

Table 1) Comparison of the mean score of mental toughness and its components before and after intervention in two groups (n=15 in each group)

| Variables | Experimental Group | Control Group |
|-------------------------|---------------------------|----------------------|
| Mental Toughness | | |
| Pretest | 15.10±2.10 | 15.60±1.10 |
| Posttest | 23.15±1.40 | 17.20±3.50 |
| Self-Confidence | | |
| Pretest | 13.20±2.60 | 13.25±3.90 |
| Posttest | 17.33±1.95 | 12.40±3.22 |
| Stability | | |
| Pretest | 10.25±2.50 | 9.80±3.20 |
| Posttest | 11.13±2.13 | 10.10±2.80 |
| Control | | |
| Pretest | 10.25±1.20 | 11.10±2.40 |
| Posttest | 12.13±0.83 | 11.33±5.37 |