

Mental Toughness in Sports: Level of Mental Toughness among Football Players in Different Position

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ABSTRACT

The aim of this study is to investigate the mental toughness between the youth football players in different positions besides of determine whether sport experiences can be related to mental toughness. Method: 32 of the SUKMA Johore footballers around Johore voluntarily participated with the age range between 18 until 21 years old ($M = 1.73$, $SD = 0.799$). The 14-items of Sport Mental Toughness Questionnaire was used in measuring the mental toughness in this study. Result: The Statistical Packages for Social Science (SPSS) used for the analysis of the data collection. Descriptive statistic and ANOVA were used in accomplishing the research objectives: (1) to investigate the level of mental toughness among football players in different positions. Conclusion: The findings indicated forwards possessed higher of mental toughness compared to midfielders and defenders. Meanwhile, sport experiences were correlated to the study of mental toughness between the positions among footballers.

Keywords

Mental Toughness, Football players, different positions

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Introduction

Football involves a good team player both physically and mentally. Mental strength is often an essential factor in a person's growth and success. A depressed state of mind opposes an athlete and prevents success. The increasing productivity of athletes depends on the technical, tactical, physical and psychological factors, according to Bumpa et. el (2018). Football has not only been dominated by male athletes, but also by female soccer athletes.

Football was one of the world's most popular sports and consisted of tension, challenge and physical contact. Several influences, including their emotional abilities, could have affected the success of footballers. Today the task of sports psychologists is better recognised by team and individual athletes as part of the day-to-day assistant coaches. Sports psychologists have different functions, but mainly teach athletes mental resilience in order to improve their achievement and learning (Patrick, 2016). Mental resilience has therefore been conceived as a psychological ability to perform and maintain goal-focused actions despite different levels of interpersonal demands, from stressors to serious adversities.

In response to the familiar concerns, the researcher initiated a study to examine the mental toughness of footballers in different roles, such as forward, centre and defend positions. The thesis was designed to promote the understanding of footballers' mental toughness, where the researchers tried to enhance the football outcomes, among school teachers, training professionals, athletes and sport psychologists.

The researchers focused on the emotional capacity of footballers at various positions in this section, such as front, centre and defences. In addition, the researcher has discussed the meanings of mental power in the sense of sport in depth in this chapter. The investigator also explained the methods used to evaluate mental strength and the mental strength model. Therefore the principle and partnership in soccer success was dealt with in this chapter.

Mental toughness has been studied according to Gucciardi (2015), as an important factor of individual differentiation. It helps individuals cope with and remain under pressure effectively. In athletics, mental stamina is of the highest visibility, but also in many other spheres. The research characteristics and characteristics have been developed for the study of mental resilience

according to Clough, Earle, & Sewell (2002), Gucciardi, Gordon, & Dimmock (2009); Middleton et al. (2004); Jones, Hanton, & Connaughton (2002). According to Kobasa (1979) & Clough et al. (2002), Peter J Clough, Ying Lin, Julian Mutz and Kostas A. Papageoriou (2017) reports that the characteristics of mind resilience are based on four interrelated yet distinct subcomponents (1): the power (life and emotions). (2) Dedication (3) Difficulty, (4) faith .

Football was one of the world's most popular events. It was one of the most important sports to discover thanks to its success. In short, 11 positions, consisting of strikers, midways and defenders, appeared at a time as a simple information. Football remains thus the key science game, but the study by Miçoogulları et al. (2017) also found that there were many limitations in focusing on mental strength among athletes, and the analysis on football mentality remained inadequate.

A study by Bell, Hardy and Beattie (2013) argued that mental strength was argued to be a collaborative mechanism which enabled individuals to resolve any constant obstacles to their goals. For example, a football player tries with patience and effort to defeat his opponent.

The MTTQ48, comprising 48 Likert questions, was developed by Clough, Earle and Seawell (2002). Eight subcomponents were covered in MTQ48: (1) control (2) commitment, (3) strength, (4) emotional management, (5) balance of living, (6) courage, and (7) capacity belief, and (8) interpersonal confidence. In addition, whereas Clough et al. (2002) identified the relationship between participants and cognitive individuals by using MTQ48, Crust and Swann (2011), Kaiseler et al. (2009) stated that evidence was sufficient to demonstrate whether the questionnaire was valid and efficient.

SMTQ was one of the most common methods of identifying and evaluating mental attributes in sports used by researchers (Anderson, 2011). Furthermore, the SMTQ has acquired enough reliability and validity psychometric properties according to Crust & Swann (2011). Sheard (2013), however, also reported that the SMTQ was an appropriate mental durability indicator in

the survey. Sheard in SMTQ is divided into (1) Confident, (2) constancy and (3) control by dividing the questionnaires in three scales. The Likert scale includes 1 (not true at all) to 4 (very true) questionnaires with 14 items.

Method

The research sample range is limited to 32 samples from SUKMA Johore soccer players already trained at secondary or college schools aged 18 to 21. Moreover, this research focuses exclusively on male footballers and therefore the selection of gender as a participant in this report would be constrained. This analysis can be used as a scale for research on the emotional capabilities of different roles in sports. All sides, sportive athletes and coaches will benefit from this research. Previous studies have shown that mental toughness and sport are closely linked. (Jones & Parker, 2017). SDT is a theory that relates to personality, human motivation and spiritual creation. It claims that there are two principal motivation types: intrinsic and extrinsic. (Deci & Ryan, 2008) In the context of SDT, participation by athletes has received little attention. However, they may explain why a person is motive for sport and physical activity. (Fenton et al., 2016).

In this research, the methods that the investigator would use to conduct this analysis would be clarified and further illustrated, as well as the investigator's questions and hypotheses. The primary objective of this report is to compare the tension of mind among footballers in different positions, as mentioned earlier in Chapter one. This chapter therefore will cover briefly the following: (a) test architecture, (b) sampling, (c) instrumentation, and (d) method of data collection. In addition, this chapter clarifies and describes how the researcher uses the tool and sample to generate data via e) data processing.

This methods of research explains how the final results of research can be achieved. This section discusses the testing methods used in the research phase. It shows how scientists articulate the dilemma and purpose and how they present their conclusions. The location is in particular Johor Bahru district, the location of this study is to be

focused. By researching the male youth population in Johor, the researcher was able to find the total sample size for the analysis. With a table from Krejcie and Morgan the investigator was able to measure the sample size (1970). However, there were also limitations because of the large population and because the researchers failed to meet Krejcie & Morgan's (1970) sample size due to restrictions.

The Sport Mental Toughness Questionnaire was used as a tool in this study. (Sheard, Golby & Van Wersch, 2009) The questionnaire was used to make it easier to use bilingual in English and Bahasa to sample. The questionnaire was subsequently divided into two sections, section A and section B. In section A, the researcher wanted to collect population information from the survey. In this section, the questionnaire is divided in six categories: (1) age, (2) marital status, (3) research level, (4) place (5) sport experience and (6) sport involvement level. In Section B, 14 questions were subdivided into three categories: (1) trust, (2) coherence and (3) power. There were two questions. Six issues were on the scale of conviction, four on the scale of constancy and four on the level of regulation.

There were several steps to collect the data from the sample in this study, the first step was the researcher need to asked for the questionnaire approval from the supervisor which is Dr Nur Fadilah Binti Darmanshah before distributed the questionnaire to the respondents. Second step was

the researcher need to asked permission from the respondents. After met the respondents, the third step was to researcher need to briefly explained to the respondents about the objective of this questionnaire in this study. After the respondents was clear and understand about the questionnaire, the researcher proceed to distributed the questionnaire to respondents for answer the questions and the researcher will wait until the respondents able to complete and answer all questions. Final steps, the researcher will collect all the data that have been answered by respondents. In this analysis, SPSS was used to evaluate the data and to help the investigator to find a solution to the hypothesis. ANOVA is used by the researcher to assess the significant difference between hypothesis variables.

Result

This research will include the statistical analysis to answer the research questions and the study hypothesis. The aim of the study was to study the mental toughness of soccer players in different places when the questionnaire on Sport Mental Toughness (SMTQ) was used in the study. Furthermore, (1) demographic and (2) hypothesis testing

The Descriptive Analysis

What is the level of mental toughness among Football players in different positions?

Table 1: The Descriptive Analysis of the Mental Toughness in Different Positions

Mental toughness	N	Mean	Std. Deviation	Std. Error	95% Interval for Mean Lower Bound	Confidence Upper Bound	Minimum	Maximum
Forward	15	37.59	3.571	.735	36.23	38.94	31	45
Midfielder	7	30.78	3.188	.898	34.95	38.60	25	48
Defender	10	33.85	3.204	.663	35.37	38.34	27	50
Total	32	37.03	4.651	.452	36.13	37.92	25	50

This figure showed the SMTQ scores that 32 SUKMA Johore football players from Johor Bahru completed, with a total SMTQ average of 37.03. (SD: 4.651). In addition, SMTQ consisted of: (1) Confidence: a mean of 14.75 (SD: 2.433),

(2) Constancy: average of 11.86 (SD: 1.949). Control: average of 10.42 (SD: 2.182). The average outcome of the subscales is split between three main football clusters: (1) Future: means 14.59 (SD: 1,881), (2) Midfield: mean 14.92 (SD: 2,740) and (3). (SD: 2.540). Next, at constant

scale: (1) Forward: 12.07 average (SD: 1.944), (2) midfielder: 11.89 average (SD: 1.953). (3) Defender: 11.68 mean (SD: 1.980). Finally in control range: [1] Forward: mean of 10.93 (SD: 1.850), [2] Midfield: mean of 9.97 (SD: 2.467) (SD: 2.098).

Thus each position had its total average score: (1) Forward: mean 37.59 (SD: 3.571), (2) Midfielder: mean 36.78 (SD: 5.388) and (3) Defender: average 36.85. (SD: 4.651).

Discussion

The present study was aimed to study about the mental toughness among football players in different positions. The researcher used Sport Mental Toughness Questionnaire (SMTQ) as an instrument while conducted descriptive analysis and inferential analysis for the result. From the findings and through the discussion, the researcher able to find out that forward position was possessed higher in mental toughness rather than midfielders and defenders. This indicated that forward was the position that required higher of mental toughness because as the forward they was assigned an important task. As we know, forward was less in defensive positions because they were more on attacking sides. The research was published in the journal Football and Co. (January 2014) and is published by the American Football Association (Association for Training and Development). It is the largest online journal of its kind.

Conclusion

The objective of the present study was to study mental toughness in different positions among football players. In this study, the researcher first of all wanted to study the level of mental toughness of football players in different positions. The investigators were able to determine from their findings and through discussion that their future position was more tough in mind than in the midfields and advocates. In addition, the researcher found that medium-sized players have a confidence scale, while forward, control and constancy scales, by comparing the sub-scales of mental strength among footballers. The SDT and BPNT therefore supported the study where they were similar in which the person engaged and reacted to the desired goals. By means of these findings, the

researcher hopes to have further information on the mental strength and future progress in this field from the evidence of the study.

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