ABSTRACT

The purpose of the study was to compare the mental toughness and team cohesion among the senior, junior and sub-junior national level female volleyball players. Total 180 subjects were selected, 60 each from senior, junior and sub junior sections. The senior players were taken from the 57th Senior National Volleyball Championship for Men and Women held at Vishakapatnam, Andhra Pradesh from 19th to 28th December 2008. The junior players were taken from the 35th Junior National Volleyball Championship for Boys and Girls held at Chinakuruli, Pandavapura Taluk, Mandya District, Karnataka from 11th to 18th January 2009. The sub junior players were taken from the 32nd Sub junior National Volleyball Championship for Boys and Girls held at Shimoga, Karnataka from 16th to 22nd November 2009. The subjects were selected at random from the teams qualified for the quarter final onwards. The subjects were mainly from Indian Railways, Kerala, Tamil Nadu, Karnataka etc. Mental Toughness and Team Cohesion were selected as the variables. To find out mental toughness of the subjects, Mental Toughness Questionnaire (MTQ) developed by Allen Goldberg (1998) was used. The questionnaire consisted of 5 aspects of mental toughness such as reboundability, the ability to handle pressure, concentration ability, level of confidence and motivation. Group Environment Questionnaire (GEQ) developed by Carron et. al., (1982) was used to measure the Team Cohesion. The GEQ comprised of four sub scales such as Individual Attractions to Group-Task (ATG-T), Individual Attractions to Group-Social (ATG-S), Group Integration-Task (GI-T), Group Integration – Social (GI-S). To find out the differences in mental toughness and team cohesion among the subjects, One Way Analysis of Variance (ANOVA) was used followed by Least Significant Difference (LSD) Post Hoc Test wherever ‘F’ ratio was found significant. The level of significance was set at .05. The results of the study revealed that there were significant differences in all the aspects of mental toughness and team cohesion. It was found that the senior national female volleyball players were superior in all the aspects of mental toughness as well as all the sub scales of team cohesion compared to their counter parts. The Sub junior national level female volleyball players were found inferior in all the aspects of mental toughness and team cohesion to the junior level counter parts.