

Healthcare & Hospital Management

22nd International Conference & Expo on

&

Nutrition, Fitness and Health Management

September 19-20, 2018 | Vancouver, Canada

Analysis of mental toughness among college students

Jaswinder Singh

Baba Farid Collage Bathinda, India

The purpose of the study was to analyze the mental toughness among college students in Kerala. The subjects selected for the study were 8000 college students from Kerala state, among whom 4000 were female and 4000 were male students (rural and urban area). From 4000 female students, 2000 subjects were from the sports field and 2000 subjects were from non-sports students who have not participated in sports activities. Among 2000 female sports students, 1000 sports students were from the rural area and 1000 were from the urban area. From 2000 female non-sports students 1000 were from the rural area and 1000 were from the urban area. Same criteria were used to select the male subjects for the study. The age of the subjects ranged from 17 to 23 years with a mean age of 19.98 years and a standard deviation of 2.38 years. The tool adapted to collect the data was the Mental Toughness Questionnaire of Alan Goldberg. The scoring was done according to the direction given in the key of the questionnaire. Descriptive statistics were used to study the nature of the data of the psychological variables of male and female, rural and urban and sports and non-sports students in Kerala. Further Factorial Analysis of Variance (FANOVA) was used to compare the psychological variables among different groups. The level of significance was set at .05 level. The analyses were carried out with the help of software SPSS version 16.0 for windows. Results related to mental toughness indicated that there is a highly significant difference between male and female students, between an urban and rural group, between gender by area, between gender by type, between area by type between gender by area by type and there is a perceptible difference between sports and non-sportspersons. Thus the hypotheses stating that there will be a significant difference among different categories on mental toughness are accepted.

Biography

Jaswinder Singh Brar is an Assistant Professor Baba farid Group of institution Bathinda,Punjab India Department of Physical Education and Research Scholar Panjab University Chandigarh. His 15 national research paper and 11 international research paper publish in international journal and i attend 10 International Conference.

bfcetsports@gmail.com

Notes: