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ORIGINAL

PSYCHOLOGICAL RESILIENCE IN ELITE ATHLETES: COPING MECHANISMS AND MENTAL HEALTH OUTCOMES

Carla Mendez

Department of Sports Psychology, University of São Paulo, Brazil.

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ABSTRACT

The research aims to determine psychological resilience in elite athletes. For elite athletes, the coping mechanisms are sport-oriented, using different managing and coping styles to address the issue. Efforts like task management and problem addressing are made so that the elite sportsmen become more and more familiar with the stressful environment and its coping mechanism. The research based on primary data analysis to determine the study used SPSS software and generated results, including descriptive, ANOVA, linear regression, and chi-square between the coping mechanisms and mental health outcomes. Resilient elite athletes show healthy lifestyles no matter how stressful the environment they face and can seek support from their social linkages while addressing problem-solving tactics. The athletes with low coping self-efficacy have clearly shown signs of reduced confidence and uncertainty in finding a solution to the problem they have been given. To conclude, resilient elite athletes have positive mechanisms for coping with negative situations while maintaining their mental wellbeing. The overall result directly linked coping mechanisms and mental health outcomes.

KEYWORDS: Psychological Resilience (PR), Elite Athletes (EA), Coping Mechanisms (CM), Mental Health Outcomes (MHO)

1. INTRODUCTION

Resilience can be defined as a person's ability to persistently maintain functionality and give positive outcomes even in adverse situations. According to different researchers, resilience consists of two main aspects involving experience related to adverse environments so that an individual's

coping ability can be determined and a positive response towards adaptation. Many attributes linked to resilience make it multidimensional, including different psychological and attitude-related factors (Secades et al., 2016). Therefore, individuals with better flexibility toward adaptation are more likely to bear stressful conditions than those less able to adapt positively. Having such adaptability requires personal strength, but environmental factors are also important as they tend to shape the resilient factor among individuals. Among these conditions, the individual's age and strategies employed are also important for a positive outcome of resilience (Nuetzel, 2023). Resilience has been a topic of interest in psychology for many years, but the impact of resilience in sports has recently gained much attention for estimating better performance in athletes. Athletes need to have multiple defensive factors to face the stress that arises in competitions and other training sessions of daily life. In a survey, 62 athletes related to basketball were studied, and it was found that those with a resilient nature had a better tendency to face challenges and stressful situations (Poucher et al., 2021). Different dimensions have been put forward to describe the resilient nature of elite athletes. For instance, sociocultural influences, breadth, duration, and emotional disturbances affect building resilience (Secades et al., 2016). According to studies, elite athletes who show resilience have a direct relation with psychological fitness and performance, whereas those lacking a resilient nature have a negative relation with psychological fitness and overall performance (Sarkar & Fletcher, 2014).

Elite athletes exhibit a resilient nature to perform better in stressful conditions because stress can cause negative psychological changes and produce common reactions like reduction in attention span, loss of concentration, increased anxiety, and muscle tension. Hence, the inadequate stress response can lead to withdrawal from sports, making it even more important for elite athletes to use different coping mechanisms to tackle these demands in a tense environment. There is a slight difference in resilience and coping mechanisms where resilience influences how a condition is appraised. Stress is processed at different stages to give a positive outcome, and coping mechanisms are strategies that the athletes use to resolve the stressful encounter (Bartholomew et al., 2010). Athletes use different coping mechanisms to ensure better performance, and the most important of them is the cognitive mechanism, which helps tackle both internal and external demands during a tense environment. In a study, it has been stated that volleyball athletes cope with such environments by memorizing positive emotions to bring a better version of themselves and subside the anxiety of negative thoughts (Fletcher, 2018). Many elite athletes support using emotion-based coping mechanisms to face the demanding and anxious atmosphere of competitions, matches, and daily training sessions. The elite athletes in team sports tend to have different psychological assumptions as a coping mechanism to respond to a stressful environment. For instance, they take the upcoming stress as a challenge instead of treating it like a threat, and this

positive assumption helps them adopt a problem-solving attitude. Those players who did not adopt this strategy have significantly shown a lower performance quality and did not cope better than those who used positive appraisal and looked forward to the results. Similarly, athletes engaged in extreme sports are more likely to face a high-risk factor in their sports. This heightened risk factor can lead to massive stress and anxiousness, causing the athletes not to be able to perform according to demands. Such extreme sports-related athletes use coping mechanisms in which they change their perception and the way how they input the risk that is coming in their direction. This change in perception helps them to cope with the stress and worrying situation in a more calculated manner. Other than these, different pain coping mechanisms among athletes help them to subside the pain at the moment instead of losing focus of the game because of any mishap of a minor nature (Coma-Bau et al., 2023; Gerber et al., 2018).

Moreover, to cope with the pain, strategies like a distraction from the pain sensation and praying. In contrast, athletes who do not have a high tolerance capacity tend to start a cognitive process of pain catastrophizing in which the athletes maximize the sensation of pain and threat, which ultimately affects the overall performance and jeopardizes the athlete's decision-making capability which takes a direct toll on the performance quality of the elite athletes (Fletcher & Sarkar, 2012). It has been concluded that resilience has a direct relation with coping with stressful situations, and non-resilient athletes have a negative relation with emotion-dependent coping systems. Similarly, more findings have been proposed, in which avoidant coping mechanisms are more related to athletes who show high burnout ratios, and athletes who show perfectionism in their acts are more oriented towards problem-solving strategies for coping with a stressed environment. Furthermore, these coping strategies are also directly related to positive mental well-being and show better action in a distressed state offered by the opponents in the field. The research study determines that psychological resilience in the elite athletes related to the coping mechanisms also that mental health outcomes. The research paper divided into five section first portion represent that introduction also that explain the objective of research. The second portion represents literature review the third section explain result and its description also that last portion summarized overall research study and present recommendations about topic.

2. Literature Review

Researchers reveal that the exhibitions of the competitors can alter from one rivalry to another, subordinate to the strain of weighty activity and achievement tension throughout the period. The assistance got from athletics brain science to limit these changes in the exhibition of the competitor is a significant part in expanding the mental versatility of the competitor. Scholars identified that the mental flexibility of tip-top competitors contrasted as per the

competitor's orientation, athletics branch, their inclination to utilize drug, regardless of whether the competitors make personal help, be that as it may, did not contrast as indicated by the competitor's age, athletics insight, & tobacco and liquor use(Özdemir, 2019). Scholars evaluate the effect of mentor stressors on mentors' emotional wellness, regarding mental and societal prosperity, along with the pervasiveness of side effects of various normal psychological problems. That is what outcomes revealed: in spite of the fact that mentor stressors were usually capable, one saw influence on psychological wellness was down to direct. Moreover, hierarchical stressors were viewed as a favorable indicator for side effects of discouragement/nervousness, though flexibility was unfavorable (Kegelaers et al., 2021). Studies suggest that as to the improvement of flexibility, the consolidated impact of mental (like character, inspiration, certainty, concentration, encourage) and ecological (like contest, sustain) components support competitors' upgraded capacity to endure or adjust to natural requests. Even though these encounters have different expected helpful results, there may as well be a few hazier viewpoints on the world's superior competitors' turn of events and execution that affect their psychological well-being and connections(Fletcher, 2018). Studies assess the proof base regarding world-class competitors' emotional well-being and prosperity, involving the frequency or potential nature of psychological medical affliction and substance consumption. The discoveries proposed that first-class competitors experience an extensively similar gamble of elevated-predominance psychological issues (for example, uneasiness, gloom) compared with everybody. Proof concerning other psychological wellness areas (for example, dietary problems, strain and adapting) is less steady(Rice et al., 2016). Scholars suggest that mental flexibility is significant in athletics since competitors should use and enhance a scope of psychological characteristics to endure the tensions that people face.

Also, researchers examine the mental versatility of athletic entertainers through a survey of the stressor's competitors' experience and the defensive components that assist people with enduring these requests. It is guessed that this audit will assist with donning brain science analysts analyze the exchange among stressors and defensive elements and might, thus, center the scientific focal point around the cycles of fundamental mental versatility in competitors(Sarkar & Fletcher, 2014). This study aims to characterize and depict the build of flexibility and examine the ramifications and uses pertinent to youthful woman competitors. Through comprehension of how to cultivate strength techniques in this populace, researchers can improve athletic execution and happiness and also support significant fundamental abilities that work with self-improvement(McManama O'Brien et al., 2021). This precise survey dissects survival techniques utilized by first class competitors to manage pressure and the impact of these methodologies on psychological wellbeing to recognize holes that subsequent examination could focus on. It is extremely mind-boggling and dynamic to Adapt in world-class donning settings. Proof of

adapting is compelling to cradle pressure, however, the interconnection among stressors, examination of the stressor, utilization of a comparing survival technique & its impact, particularly as far as emotional wellbeing results, are as yet hazy in light of insufficient mediation-based concentration on plans(Nuetzel, 2023). Studies elaborate that versatility is significant in athletic entertainers to endure the strain the majority face. Examination of difference demonstrated that competitors with elevated person strong characteristics arrived at best marks in task situated adapting, utilizing separation & interruption situated adapting to a diminished degree. Outcomes got propose that versatile attributes might relate in competitors to the utilization of all the more possibly adaptive ways of dealing with stress(Secades et al., 2016). Studies show that various mental elements (connecting with a definite character, inspiration, certainty, center, and saw social help) shield the exceptional competitors from the expected adverse consequence of stressors by impacting their test evaluation and meta comprehensions. These cycles advance helpful reactions that go before ideal game presentation(Fletcher & Sarkar, 2012).

The purpose of this review is to break down the impact of mentors on capacity to appreciate people at their core and on degrees of tension, inspiration, confidence, and flexibility between competitors. The outcomes, got utilizing a primary conditions pattern, discover that while independence help emphatically forecast the capacity to understand people on a deeper level, saw control forecast it adversely. Additionally, the capacity to appreciate people on a profound level decidedly forecast confidence and self-decided inspiration, however adversely forecast tension(Trigueros et al., 2019). Studies claim that the connections among hairsplitting and characteristic nervousness with signs of psychological wellbeing (temperament, sadness, state uneasiness, & pressure) in elite execution competitors over imprisonment because of the Coronavirus, also to investigate the survival techniques that competitors have utilized & either they are seen as helpful for overseeing pessimistic close to home states. Briefly, it tends to be presumed that superior execution competitors in the concentrated on example demonstrated pessimistic profound state philosophy underneath the normal(Leguizamo et al., 2021). Scholars explain that versatility in athletics has turned into a developing subject of examination, slightly is had some significant awareness of how this limit ought to be cultivated or created. Moreover, as methodologies to foster strength are by and large formed in capability of game clinicians, below consideration has been paying to mentors, who could assume a significant part in creating and supporting competitors' versatility during their time to-day connections(Kegelaers & Wylleman, 2019). Researchers summarize that the level of competitors with medically pertinent degrees of exhaustion and burdensome side effects was twelve percent and nine percent, separately. The two transversely and forthcoming examinations demonstrated that contrasted with members with less psychological strength, those with greater psychological durability scores revealed essentially less psychological

wellbeing difficulties, when presented to large pressure. On the other hand, when feelings of anxiety were depressed, psychological strength was inconsequential to mental wellbeing grievances(Gerber et al., 2018). The purpose of this study was to distinguish the difficulty encounters of competitors brought about by Coronavirus & investigate the course of flexibility involved by serious first-class competitors for definite variation. Studies has demonstrated mental versatility to be a defensive consider opposed comparable misfortunes the wearing setting(Gupta & McCarthy, 2021). Studies gives an outline and editorial of the writing on the psychological wellness of world class competitors and investigates how patterns inside and past the area of game brain research have influenced this writing. Evaluating the relevant effects on this area, specifically jumble pervasiveness, obstructions to help chasing, psychological durability, and mental the study of disease transmission, are vital to comprehend the more extensive image of psychological wellness study and to additionally reinforce work embraced in athletic brain science(Poucher et al., 2021). Researchers utilize a subjective exploration system to exhaustively examine the mental strength of competitors influenced by the Coronavirus. To upgrade study meticulousness, methodologies containing Reflexivity, part verifying, and cooperative cryptography were adopted. This far reaching technique worked with a profound and nuanced investigation of competitors' encounters, discernments, and survival methods between the outbreak, eventually donating important experiences to the investigation of mental versatility in athletics. The discoveries clarify on the difficulties competitors confronted, the emotionally supportive networks and individual ascribes that cultivated versatility, and the job of prosperity rehearses like care and taking care of oneself in improving mental strength(Hussain et al., 2023).

The targets of this research were to foster a meaning of group flexibility & to recognize the strong qualities of world class athletic groups. Discoveries uncovered 4 primary tough qualities of first-class athletic groups: bunch framework, authority draws near, secular capital, and aggregate adequacy. This review expands versatility study in athletic brain science by giving more noteworthy theoretical clearness of flexibility at a group level. The ramifications of the discoveries for those directing examination around here and for those talking with world-class athletic groups are examined(Morgan et al., 2013). Scholar studies reveal that the idea of psychological sturdiness is generally utilized, yet observational proof is expected to comprehend this build & its connected factors completely. The reason for this study was to investigate the connection among: psychological sturdiness and adapting, psychological durability and good faith, & adapting and hopefulness. The connections saw in this review underline the requirement for the consideration of adapting and confidence preparing in psychological durability mediations(Nicholls et al., 2008). Scholars audit the present status of flexibility grant in athletic, & to provide rules for prospective exploration and mediations around here. Investigations of versatility in game to date have either utilized trial plans to

explore strength to execution disappointment, or subjective meeting plans to comprehend the considerations and convictions of competitors who have effectively beaten affliction(Galli & Gonzalez, 2015). Scholars explained the impacts of a mental-abilities intercession intended to improve the psychological sturdiness and mental prosperity of understudy competitor oarsman. Definite huge connections were seen among parts of mental toughness & every one of the definite actions; that loans backing to the formulation of mental toughness as a definite mental develop which encourages definite mental states(Golby & Wood, 2016). Researchers examines that apparent pressure had the biggest dependent affinity with rest quality. In light of these outcomes, close consideration ought to be paid to competitors' capacities to oversee stress and saw pressure, & the capability of psychological flexibility as a defensive element that might keep rest from breaking down. The last option may be particularly important for women competitors. Because execution edges are dynamically decreasing and more modest, each betterment that sufficient rest can give will be helpful concerning worked on working and sport execution(Hrozanova et al., 2019; Sanz-Arazuri et al., 2023).

In this exploration, it is expected to analyze the connection among profound responsiveness, despondency, tension and pressure in world class competitors, taking-into account that mental characteristics, for example, close to home responsiveness and uneasiness saw in competitors because of the weighty planning requirements innate in athletics & the new breaks in athletics might build the gamble of behavioral-psychological problems. Subsequently, as long as areas of strength for the among profound responsiveness and mental change abilities, it means quite a bit to go to defensive lengths in the two communal and expert existences of competitors for this idea, as an expansion in the degree of close to home responsiveness might have definite connection with some mental change abilities(Biricik et al., 2023). Studies intended to create, and navigate E-adjusted adapting viability preparing and assess its impact on adapting adequacy (worldwide and explicit), abstract execution, psychological wellbeing (mental misery and prosperity), and versatility. The E-adapted effectiveness training program seems to give a potential chance to further develop execution and psychological wellness for E-Sports performers(Poulus et al., 2023). Research studies reveal that mental flexibility is indispensable to the improvement of game abilities. The discoveries give the principal proof assisting the unique impacts of flexibility characteristics and strength assistance in anticipating pre-rivalry nervousness and title execution and require the thought of such a differentiation while planning and conveying versatility plans(Zhang et al., 2024). Scholars elaborate that connecting with youthful fellows in psychological wellbeing advancement drives is significant provide the adverse perspectives near emotional wellness and expanded self-destruction ratio, revealed by young fellows. Intervention examinations uncovered that adjustments of flexibility and verifiable convictions to some extent interceded changes in mental misery. Moreover, expanded

versatility had a backhanded impact on competitors' prosperity(Schweickle et al., 2024). Elite sports or athletes suffer from many types of stressors such as injury, training load, trauma, performance pressure etc. This will affect their mental health and decrease their ability to perform well. Additionally, more factors that cause mental disorders in athletes include personal factors such as multiple roles, and applicable retrieval and protective factors include decreasing stigma and trust climate. These all factors should be understandable to improve athletes performance (Küttel & Larsen, 2020).

Table 1: Result of Descriptive Statistics

DESCRIPTIVE STATISTICS					
	N	MINIMUM	MAXIMUM	MEAN	STD. DEVIATION
PSYCHOLOGICAL RESILIENCE 1	50	1.00	4.00	1.9400	.91272
PSYCHOLOGICAL RESILIENCE 2	50	1.00	3.00	1.6000	.60609
ELITE ATHLETES	50	1.00	3.00	1.6800	.55107
COPING MECHANISMS	50	1.00	3.00	1.4800	.54361
MENTAL HEALTH OUTCOMES	50	1.00	3.00	1.6000	.57143
VALID N (LISTWISE)	50				

The above result of table 1 demonstrates the descriptive statistical analysis related to psychological resilience and mental health outcomes. According to the table-1 result describe mean values, standard deviation minimum and maximum rates of each indicator. first is psychological resilience 1 is main independent variable its mean value is 1.9400 the standard deviation rate is 0.91 shows that 91% deviation from mean. Similarly, second factor is psychological resilience 2 is another variable result shows that mean value is 1.6000 the standard deviation is 60%. Overall minimum value is 1.000 and maximum value is 4.000 respectively the elite athletes is mediator variable result represent that mean value is 1.6800 the standard deviation rate is 55% deviate from mean value.

The coping mechanisms is second mediator variable result demonstrate that mean value is 1.4800 the standard deviation rate is 54% deviate from mean value. The mental health outcomes are considering as dependent variable descriptive statistic describe overall performance related to them. its mean value is 1.6000 and 57% deviate from mean value of mental health outcomes. Overall result found that direct link in between psychological resilience, coping mechanism and mental health outcomes. It is the crucial step for athletes to develop relicenss (which is the process of facing diversity and responding

positively to that diversity) to achieve a higher level of achievement. In the absence of positive approaches athletes may suffer from different parameters such as poor relations with coaches, pressure from parents, psychological challenges and negative influence of peers (McManama O'Brien et al., 2021).

For psychological resilience, the athletes need to acclimate the diversity and pressure. The link between the mind and body plays an important role in the context of physiology and resilience in sports. The individual has the psychological stress associated with the apparent and anticipated stress. This situation can be manageable with the help of cognitive evaluation, coping and re-evaluation (Balcombe et al., 2022). Studies revealed that the connection between mental health and elite sports gained importance for a few years. Many studies verified that mental illness has a serious impact on the health of athletes. Many International competitive sports increase pressure on athletes for instance training load, high demands, and stress on athletes increase the threat to sportspersons. The occurrence of mental illness in athletes ranges from 4% to 68%, and this ratio can vary according to the type of stress. Additionally, the competitive peak years of athletes intersect with the peak time for getting any mental illness (Küttel & Larsen, 2020).

Table 2: Result of Paired Samples Correlations

PAIRED SAMPLES CORRELATIONS		N	CORRELATION	SIG.
PAIR 1	Psychological Resilience 1 & Elite Athletes	50	.245	.086
PAIR 2	Psychological Resilience 2 & Coping Mechanisms	50	-.149	.303
PAIR 3	Psychological Resilience 1 & Mental Health Outcomes	50	.227	.113

According to the above result of table 2 data represent the correlation analysis between two indicators for measuring the psychological resilience and elite athletes. The first pair is psychological resilience 1 and elite athletes its correlation rate is 0.245 shows that 24% interrelation between them. the significant rate is 0.086 means that 8% significant level in between psychological resilience 1 and elite athletes.

Table-2 describe the second pair is psychological resilience 2 and coping mechanisms according to table-2 result its correlation rate is -0.149 and significant level is 0.303 shows that 30% significant level between them. the third pair is psychological resilience and mental health outcomes the correlation rate is 0.227 shows that 22% interrelation between them also that its significant level is 0.113 shows that 11% significant analysis in between psychological resilience and mental health outcomes.

2.1 Chi-square analysis

Table 3: Result of Test Statistics

TEST STATISTICS					
	PSYCHOLOGICAL RESILIENCE 1	PSYCHOLOGICAL RESILIENCE 2	ELITE ATHLETES	COPING MECHANISMS	MENTAL HEALTH OUTCOMES
CHI-SQUARE	16.400 ^a	16.840 ^b	23.680 ^b	22.840 ^b	19.840 ^b
DF	3	2	2	2	2
ASYMP. SIG.	.001	.000	.000	.000	.000
a. 0 cells (0.0%) have expected frequencies less than 5. The minimum expected cell frequency is 12.5.					
b. 0 cells (0.0%) have expected frequencies less than 5. The minimum expected cell frequency is 16.7.					

The above mentioned result of table 3 represent the chi square analysis of each factor for measuring the test statistical analysis result shows chi square and significant level of each indicator. The chi square value of psychological resilience 1 and 2 is 16.400 and 16.840 its shows that positive chi square rate. The table-3 also describe that elite athletes shows 23.680 chi square rate the coping mechanisms represent positive chi square value is 22.840 respectively. According to the result mental health outcome is dependent variable result show its chi square rate is 19.840 the significant level is 0.000 shows that 100% significant level between them. It was studied that the elite type of sports comprises various stressors, for instance, performance hope, travelling stress and various family concerns. These stressors contributed to an increase in the risk of mental disorders in athletes. Physical exercise requires appropriate recovery likewise the physiological factors require various approaches to deal with mental disorders. Meanwhile, mental health is considered as the main constituent culture of distinction, many types of elite sports improved their focus on the mental health of athletes. In this way, owners of elite sports improve the environment of sports and get more effective outcomes (Henriksen et al., 2020). According to one of the research, resilience is defined as resistance against unfavorable conditions. The athlete's physical resilience can be measured in three categories; the first condition is the improvement of the athlete for survival and bears all negative situations. For instance, individuals who achieve success while also bear the entire negative situation in their life. The second condition is the ability of the individual to adapt to the traumatic situation and meanwhile also accomplish the behavior required for that condition. For instance, in any competitive sport, the individual succeeds even under pressure and stress. The last condition for psychological resilience is the ability of the athletes to bear the impact of stress and also capable of getting rid of stressful situations quickly (Özdemir, 2019).

Table 4: Result of ANVOA

ANOVA^a						
MODEL		SUM OF SQUARES	DF	MEAN SQUARE	F	SIG.
1	Regression	1.050	4	.262	.854	.499 ^b
	Residual	13.830	45	.307		
	Total	14.880	49			

a. Dependent Variable: Elite Athletes

b. Predictors: (Constant), Mental Health Outcomes, Psychological Resilience 2, Coping Mechanisms , Psychological Resilience 1

The result of table 4 describe the ANOVA test analysis result demonstrate the sum of square value, mean square value, F rate and significant level of each model included regression and residual related to the psychological resilience. The sum of square value is 1.050 the residual value is 13.830 the total value is 14.880 respectively. The mean square rate is 0.262, and 0.307 its shows that 26% and 30% average square rate between them. according to the result of statistic value is 85% and significant value of regression model is 49% respectively measure by psychological resilience and effect on mental health outcomes.

Table 5: Result of Coefficients

COEFFICIENTS						
MODEL		UNSTANDARDIZED COEFFICIENTS		STANDARDIZED COEFFICIENTS	T	SIG.
		B	Std. Error	Beta		
1	(Constant)	1.125	.428		2.625	.012
	Psychological Resilience 1	.144	.098	.238	1.471	.148
	Psychological Resilience 2	.074	.135	.081	.546	.588
	Coping Mechanisms	.053	.163	.052	.325	.747
	Mental Health Outcomes	.050	.154	.052	.324	.747

a. Dependent Variable: Elite Athletes

The above result describes that coefficient value table-5 describe the beta value; standard error value related to unstandardized coefficients. The table-5 describe that t statistic value and significant value related to each factor. The psychological resilience 1 shows that beta rate related to unstandardized coefficients is 0.144 the t statistic rate is 1.471 also that significant value is 14% significantly between psychological resilience and mental health outcomes. The mental health outcomes shows that 74% significant level with elite athletes

its t statistic value is 32% respectively. There were many emotions and stress conditions which were experienced by athletes for example success, loss, struggling, determination, and happy, and trauma of better performance. For instance, athletes while playing experience both emotions such as the pleasure of playing and also fear of losing the game while struggling to win the game against competitors. In this situation, athletes try to succeed by coping with all these emotions and conditions relevant to the specific sport. Under these traumatic conditions, an athlete's physical condition is strong but deficient in training to gain success. In sports, the athletes must be ready theoretically, strategically, tentatively and emotionally. To cope with all these stress and trauma sports personnel must be prepared physically and mentally before any competitive game (Smith & Hollinger-Smith, 2015). The ability of athletes to cope with stressful conditions provides many benefits to them and they are no longer afraid of defeat, constancy, training stability, success and willpower. According to some research, sports competition causes trauma to athletes, and this will negatively affect their performance. Some athletes who have hope of successful performance also face the same stressful situation and this can also weaken their stamina to perform in sports. Moreover, athletes also face pressure from game-oriented foundations such as injuries and mistakes and off-game-oriented foundations such as competitive environment, media attitude, support response and sports administrators. Additionally, the sportspersons under stress should recognize their stress and try to manage this situation to play effectively (Özdemir, 2019).

3. Conclusion

One of the crucial objectives of athletes is to improve their performance and commitment to sports. However, it is also important to adopt a healthy regime and maintain their physical, cognitive and social abilities. Sports coaches play a vital role in shaping the cognitive abilities and personality of the athletes and this will influence the performance of athletes. Therefore, on one side coaches must encounter the significance of training programs for practice and on the other side; they also comprehend the emotions, changes, cognitive skills, and social behavior of the athletes. Recent studies claimed that coaches have a great impact on the athlete's performance and motivation. Understanding the emotional behavior of athletes will improve their performance in competitions. Different studies demonstrated that support from the coach's side improves the positive attitude and self-esteem in athletes. A supportive environment from the coach's side will improve positivity, self-confidence, cognitive skills and many other factors that contribute to improving the performance of athletes. Equally, the style of controlling adopted by the coach is positively linked with the high ability to control emotions, trauma, stress and behavior. Research concluded that direct and significant link between them. Certainly, sports play an important role in preparing athletes with training and practicing to experience different types of emotions when they

interact with coaches, team members and media also enables them to manage these emotions effectively.

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