

**UNIVERSITI TEKNOLOGI MARA**

**RELATIONSHIP BETWEEN HOCKEY PLAYER'S  
LEVEL OF PARTICIPATION AND MENTAL  
TOUGHNESS**

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## AUTHOR'S DECLARATION

I declare that the work in this thesis/dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and in the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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## ABSTRACT

This study was conducted to examine relationship between level of participation and level of mental toughness. A total of 160 players from Liga Hoki Negeri Sembilan Bawah 16 Tahun was randomly selected as a sample. Psychological performance inventory (PPI; Loehr 1986) that consist 42 items was used to measure the level of mental toughness and the level of participation been examine by using demographic question. The data of this study was analysed by Pearson's correlation analysis using statistical package for social science (SPSS) version 21. The descriptive result showed that positive low relationship ( $r = 0.041$ ,  $n = 160$ ,  $p > 0.05$ ) between level of participation and level of mental toughness. Overall finding for this finding is no significant relation between level of mental toughness and level of participation.

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