

**COMPARISON OF MENTAL TOUGHNESS AMONG THE  
NATIONAL LEVEL CRICKET PLAYERS OF KERALA  
AND MADHYA PRADESH**

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*(Received September 18, 2022, accepted October 31, 2022)*

**ABSTRACT**

*The purpose of this study was to Compare the Mental Toughness Among the National Level Cricket Players of Kerala And Madhya Pradesh. In this study as the subject's Under- 16, Under-19 & Senior cricket players of Kerala and Madhya Pradesh were chosen as the subjects. 120 cricket players from Kerala and Madhya Pradesh who had represented their state team in various National & International tournaments were selected for this study. A total of 60 among the whole sample consist of Kerala Players (U-16 – 20, U-19 - 20 & Senior- 20) and the remaining 60 are from Madhya Pradesh. Mental toughness among the cricket players of Kerala and Madhya Pradesh was assessed by Mental Toughness Questionnaire made by Alan Goldberg (2005). The questionnaire was filled by the players of Kerala and Madhya Pradesh respectively. For the evaluation of the questionnaires Two-way ANOVA was employed and findings revealed that, both the states have significant influence on Mental Toughness. The players of Under-16, Under-19 and Senior category of Madhya Pradesh has more Mental Toughness in comparison with the players of Kerala players. When we see within the state the Mental Toughness scores of the Under-16 Players were significantly different than the Under-19 players, the Mental Toughness scores of the Under-16 Players were significantly different than the Senior players, but, the Mental Toughness scores of the Under-19 Players were not significantly different than the senior players. By the help of Sports Psychology, and the assessment of Mental toughness of players or individuals' performance in cricket not only demands systematic training to develop physical and physiological variables but also demands training and considerations of psychological characteristics for the success in this field.*

**Key Words:** Mental Toughness, Anxiety, Sports Psychology, Training, Cricket.