

A Comparative Study of Mental Toughness of Working and Non-Working Females of Delhi

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Abstract:

The purpose of the study was to compare the mental toughness of working and non working female of Delhi. In this study, a total 40 women were selected as subject, out of which 20 women worked outside to earn for a living and 20 did their family work. The women were selected from Delhi. In this study, to measure mental toughness Mental Toughness Questionnaire, developed by Dr. A. Goldberg, was used. The t-test was applied to examine the difference in mean scores between working and non-working female of Delhi. The level of significance was set at 0.05. The results show that there is a significant difference in rebound ability and concentration in working women and non-working women, and also working women have better mean score in motivation and confidence than non-working women, but meaningful at the critical level. There is a significant difference between working women and non-working women in terms of total mental strength. Based on the results obtained, it was concluded that the nature of work can act to build mental strength. As many researches have shown, women who play are mentally stronger than women who not play. The researcher suggests that women doing housework should be given more opportunities, they should be trained in occupations, home industries etc. so that they become empowered.

Keywords: Mental Toughness, Female, Occupation, Mental Strength.

Introduction:

In this modern world it is very important to be mentally prepared, but it has been seen that it is neglected. We all say that it is very important to be mentally strong, yet it does not get much attention. But it is necessary to focus on improving mental health while performing your daily activities. Today everyone has to go out for some work or the other, as well as living in the outside environment has become like a challenge for a woman. It is very important to become strong mentally while working outside.

Mental toughness is an important aspect of one's personality. It means how efficiently you face the challenge and react positively to overcome that challenges. Mental toughness is natural and can be developed. It is the ability to perform better in the situation which is not favorable to you and motivate to act against the wind.

Being mentally strong is much more than just practicing and hoping. There is a lot of difference between living in family environment and workplace environment, at the same time, when you live alone in society, you have to face difficulties, then mental strength is displayed by you. At the difficult time it is the mental toughness which helps the women to stand firmly and cope with the situation. Despite having male dominance in this world, today women do all the work shoulder to shoulder, then the mental strength of that woman is manifested. The results of several studies indicate that the mental strength of women is strongly related to their ability to work. Due to mental strength, she can function better to a great extent even in the conditions of stress and depression. This research work has been done by the researcher in the curiosity of knowing how solid the evidence of the studies done.

Methodology:

In this study, a total 40 women were selected as subject, out of which 20 women worked outside to earn for a living and 20 did their family work. The women were selected from Delhi. In this study, mental toughness measure by Mental Toughness Questionnaire, developed by Dr. A. Goldberg, was used. That questionnaire consists of a total 30 questions. The reliability of that questionnaire is 0.77. There are two options given in this scale, they are as follows. (1) Yes and (2) No. Five dimensions are used in this questionnaire. These include (1) Rebound Ability (2) Ability to handle Pressure (3) Concentration, (4) Confidence (5) Motivation.

Statistical Analysis:

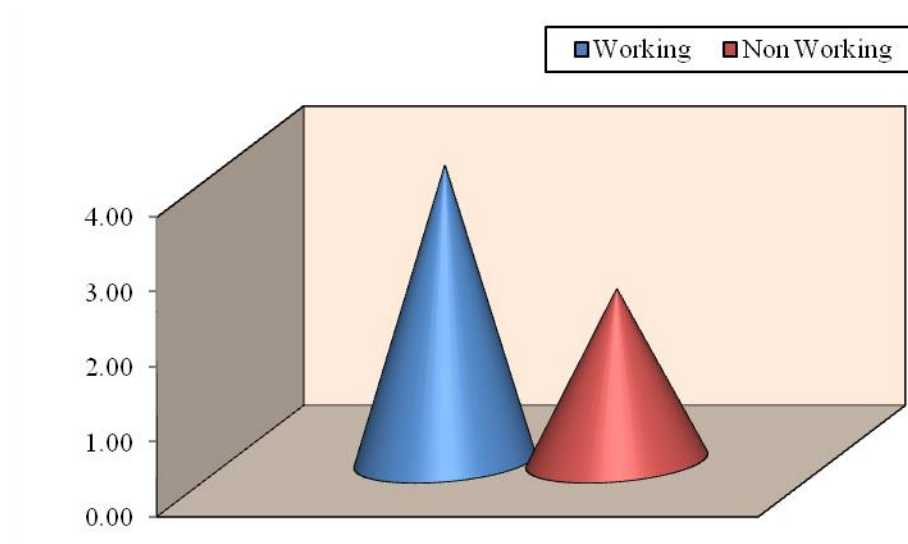
The mean, standard deviation and mean difference were obtained through the statistical package for Microsoft Excel, (version 2007) for the purpose of data descriptive statistics analysis. The t-test was applied to examine the difference in mean scores between working and non-working female of Delhi. The level of significance was set at 0.05.

Table 1: Shows the comparison of mean \pm S.D., mean differences and t-values of mental toughness component rebound ability between working and non-working female.

Group	N	Mean	SD	SE	MD	Ot	df	Tt
Working	20	3.95	0.89	0.30	1.65	5.59*	38	2.02
Non Working	20	2.30	0.98					

Table-1 reveals that there was a significant difference between the mean scores of working and non-working female of rebound ability in mental toughness component, since the calculated t-value 5.59 was higher than the tabulated t-value 2.02 which was required to be significant at 38 degree of freedom

with 0.05 level of confidence. It shows that working female have performed significantly better in rebound ability than the non working female.

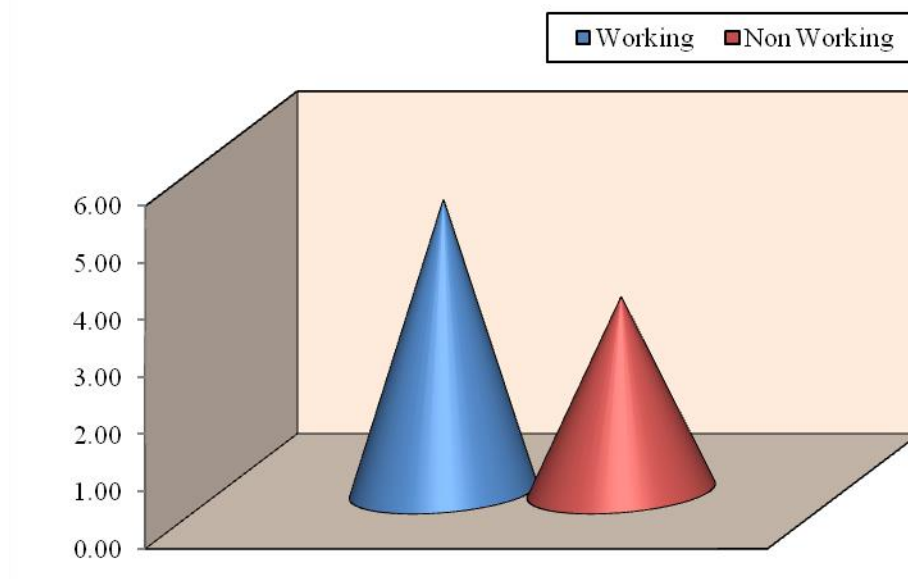


Graph 1: Mean differences of rebound ability between working and non-working female

Table 2: Shows the comparison of mean \pm S.D., mean differences and t-values of mental toughness component Ability to handle Pressure between working and non-working female.

Group	N	Mean	SD	SE	MD	Ot	df	Tt
Working	20	5.10	0.85	0.49	1.70	3.48*	38	2.02
Non Working	20	3.40	2.01					

Table-2 reveals that there was a significant difference between the mean scores of working and non-working female of ability to handle pressure in mental toughness component, since the calculated t-value 3.48 was higher than the tabulated t-value 2.02 which was required to be significant at 38 degree of freedom with 0.05 level of confidence. It shows that working female have performed significantly better in ability to handle pressure than the non-working female.

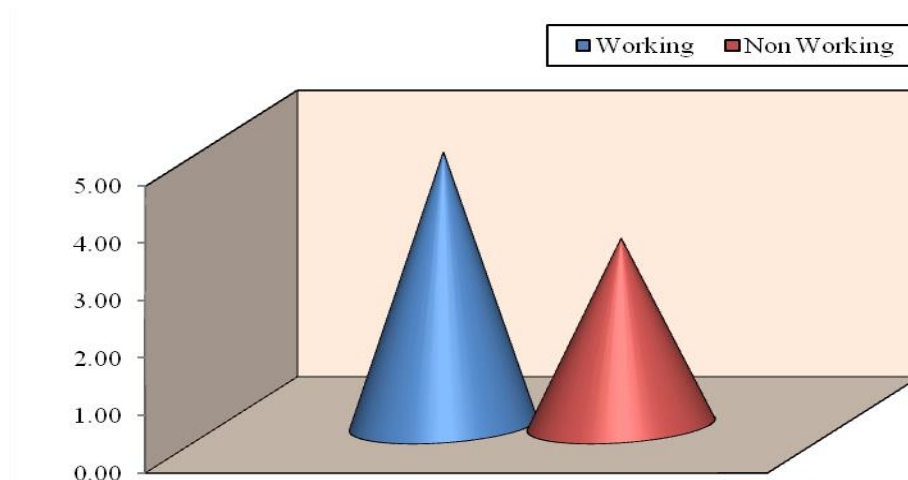


Graph 2: Mean differences of Ability to handle Pressure between working and non-working female

Table 3: Shows the comparison of mean \pm S.D., mean differences and t-values of mental toughness component concentration between working and non-working female.

Group	N	Mean	SD	SE	MD	Ot	df	Tt
Working	20	4.75	1.12	0.42	1.50	3.61*	38	2.02
Non Working	20	3.25	1.48					

Table-3 reveals that there was a significant difference between the mean scores of working and non-working female of concentration in mental toughness component, since the calculated t-value 3.61 was higher than the tabulated t-value 2.02 which was required to be significant at 38 degree of freedom with 0.05 level of confidence. It shows that working female have performed significantly better in concentration than the non-working female.

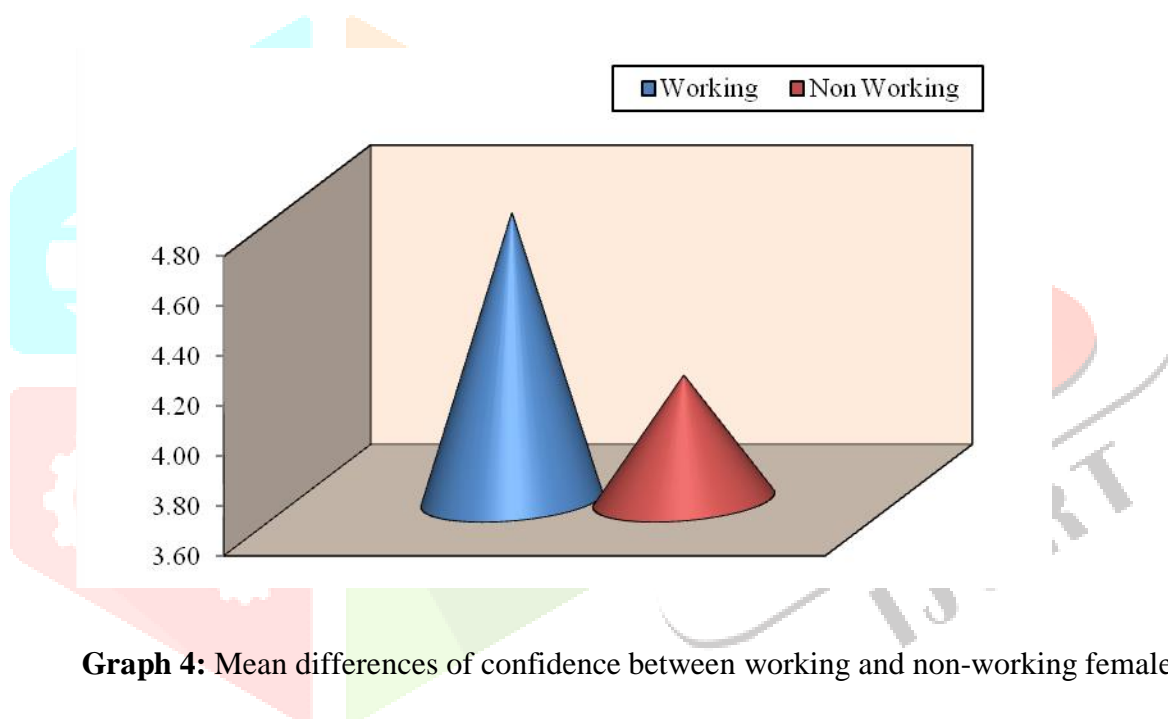


Graph 3: Mean differences of concentration between working and non-working female

Table 4: Shows the comparison of mean \pm S.D., mean differences and t-values of mental toughness component confidence between working and non-working female.

Group	N	Mean	SD	SE	MD	Ot	df	Tt
Working	20	4.75	0.97	0.45	0.65	1.46	38	2.02
Non Working	20	4.10	1.74					

Table-4 reveals that there was a difference between the mean scores of working and non-working female of confidence in mental toughness component, since the calculated t-value 1.46 was less than the tabulated t-value 2.02 which was required to be not significant at 38 degree of freedom with 0.05 level of confidence. It shows that working female have performed mean score better in confidence than the non-working female.

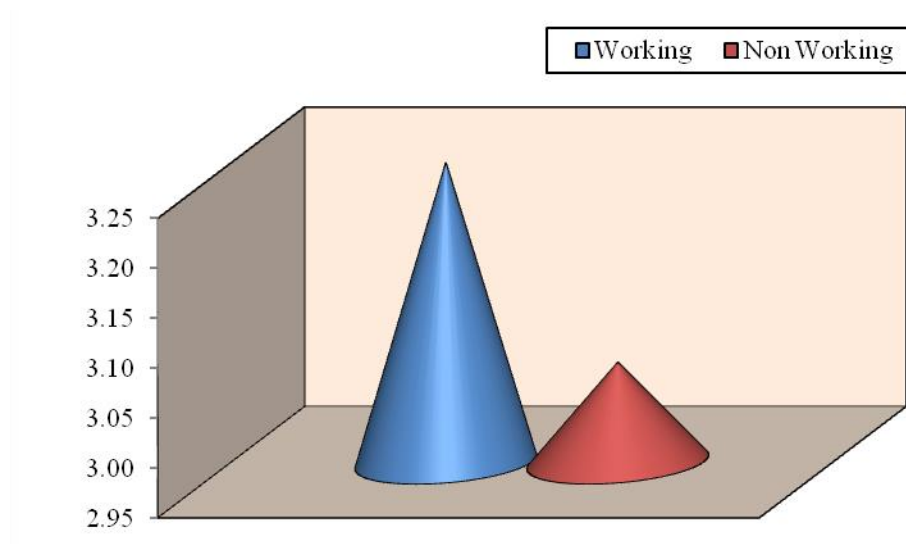


Graph 4: Mean differences of confidence between working and non-working female

Table 5: Shows the comparison of mean \pm S.D., mean differences and t-values of mental toughness component motivation between working and non-working female.

Group	N	Mean	SD	SE	MD	Ot	df	Tt
Working	20	3.25	1.52	0.4	0.20	0.45	38	2.0
Non Working	20	3.05	1.32	5				2

Table-5 reveals that there was a difference between the mean scores of working and non-working female of confidence in mental toughness component, since the calculated t-value 0.45 was less than the tabulated t-value 2.02 which was required to be not significant at 38 degree of freedom with 0.05 level of confidence. It shows that working female have performed mean score better in motivation than the non-working female.

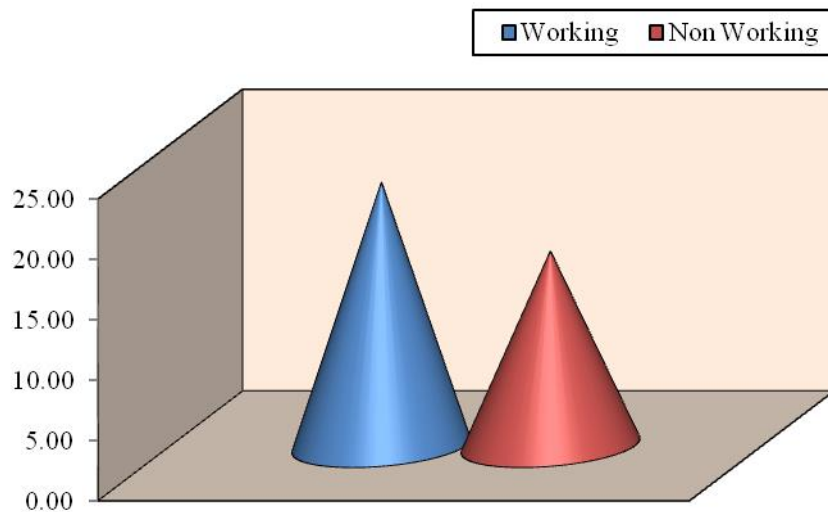


Graph 5: Mean differences of motivation between working and non-working female

Table 6: Shows the comparison of mean \pm S.D., mean differences and t-values of mental toughness between working and non-working female.

Group	N	Mean	SD	SE	MD	Ot	df	Tt
Working	20	21.80	2.97	1.19	5.70	4.79*	38	2.02
Non Working	20	16.10	4.41					

Table-6 reveals that there was a significant difference between the mean scores of working and non-working female in mental toughness, since the calculated t-value 4.79 was more than the tabulated t-value 2.02 which was required to be significant at 38 degree of freedom with 0.05 level of confidence. It shows that working female have performed significantly better in mental toughness than the non-working female.



Graph 6: Mean differences of mental toughness between working and non-working female

Conclusion:

The results show that there is a significant difference in rebound ability and concentration compared to working women and non-working women, and that working women have better mean score in motivation and confidence than non-working women, but meaningful at the critical level. There is a significant difference between working women and non-working women in terms of total mental strength. Based on the results obtained, it was concluded that the nature of work can act to build mental strength. As many researches have shown, women who play are mentally stronger than women who play not play. The researcher suggests that women doing housework should be give the latest opportunities, they should be trained in occupations, home industries etc. so that they can become mentally and financially strong.

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