

**Mental Toughness, Interpersonal Relationships and Psycho-social
Issues of Cricketers**



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Declaration

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Abstract

This study is about exploring the relationship among mental toughness, interpersonal relationships and psycho-social problems among cricketers. By using purposive sampling, 198 participants were included in this study, in the age range of 16 above. The participants were given Cricketers' Mental Toughness Scale (Subhan, Saleem, & Mahmood, 2017), Cricketers' Psycho Social Issues Scale (Subhan, Mahmood, & Saleem, 2017) and Interpersonal Relationship Scale (Ikram, Jabeen, Mahmood, 2017) with demographics. The result showed that first class cricketers with more experience of years go through more lack of social support than others. The cricketers with 1-2 years of experience more negative self-image than others. The cricketers who were more emotionally stable and prepared for game had less psycho-socio problems and cricketers who had more positive self-image and coach had less psycho-social problems. The results are discussed in terms of psycho-social problems of Pakistani cricketers in this culture and how they are different than the problems faced by cricketers of other culture and their implication of better performance among cricketers.

Introduction

Sports is generally a primarily physical venture which have attributes of speed, strength, stamina fitness, coordination, flexibility and resilience. There is no systematic data available on sports that when it started. However, based on archaeological artefacts and ethnographic evidences, it is found that there were diverse athletic and sporting festivals even before the great empires and beginning of civilized settlement of people as early as 4000 BC. There were chariot races, combat contests in Indus River regions by 2300 BC.