Abstract:

Aim and Background: Mental toughness is one of the effective psychological factors in success of endurance events. Some researchers believe that mental toughness especially in elite athletes can cause larger difference in athletic performance in compare with physiological factors. The purpose of this study was to compare the mental toughness of elite male and female distance and mid-distance runners.

Materials and Methods: 24 elite distance runners (13 women and 11 men) completed Sport Mental Toughness Questionnaire (SMTQ) to assess confidence, consistency and control subscales. Independent-samples t-test was performed to compare the mean scores of the two groups (men and women).

Results: The results of this study showed that there is no significant difference between men and women runners in any subscales of mental toughness.

Conclusion: Based on the findings of this study, mental toughness has no part in differences between men and women records. So, it seems that physiologic and other psychological factors have effects on the men's and women's records differences in distance and mid-distance running.

Key words: Mental Toughness - Elite Athlete - Distance and Mid-Distance Runners.