

**Theories & Applications, the International Edition**

Printed Version : (ISSN 2090-5262)

Online Version : (ISSN 2090-5270)

November 2014, Volume 4, No. 3 Pages (131 - 135)

**Building Of Mental Toughness Questionnaire among Volleyball Referees.****Dr. Wael.Kandil**

Assistant professor, faculty of physical education Al Sadat City University, Egypt.

**Introduction**

**M**ental toughness is a term often used by coaches, the media, and even athletes themselves to describe a team or athlete who overcomes a deficit or setback, performs at the peak of their abilities, shows grit and determination, or has the personal and athletic qualities that set them apart from their competition. Indeed, mental toughness is often mentioned as one of, if not the, determining factors in any record-setting or even just winning performance

The sports competition fertile source for many of the emotional and changing attitudes which serves as position checksum calendar for sports capabilities carries many of the sources of threats and mental pressures that negatively affect athletic performance

Also seen as a source of sports competition as the position of the pressure test and evaluate the capabilities of the player may include groups of failure or loss of confidence in his abilities or lack of control over the various factors associated with achieving victory in the competition and the resulting moral and material gains'

And refers Ibrahim Khalifa (1997) noted that the pressure mentality is one of the phenomena of mental influence on the health of sports, may lead severity and repeated exposure has negative impacts on athletic performance and to an imbalance in mental health, which could affect the integrated health of the athletes and may even be exhaustion and psychological sense Mental negative feelings that are difficult for the player to resist and confront and become vulnerable to the withdrawal of the sport

Both agree Kobasa (1982) and Smith, (1982) in that exposure is inevitable pressures inevitable reality of life is fraught with obstacles and difficulties and failures, which forms a negative impact on aspects of cognitive, emotional and behavioral, the individual cannot avoid failure or frustration or loss as it cannot be avoided or run away from the requirements of the change in personal growth at any stage of growth..

So researchers interested in studying the problems related to the pressure and how to address them as useful method of confrontation in solving problems and prevent future difficulties and alleviate these pressures.

The variable stiffness mental variables mentality that contribute to an individual's ability to confront the most positive pressure and solve and prevent difficulties the

future as it is a tuft general in personal works on composition and development through environmental expertise diverse surrounding the individual since childhood, and derived variable stiffness mental theory of existentialism in person, refers guaranteed that the people most hardened easy to commit themselves to what they are doing and believe in their ability to control events pressures and look to change that defied normal allows them to grow and when they understand the events of the pressure they can make decisions and putting priorities in their lives and new goals and activities of the more complicated evaluate them as a humanitarian mission capabilities

Controlling your mind has as much to do with your volleyball development as controlling your body. Yes, the players need to know how to pass, set, hit, block, serve and dig. But you also need to know how to perform those skills well in the face of challenge, adversity and extreme pressure.

According to Kobasa (1982) the mental toughness "is the belief of the individual in their effectiveness and ability to use all sources of mental and available social Ki understands and interprets faces effectively life events pressing" hardness mental according to the heritage available consist of a package of properties mentality is (Commitment - Control – challenge).

Lacking of mental toughness among volleyball referees leads to increased pressure mental and shows the impact that the decline in the level of performance of the referee often note that a lot of players have sports, but they are not able to resolve the competition in their favor despite outweigh their abilities for the other team due to arousal emotional high This case comes in different forms, but there are general condition characteristic of this type and is in imbalance year is prompt and inability to concentrate and directing the energy towards dealing with any of the obligations that are placed in front of them in the game and called beginning that emerges when the case fever beginning or apathy and represented in the case psychological disharmony which lead to loss of mental alertness and least focus in the implementation duties tactical and defensive. Osama Riad (2000)

In the case of enjoyment rulers volleyball toughness mentality they improve their behavior in decision-making in all positions of the game and be confident of themselves and their ability to manage the games efficiently, especially when criticism by the public or exposed " objections to the decisions by the members of the team, so the morale of their high and ready to face the criticism and interpreted in

accordance with the law, are considerably less alone pressures emotional to have a look at the situation at that position challenged up the stage of readiness to fight and less triggering fever initially thinking about effective rapid and speed of decision-making and the expectation proper positions of the game and the speed of the reaction towards the goals to be achieved and the ability to take decision at the right moment and interpretation, and bringing the power to possess special abilities that enable him to understand the attitudes and organization organized a special position allows him to predict the positions before they occur and take the right decision at the right time.

From the standpoint former and through the importance of hardness mental athletes in general, and to the rulers of Volleyball International in particular, the importance of knowing the High Commissions of the rulers of the state governors and their mental abilities before assigning the management of matches is sensitive, which may contribute significantly to withstand the pressures of mental which constitute a significant impediment to the achievement Sports, which is in good management in arbitration matches.

The researcher believes that identify and assess the degree of hardness mantel's rulers volleyball aspect diagnostic evaluation is an important aspect of psychological preparation for referees and this diagnosis and evaluation needs to be a measure of scientific' can working in the field of arbitration used in a scientific manner, prompting the researcher to build scale hardness mental rulers Volleyball Arab Republic of Egypt, perhaps it provides a scientific way to measure this variable, especially since the area lacks the kind of standards.

Hence, the aim of this study was to investigate and building of mental toughness questionnaire among volleyball judges in A.R.E.

#### **Methods:**

#### **Sample:**

The sample contains (140) referees of the rulers of volleyball Arab Republic of Egypt chosen way intentional, representing all regions of the volleyball Republic, aged between 24, 53 and enrolled Federation of Egyptian volleyball rulers workers for season 2009/2010, was also selected (40) judgment were chosen at random to conduct the survey among the rulers of these areas to conduct scientific transactions (validity - reliability) of the measure in its final form (after factor analysis).

#### **Scale-building steps:**

- The researcher access to reference and research Arab and foreign ill the field of psychology, which addressed the issue of rigidity Substances (7,8,9,10, 11, 12, 13,14, 15, 16) in light of that have been identified dimensional governing stiffness It is mental: Focus- confidence - stress - are back again and confront failure - motivation - decision-making.
- the researcher formulated a set of phrases in light of the theoretical concept of the dimensions of the proposed

(focus - trust - stress - back again and confront failure - motivation - the decision-making), where consisted initial scale of (91) is distributed on factors scale as follows: (17 ) is to focus, (16) the words of confidence, (13) is to withstand the pressures, (15) is to return again and confront failure, (16) the words of motivation, (14) is to make the decision.

- The researcher introduced the factors and phrases in its initial number (7) of experts from professors who specialize in the field of sports psychology in the period from 22/9/2009 to 15/10/2009 Annex (2) for the purpose of :
  - To express an opinion on the appropriateness of dimensional scale according to the theoretical concept of mental toughness.
  - Add, delete or modify the proposed dimensions.
  - To express an opinion on the proposed terms in terms of the representation of the dimensions.
  - The safety of wording for phrases.
  - The adequacy of standards appreciation to answer phrases.
  - Often (3) Sometimes (2) Rarely (1)
  - Note Unlike previous grades in the case of negative phrases dump.

This offer has resulted in the approval of experts 100% on the scale factors in the light of the theoretical concept of mental toughness as well as appreciation for the standards to answer phrases. The researcher delete and modify the formulation of terms agreed by more than 50% of the experts, namely, (5) the words of the 'after focusing a 0 to the number of words (12) words, was modified in the formulation (3) statements Numbers, has also been deleted (6) statements of the 'after-confidence, a was modified formulation (4) statements which numbers to the number of words (10) statements, as deleted (4) statements of after the stress a to read ( 9) statements, has also been deleted (5) statements of 'after returning again and confront failure, a to the number of words (10) words, was modified in the formulation (3) statements numbers, as has been deleted (4) phrases' After motivation, a was modified formulation (4) statements which numbers to the number of words (12) statements has also been deleted (1) is one of the 'after the decision. a to the number 01 words (13) words, was modified in the formulation (3) statements numbers, bringing the total phrases scale after deletion and modification (66) is representing six factors of the scale facility (3)

The researcher distributed the scale of the 66 phrases in a random manner as follows: the concentration factor (12) is their numbers are

(1,7,12,14,21,28,35,42,48,54,60,66),confidence factor (10) numbers are phrases (2,8, 16, 24, 32, 38, 44, 50, 56, 62) stress factor (9) its figures phrases are (3, 9, 15, 22,29, 36,

43 , 49, 55), factor back again and confront failure (10) phrases its figures are (4,10,17,25,33,40,47,53,59,65) worker motivation (12) is numbers are (5, 11, 18, 26, 34, 45, 46, 57, 58, 61, 63, 64), the decision-making factor(13) is its figures are (6,13,19,20,22,23,27,30,31,37,41,51,52) 0, to be applied to players sample to conduct Description statistical variables to make sure that the sample is distributed distribution Atabalipa in terms of their responses to the phrases as well as the correlation matrix between phrases and a factor analysis to see phrases most saturated on six factors (focus-trust-stress are back again and confront failure- motivation - decision-making) as well as scientific

transactions to gauge the mental toughness to the rulers of volleyball in its final form.

#### The factor conditions of accepted:

Subjected to rotate factors in the basic components and researchers will be accepted.

- The factor with three shifts or more.
- The factor that increases its root's potential for the correct one.
- The gateway to the factor impregnated with 0.4 or more.

Table (1)

Matrix of factors to measure mental toughness for volleyball referees after rotation.

factor	No,	Item no,	Before rotation					
			Factor (1)	Factor (2)	Factor (3)	Factor (4)	Factor (5)	Factor (6)
focus	1	1	0.27	-0.23	0.24	0.06	0.42*	-0.06
	2	7	0.27	0.17	0.04	0.32	0.05	-0.04
	3	12	0.29	-0.05	-0.09	0.21	0.15	0.17
	4	14	0.54*	0.09	0.01	0.49	0.24	0.08
	5	21	0.38	-0.04	-0.37	0.30	0.07	0.43*
	6	28	-0.22	-0.25	-0.31	-0.31	-0.09	0.32
	7	35	0.21	-0.12	0.22	0.11	0.10	0.29
	8	42	0.04	0.28	-0.12	0.21	-0.23	0.00
	9	48	0.14	-0.30	-0.04	-0.06	0.27	0.19
	10	54	0.51	0.33	-0.08	0.61	0.01	0.06
	11	60	0.35	0.44	-0.07	0.54	-0.15	-0.03
	12	66	0.23	-0.12	-0.26	0.13	0.10	0.33
confidence	13	2	0.17	0.02	-0.29	0.16	-0.05	0.29
	14	8	0.47	0.18	0.06	0.49	0.16	-0.02
	15	16	0.49	0.23	-0.06	0.53	0.08	0.07
	16	24	0.57	-0.20	0.10	0.33	0.50*	0.12
	17	32	0.14	-0.03	0.14	0.09	0.16	-0.09
	18	38	0.27	0.32	-0.06	0.14*	-0.10	-0.02
	19	44	0.43	0.19	-0.02	0.46*	0.09	0.04
	20	50	0.31	0.31	0.32	0.41*	0.10	-0.34
	21	56	0.33	0.27	0.09	0.42*	0.04	-0.11
	22	62	0.06	-0.50	-0.50	0.05	-0.16	0.49*
stress	23	3	-0.02	-0.06	-0.07	-0.04	-0.00	0.09
	24	9	-0.18	-0.27	-0.21	-0.30	-0.00	0.25
	25	15	0.30	-0.09	0.17	0.18	0.30	-0.05
	26	22	0.01	-0.16	-0.61	-0.05	-0.16	0.61*
	27	29	-0.14	-0.11	-0.35	-0.16	-0.16	0.32
	28	36	0.24	0.05	0.28	0.21	0.23	-0.21
	29	43	0.20	0.17	-0.17	0.27	-0.08	0.13
	30	49	0.39	-0.25	0.19	0.16	0.049*	0.02
	31	55	0.12	0.09	0.01	0.14	0.00	-0.02
Back again and confront failure	32	4	0.23	-0.41	0.45	-0.09	0.62*	-0.19
	33	10	0.01	-0.37	-0.02	-0.21	0.25	0.16
	34	17	0.14	-0.26	-0.26	-0.030	0.14	0.37
	35	25	0.37	-0.20	0.21	0.17	0.44*	-0.03
	36	33	0.20	-0.03	-0.30	0.16	-0.00	0.33
	37	40	0.26	-0.13	0.25	0.12	0.35	-0.10
	38	47	0.25	-0.07	-0.02	0.16	0.17	0.11
	39	53	0.41	0.17	0.01	0.43*	0.12	0.02
40	59	0.19	0.51	0.10	0.49*	-0.30	-0.07	

factor	No.	Item no.	Before rotation					
			Factor (1)	Factor (2)	Factor (3)	Factor (4)	Factor (5)	Factor (6)
	41	65	0.12	-0.15	0.28	-0.01	0.30	-0.16
motivation	42	5	0.15	-0.39	-0.30	-0.10	0.22	0.46*
	43	11	0.44	-0.19	-0.10	0.24	0.33	0.26
	44	18	0.14	-0.18	0.11	0.00	0.25	0.00
	45	26	0.44	-0.19	0.16	0.25	0.30	0.30
	46	34	0.15	-0.06	0.11	0.07	0.18	-0.04
	47	45	0.17	-0.33	-0.06	-0.05	0.30	0.22
	48	46	0.40	-0.26	-0.23	0.19	0.30	0.40*
	49	57	0.18	-0.27	-0.04	-0.02	0.27	0.18
	50	58	0.29	-0.11	-0.07	0.17	0.21	0.17
	51	61	0.15	-0.48	0.32	0.19	0.56*	-0.06
	52	63	0.47	0.00	-0.10	-0.39	0.21	0.19
	53	64	0.43	-0.30	0.01	0.16	0.45*	0.21
Decision - making	54	6	0.21	0.07	0.32	0.19	0.21	-0.26
	55	13	0.26	0.13	-0.22	0.30	-0.05	0.20
	56	19	0.04	0.28	-0.12	0.21	-0.23	0.00
	57	20	0.14	-0.30	-0.04	-0.06	0.27	0.19
	58	22	0.51	0.33	-0.08	0.61	0.01	0.06
	59	23	0.35	0.44	-0.07	0.54	-0.15	-0.03
	60	27	0.23	-0.12	-0.26	0.13	0.10	0.33
	61	30	0.17	0.02	-0.26	0.16	-0.05	0.29
	62	31	0.47	0.18	0.06	0.49	0.16	-0.02
	63	37	0.49	0.23	-0.06	0.53	0.08	0.07
	64	41	0.15	-0.39	-0.30	-0.10	0.22	0.46*
	65	51	0.44	-0.19	-0.10	0.24	0.33	0.26
	66	52	0.14	-0.18	0.11	0.00	0.25	0.00

## Discussion

According to the conditions of admission has been accepted factors six factors as they all increased (6) limitations and then was accepted factors in the order they are received in the global matrix according to the nature impregnated phrases and affiliation of each factor might label each factor as follows :

### Scientific transactions scale:

- Consisted measure in its final form on six dimensions possible ranking in random manner ,as follows:
- . After Focus: It includes (12) is a numbers (1, 7, 12, 14,21,28,35, 42, 48, 54, 60, 66)
- After confidence: It includes (10) expressions are numbers (2, 8, 16, 24,32,38,44,50,56,62.)
- after endurance pressures: It includes (9) are phrases (3, 9, 15, 22, 29, 36,43,49, 55)
- After coming back and confront failure: It includes (10) are phrases (4, 10, 17,25,33,40,47, 53, 59, 65) . After motivation: It includes (12) is a phrase (5, 11, 18,26,34,45, 46,57,58,61,63, and 64.
- After the decision: It includes (13) is a phrases (6, 13, 19, 20. 22. 23, 27,30,31,37,41,51,52.)

Thus, the total phrases scale (66) the words are correct scale according to three responses each gateway positive which always apply = 3 degrees, apply sometimes = 2 degrees, does not apply to never = 1 degree and vice versa with phrases negative, and the highest degree of the scale (198) and less so (66) and represents a high-class high degree of hardness and less mental toughness, the lower class on the scale, the written and the time to perform the test (30 minutes)

Within the limits of eye research and in the light of the outcome of the results of the factor analysis the researchers reached the following conclusions:

- . Building measure in which you can identify the mental toughness to the rulers of volleyball.
- was built and calibrated to measure the rulers of the Egyptian Federation volleyball, through six key factors containing 66 words all reflect on the mental toughness of governors, has factors were as follows:
- . Estimated balance of phrases always apply = 3 degrees. Sometimes apply degree = 2, never = 1 does not apply this degree of positive statements and inverse (1-2-3) degree in negative terms.
- The total score of the scale (198) and micro-class degree (66) 0 degrees
- . Time Scale Pilot (30 minutes) 0

**Recommendations:**

In light of the research sample and researchers results as follows:

- The need attention of the scale of mental toughness on a regular basis on the ball on rulers in particular and volleyball rulers generally.
- Interest in the work of special training courses preparing psych to the rulers of volleyball and how to deal with psychological in different competitive situations and therefore to those on the sports field.
- Attention to building diagnosis and evaluation standards to be a launching pad psychological preparation for referees.

**LITERATURE REVIEW****Mental Toughness: An Analysis of Sex, Race, and Mood**

Mental toughness is a term often used by coaches, the media, and even athletes themselves to describe a team or athlete who overcomes a deficit or setback, performs at the peak of their abilities, shows grit and determination, or has the personal and athletic qualities that set them apart from their competition. Indeed, mental toughness is often mentioned as one of, if not the, determining factor in any record-setting or even just winning performance.

In fact, Gould and colleagues found that 82% and 73%, respectively, of their participants (i.e., athletes, coaches, parents) cited mental toughness as one of the most important factors for successful performance (Gould, Dieffenbach, & Moffett, 2002; Gould, Hodge, Peterson & Petlichkoff, 1987). Not surprisingly, a recent search for “mental toughness” on a sporting news website ([www.yahoosports.com](http://www.yahoosports.com)) revealed thousands of articles referencing it. One article explained Tiger Wood’s recent lack of success on the golf course as being due to a lack of mental toughness and not a decline in ability (Wetzel, 2010). Another article attributed a professional hockey team’s playoff victories to mental toughness (Canadian Press, 2011).

Although such survey data and anecdotal evidence support the idea that mental toughness is considered by coaches and athletes as a key component of performance success, methodologically sound, empirical research still is needed to truly understand what mental toughness is, how it is developed and manifested in athletes of all skill levels and backgrounds, and how it relates to sport performance.

**References**

- 1- Ibrahim Abed Rabbo Khalifa: scientific in the field of sports, the Supreme Council, For Youth and Sports, the Office of training to prepare leaders, (1997)
- 2- Osama Riad: mental skills training - in the spons field applications., Dar sports thought, (2000)

- 3- Kobasa S.C: Comminnent and coping in stress resistance among lawyers. Journal of Personality and Social Psychology,4.( 4) 707-717(1982b)
- 4- Kobasa,S.c., Maddi, S , R, punctuate, M.C. and Zola, M.A.:Effectiveness of hardiness exercise and social support as resources against illness. Journal of psychosomatic research, 29, (1995)
- 5- Lee crustpeak performance sport psychology
- 6- <http://www.pponline.co.uk/encyc/sports-psychology.html>(2000).
- 7- Piko, B. Gender differences and similarities in adolescents ways of coping Psychological, 51 (2001)
- 8- Roth,D.I; Wiebe,D.J; Fillingim,R.B. and Shay, K.A:Life events.
- 9- Fitness, Hardiness and Health: a Simultaneous analysis of proposal stress- resistance effects. Journal of personality and Social Psychology 57,1,(1989)

