

A COMPARATIVE STUDY OF MENTAL TOUGHNESS AND WILL TO WIN AMONG BATSMEN AND BOWLERS IN CRICKET

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ABSTRACT

The study was conducted to investigate the mental toughness and will to win between batsmen and bowlers in cricket. To obtain data for this study, the researcher had selected (N=40) male cricketers of 18 to 28 years of age group (20.17 ± 2.37 years) to act as subjects. They were further divided into two groups which includes twenty (n= 20) batsmen and twenty (n=20) bowlers. The purposive sampling technique was used to obtain the required data. All the subjects, after having been briefed about the objective and protocol of the study, gave their consent and volunteered to participate in this study. Mental toughness was measured with questionnaire developed by Goldberg (1998) and Will to win was measured with questionnaire prepared by Kumar and Shukla (1988). It is concluded from the findings that no significant differences were found between batsmen and bowlers on the sub-variables i.e. confidence, concentration, handling pressure, reboundability, motivation, overall mental toughness and will to win.

Keywords: Mental Toughness, Will to Win, Batsmen, Bowlers and Cricket.

INTRODUCTION:

Coaches and athletes often recognize that success in sport cannot be accomplished without the necessary mental skills. Most coaches conservatively estimate that the mental aspects of sport constitute at least 50% of an athlete's performance (Loehr, 1982). Moreover, at the higher levels of competition, the importance of mental skills is notably salient due to the comparable physical skills of athletes and an increase in the frequency of stressful situations elite athletes experience (Cherry, H. R., 2005).

Successful cricketers are more psychologically complex than they might like to admit. Even batters and bowlers are having fundamentally different psychological characteristics. The ideal batsmen is patient, on the other hand, the ideal bowler is aggressive and stubborn but both

possesses a certain level of mental toughness (handling pressure, confidence, concentration etc.) that is essential for those cricketers who want to reach a highest level of the sport.

If mental toughness gives the individual the edge, then it gives the team as a whole an overwhelming advantage. Over decades, it has become abundantly clear that if two teams of equal physical and technical skill meet each other in ideal conditions, with a pitch that does not favour either side, it is the side that is mentally stronger that will prevail. Lack of mental toughness can also be the underlying cause when a team lets victory slip from their grasp. Some players have a natural affinity for mental toughness, but just like technique, it is something that can be learned and developed (Bob Woolmer, 2008).

Will to win is the extent to which a person desires to reach some standard of excellence or defeat of opponent. The athletes high in will to win mainly compete to first position and may have something of win at all cost attitude. Will to win is an important parameter which makes great competitors. It has been observed in some competitions that players who although lacked physical fitness ended up winning the match, all due to their determination to win. A correct attitude towards winning always helps in achieving high performance in sports. This ability to work to one's full potential is directly related to an individual's Will to Win. Low will to win indicates that competitors are careless about winning (Dr. Jaspal Singh, 2012).

The purpose of the research was to investigate the differences among batsmen and bowlers in cricket, regarding their mental toughness and will to win psychological constructs.

METHODOLOGY:

A total of 40 male subjects were selected from cricket match practice of Laxshmibai National Institute of Physical Education by using consecutive sampling. The age of the subjects was ranged from 18 to 28 years and all were regular players with good level of skill. The training age of the subjects will be of minimum 4 years. Subjects were further divided into two groups batsmen (N=20) and bowlers (N=20).

Subjects will provide written, voluntary, informed consent prior to participation, provided demographic information (age, weight, height, year of study), then completed 2 questionnaires (mental toughness and will to win).

Mental toughness was measured by applying mental toughness questionnaire developed by Dr. Alan Goldberg (1998). Mental toughness questionnaire consists of 30 items measuring the mental toughness in five areas, i.e. rebound ability, ability to handle pressure, concentration, confidence and motivation. There was only true/false answers option in this questionnaire and subjects have to tick only one option.

Will to win level was measured by applying will to win questionnaire prepared by Kumar and Shukla (1988). Will to win questionnaire consists of 14 items which measure the will to win and only yes/no option for answers. There was no time limit for the completions of the questionnaires but the subjects were instructed not to take too much time over any questions.

In statistical analysis, t – test was applied to investigate the difference in mean scores among batsmen and bowlers. To see the mean difference between mean scores of two groups, Statistical Package for Social Science (SPSS) version 20.0 was used. The level of significance was set at 0.05.

RESULTS:

For testing the normality of the data (Table – 1) skewness and kurtosis (descriptive statistics) has been performed. As a guideline, a skewness value more than twice its standard error indicates a departure from symmetry. Since none of the variables skewness is greater than twice its standard error, hence all the variables are symmetrically distributed. Similarly, the value of kurtosis for the data to be normal of any of the variable is not more than twice its standard error of kurtosis hence none of the kurtosis values are significant. In other words the distribution of all the variables is meso-kurtic.

Descriptive Statistics

	Rebounding	Handling pressure	Concentration	Confidence	Motivation	Overall Mental Toughness	Will to Win
Mean	2.150	3.175	3.625	3.80	3.925	16.675	9.175
Std. Deviation	1.271	1.465	1.563	1.114	1.047	3.892	1.534
Skewness	-.217	.298	-.646	.066	-.408	.041	-.130
Std. Error of Skewness	.374	.374	.374	.374	.374	.374	.374
Kurtosis	-.990	-.463	-.173	-.352	-.552	-.901	-.306
Std. Error of Kurtosis	.733	.733	.733	.733	.733	.733	.733

Table - 1

The results of mental toughness and will to win of batsmen and bowlers are presented in following tables and interpretations are given accordingly.

Variables	Levene's Test		Batsmen		Bowlers		Mean Difference	SEDM	t-value	Sig
	F	Sig.	Mean	SD	Mean	SD				
Reboundability	.263	.611	2.10	1.20	2.2	1.36	-.100	.407	-.246	.807
Handling pressure	1.066	.308	3.00	1.589	3.35	1.348	-.350	.466	-.751	.457
Concentration	.384	.539	3.60	1.759	3.65	1.386	-.050	.501	-.100	.921
Confidence	.019	.892	3.850	1.136	3.750	1.118	.100	.356	.280	.781
Motivation	.068	.796	3.900	1.071	3.950	1.050	-.050	.335	-.149	.882
Overall mental toughness	.001	.971	16.45	3.831	16.90	4.037	-.450	1.244	-.362	.720

*Significant at 0.05 level

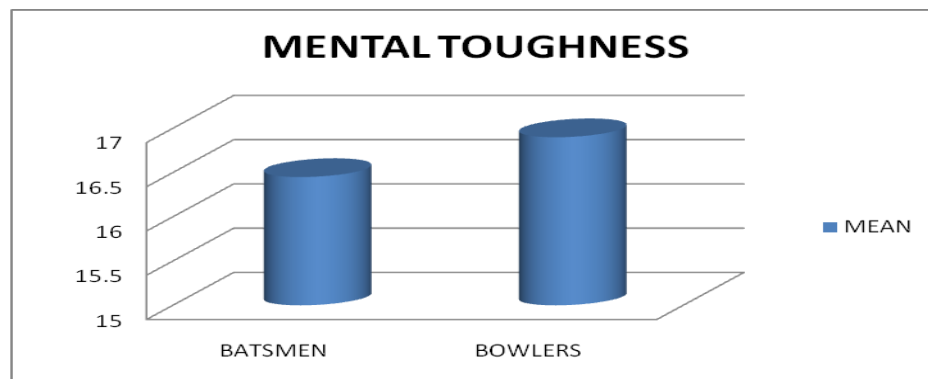
Table - 2

Degree of freedom= 38

Table 2- F- and T-table for the testing of variances and equality of means of two unrelated groups of batsmen and bowlers with regard to concentration ability, confidence ability, handling pressure, reboundability, motivation, overall mental toughness.

To test the equality of variances, Levene's test was used. The F-value is insignificant as the p-value is more than .05. Thus the null hypothesis of equality of variances may be accepted, and it is concluded that the variances of the two groups are equal.

From table 2 above, it can be clearly seen that none of the variables has shown significant differences between batsmen and bowlers. The significant value of “t” at 0.05 level for degree of freedom 38 is 2.02 and even in all the variables the p value is more than 0.05. Thus it is concluded that there is insignificant difference in the concentration ability, confidence, handling pressure, reboundability, motivation and overall mental toughness between batsmen and bowlers in cricket.



Graph 1- depicting the mean values of the two groups on the overall mental toughness factor.

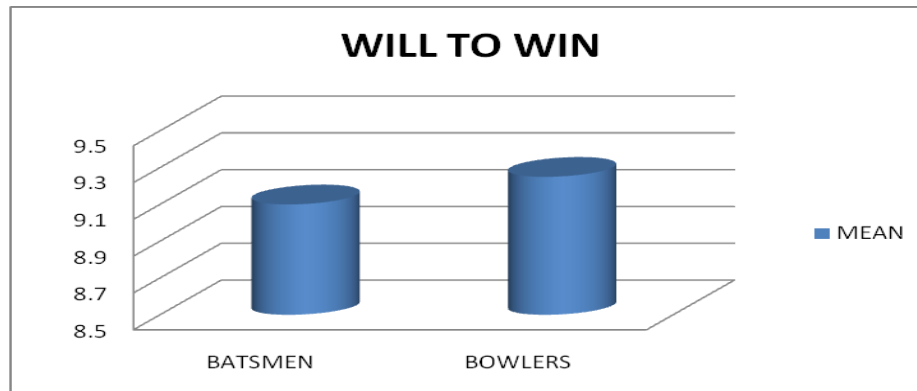
Variables	Levene's Test		Batsmen		Bowlers		Mean	SEDM	t-	Sig
	F	Sig.	Mean	SD	Mean	SD	Difference			
Will to win	1.454	.235	9.10	1.372	9.25	1.712	-.150	.490	-.306	.762

*Significant at 0.05 level

Degree of freedom= 38

Table – 3

Table 3 shows the F and T-value for the testing of variances and equality of means of two unrelated groups of batsmen and bowlers with regard to Will to Win. Again no significant differences were found between batsmen and bowlers in relation to will to win.



Graph 2- depicting the mean values of the two groups on the will to win factor

DISCUSSION:

The purpose of the research was to analyze the differences among the batsmen and bowlers in mental toughness and will to win. The results of table-2 shows that there is no significant difference between the groups with regard to concentration ability, confidence ability, reboundness, handling pressure, motivation and over all mental toughness.

Cricket is a team game but still has an individual orientation to it. The batsmen and bowlers being equally enthused to participate and perform in their respective crafts. Although there is a team behind the batsmen and bowlers, but at the moment of contest a single batsmen is facing a single bowler. It requires immense concentration on behalf of the batsmen as it requires concentration in large doses to play a long innings despite a bowler bowling with venom and ten other players there to support the bowler. Even the bowler has to do his own work concentration wise as he has to bowl long spells of long over's in order to get the batsmen's wicket. Both batsmen and the bowlers have to concentrate despite many odd situations and may be as it is an outdoor game, the longer hours for which it is played takes a toll on the batsmen and bowlers concentration span as also developing it eventually.

When it comes to confidence ability, both the batsmen and bowlers require it in equal measures. As the cost of losing confidence in a tough situation might be the loss of the batsman's wicket which is very fatal and final in cricket and when it comes to bowlers abilities it might be the change of fate of the match, as a bad over in cricket quickly changes the momentum of the

game. Both the batsmen and bowlers have to have this ability of reboundness i.e., to get back up from failures and fight back as there are always going to be failures someday or the other but it is about going on and trying to outperform your own best, day in and day out.

Explaining the ability of handling pressure, both the batsmen and bowlers have to go through their own blues as when it comes to batting the batsmen has to face the aggressive bowlers as well as bowlers teammates who try to put him off every ball as they want him back in the pavilion, while the bowlers have a lot going on against them, with the advent of modern technology the bats have become broader and a lot stronger, which help the batsmen to punish the bowlers every single mistake. As everyone calls Cricket now-a-days a batsmen game, it is very unfair even on the bowlers to get their craft right in the generation loving Twenty twenties and IPL as they have to handle a lot of pressure to get wickets as well as be economical in their spells.

When it comes to explaining the motivation of both batsmen and bowlers, it would be because of fact that the scores in motivation were high among the groups stressing the fact that the players of the various levels were equally motivated to play. In case of will to win again there is no significant difference were found between batsmen and bowler.

CONCLUSION:

None of the variables has shown significant differences with regard to mental toughness and will to win among the groups. It may be due to the reason that the subjects of both the groups i.e. batsmen and bowler are of same level. It may be possible that the results may differ if the same study was conducted with different level of subjects. Thus, the null hypothesis (H_0) with regard to mental toughness (total) and will to win is failed to be rejected. More studies need to be done for having better understanding regarding the different psychological characteristics of batsmen and bowlers. Many studies are already done with regard to comparison of anthropometric (Stretch, 1987; Koley, 2011), physiological (Kumar, 2007; Kumar P, 2013) and physical variables (Koley, 2010; Elliot, 1986) between batsmen and bowlers, but there are few studies dealing with the psychological aspect of both the groups.

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