

A Comparative Study Of Hardiness Among Football And Judo Male College Players

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Abstract: *Hardiness is the personality characteristic associated with a lower rate of stress-related illness. To compare the Hardiness between football and judo players of Delhi University. A total of 30 players who are part of Delhi University Football and Judo teams with age ranging from 18-23 years were selected as subjects for study and were divided into 2 groups namely Judo (N=15) Football (N=15). Hardiness scale by Kobasa was administered to the subjects. The questionnaire consists of 12 statement and has 3 sub variables namely commitment, control & confidence. T test was applied to compare means between the groups. Statistical significance was set at 0.05 level.*

Keyword: *Challenge, Commitment, Control, Hardiness.*

I. INTRODUCTION

The psychological factors involved in athletic performance have long been of interest to athletes, coaches, and sport psychologists (Gucciardi, Gordon & Dimmock, 2009).

Hardiness is a combination of attitudes that provides the necessary courage, motivation and capability to turn developmental and environmental stressors into opportunities for growth and many positive outcomes have been found to relate to measures of hardiness, such as improved psychological and physical health in the face of work and life stress, and improved sporting performance (Thomson & Morris, 2009). Kobasa et al. (1982) explored the concept of personality hardiness as a resistance resource that mediates the negative consequence of high level stress. The concept of hardiness focuses on the person that remains relatively healthy after experiencing high amounts of stressful life events. Psychological hardiness (Kobasa, 1982) is conceived of as a personality based tendency to diminish the impact of stressful life events by optimistic cognitive appraisals and decision copying actions. It is defined as a constellation of three dispositions - commitment, control and challenge. These dispositions influence cognitive appraisal and behavior in

response to stressful events. Hardiness was first described by Kobasa (1979), and characterized by three main components: Control of various life situations; Commitment, being when one tends to involve him / herself in the action they are doing; and Challenge, the extent to which individuals see challenges as opportunities (Kaiseler, Polman & Nicholls, 2009).

Hardiness acts as a buffer to major life stressors (Maddi et al., 2006). High hardiness is associated with lower psychological distress and higher quality of life (Hoge et al., 2007) and the person high in hardiness is marked by increased commitment, sense of control, and challenge (Johnsen et al., 2009). Hardiness is a psychological style associated with resilience, good health, and good performance under a range of stressful conditions and is potentially a valuable personality style for highly demanding situations and occupations (Bartone et al, 2008). Previous research has established hardiness as a dispositional factor in preserving and enhancing performance and physical and mental health despite stressful circumstances (Maddi et al., 2006). In the field of sport psychology few studies have done, examining the effect of hardiness on sport performance (Maddi & Hess, 1992; Golby & Sheard, 2004).

II. METHODOLOGY

A total of 30 players were selected as subjects for the present study. The age of the subjects ranged from 18-23 years. Out of 30 subjects, 15 represented Delhi University Judo team and 15 represented Delhi University Football team. Each team was formed in two groups. Comparisons were made between Football and Judo teams. Hardiness scale by Kobasa was administered during this comparison. The data was collected during their practice session.

III. INSTRUMENT

Hardiness scale by Kobasa (1985) was administered. The questionnaire consists of 12 statements. These 12 statements are further divided into 3 sub-scales namely; Control, Commitment, Challenge which were designed to measure factors that reflect hardiness of sports person.

IV. RESULTS

Descriptive statistics were computed for all measures. The data obtained were analysed with the help of statistical software (SPSS 16 version). The mean, standard deviation along with the test were computed to check the differences between samples mean of Football and Judo teams team groups. The level of statistical significance was set at 0.05 levels.

Sub Scale	Football N=15		Judo N=15	
	Mean	SD	Mean	SD
Control	1.86	1.55	1.20	1.47
Commitment	2.46	1.55	3.00	1.64
Challenge	1.40	1.59	1.53	1.76
Overall Hardiness	5.73	2.40	5.73	2.46

Table 1: Mean and Standard Deviation of Hardiness subscales of Football and Judo teams

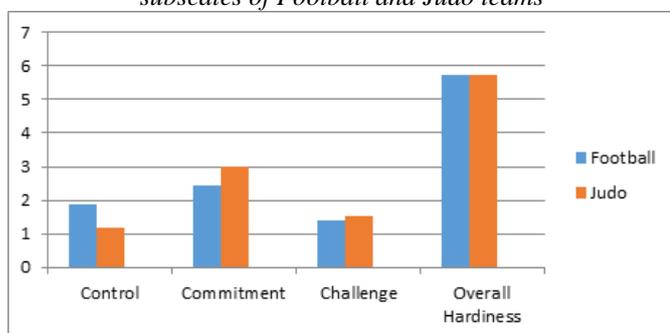


Figure 1: Mean scores of Football and Judo teams

Sub Scales	T-value	df	P-value
Control	-1.09	8	.30
Commitment	-1.17	3	.32
Challenge	-2.9	6	.025*
Overall Hardiness	1.15	1	.45

Analysis of results from table 2 revealed following:

Control: There is no significant difference on control between Football and Judo teams ($p=.30>.05$)

Commitment: There is no significant difference on commitment between Football and Judo teams ($p=.32>.05$)

Challenge: There is a significant difference on challenge between Football and Judo teams ($p=.025<.05$)

Table 2: Comparison of Hardiness between Football and Judo teams

V. DISCUSSIONS

Combination of genetic predisposition and environmental influences make up one's personality. Individual traits and the environment may act as co-determinants of behaviour. Personality structure has involvement of both a stable core of attitudes, values and beliefs about self, which remain unchanged after early childhood. Exploring such characteristics through self and external assessment can be a valuable experience for a footballer, even if at present, there is no evidence upon which one can directly link hardiness with success in football (Weiser, 2014).

The result shows that there is no significant difference on overall Hardiness of Football and Judo team players but significant difference was observed in challenge of the two groups. Everyone has some degree of hardiness, but the amount of it depends on perceived motivational climate of practice sessions, leadership styles of coaching, athletes will and desire to hard work and to win and personality traits of athletes. According to Maddi (1992), hardy individuals tend to interpret demanding situations. Various factors play a role in the formation and development of mental skills that need to be individually examined, including age, competitive experience, level of activity, the nature of the sport, and individual differences (Atena, 2012). Schurr et al. (1977) found that team sport athletes were more dependant, extraverted and anxious but less imaginative than individual sport athletes.

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