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STUDY ON REBOUND ABILITY OF SPORTS AND NON SPORTS WOMEN'S

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ABSTRACT: Rebound ability is the capacity of women to recover, adapt, and thrive after suffering setbacks, challenges, or adversity. This study examined the significant difference in rebound ability between women participating in sports and those not. 60 female students were randomly selected from Nitte Meenakshi Institute of Technology, Bengaluru, with 30 participating in sports and 30 not. The rebound ability was chosen as a variable, and it was measured using the mental toughness questionnaire with rebound questions (Dr. Allan Goldberg, 2004). The descriptive and independent t-tests were used to determine whether there was a significant difference in rebound ability between women who participate in sports and those who do not engage in sports.

Keywords: Rebound ability, Sports, Non sports and Women's

Introduction

For women, the ability to bounce back, adjust, and prosper following losses, difficulties, or adversity is known as rebound ability. It is a vital life skill, especially in today's complicated, fast-paced world. Resilience or the psychological parameters' capacity to bounce back greatly influences people's reactions to stress, difficulties, and failures. This skill is especially important for comprehending how women who play sports vary from those who don't. The mental demands of sports, intense training, and exposure to competitive contexts are common ways for sportswomen to build resilience. They develop mental qualities including concentration, stress reduction, and emotional control. However, non-athlete women might grow resilient as a result of many life situations, such as social, professional, or academic difficulties. An understanding of how psychological factors related to rebound ability differ between these two groups can shed light on how sports engagement affects mental toughness, adaptability, and psychological health in general. Rebound ability is not just about surviving difficulties but about using them as a foundation for growth and empowerment. For women, a transformative skill enhances their ability to navigate

life's complexities while maintaining a strong sense of identity and purpose.

People with low "rebound ability" abilities resort to harmful self-punishment behaviours, which invariably cause their loved ones to suffer as well. These can include, but are not limited to, physical, emotional, or even bodily abuse, drunkenness, depression, impatience, and overworking! Maintaining a genuinely happy and comfortable existence is nearly impossible due to these bad behaviours(Dr. Shawn Byler). Educating women, coaches, trainers, and female athletes on rebound capacity is the aim of this study design.

OBJECTIVES

- To know the status of rebound ability of college students of sports women's and Non-Sports Women's.
- To examine the significant difference in rebound ability of college students of sports women's and Non-Sports Women's.

HYPOTHESES

- It was hypothesized that the rebound ability would differ between the college students of sports women's and Non-Sports Women's.
- It was assumed that the sports women's were may better in rebound ability of college students of sports women's and Non-Sports Women's.

METHODOLOGY

A descriptive comparative research approach was used for this investigation. It was used to evaluate the women's sports and non-sports teams' ability to rebound. The researcher chose the sample from the population using the random sampling approach in order to accomplish this goal of the study. A total of 60 individuals were chosen, 30 of whom were female athletes and 30 of whom were not. at Nitte Meenakshi Institute of Technology, Bengaluru. The subjects who played the least amount of intercollegiate sports for the Sports women's group as well as the female students who did not play any sports were chosen as non-sports participants. The subjects that were chosen between the ages of 18 and

25. The mental toughness questionnaire was used to measure the rebound ability, which was chosen as a variable for this study. To evaluate the rebounding ability Section 1 of the Mental Toughness Questionnaire (Dr. Allan Goldberg, 2004) was used. The participants were required to answer questions in order to react. One point was awarded for each right response, and 0 points are awarded for incorrect responses. This questionnaire has a score range of 0 to 6. In order to increase the respondents' cooperation, the researcher met with them in person, described the goal of the study, and provided explicit instructions on how to respond to the questions. The researcher delivered the questionnaire booklet in order to mark the responses. The researcher in person gave out the full questionnaire during a face-to-face interaction. The participants attentively read each sentence, followed the directions, and indicated

Statistical tools

Descriptive statistics were employed to assess the rebound ability score. To determine whether there were any notable variations in rebound ability between women's athletes and non-athletes, the "independent sample t test" was used. The significance level for testing the hypotheses was set at 0.05 level.

Analysis and Interpretation of data

Table 1.1. Group Wise Descriptive Statistics of Rebound Ability of Sports and Non-Sports Women's

Group Statistics					
	Group	N	Mean	Std. Deviation	Std. Error Mean
Rebound ability	Sports Women' s	30	2.70	0.702	0.128
	Non-Sports Women' s	30	2.27	0.583	0.106

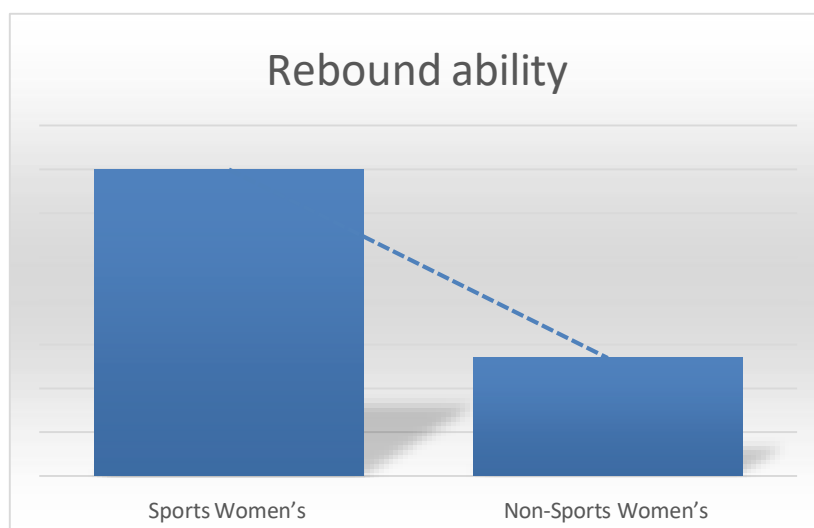
Interpretation: Table 1.1 above indicates that the mean and standard deviation of rebound ability for sportswomen and Non-Sports women's are 2.70 and 0.702, 2.27 and 0.583, respectively, and the standard error mean is 0.128 and 0.106 for the 30 women who play sports and the 30 women who don't play sports.

Table 1.2. Comparison of Rebound Ability between Sports and Non-Sports Women's

Independent Samples Test					
	t-test for Equality of Means				
	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Rebound ability	2.600	58	0.012	0.433	0.167

Inference: The above table reveals that the t-test of rebound ability between sports and non-sports women is 2.600 for 58 degrees of freedom, the mean difference between the selected groups is 0.433, the Std Error difference is 0.167, and the p-value is 0.012, which is less than the 0.05 level of significance. Therefore, it is concluded that there is a significant difference in rebound ability between sports and non-sports women.

Figure-1 Bar diagram for mean value of rebound ability of Sports and non-sports women



Discussion on the findings

The outcome of the study shows that there is a significant difference in rebound ability between sports and non-sports women because Athletes that are exposed to competitive settings improve their timing and spatial awareness, which are essential for successful game rebounding. Athletes may be inspired to refine their talents by competitive sports, which can also foster confidence and a strong drive to do better. The same study has been supported by the research study of **D Jagoulen Kipgen & Lokesh L** conducted on A Resilience and Grit among athlete and non athletes. The result of the study found that there was a significant difference in resilience and grit between athletes and non-athletes.

Discussion on Hypothesis

The first hypothesis asserted that there would be significance difference in rebound ability between sports and non-sports women's

The statistical values established that there was a significant difference existed in rebound ability between sports and non-sports women's. Hence, the hypothesis is accepted.

The second hypothesis assumed that the sports women's were may better in rebound ability of college students of sports women's and Non-Sports Women's.

The result of the study established that the sports women's were better in the rebound ability compare to the non-sports women's. Hence, the hypothesis is accepted.

Conclusion

- Based on outcomes it is concluded the rebound ability significantly differ between the sports and non-sports women's.
- It is concluded that the sports women's were better in rebound ability than the non-sports women's

Recommendation

Encourage women to view physical activity and sports as opportunities for self-care, stress relief, personal growth and develop rebound ability.

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