

UNIVERSITI TEKNOLOGI MARA

**ANALYZING MENTAL TOUGHNESS
EFFECTS ON THE INJURY
RECOVERY AMONG FRISBEE
PLAYER**

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Dissertation submitted in partial fulfillment of the
requirements for the degree of
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AUTHOR'S DECLARATION

I am, Nursamiah Binti Mahmud, hereby, declare that:

This work has not previously been accepted in substances 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 Sports 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 to identify level of mental toughness among Frisbee player, to identify the sport injury that mostly affected mental toughness of the injured Frisbee player and to determine the relationship between mental toughness and time taken for injury recovery of injured Frisbee player. This study had use the theory and questionnaire from Loehr, 1986 and as the guidance. The questionnaire that been used is Psychological Performance Inventory (PPI; Loehr, 1986) was administered among 127 Frisbee player and in a range age 19-33 years old. The primary finding of this study was the level mental toughness of Frisbee player, the result found that their mental toughness level was not very high. However this study found that there was no significant association between mental toughness and the time taken for injury recovery of injured Frisbee player. Even though the result was not significant but it shown that the players take short period of time to recover from the injury. This study have found out that mental toughness is depends on each person. Therefore this study have highlighted the important of mental toughness towards injury recovery among players.

Keywords: Mental Toughness, Frisbee and Sport Injury.

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