

**A STUDY OF MENTAL TOUGHNESS OF HIGH AND LOW LEVEL CRICKET PLAYERS OF MADHYA PRADESH**

**\*Yadav Angad \*\*Mehtaa Deepak and \*\*\*Verma Bharat and  
\*\*\*\*Bhagirathi Sameer E.**

1. Research Scholar, School of Physical Education, DAVV, Indore, **INDIA.**
2. Professor and Head, School of Physical Education, DAVV, Indore, **INDIA.**
3. Lecturer, Paliwal Degree College, Shikohabad, Uttar Pradesh, **INDIA.**
4. Cricket Coach, Ontario Cricket Council, Toronto, Ontario, **CANADA.**

**Email:** mokshamehta@sify.com

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**ABSTRACT**

*Mental toughness is widely used expression in modern sports. It is a quality, which differentiates the winner, from the loser, the champion from the rest of the field. The game of cricket now a day's is also mostly depended on the mental toughness abilities of the players. For the purpose of the study 40 male cricket players of Ranji Trophy and 40 male cricketers of intercollegiate level were selected randomly. The age group of the players was ranged between 18-28 years. Questionnaire for Mental toughness prepared by Dr. Alan Goldberg was applied on both of the groups. Descriptive statistics was applied to compare the groups on various sub scales of the mental toughness. On all the scales of Mental toughness dimensions like rebound ability, handling pressure, concentration ability, confidence and motivation, the high level group (Ranji Trophy players) showed significant differences with the players of low level group (Intercollegiate level players). High level Cricketers have shown excellent attributes in all the factors whereas low level participants indicated average scores.*