

UNIVERSITI TEKNOLOGI MARA

**MENTAL TOUGHNESS' LEVEL DIFFERENCES
BETWEEN GENDER AMONG MARATHON RUNNERS**

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Research Project submitted in partial fulfillment of the requirements for
the degree of Bachelor of Sports Science (Hons)


Faculty of Sports Science and Recreation

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AUTHOR'S DECLARATION

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

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

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ABSTRACT

The main purpose of this study was to difference of mental toughness level between gender among marathon runners. Two hundred ninety eight (298) endurance runners were involved as respondent. The demographic profile form and Psychological Performance Inventory questionnaire were employed in the current study for data collection. The descriptive statistic of demographic profile based on gender (N=298) between female (N=141) and male (N=157). The result of this study on mental toughness level among endurance runners for low (N=117 or 39.3%), moderate (N=175 or 58.7%) and for the high (N=6 or 2.0%). The result for determine the difference of mental toughness level endurance runners between genders show that male low level (N=52 or 33.1%), moderate level (N=101 or 65.3%), high level (N=4 or 2.5%) and for female low level (N=65 or 46%), moderate level (N=74 or 52.5%), high level (N=2 or 1.5%). The results finding showed there has a significant difference of mental toughness level between genders ($p\text{-value}=0.038<0.05$). Conclusion of this study showed that male endurance runners have a higher mental toughness level compare to the female endurance runners mental toughness level. Based on this observation, female endurance runners need more attention on development of their mental toughness.

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