

UNIVERSITI TEKNOLOGI MARA

**MENTAL TOUGHNESS AMONG
FIREFIGHTERS IN MALAYSIA**

By

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ABSTRACT

Firefighting is greatly strenuous physical work and is likely to stand out amongst the most physically demanding activities that the human body performs. Mental toughness means having the natural or created mental edge that empowers to adapt rivals, manage numerous demand all the while and particularly to be more predictable and better than the rivals. The purpose of this study was described and compare mental toughness among firefighters in different locations. This study was purposely randomized sampling. It was conducted among fire fighters in Malaysia. There were 40 male firefighters who participated in this study. The study was conducted in the area of Kuala Lumpur. Psychological Performance Inventory (PPI) questionnaires had been used in this study to measure mental toughness among firefighter. Independent samples *t-test* analysis was used to analyse the mean differences between Kuala Lumpur and Malacca. Based on the results, there is no significant difference ($p > 0.05$) was shown out of seven psychological factors, only six of them recorded no significant difference after the completion of the questionnaire. The psychological factors that indicated no significant difference were: (1) self confidence ($p = 0.287$); (2) negative energy control ($p = 0.068$); (3) attention control ($p = 0.092$); (4) visual and imagery control ($p = 0.191$); (5) positive energy control ($p = 0.261$); and (6) attitude control ($p = 0.270$). On the other hand, also have significant differences ($p < 0.05$) of psychological factors which is motivational level ($p=0.023$). This finding showed only one out of seven. In conclusions, this study showed that the mental toughness for both locations categorized as a good mental toughness.

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