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## ORIGINAL

# PSYCHOLOGICAL RESILIENCE AND MENTAL HEALTH OUTCOMES IN PROFESSIONAL ATHLETES

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### ABSTRACT

Over the past few decades, psychological resilience has been defined as the role of the mental process in protecting the individual from negative things or stress. Research discovered a wide range of stressors that sports players face in the field of sports. These stressors are linked with the competitive sports performance of athletes, the organization within which athletes function and some non-sporting factors. As athletes experience many stressors during sports performance, researchers discovered the psychological resilience in players to understand why some athletes withstand or thrive on these stressors. The research study is based on primary data analysis to determine the data used smart PLS software and generate results, including descriptive statistics, correlation coefficient analysis and smart PLS Algorithm model between them. Earlier studies demonstrated that athletes' poor performance highly depends on psychological resilience. In one study, it was demonstrated how basketball teams optimistic and pessimistic players recover from failure. The result showed that optimistic players were more confident, less nervous, and performed better than pessimistic players. In an additional study, it was checked that how three factors; confidence, societal support and managing skills affect the performance of national championship swimmers. Overall, the result found that psychological resilience directly and significantly affects mental health outcomes in professional athletes. The results showed that the swimmers who were able to bounce after failure had more confidence but less social support than swimmers who were not able to bounce back and had social support.

**KEYWORDS:** Psychological Resilience (PR), Mental Health Outcome (MHO), Professional Athletes, (PA).

## 1. INTRODUCTION

The importance of mental health for maintaining better physical health can never be denied. Recent studies have shown a stringent need for better mental health for improved physical health. In the case of athletes, mental health matters more as compared to layman. This is because the performance, endurance, and recovery of athletes are dependent upon the mental health condition of the athlete. In this introduction, we are going to understand the psychological Resilience and the mental health outcomes in the case of professional athletes (Knowles et al., 2021). There are many outcomes of the mental health condition of athletes on the performance of athletes. For example, the first way mental health affects athletes' performance is the aspect of association with sports. It has been proved that when athletes have better mental health conditions, it will help them associate with sports in a better way. For performing better in sports, mental willingness is mandatory. When an athlete is mentally prepared to play well in sports, it will positively impact the athlete's performance. The other aspect of mental health's effect on athletes' performance is confidence in athletes (Van Rens & Heritage, 2021). The confidence in athletes comes from continuous struggle, and continuous struggle can only be achieved if there is proper mental health and mental willingness of athletes towards sports. Focus is the main and decisive factor in improving the performance of athletes. This aspect of focus is also dependent upon physical and mental health. The release of such hormones in the body is related to the proper focus of athletes on sports (Galli & Gonzalez, 2015). The release of such hormones depends upon the athlete's mental condition. If an athlete is mentally disturbed and perplexed, it results in a reduction in the release of such hormones, which may deviate the focus of the athlete and may result in poor performance of the athlete. It has been seen that the factor fatigue is very common in athletes. This aspect of fatigue is also related to an imbalance of hormone release in the body, which may result in cramps, muscle fatigue, and other problems (Lyu et al., 2022). The other effect of mental health on the performance of athletes is anxiety management in athletes. As we know, the life of an athlete sometimes becomes stressful and full of Anxiety because of various reasons. For example, there are factors such as continued practice, sleeplessness, stress of failure, pressure from society, domestic issues, and others. An athlete must be mentally strong enough to cope with such issues for better anxiety management. If an athlete can control his own behavior and stress level, he can perform well in sports. By maintaining better mental health, stress and anxiety management can be learned easily, which will help enhance performance levels in athletes (Balcombe & De Leo, 2021). The other outcome of mental health on the performance of athletes is emotional regulation. As we know, there are two types of intelligence: IQ and EQ. The term EQ stands for emotional quotient, which describes a person's ability to control and regulate emotions in different conditions according to situation. In most cases, IQ is inherited, but EQ can be learned through various strategies. One of these

strategies is improving mental health and providing a better environment for emotional regulation in any person (Balcombe et al., 2022). An athlete has to learn emotional regulation more than the common man because of the aspects that an athlete has to confront. It is not mandatory that every time an athlete becomes successful, in some cases he might get any failure. In case of failure, he must also be able to cope with such conditions. He must have the courage to encourage the winner and to accept his failure in a manly manner. This is the basic training of sportsmanship to learn about all the aspects of sport, including success and failure (Sarkar & Fletcher, 2014). In this way, better mental health will lead to emotional regulation in athletes that will work well for improving the performance of athletes in sports. The other way by which Mental Health affects an athlete's performance is social interaction. As we know, teamwork is mandatory for success in sports (Kegelaers et al., 2021). For better teamwork, interpersonal relationships need to be built. To improve interpersonal relationships, there is a dire need for better communication, which can only be achieved by better mental health. When an athlete has better communication skills and emotional regulation, he will focus on developing better social interaction, leading to a more collaborative and coordinated team. When there is better bonding within a team, this aspect will improve each athlete's performance. Along with developing better interpersonal relationships, there is also a need for better and improved intrapersonal relationships for better mental health (Kegelaers et al., 2021). The other important way by which mental health affects the performance of the athlete is the rehabilitation period of the athlete. The risk of injury in athletes is much higher than in other laymen. Along with this, there is a need for athletes to recover swiftly to increase their return-to-play flow. In some cases, injury is so pathetic that it can take much time to recover, so that may increase the rehabilitation period. However, recent studies have shown that there is a great and important role of mental health in reducing the rehabilitation period for recovery in athletes. When an athlete has a better mental willingness to recover soon, it may bring swift recovery responses in the body because the whole body is dependent upon mental health for recovery (Fletcher, 2018). So to reduce the rehabilitation period there is a need for better mental health also. There are some ways by which the mental health of athletes can be improved. The first way is providing mental health resources to athletes so they can improve their mental health. The other way is to encourage open conversation so that people can talk to each other freely on each type of matter. The third way is to change a little bit of culture to make it more cooperative and collaborative. By all of these aspects, the mental health of athletes can be improved in a better way (Mendez, 2024).

### **1.1 Research objective:**

The main objective of this research is to understand the psychological Resilience and Mental Health Outcomes in Professional Athletes. This study has explained the importance of mental health in enhancing the performance

of athletes. The research determines that Psychological Resilience and Mental Health Outcomes in Professional Athletes. The research paper divided into five specific chapters first portion is represent introduction included objective of research study the second section describe that literature review. The third chapter represent methodology included method of research the fourth section represent that result and its descriptions also that last portion summarized overall research and present recommendations about topic.

## 2. Literature Review

The study means to decide mental strength in world class competitors. For first class competitors, the strategies for dealing with hardship or stress are athletic-arranged, utilizing various overseeing and adapting modes to resolve the problem. Finally, versatile world-class competitors have definite components for adapting to adverse circumstances whilst keeping up with their psychological prosperity. The general outcome straightforwardly connected survival techniques and psychological wellness results(Mendez, 2024). Researchers reveal that the capacity to endure or adjust to natural requests is an intrinsic part of execution athletic. At the most elevated degree of rivalry, extraordinary degrees of mental strength are important to achieve & support achievement. Concerning the improvement of flexibility, the joined impact of mental (for example., character, inspiration, certainty, concentration, sustain) & natural (for example., contradict, sustain) components support competitors' upgraded capacity to endure or adjust to ecological requests. The combinative fusion of mental flexibility and ill-disposed development presents decidedly thrilling and smart roads for subsequent examination in game and execution(Fletcher, 2018). Studies suggest that training in tip-top games might be an exceptionally unstable and upsetting calling. The current concentrate in this way planned to evaluate oneself saw effect of mentor nuisances on mentors' emotional well-being, with regards to mental & social prosperity, also the predominance of side effects of various normal psychological issues. That's what outcomes revealed, despite the fact that mentor nuisances were ordinarily capable, oneself saw influence on psychological wellness was despicable to direct(Kegelaers et al., 2021). Scholars suggest that mental versatility is significant in athletic since competitors should use and enhance a scope of psychological characteristics to endure the tensions that they encounter. In this study, researchers examine mental flexibility in athletic entertainers through a survey of the nuisance's competitors experience & the defensive components that assist them with enduring such requests. It is guessed that such audit will assist with brandishing brain science analysts investigate the exchange among nuisances and defensive variables, might, thus, center the scientific focal point around the cycles basic mental strength in competitors(Sarkar & Fletcher, 2014). Studies elaborate that the ongoing epidemics impact on psychological well-being is questionable with records it being generally bad connected with dejection and joblessness. Be that as it may, psychological well-being experts

are wrestling with computerized psychological well-being in a half-breed pattern of concern. There is a requirement for meeting on strategies because of the fast improvement of computerized innovations comprise outperformed assessment of thorough computerized psychological wellness intercessions (Balcombe & De Leo, 2021). Studies claim that tension confusion is turning out to be progressively predominant beyond school grounds, especially between university competitors who confront various nuisances & difficulties whereby non competitor gazes. Uneasiness and melancholy are factual multi-morbidity. The motivation behind this survey was to dissect the connection among strength, sadness, and tension in Chinese university competitors. This research gives extra proof of the benefit of consolidating a viable strength instructive component among university competitors(Lyu et al., 2022). The objective behind this study is to audit the present status of flexibility grant in athletic, & to present rules for forthcoming examination and mediations around here. Investigations of versatility in game to date have weather utilized trial plans to research flexibility to execution disappointment, or subjective meeting plans to comprehend the contemplations and convictions of competitors who have effectively conquered affliction. Athletic specialists be able to gain from versatility building programs created in different environments while they, make proof founded mediations to upgrade flexibility in competitors(Galli & Gonzalez, 2015). Scholars explain that carnival specialists carry out genuinely requesting abilities in an elevated pressure climate, however minor is had some significant awareness of their psychological well-being. Reliably, carnival specialists with more elevated degrees of conditions/characteristic versatility revealed more significant degrees of mental prosperity, showed by lessen degrees of profound conditions of misery, tension & pressure, & more elevated degrees of thriving. In this manner, the advancement of mediations for carnival specialists who undergo lessen degrees of mental prosperity seems justified(Van Rens & Heritage, 2021). Studies show that competitors penetrating change intervals, for example, damage or seclusion have recently revealed sensations of melancholy and tension, particularly while intuition groundless. Researchers give proof that subsequently an impermanent progress distant from athletic, competitors' flexibility is equivalent to non-competitor's departure them similarly prone to experience inadequate psychological well-being. Also, competitors with solid sport characters are probably going to encounter nervousness side effects far in excess of those revealed by non-competitors(Knowles et al., 2021). Scholars reveal that versatility in serious game is frequently credited to a person or group who prevails regardless of difficulty. Until now, most of strength writing has zeroed in fundamentally on execution results, restricting our comprehension concerning psychological well-being results. Discoveries feature the requirement for high lengthwise exploration and intercession surveys. A rundown of vital functional ramifications for mentors, professionals, and scientists is given as a manual for implement flexibility improvement regarding definite psychological well-being in athletic(Bryan et al., 2023).

Researchers suggest that in spite of the fact that it is deeply grounded such the capacity to oversee pressure is an essential of brandishing greatness, the develop of mental flexibility still can't seem to be efficiently inspected in sport entertainers. The review revealed here aimed to investigate and make sense of the connection among mental strength and ideal game execution. Outcomes show that various mental variables (connecting with a definite character, inspiration, certainty, center, & saw social help) shield the globe's superior competitors from the possible adverse consequence of nuisances by impacting their test evaluation & postmodern-discernments(Fletcher & Sarkar, 2012). Scholar studies reveal that the proof base with respect to the emotional well-being and prosperity of tip-top competitors is restricted by a lack of superior grade, methodical investigations. However, the examination exhibits that such populace is helpless against a scope of psychological wellness issues (counting essence abuse), that might be connected with the two donning components (for example wound, obsessive exercise & fatigue) & non brandishing components (Rice et al., 2016). The objective for this checking survey was to give an outline of surveys relating to the psychological well-being of first class competitors & to give a strategic, calculated, & practical outline of elements influencing tip top competitors' mental health. The conversation evaluates the discoveries over a basic focal point, centers around the present status of the exploration region and the mental health interpretation, limits, proposed viable ramifications (for example to give mental health education to the two competitors and mentors), & subsequent exploration headings (for example reviewing at conditions that encourage world class competitors' mental health)(Küttel & Larsen, 2020). This survey utilizes a subjective examination system to thoroughly explore the mental strength of competitors influenced by the Coronavirus epidemic. The discoveries provide insight on the difficulties competitors confronted, the emotionally supportive networks and individual ascribes that cultivated flexibility, & the job of prosperity rehearses such as care & taking concern of oneself in improving mental versatility. The ramifications of this examination reach out to dynamic systems for athletics associations and partners, encouraging a refinement of versatility, and enabling competitors to flourish even with difficulty, at last advancing their drawn out mental prosperity(Hussain et al., 2023). Studies explain that in understudy competitors, the battle to keep a harmony among sport and scholarly execution brings about inadequate emotional well-being. Definite psychological well-being forestalls psychological wellness issues. The discoveries of this survey have suggestions for understudy competitors, mentors, athletics analysts, & psychological wellness experts (Sood & Puri, 2023). Studies explain that the Coronavirus epidemic is a worldwide medical problem that keeps seriously upset and conceded a few milestone global brandishing rivalries. Study has demonstrated mental versatility become a defensive calculate opposed comparative difficulties the wearing setting. The review utilizes an over situation subjective plan contrast at the constant resided encounters of competitors throughout Coronavirus utilizing



account examination(Gupta & McCarthy, 2021). The purpose of this survey is to decipher the current proof in regards to the mental parts of game field inside the setting of a formative structure. However, sorrow, nervousness, & exhaustion, youthful competitors who are constrained to execute to unreasonably elevated requirements are probably going to incorporate sport disappointments as sensations of disgrace. It might prompt dysfunctional idealistic qualities & possibly obsessive exercise, detached dietary problems, or different hurtful ways of behaving that will bring about decreases in execution, actual wellbeing, and generally prosperity (Daley et al., 2023). The reason for this research is to give an extensive image of definite hierarchical conduct in athletic associations by superior comprehension athletic workers' mental capital for beneficial perspectives (work fulfillment and mental prosperity), ways of behaving, and execution. In enumerating a reasonable pattern of Trust, Viability, Flexibility, and Confidence between Representatives in Game (Legends), researchers grow the information on psychological capital by recognizing the elements that possibly influence athletic worker psychological capital & the results that might be anticipated from psychological capital upgrade(Kim et al., 2017). Scholars elaborate that psychological well-being is a significant asset for competitors corresponding to their presentation & improvement. Simultaneously, competitors undergo extra psychological well-being danger components contrasted with non-sport populace, for example, elevated preparation scads, intense rivalries, & an unpleasant way of life. Modern measurements show a significant development in competitors' emotional well-being connected issues, like blackout, obsessive exercise, and personality emergency(Schinke et al., 2018). Studies expects to lead the principal delineative study on melancholy, Versatility, prosperity, wretchedness side effects and blackout degrees in horseman competitors & to evaluate either previous blackout estimates were related with despondency, flexibility and prosperity. Outcomes assist past exploration recommending a requirement for upgraded emotional wellness uphold for horseman's. There is motivation to accept that psychological maladjustment may as yet be available in cavaliers with typical degrees of versatility and prosperity(McGivern et al., 2021). This research basically analyzes the degree to which non-mental abilities preparing, as expanded consciousness of Psychological Sturdiness, might assist tip top competitors immunize opposed and adapt to diverse mental impacts emerging from the Coronavirus epidemic. Additionally, it proposes that preparation as expanded consciousness of Psychological Strength, might work on the capacity to adapt to Coronavirus affiliated difficulties(Dagnall et al., 2021). Scholars show that the undergo of competitor fatigue is impacted by the psycho-social elements inside athletics associations. Elements applicable to the pressure fatigue procedure should be investigated to direct the improvement of powerful techniques for forestalling or lessening competitor fatigue. Athletics professionals are prescribed to foster strength preparing mediations to help people experiencing authoritative nuisances in athletic(Wu et al., 2022).

Researcher studies reveal that understudy competitors who detailed needing proficient support for issues were bound to document lessen to extreme side effects of misery and tension. Understudy competitors who didn't strive for casual help were bound to document side effect degrees for despondency outward the ordinary reach. Greater strength scads were related with diminish side effect announcing for the two misery and nervousness(Drew & Matthews, 2019). The reason for the current review was, subsequently, to investigate how mentors may encourage flexibility. Besides, as techniques to foster strength are by and large formed in capability of game therapists, under consideration has been remunerated to mentors, who could assume a significant part in creating and supporting competitors' versatility during their time to day communications (Kegelaers & Wylleman, 2019). Researchers frame how athletics groups and associations might add to this by the making of proper approaches and systems, also pioneers demonstrating and supporting definite social standards. It is expected that the hypothetical pattern may illuminate partners in world class athletic along with subsequent examination headings(Walton et al., 2024).

### **3. Methodology**

The research study determines that Psychological Resilience and Mental Health Outcomes in Professional Athletes. The research based on the primary data analysis for determine the research used Smart PLS software and generate result included descriptive statistic, correlation coefficient analysis, the algorithm model between psychological reliance and mental health outcomes. According to the research psy, technological reliance is the main independent variable. The, mental health outcome is the dependent variable the professional athletes consider as a mediator indicator between them. Investigation into mental health (MH) in elite sports has gained importance over a few decades. Many studies discussed the substantial level of mental ill health amongst the athlete population that poses a serious concern. The pressure of competitive international sports on athletes demands an extensive training load that affects their mental health extensively. Moreover, the peak time of athletes for competitive sports overlaps with the peak age of getting risk of mental disorders. There are various types of elite sports athlete stressors like expectations of performance, travel stress, family concerns these apprehensions increase the risk of mental illness in athletes. Same as the physical activity balanced with the quick recovery; the physiological demands also recover with the approaches to improve MH. Subsequently, MH is considered an important element of any culture so many organizations of elite sports increased their emphasis on MH of athletes to provide a better sports environment. Athletes able to bear the stress for a long time will be able to perform well in competitive sports. Simultaneously, handling MH is not the core factor to performing well in sports; some athletes achieve success while having MH problems and disorders. The inclusive perspective considers the athlete as



a whole individual; not only their athletic skills are encountered but also highlight their mental, physical, financial and career factors (Küttel & Larsen, 2020). It is beneficial for the athletes to participate in sports activity but sometimes competitive sports affect the mental health of athletes. It is observed that some personality traits of athletes can be associated with mental health issues. The mental health and performance of athletes affect the personality traits of athletes due to the culture of sports. In many types of sports organizations, the physician's team is linked with the athletic team to work on the mental health of the athletes for better performance. The physician's team worked on the different aspects of athletes, such as MH care, treatment and medication management. The network of MH caretakers consists of nurses, doctors, approved social workers, and MH therapists who treat MH in athletes (Chang et al., 2020; Sarkar & Hilton, 2020).

### 3.1 Smart PLS Algorithm Model

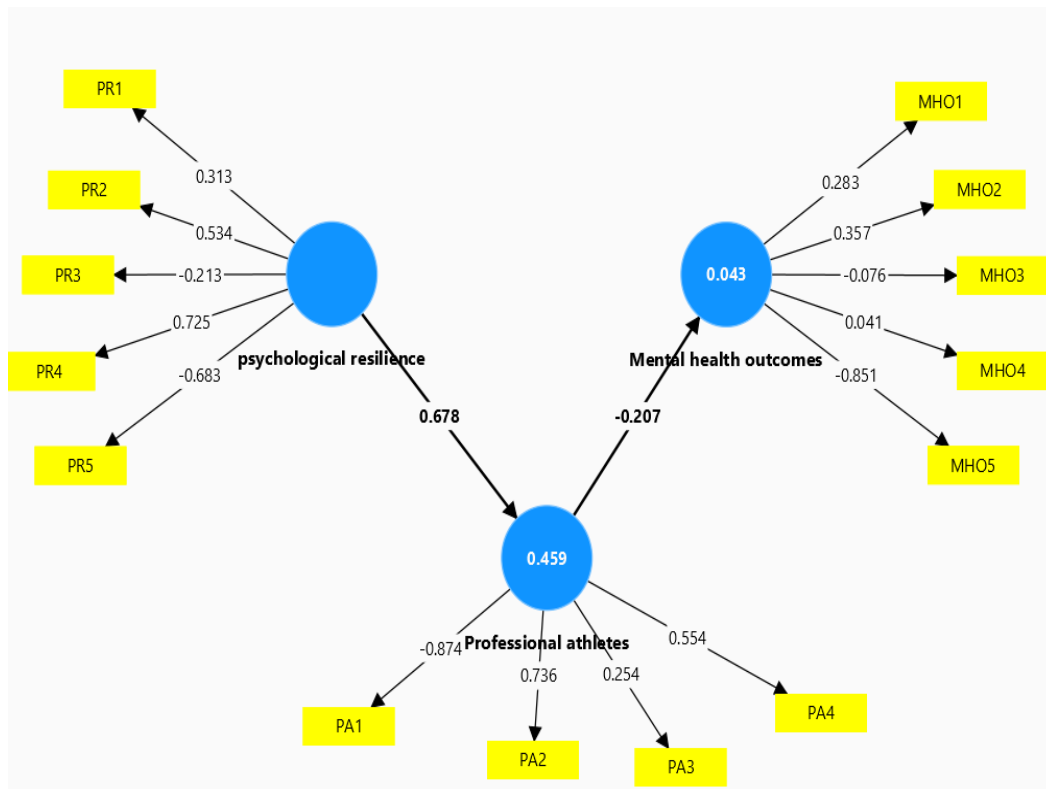


Figure 1: Smart PLS Algorithm Model

The above graph of figure 1 describes that smart PLS Algorithm relation in between professional athletes and psychological resilience and mental health outcomes. The professional athletes show that -0.874, 0.736, 0.254 and 0.554 its shows that 87%, 73%, 25% and 55% positive and some negative values. The psychological resilience shows that 67% positive and significant link with professional athletes. The mental health outcome shows that -0.207 its means negative but 20% significant value with professional athletes. The

mental health outcomes show that 28%, 35%, 7%, 4% and 85% significant level between them.

### 3.2 Descriptions Statistic

Table 1: Result of Descriptions statistic:

NAME	NO.	MEAN	MEDIAN	SCALE MIN	SCALE MAX	STANDARD DEVIATION	EXCESS KURTOSIS	SKEWNESS	CRAMÉR-VON MISES P VALUE
PR1	1	1.551	1.000	1.000	3.000	0.641	-0.403	0.763	0.000
PR2	2	1.469	1.000	1.000	3.000	0.538	-0.915	0.530	0.000
PR3	3	1.408	1.000	1.000	3.000	0.531	-0.509	0.803	0.000
PR4	4	1.449	1.000	1.000	3.000	0.574	-0.181	0.876	0.000
PR5	5	1.571	2.000	1.000	3.000	0.571	-0.734	0.387	0.000
MHO1	6	1.510	1.000	1.000	3.000	0.576	-0.554	0.621	0.000
MHO2	7	1.429	1.000	1.000	3.000	0.535	-0.671	0.709	0.000
MHO3	8	1.592	2.000	1.000	3.000	0.636	-0.535	0.623	0.000
MHO4	9	1.694	2.000	1.000	3.000	0.676	-0.757	0.476	0.000
MHO5	10	1.531	1.000	1.000	3.000	0.610	-0.404	0.716	0.000
PA1	11	1.551	2.000	1.000	3.000	0.574	-0.694	0.463	0.000
PA2	12	1.531	1.000	1.000	3.000	0.575	-0.634	0.541	0.000
PA3	13	1.449	1.000	1.000	3.000	0.574	-0.181	0.876	0.000
PA4	14	1.551	1.000	1.000	3.000	0.608	-0.484	0.641	0.000

The above result of table 1 represents that descriptive statistical analysis result shows mean values, median rate, minimum rate, maximum value, the skewness value, also that probability rate of each variables included dependent and independent. The result show that PR1,2,3,4 and 5 these factors are considering as independent variable the mean value is 1.551, 1.469, 1.408, 1.449 and 1.571 these values shows that positive average rate between them. the standard deviation rate is 64%, 53%, 57% deviate from mean. According to the result its skewness value is 76%, 53%,80%,87% and 38% skewness rate the table-1 shows overall probability value is 0.000 its means 100% significant level between them. MHO1,2,3,4 and 5 consider as dependent variable result present mean values are 1.510, 1.429, 1.592, 1.694 and 1.531 these are representing that positive average rate. The standard deviation rate is 57%, 53%, 63%,67% and 61% deviate from mean values. Similarly, the PA play as mediator variable according to the result its mean value is 1.531, 1.449, and 1.551 shows positive average rate its standard deviation value is 57% and 60% deviate from mean value. The result describe that skewness value is 54%, 87% and 64% respectively.

### 3.3 Correlation coefficient

**Table 2:** Result of Correlation coefficient

	PR1	PR2	PR3	PR4	PR5	MHO1	MHO2	MHO3	MHO4	MHO5	PA1	PA2	PA3	PA4
PR1	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
PR2	0.138	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
PR3	0.119	0.115	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
PR4	0.271	0.177	-0.266	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
PR5	-0.080	-0.142	-0.029	-0.160	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
MHO1	-0.098	-0.048	-0.280	0.048	0.230	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
MHO2	-0.034	0.223	0.462	-0.228	-0.000	-0.114	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
MHO3	0.001	-0.275	-0.352	0.167	-0.144	-0.100	-0.386	1.000	0.000	0.000	0.000	0.000	0.000	0.000
MHO4	0.107	-0.054	0.064	0.249	0.294	0.296	0.194	-0.290	1.000	0.000	0.000	0.000	0.000	0.000
MHO5	0.035	-0.013	-0.417	0.077	0.067	-0.015	-0.197	0.348	-0.101	1.000	0.000	0.000	0.000	0.000
PA1	0.007	-0.309	0.266	-0.566	0.471	-0.048	0.095	0.057	-0.144	-0.077	1.000	0.000	0.000	0.000
PA2	0.093	0.316	0.093	0.268	-0.364	-0.140	-0.009	0.034	-0.212	0.128	-0.391	1.000	0.000	0.000
PA3	0.215	-0.088	-0.199	0.132	-0.098	-0.014	-0.228	0.055	0.196	0.136	-0.256	-0.165	1.000	0.000
PA4	0.111	0.207	0.125	-0.066	-0.260	-0.162	0.215	-0.263	-0.086	0.092	-0.227	0.564	-0.066	1.000

The above result of table 2 demonstrate that correlation coefficient analysis result shows some positive and some negative interrelation in between PR and MHO its rates are -0.014, -0.098, -0.218, -0.391 respectively. Rendering the concept of resilience, Resilience is a process of physiological integration centered on the capacity to learn new skills in traumatic conditions and enhance the existing abilities to cope with the traumatic condition in future. In recent years, the concept of psychological resilience has been increasing in sports psychology.

It is important to consider that not only physical health is important for the performance of athletes but psychological resilience is also required. Likewise, it is also recommended that the effective performance of the athletes also includes practical, strategic, conditional and physiological training that's the reason players should be prepared physiologically and physically to give the best performance in competitive sports. Studies showed that athletes with high psychological resilience ability have lower anxiety levels in comparison to athletes who have low psychological resilience ability. High psychological resilience enables players to solve issues instead of avoiding them or taking the stress and also they have more confidence and self-worth ability (KÜÇÜK KILIÇ, 2020).

#### **4. Conclusion**

An individual who actively participates in sports activities face many types of failure, stressors, and adversity in their sports profession. Athletes not only experience different types of stressors but also face many injuries, and mental stress due to the extensive diverse environment having positive and negative significances linked with the results. Psychological resilience is the basic requirement to achieve success in sports not only in the context of the ability of the athlete to experience sports diversity but also in how athletes respond towards diversity.

Resilience is not only the avoidance the stress and pressure but it is the ability to withstand that pressure and learn from it. In the sports field, psychological resilience is not easy for athletes as they have to face difficult situations and pressure. The research based on primary data analysis adversary measuring the research used smart PLS software overall research concluded that direct and significant link in between psychological reliance and mental health outcomes. To manage with this challenging situation athlete must have the ability to bear the stress condition and not lose their focus in achieving their desired goals. In many types of sports, sports psychologist communicates with athletes to help them to maintain psychological resilience through positive talks and creating a positive environment inside and outside the athletes so that they can represent the best skills of them.

Psychological resilience plays an important role in recovery and performance in the life of athletes. The stressful conditions in the way of athletes can be the reason for anger, worries, tension, trauma and stress. For instance, athletes having a higher level of psychological resilience abilities can easily bear the stress of injuries faced during sports. These athletes control their emotions and recover earlier from any stress. While facing any diversity these types of athletes handle the situation with positivity and maintain the self - esteem and confidence.

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