

---

## THE COGNITIVE MENTAL STAMINA OF THE YOUNG HAND BALL PLAYERS

**Jenil John**

Research Scholar, SPE&SS, M G University

**Gijo George**

Department of Physical Education, Pavanatma College

---

### ABSTRACT

---

#### KEY WORDS:

Mental stamina

Cognitive mental stamina refers to a collection of mental characteristics that are very important to optimal performance. Athletes, coaches, and sports psychologists consistently represent mental stamina as one of the most important psychological traits associated with athletic success. Over the past few decades, numerous studies have been conducted to examine the role of mental stamina in sports success. However, its conceptualization and measurement is being concluded without a general agreement. The purpose of this study is to systematically review some of the emerging definitions and concepts and examine how mental stamina could be developed. This review considers qualitative and quantitative approaches to the study of mental stamina. Although these discussions focus on the general aspects of mental stress, we believe that many topics are relevant to scholars and trainers interested in measuring psychological variables related to sports, exercise, and other performance or achievements.

This paper studies the overall traits which includes the physical, mental, functional, technical traits of the competitive male handball players aged 19 to 25 years of Aquinas College, MG University, who were getting ready to face their opposite team. The players were thoroughly analyzed in 3 stages like observation, questionnaire and psychological testing. The end result was that all the players had strong and stable mental strength to crack the record and win the game.

**Aim :**

To carefully study the competition of the male handball players of Aquinas College, MG University to face their rivals.

**Literature Review:**

Viorcom (2010) conducted a study to investigate the effects of disagreement coincides with knowledge sharing and performance in teams individual team members. Data were obtained from a survey of 1,354 people employees working in 126 teams in 17 organizations. The results show that consensus has a positive effect on the exchange of advice between team members and in the openness to share opinions when disagreeing is adversely affected openness to share comments. Also, for the exchange of advice on a team Positively influences the performance of individual team members mediator between coordination and individual performance.

Spink (2010) examines the relationship between perceptions of team coordination in one season the players were judged for their actual return to the team

next season. Concepts about integration within a functional setting linked to individual membership in the group (e.g. attendance) and outside of the actual context of the group (e.g. intent to return to the group within the group future). However, the perceptions of synergy have not yet been examined by research

Individuals within a group are associated with returning to a group dissolved. Elite Men's Ice Hockey Players= 122) completed the group environmental questionnaire in 8 teams for evaluation consolidation. The team checked the rosters for the next season to determine the players. They never returned to their teams. Discretionary performance analysis revealed Players who return to play for the team next season

Great insights into task coordination with function numbering the 16% variance in actual income and the 70% variance are correctly categorized participants. These results expand the research on integration / intent to return relationship with the actual return of individuals to the previous group.

**Methodolgy :**

The research was conducted on MG University male handball team players of Aquinas College, Cochin aged 19 to 25 years through three main process, which included observation, psychological testing and questionnaire.

**Inference :**

The preparation for mental stability helps the players to equip a specific plan rather than involving in what they prefer the way they want and not only that, it is also a stress buster. The mental preparation involves mainly various types of excercises, which helps the body to release endorphins that minimizes pain and stress, thus reducing stress hormones like

cortisol&andnenaline. When they are prepared mentally in a stronger way they will give their full potential by remaining peaceful even if failure knock at them.

The main steps in the mental preparation routine involves the warm up, which makes the players relaxed and confident in their skills. The transition as the role of a competitor in the sports field is what should be focused on when the players are out to play. They should bounce back, even if they fail. They should focus only on the method not on results. The rehearsal is very important to build self confidence.

The study on MG University male handball players aged 19 to 25 years was conducted, when they played with their rival team which was complete contrast in terms of experience and skills. It was found out that 35.7% was mentally ready, more than half percentage was above average and high level category comes to nearly 15% against S.H. College, Thevara. In the game against S.H. College, Thevara 39% were above average and the rest were average with respect to their mental ability.

### **Concluding part :**

There was a non wavering mental strength among the players, which asserts their confidence during and before the tournament and they were full fledged to break the record and bring laurels to the institute.

### **References:**

1. vanWoerkom, M., & Sanders, K. (2010). The Romance of Learning from Disagreement. The Effect of Cohesiveness and Disagreement on Knowledge Sharing Behavior and Individual Performance Within Teams. *Journal of business and psychology*, 25(1), 139–149. <https://doi.org/10.1007/s10869-009-9136-y>
2. Spink, Kevin &Ulwick, Jocelyn &McIaren, Colin & Crozier, Alyson &Fesser, Kayla. (2015). Effects of Groupness and Cohesion on Intention to Return in Sport.. *Sport, Exercise, and Performance Psychology*. 4. 10.1037/spy0000043.