SELF-PERCEPTION OF MENTAL TOUGHNESS IN TRIATHLON, COMPARISON BETWEEN ATHLETES AND TRAINERS
PURPOSE

The purpose of the present study was to analyse the complex process of talent selection in triathlon administering the mental toughness questionnaire (MTQ48).

METHODS

16 elite Italian triathletes (8 female, 8 male) between 15-18 years of age and 7 national coaches agreed to participate in the present study.

They were requested to fill in the MTQ48 Mental toughness questionnaire (Clough et al 2002) during a pre-season training camp (October 2010).

Data collected from athletes were correlated (p<0.05) to the questionnaire completed by the trainers that were requested to evaluate their own athletes mental toughness.

RESULTS

Higher levels of mental toughness were significantly correlated to higher pressure tolerance during the training camp for male (R= 0.285) but not for females.

Athletes that had higher scores of mental toughness were selected by the national team.

We assessed that trainers overestimate some psychological features such as mental toughness, challenge's behaviour, control and confidence in abilities of their athletes.

CONCLUSION

The results demonstrate that mental toughness can be useful in talent selection. Moreover the MTQ48 has been shown to have a good reliability to monitor stressful situations. Further research is necessary to understand why the coaches' evaluation does not correspond to their athletes'.

REFERENCES


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