

## Study of the Mental Toughness of the Basketball Players

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**Abstract :** The purpose of the study was to compare the mental toughness between male and female basketball players of District shri muktsar sahib Panjab. A sample of fifty male players (N=50) age ranging 18 to 25 years and Fifty female player(N=50) age ranging 18 to 25 years. The Data was collected by using mental toughness questionnaire developed by Goldberg (1998). The t-test was applied to assess the differences male and female basketball players. The level of significance was set at 0.05. Study revealed that there were significant differences male and female basketball players with regard to Rebound Ability, Ability to Handle Pressure, Confidence and Overall Mental Toughness and insignificant differences with regard to Concentration and Motivation.

**Keywords :** mental toughness, basketball, psychological, competitive

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