



Study of Mental toughness in Wrestling

Munish Kumar

Research Scholar

Department of physical Education, C.T University Ludhiana, Punjab

Dr. Kuldeep Kumar Battan

Assistant professor, C. T university, Ludhiana, Punjab

Abstract

The study on anticipation time, decision making, kinesthetic perception, and mental toughness among elite Indian wrestlers is an interesting topic that sheds light on the cognitive and psychological skills required for success in this sport. However, there are some limitations to the study that must be considered when analyzing the findings. The sample size of the study is relatively small, with only elite Indian wrestlers participating. While the participants were selected based on specific criteria, such as being at the national or international level and having at least five years of experience in wrestling, it is uncertain whether this sample is representative of the wider population of elite Indian wrestlers.

Key words: Mental, toughness, wrestling, Indian etc.

Introduction

The coach's professional life centred mostly on his roles as instructor and motivator for the wrestling squad. The ability to train wrestlers in various approaches and strategies is a crucial quality for any coach. To achieve tremendous success in wrestling, athletics, or anything else that calls for persistent work, inspiration is the key ingredient. When two competitors are equally talented, motivation is typically the component that makes the difference in the outcome of the competition. An athlete's motivation and focus may be greatly influenced by their coach. One's coach is one's primary source of motivation. Those participants and spectators who may most benefit from an infusion of energy will be unable to give their all if their excitement wanes. Only if they have the personal motivation to put these motivators into action, will having one-on-one conversations, setting goals, providing fun and success, using positive imagery, selecting good team captains, getting publicity for individuals and the team, and creating a wonderful environment be helpful? They will pick up part of his enthusiasm for wrestling even if they aren't as devoted to the sport as he is. Depending on the style of leadership that he demonstrates, a coach may either enhance the wrestlers' drive or bring it down to a lesser level. In addition to the reasons that were discussed above, coaches may gain inspiration from the following sources: a love of the sport, a passion of supporting athletes who are pursuing wrestling excellence to accomplish it, a love of the wrestling competition, and a drive for greatness. Having a positive self-image is essential for success in sports, for both players and their coaches.

Mental toughness in wrestling

1. Mentally tough athletes strive to reach what they call Tough Values, which are a set of core beliefs about what it means to be successful in a competitive setting. Athletes who are mentally tough, for instance, are driven by an inner will to win, understand the difficulty of maintaining concentration during competition, take pride in their tenacity and resolve, and love wrestling while acknowledging the importance of other things in life.
2. Mentally tough athletes have what are called tough attitudes, or how they view themselves and the competition. Mentally strong athletes, for instance, believe they have advantages over their rivals. They believe they can be among the greatest wrestlers in the world, that they can overcome personal limitations, and that they can continually improve their performance standards.



3. Mentally strong athletes have what are known as Tough Beliefs, or strong convictions and high expectations for both themselves and their competition. Tough-minded athletes have faith in their skills to recover quickly from setbacks and compete at a high level once again.

4. Mentally tough athletes encounter what are known as Tough Emotions, a combination of physiological and psychological responses to stressful competition settings. Examples of mental toughness in sports include the ability to remain optimistic and even more motivated to succeed in the face of adversity, to avoid becoming overwhelmed by the pressure to live up to others' expectations, to respond effectively to unexpected events that arise during competition, and to take pride in their own performance growth regardless of the outcome.

5. Mentally tough athletes have Tough Skills, which they utilise to control their emotions and actions under pressure. Athletes that are mentally strong are able to do things like keep their cool under pressure, learn from their mistakes quickly, focus on the parts of their performance over which they have control, and maintain their composure no matter how well or poorly they are doing.

The Wrestler's Body: Identity, Ideology, and Meaning As a sport,

Wrestling brings up many different mental pictures. Professional wrestling stands out as the most prevalent and influential of these representations in the West. Wrestling is a grand spectacle of Suffering, Defeat, and Justice, as Barthes puts it . Indian wrestling is not professional wrestling in the sense envisioned by Barthes because of its emphasis on morality. In other words, it's not a show. Dramatic, but not self-aware, performances are what you can expect from a wrestling match. Neither the competitions nor the participants play into the stereotype of burlesque stars. The Indian wrestler represents an entire worldview, as opposed to the Western professional wrestler who often represents a single moral ideal. He is a cultural hero rather than a scaramouche because of this distinction. This book will provide a comprehensive picture of Indian wrestling, but before we get there, we need to establish some sort of foundational context, however obtuse. Rules-wise, Indian wrestling is quite similar to Olympic freestyle wrestling. Wrestling as a sport is something done for fun.

Research methodology

Methodology

Participant

Total 200 wrestlers which includes 100 male and 100 female wrestlers took part in this study. All participants were elite class wrestlers. The sample included 100 high achiever wrestlers (N=100) who had won the Gold, Silver and Bronze medals in this championship and 100 low achiever wrestlers who could not won the medals (N=100). The sample was selected by random sampling technique.

Data analysis

Descriptive statistics were computed for all measures assessed, the data obtained were analyzed with the help of statistical software (SPSS 11.5 version). The mean, standard deviation along with t test has been applied to check the differences between samples mean of two groups viz. high achievers and low achievers wrestlers. The criterion for statistical significance was set at 0.01 level of confidence.

Table
Descriptive Statistics of Successful Wrestlers (n=100)



Mental Toughness	Mean	SD
Self Confidence	19.63	2.34
Negative Energy Control	19.46	1.75
Attention Control	18.06	2.49
Visual / Imagery Control	18.80	2.77
Motivational Level	19.63	2.55
Positive Energy	18.96	2.56
Attitude Control	19.60	2.56

Table-2
Descriptive Statistics of Non-Successful Wrestlers (n=100)

Mental Toughness	Mean	SD
Self Confidence	17.16	3.09
Negative Energy Control	17.83	3.25
Attention Control	16.30	2.70
Visual / Imagery Control	18.10	1.98
Motivational Level	17.33	2.83
Positive Energy	16.73	2.57
Attitude Control	17.83	2.73

Table-3
Comparison of Mental Toughness Successful and Non-Successful
Wrestlers (n=200)

Mental Toughness	t	df	Sig. (2-tailed)	Mean Difference
Self Confidence	3.48	198	.001	2.46
Negative Energy Control	2.41	198	.019	1.63
Attention Control	2.63	198	.011	1.76
Visual / Imagery Control	1.12	198	.266	.70
Motivational Level	3.30	198	.002	2.30
Positive Energy	3.36	198	.001	2.23
Attitude Control	2.58	198	.012	1.76

Analysis of the fundamental areas of mental toughness revealed that the successful wrestlers scored significantly higher on all subscale of mental toughness and significant differences were observed between two groups (successful and non-successful) in self-confidence ($p = 0.001$), negative energy control ($p = 0.019$). Attention Control ($p = 0.011$), Visual / Imagery Control ($p=0.266$), Motivational Level ($p = 0.002$), Positive Energy ($p = 0.001$) and Attitude Control ($p = 0.012$) the finding of our research is also supported by Kuan, G., Roy, J. (2004) who also observed significant differences between athletes (medalist and non medalist) in selfconfidence ($p=0.001$) and negative energy control ($p=0.042$). Medalist's scored significantly higher on self-confidence and negative energy control than the non-medalists (self confidence and negative energy control).



Discussion

The result of the study shows that there was significant difference existed in many physical parameters among the wrestling players in relation to their playing positions. The difference among the wrestling players in relation playing position might prevail because of their specific role in game and the physical fitness demand of that particular playing position. As different playing positions in different games requires different physical attributes for successful participation. The finding of the study was supported by other study on the characteristics of players of different playing positions. The result of study further revealed the raider and all-rounders were better in reaction, balance abilities and leg strength than corner and coverer wrestling players

Conclusion

Wrestling as a classical two-person sport is probably the oldest sport in the world. It can be traced back to the early history of mankind. In ancient times, humans were dependent on the strength of their own bodies, in confronting both natural forces and other humans. There were only primitive weapons, as far as any existed. Wrestling was thus of primary importance in survival. In ancient Greece, wrestling experienced a Golden Age lasting centuries. Rules and descriptions of techniques were introduced. Wrestling as a sport has been part of the Olympic program since 708 B.C. Wrestling is one of those that's definitely an individual sport and at the same time, a part of the larger "team" concept. Some sports are tougher than others; some require physical strength and the ability to run fast. Others require the ability to jump long and high while repossessing acute hand-eye coordination. The athleticism derived from wrestling will be beneficial in almost any sport.

References

1. Abou-bakr, H. M., & Mostafa, M. E. (2016). The Impact of Mental Toughness Training on Speed and Accuracy of Some Offensive Skills of Field Hockey Junior Players. *Journal of Applied Sports Science*, 6(3), 16–22. <https://doi.org/10.21608/jass.2016.84571>
2. Alkalay, I., Greenberg, B., & Daniel, M. (1981). Humeral fracture caused by arm wrestling. *Harefuah*, 100(3), 131-132+154. <https://doi.org/10.36848/IJBAMR/2020/30215.55670>
3. ALY, A., & ELEMIRI, A. (2014). Mental toughness and its relationship to the achievement level of the weightlifters in Egypt. *Turkish Journal of Sport and Exercise*, 16(2), 63–63. <https://doi.org/10.15314/tjse.201428107>
4. Bańkosz, Z., & Stefaniak, T. (2021). Elbow joint position and hand pressure force sense under conditions of quick reaction in table tennis players. *Kinesiology*, 53(1), 95–103. <https://doi.org/10.26582/k.53.1.12>
5. Benítez-Sillero, J. D. D., Martínez-Aranda, L. M., Sanz-Matesanz, M., & Domínguez-Escribano, M. (2021). Determining factors of psychological performance and differences among age categories in youth football players. *Sustainability (Switzerland)*, 13(14), 1–10. <https://doi.org/10.3390/su13147713>
6. Besnier, N., Guinness, D., Hann, M., & Kovač, U. (2018). Rethinking masculinity in the neoliberal order: Cameroonian footballers, fijian rugby players, and senegalese wrestlers. *Comparative Studies in Society and History*, 60(4), 810–838. <https://doi.org/10.1017/S0010417518000312>
7. Black, J. E., & Harrison, V. R. (2018). A Native American ‘playing Indian’: Internal colonization in professional wrestling rhetoric. *International Journal of Media and Cultural Politics*, 14(2), 173–185. https://doi.org/10.1386/macp.14.2.173_1



8. Chaabène, H., Tabben, M., Mkaouer, B., Franchini, E., Negra, Y., Hammami, M., Amara, S., Chaabène, R. B., & Hachana, Y. (2015). Amateur Boxing: Physical and Physiological Attributes. *Sports Medicine*, 45(3), 337–352. <https://doi.org/10.1007/s40279-014-0274-7>
9. Channon, A., & Jennings, G. (2014). Exploring embodiment through martial arts and combat sports: A review of empirical research. *Sport in Society*, 17(6), 773–789. <https://doi.org/10.1080/17430437.2014.882906>
10. Ceylan, Halil & Günay, Ahmet. (2020). Positional differences in anticipation timing, reaction time and dynamic balance of American football players. *Pedagogy of Physical Culture and Sports*. 24. 227-239. 10.15561/26649837.2020.0503.