



EXAMINE THE DIFFERENCES IN MENTAL RESILIENCE AND TEAM COHESION BETWEEN KABADDI PLAYERS WHO ACHIEVE SUCCESS AND THOSE WHO DO NOT

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Abstract

The objective of this study was to examine the differences in mental toughness and group cohesion between successful and unsuccessful Kabaddi players. To fulfill this aim, a total of 48 Kabaddi players, comprising 24 successful and 24 unsuccessful individuals aged between 18 and 22 years, were randomly selected from various colleges participating in the intercollegiate tournaments organized by Manonmaniam Sundaranar University. Mental toughness levels were assessed using the Sports Mental Toughness Questionnaire (SMTQ), while group cohesion was measured through the Group Environment Questionnaire (GEQ). The collected data were subjected to statistical analysis using an independent 't' test to determine any significant differences between the two groups. The significance level was set at 0.05 to ensure reliable results. The analysis revealed a significant difference in both mental toughness and group cohesion between successful and unsuccessful Kabaddi players. These findings highlight the critical role of psychological factors, such as mental resilience and team dynamics, in influencing athletic performance in Kabaddi (Jones et al., 2002; Carron et al., 1985).

Keywords:

Mental toughness, Group cohesion, Successful kabaddi players, Unsuccessful kabaddi players, Sports Mental Toughness Questionnaire (SMTQ)

1. GENERAL INTRODUCTION

Kabaddi is traditional team sports played between two teams of seven players, where individuals take turns attempting to tag members of the opposing team while avoiding capture them (Rush Scieall, 1995) [1]. Mental toughness is defined as the capacity to consistently sustain an optimal performance state, especially under competitive pressure (Barnes & Simons, 1996) [2]. Group cohesion, on the other hand, is described as "the dynamic process reflected in a group's tendency to stick together and remain united in pursuing its goals and objectives" (Sopa & Pomohaci Marcel, 2014) [3]. In team sports, particularly those that are performance-driven like kabaddi, a high level of group cohesion has been associated with enhanced team performance.

Success in team-based sports requires not only physical skills but also strong mental resilience. The psychological state of athletes can significantly influence their performance, especially in high-pressure situations. Mental toughness helps athletes stay focused and maintains performance levels despite challenges, while group cohesion ensures that team members remain mentally united, fostering better communication and collaboration on the field. In crisis situations during matches, the ability of a team to stay mentally cohesive can be a critical factor in achieving victory.

Considering these psychological factors, the researcher aims to explore the differences in mental toughness and group cohesion between successful and unsuccessful kabaddi players. Understanding these differences can provide valuable insights into the role of psychological attributes in influencing success in kabaddi and similar team sports.

2. OBJECTIVE OF THE STUDY:

The objective of this study is to evaluate and compare the levels of mental toughness and group cohesion between successful and unsuccessful kabaddi players.

3. RESEARCH METHODOLOGY:

To achieve this objective, a total of 48 kabaddi players were randomly selected, consisting of 24 successful and 24 unsuccessful participants. The players, aged between 18 and 22 years, were chosen from various colleges participating in the intercollegiate tournaments organized by Manonmaniam Sundaranar University. The study focused on mental toughness and group cohesion as the independent variables. Data were gathered using the Sports Mental Toughness Questionnaire (SMTQ) and the Group Environment Questionnaire (GEQ).

The collected data were analyzed using an independent 't' test to identify significant differences between the two groups, with a confidence level set at 0.05. The results indicated that the mean mental toughness scores for successful and unsuccessful kabaddi players were 36.79 and 30.63, respectively. The calculated 't' value was 2.81, which exceeded the critical table value of 2.01 at 46 degrees of freedom, indicating a statistically significant difference at the 0.05 confidence level. Based on these findings, it was concluded that there is a significant difference in mental toughness between successful and unsuccessful kabaddi players, with successful players demonstrating higher levels of mental resilience.

4. RESULTS AND DISCUSSIONS

According to Table 2 below, the mean group cohesion scores for successful and unsuccessful kabaddi players were 101.34 and 89.13, respectively. The calculated 't' test value was 3.86, which exceeds the critical table value of 2.00 at 58 degrees of freedom with a 0.05 level of confidence. This indicates a statistically significant difference in group cohesion between successful and unsuccessful kabaddi players. It was therefore concluded that successful players exhibit significantly higher levels of group cohesion compared to their non-successful counterparts.

Table 1: Summary of mean and independent 't' test on mental toughness of successful and non-successful kabaddi players

Group 't' value	Number	Mean	SD	't' value
Successful Kabaddi Players	24	36.68	4.49	2.18
Non-Successful Kabaddi Players	24	30.55	5.39	

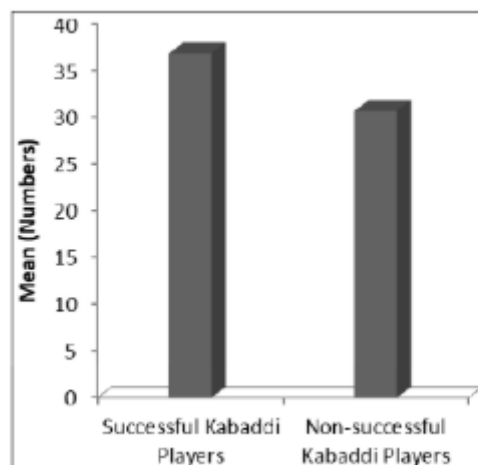


Figure 1: Mean values of successful and non-successful kabaddi players on mental toughness

Table 2: Summary of Mean and Independent 'T' Test On Group Cohesion of Successful and Non-Successful Kabaddi Players

Group 't' value	Number	Mean	SD	't' value
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Successful Kabaddi Players	24	101.34	14.81	2.97
Non-Successful Kabaddi Players	24	89.13	13.51	

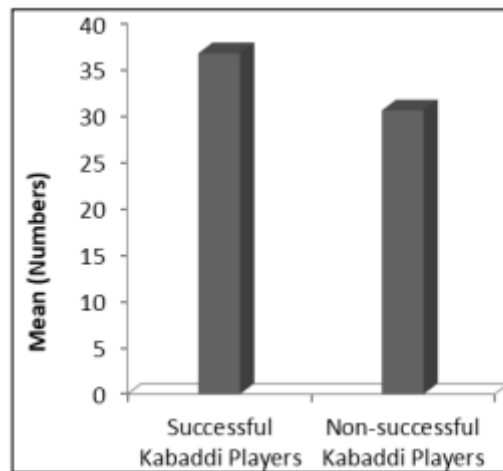


Figure 2: Mean values of successful and non-successful kabaddi players

Discussion

Sukashant S. Patil’s research supports similar findings, as demonstrated in his study titled *A Comparative Analysis of Mental Toughness in Different Level Sportsmen*. In this study, Patil identified a significant difference in mental toughness between sportsmen and non-sportsmen, suggesting that athletes possess higher levels of mental resilience due to their exposure to competitive environments and the psychological demands of sports. This underscores the idea that participation in sports cultivates mental toughness, a crucial factor contributing to athletic success.

Similarly, Rahim, Misagh, Minoo, and Shahram (2009) [5] explored the relationship between group cohesion and collective efficacy in team sports. Their findings revealed a strong, significant correlation between these two psychological factors. The study highlighted that the interdependence among team members in sports plays a vital role in fostering group cohesion. This cohesion, in turn, enhances collective efficacy the shared belief in the team's ability to achieve its goals. The researchers emphasized that both group cohesion and collective efficacy are critical components that significantly influence team performance. These insights align with the current study's conclusion, reinforcing the importance of psychological dynamics, such as mental toughness and group cohesion, in determining the success of athletes and sports teams.

5. FUTURE SCOPE

The future scope of this study lies in broadening the understanding of psychological factors influencing athletic performance in kabaddi and other team sports. Future research can explore larger and more diverse samples, including players from different regions, competitive levels, and age groups, to validate and generalize the findings. Longitudinal studies could track changes in mental resilience and team cohesion over time, assessing the impact of continuous training and competitive exposure. Additionally, interventions such as mental toughness training and team-building programs could be tested for their effectiveness in enhancing performance. Examining the role of coaches, leadership styles, and cultural factors in shaping these psychological attributes may provide deeper insights. Cross-sport comparisons and gender-based analyses can further enrich the understanding, offering tailored strategies to improve both individual and team performance. Integrating physiological metrics



with psychological assessments could also provide a comprehensive view of the factors contributing to success in kabaddi.

6. CONCLUSION:

The examination of differences in mental resilience and team cohesion between successful and unsuccessful kabaddi players reveals the significant role psychological factors play in athletic performance. Consistent with Sukashant S. Patil's findings, successful kabaddi players demonstrate higher levels of mental toughness, highlighting how exposure to competitive environments fosters resilience crucial for success. Additionally, the strong correlation between group cohesion and collective efficacy identified by Rahim, Misagh, Minoo, and Shahram (2009) emphasizes that team unity and shared belief in collective abilities significantly enhance performance outcomes. These insights align with the present study's results, indicating that successful kabaddi players exhibit not only greater mental toughness but also stronger team cohesion compared to their non-successful counterparts. This underscores the importance of both individual psychological resilience and effective team dynamics as key determinants of success in kabaddi.

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