



MANCHESTER METROPOLITAN
UNIVERSITY

—

AN ANALYSIS OF MTQ PROFILES
FOR 90 TEACHERS FROM THE
GREATER MANCHESTER AREA

2017

	N	range	Min	Max	Mean
Total mental toughness	90	8	2	10	5.92
Challenge	90	8	2	10	5.29
Commitment	90	8	2	10	6.5
Control	90	8	2	10	5.6
Emotional control	90	9	1	10	4.83
Life control	90	8	2	10	6.08
Confidence	90	8	2	10	5.23
Confidence in abilities	90	8	1	9	5.22
Interpersonal confidence	90	9	1	10	4.99

High Scores – Commitment (6.50) and Life Control (6.08) – both are Elements of Resilience

Lower Scores – Emotional Control (4.83) and Interpersonal Confidence (4.99)

Challenge (5.29) and Confidence in Abilities (5.22) are both below the global norm for an adult (5.50)

With the exception of Emotional Control, the other three are generally seen as elements of optimism and positivity.