

**UNIVERSITI TEKNOLOGI MARA**

**AN ANALYSIS OF MENTAL TOUGHNESS LEVEL AMONG COACHES OF  
SECONDARY SCHOOL FOOTBALL TEAM AT URBAN AND RURAL AREA IN  
NEGERI SEMBILAN**

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**Dissertation submitted in partial fulfilment of the requirement for the degree of  
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**DECLARATION OF ORIGINAL WORK**  
**BACHELOR OF SPORT MANAGEMENT (Hons)**  
**FACULTY OF SPORT SCIENCE AND RECREATION**  
**UNIVERSITI TEKNOLOGI MARA**

I am Muhamad Amirrul Rahman Bin Ariffin , hereby, declare that:

This work has not previously been accepted in substance for any degree, locally or overseas, and is not being concurrently submitted for this degree or any other degrees.

This research project was the best result of my independent work and investigation, except where otherwise stated. I absolved Universiti Teknologi Mara and its Faculty of Sport Science and Recreation from any blame as a result of my work.

All verbatim extracts have been distinguished by quotation marks and sources of my information have been specifically acknowledged.

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## ABSTRACT

This study focus on three main purpose, which are; (1) to examine the different of mental toughness level among coaches in urban and rural school football team at Negeri Sembilan; (2) to investigate the influence of socio-demographic variables towards coach's mental toughness level; and (3) to identify which of the psychological factor of Mental Toughness Theory (Loehr, 1986) that is mostly influence coaches. The 42 items of Psychological Performance Inventory (PPI; Loehr, 1986) was administered among 30 (n=30) coaches of secondary school football team and in a range of age between 21 – 60 years old. The primary finding of this study found that there were no significant between the levels of mental toughness of a person with the area they came from, neither urban nor rural area. However, the study found that only the socio demographic variables of; (1) age; and (2) school's area state that the level of mental toughness among coaches from rural secondary school area are slightly higher than coaches from urban secondary school area. The study also highlighted these two psychological factors of; (1) self confidence; and (2) motivation indicated the highest factors that most influenced coaches for urban and rural secondary school area. This study found that mental toughness is depends on each person. There are no specification factors that influence a person with their level of mental toughness. This study addressed the importance of mental toughness for coaches in order to gain higher achievement in their career. The study also made coaches realize that mental toughness is an important thing that they should be consider as one of the factors of successful.