, keeping the player calm and cool on the court. Having mental toughness is having a high emotional intelligence. Many incidents, good or bad, can happen during a match outside or inside the court. For example, players can be psychologically affected by bad line calls, umpires decisions or insulted by the audience. Badminton players should be equally strong, physically and mentally. Mental toughness will determine ones success as a badminton player and will help him attain consistent achievements. The purpose of the study was to investigate mental toughness in relation to ranking points in badminton singles at different levels of achievement.

### Methodology:

90 male Badminton players i.e. 30 Senior national, 30 Junior national under – 19 and 30 Junior National under – 17 were selected to serve as subjects. Senior National Badminton players were those who

represented their States in Senior National Badminton Championship held at Bangalore (Karnataka) from 17th to 25th January 2012. Junior national under – 19 and 30 Junior National under – 17 Badminton players were those who represented their States in Junior National Badminton Championship held at Jaipur (Rajasthan) from 4th to 12th February 2012.

Criterion measures chosen for the study was the scores obtained in the mental toughness questionnaire prepared by Alan Goldberg. The questionnaire has sixty items, which has four categories namely: handling pressure (20 questions), concentration (17 questions), mental rebounding (14 questions) and winning attitude (9 questions). The subjects were instructed to respond to each item according to how they generally felt in competitive sports situations. Every statement has two possible responses i.e. True and False. The questionnaires on mental toughness were administered to Senior national, Junior nationals under – 19 and under - 17 male badminton players during Senior and Junior Nationals. Questionnaires were distributed, instructions and directions were read by the researcher at dictation speed to make the subjects understand about what they were exactly required to do. All the subjects were instructed to respond independently. There was no time limit for the completion of the questionnaire but the subjects were instructed not to ponder too long over any statement and respond all the statements in the questionnaire independently. Responses obtained from the subjects on each statement of mental toughness questionnaire were recorded for the analysis of data.

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### Results and Discussion:

**Table - I:  $\mu$  and  $\sigma$  of male badminton players of different levels of achievement on mental toughness**

S. No.	Variable	Senior National		Junior National U - 19		Junior National U - 17	
1.	Handling Pressure	11.07	3.24	11.57	2.97	10.67	2.35
2.	Concentration	9.63	2.26	9.40	2.31	9.53	2.34
3.	Mental Rebounding	9.00	2.51	8.13	2.32	8.17	2.17
4.	Winning Attitude	6.77	1.33	5.87	1.65	6.17	1.46
5.	Mental Toughness	36.47	7.09	35.13	6.20	34.53	5.07

**Table - II: Relationship of mental toughness scores with ranking points of male singles badminton players of different levels of achievement**

S. No.	Variable	Senior National	Junior National U - 19	Junior National U - 17
1.	Handling Pressure	0.020	-0.046	0.193
2.	Concentration	- 0.067	0.296	0.214
3.	Mental Rebounding	- 0.054	0.075	-0.115
4.	Winning Attitude	0.248	0.069	-0.138
5.	Mental Toughness	0.096	0.114	0.099

Not significant at .05 level.

$$r_{0.05} (28) = 0.361$$

It can be observed from Table - II that there was no significant relationship between ranking points of Senior national, Junior nationals under – 19 and under - 17 male singles badminton players with mental toughness and its sub factors.

**Table - III: Analysis of variance of male badminton players of different levels of achievement on mental toughness and its sub factors**

Variable	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	F ratio	tab F
Handling Pressure	Between Group	12.2	2	6.10	0.73*	3.10
	Within Groups	721.9	87	8.30		
	Total	734.1	89			
Concentration	Between Group	0.82	2	0.41	0.07*	3.10
	Within Groups	519.63	87	5.97		
	Total	520.45	89			
Mental Rebounding	Between Group	14.47	2	7.24	1.323*	3.10
	Within Groups	874.59	87	5.909		
	Total	889.06	89			
Winning Attitude	Between Group	12.6	2	6.3	2.87*	3.10
	Within Groups	191.0	87	2.2		
	Total	1550.966	89			
Mental Toughness	Between Group	58.76	2	29.38	0.77*	3.10
	Within Groups	3324.40	87	38.21		
	Total	3383.16	89			

It is evident from Table-III that there is no significant difference in Senior National, Junior National U-19 and Junior National U-17 male badminton players on Mental Toughness and its sub factors, as the obtained F-values were less than the tab  $F_{0.05} (2, 87) = 3.10$ .

### Conclusions:

1. There was no significant difference in Senior National, Junior National U-19 and Junior National U-17 singles male badminton players on Mental Toughness and its sub factors.
2. No significant relationship was observed between ranking points of Senior National, Junior National

U-19 and Junior National U-17 singles male badminton players with Mental Toughness and its sub factors.

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