

## **An Appraisal of the Relationship between Socio-Economic Status and Mental Toughness of Cricketers**

**Authors :** Punam Shaw

**Abstract :** Relationship often refers to the acquaintance or association between two or more things, which are interrelated and interdependent. The socio-economic status is obviously a blending of two states, would, therefore, be a ranking of an individual by the society he or she lives in, and in terms of his/her material belonging, cultural possessions along with the degree of respect, power and influence wield. Hence, education, income and occupation of an individual play a significant role in society. Positive mental attitude leads to achieve the set goal, and improve performance particularly in team cohesiveness, which may be determined by various interrelated aspects, which can predict the future assessment in their respective field accordingly. The study intended to examine and explore the relationship between Socio-economic Status and Mental Toughness of cricketers. For the present study descriptive survey research method was used and selected 40 (male=20 female=20) U-17 years registered players under Cricket Association of Bengal (CAB), as the sample population. Modified Socio-Economic Status Scale was used to collect the data regarding players, socioeconomic Status and to assess the mental toughness; Scott Barry Kaufman questionnaire was used. The data had been analysed through applying Pearson's Correlation Coefficient and t-test as statistical techniques. The findings of the study showed that there is a positive correlation between socioeconomic Status and Mental Toughness among cricketers, it was found that significant difference was presented between male and female SES group. It was further revealed that there is no significant difference between male and female cricketers and in their different socioeconomic class with respect to their mental toughness.

**Keywords :** cricketers, mental toughness, relationship, socio-economic status

**Conference Title :** ICPEPSS 2020 : International Conference on Physical Education and Performance in Sport Science

**Conference Location :** Bangkok, Thailand

**Conference Dates :** January 16-17, 2020