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ORIGINAL

PSYCHOLOGICAL RESILIENCE IN OLYMPIC ATHLETES: A CROSS-CULTURAL STUDY.

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ABSTRACT

In sports, athletes strive for greatness in ways that go much beyond their physical attributes. Although unquestionably important components of sports success include strength, speed, and talent, the complex psychological landscape of the human psyche frequently separates the remarkable from the just outstanding. Studies on psychological resiliency in Olympic athletes determine cross-cultural study. SPSS software was utilised to measure the research and produce correlation, descriptive analysis, and ANOVA testing results. The psychology of athletic performance explores the inner workings of the athlete's mind, revealing the intricate web of attitudes, feelings, and actions that significantly impact the player's performance on the field. Athletic performance is a combination of mental toughness, drive, and strategic thinking in addition to physical prowess. The psychological components take on the role of silent orchestrators as athletes pursue win and mastery, moulding the story of victories and setbacks. The majority of the studies established a strong and direct connection between Olympic competitors' psychological resiliency. Sports psychology is a branch of psychology that studies the complex interactions between the mind and body to interpret the psychological and cognitive elements that underlie an athlete's journey.

KEYWORDS Psychological Resilience (PR), Olympic Athletes (OA), Cross-Cultural Studies (CCS).

1. INTRODUCTION

The word physiological Resilience is an advanced term used to describe a specialized ability to withstand, recover, and adapt to any change in the form of stress, trauma, or damage. Various factors are included in the psychological

Resilience of Olympic athletes. As we know, Olympic Athletes have different lives than laypersons. So, they need better psychological Resilience than laypeople to adapt better and respond to the environment. When we study the lives of Olympic athletes, we may know that various factors contribute to the psychological Resilience of different Olympic Athletes. These important factors are gender, age, experience, sports, cultural background, etc. We will discuss the impact of these important factors on the psychological Resilience of Olympic Athletes individually. The first and foremost factor is the age of Olympic athletes(DeCouto et al., 2021). As we know, each part of life has different mental and physical growth rates. When we are in teenage or early adulthood, we have more flexibility to change according to our environment. The same is true in the case of Olympic athletes; when they are below forty years old, they are flexible and able to adapt to change for psychological Resilience, but when they are mature in old age, they have less ability to be habitual of new environments or any new change (Xie, 2023). The aspect of psychological Resilience is also dependent upon the gender of Olympic athletes. It has been seen that both genders respond differently to the same environmental stress or damage. It is evident from medical studies that women Olympic athletes are used to lower psychological resilience levels than male Olympic athletes. As we know, every kind of trauma, stress, or change may bring resistance and anxiety at the beginning level. This resistance may lead to depression in Olympic Athletes(Yang et al., 2020). It has been proved that there is a higher depression level in women Olympic athletes as compared to men Olympic Athletes. There are also some post-traumatic effects in both genders, and This Post-traumatic stress level is higher in female Olympic Athletes. The psychological Resilience of Olympic Athletes also depends on past Olympic athletes' experiences. It is a common observation that if a person has experienced caregiving behaviour in childhood and teenage, he will be more flexible to any adaptation in case of trauma. Still, if a person has experienced many kinds of trauma in childhood and teenage, he will become stoic and will be less adaptable to any change. So, psychological Resilience in Olympic Athletes is also dependent upon this factor of past experiences of athletes. The other important psychological Resilience factor in Olympic Athletes is sports(Westmattelmann et al., 2021). Some high-intensity sports demand high energy and more risk of injury, so these games demand More psychological Resilience in Olympic Athletes so that they May have better confidence levels and recover soon in case of injury. Another important factor in the psychological Resilience of Olympic athletes is their background. This factor is considered most important for psychological Resilience in Olympic athletes because of its various aspects. The first aspect is the genetic makeup of Olympic athletes. Genetics greatly impacts the psychology of athletes because some athletes have the genetic ability to adapt to any change in a very short time. So, we can say that those athletes are better in terms of psychological resilience. There is also an important aspect of

upbringing that determines the psychological Resilience of Olympic athletes (Castillo-Acobo et al., 2023; Gucciardi et al., 2016). If an athlete is brought up in a suitable and sport-friendly environment, he can adjust better to any trauma or stress. On the other hand, if there is an environment of coercion and force for Olympic Athletes, it will make them emotionless, and they will never like any environmental change in the form of damage or stress(Lyu et al., 2022). There is also an essential aspect of sports counseling in the case of psychological Resilience in Olympic Athletes. Suppose coaches are friendly and provide training in such a way that it is helpful for adaptation to change in the environment. In that case, Olympic athletes will be better in terms of psychological Resilience. The other important factor for psychological Resilience in Olympic Athletes is the mental preparation of athletes(Belem et al., 2014). We can provide training for better athlete performance, but we can never force him to join this profession. If he is not interested in this profession, he will never be able to perform well in it. Therefore, it is necessary to analyze the athlete's mental preparation for performing in this profession(Chen et al., 2023; Fletcher, 2018). There are a variety of characteristics of athletes that are quite related to their psychological Resilience. The first important characteristic is optimism. As we know, it is not important to have success every time; sometimes, there is confrontation to failure. So, an athlete must have such a mindset, which will also help to see positivity in failure. This is possible only because of the psychological Resilience of Olympic Athletes(Liu et al., 2018). The other important characteristic of resilient athletes is self-awareness. When a person knows his intrapersonal relationships, he will be able to understand them better than what profession he should choose. Because of self-awareness, this person can set his goals, thus increasing performance in his respective field. This self-awareness characteristic can only be achieved through psychological Resilience in Olympic athletes(Stamatis et al., 2021). The other important characteristic of resilient athletes is emotional regulation, which is related to the emotional quotient of any person. This emotional regulation is only possible when emotions are better handled because of the psychological Resilience of these athletes. The main benefit of this psychological Resilience in Olympic Athletes is that it helps to maintain the Mental Health of Athletes in a better way to enhance their performance and recovery. In other words, psychological Resilience helps improve emotional regulation in athletes(Gucciardi et al., 2016; Xiao et al., 2023).

1.1. Research Objective

The main objective of this research is to understand psychological Resilience in Olympic athletes, which is related to various factors. This overview has effectively explained different factors and various positive outcomes of psychological Resilience in Olympic athletes to enhance their sports performance.

2. Literature Review

This research aimed to break down the connection between versatility, discouragement, & nervousness in Chinese university competitors. Strength training centres around creating a more noteworthy ability to adapt whenever psychological & inner difficulties emerge. Studies also gives extra proof of the benefit of integrating a powerful flexibility instructive unit among university competitors(Lyu et al., 2022). Scholars discover definite connections between strength & whole thought about character qualities; however, they demonstrate that the degree of relationships shifts. Springiness is preferably essential for a high degree of game interest over an indicator for brandishing achievement(Westmattelmann et al., 2021). Studies analyze the authenticity & legitimacy of the Attributes of Strength in Athletics Groups Stock in China group competitors. It presumed that the Chinese people's variant of Attributes of Strength in Athletics Groups Stock may be utilized as a legitimate & dependable device to evaluate group strength in China & may be useful & pertinent in assisting athletics clinicians with figuring out group flexibility. Prospective investigations ought to additionally inspect the measurement-related estates of the ascend amid top-notch competitors & foster a group flexibility estimation instrument in light of China's conventional refinement(Yang et al., 2020). Researchers examined athletic results & mental contours in young adult hilly glide runners going to ability improvement foundations in the United States & Oesterreich. Decreased athletic open doors in the United States past instructive foundations might compel competitors to rehearse more to guarantee serious skiing. Irritants toward athletic cooperation gonna be special to orientation in every nation; however, provide their verifiable orientation marks of disgrace toward athletic support(DeCouto et al., 2021). This research aims to decipher, diversely adjust, & approve the Bosnian Competitor Mental Stress Survey as a feature of the Game Psychological Well-being Evaluation Device 1 approval. Bosnian competitors' brandishing encounter gonna be enhanced along the wide reception of the Competitor Mental Stress Survey, which may assist with identifying former indications of mental trouble & consequently further develop psychological well-being results(Sore et al., 2024). Studies suggest that coherence is a significant variable influencing athletics execution. The findings of this study show that mental community is the exemplification of great attachment in China group activities. The expansion in the union & mental community may work on China's competitors' capacity to adapt to upsetting circumstances in athletics, which might permit them to accomplish a superior exhibition over competitor commitment(Gu & Xue, 2022). The fundamental motivation behind the ongoing review was to inspect in what way the mentor competitor's functioning collusion, mental strength & discerned pressure are extraordinarily connected with exhaustion amid subordinate competitors in athletics. A predominance examination recognized apparent pressure to have the most grounded comparative impact on competitor exhaustion amid the factors researched in this review(Raanes et al., 2019). Scholars suggest that

civilization was viewed as a complex peculiarity going from wide social plies, for example, moral code & standards inside a state, to additional particular plies, for example, the game refinement inside a lineage, the local area environment inside the game, & traditions in the mentor competitor connection. The discoveries of this study add toward the developing collection of exploration in social game brain science & upgrade multifaceted perceptions of ability improvement in athletic(Castillo et al., 2022). Studies examined the job of flexibility on inspiration among sports & swim para-athletes. It should be noted that versatility affects inherent, internalized & outer guidelines. It was reasoned that regarding the disabled user's games & swimming, flexibility is by all accounts, a mediating component of the two independent & restrained inspiration(Nascimento Junior et al., 2021). The results of this study indicate that Bavarian Motor Works' carters varied from carters of different German vehicle marks just with respect to neurosis. A more elevated degree of neurosis may influence psychological well-being & the general personal satisfaction of competitors; hostility & trouble supervision are fundamental. Competitors (such as Bavarian Motor Works carters) also revealed contrasts in strength degrees. Sympathetic systems of conduct amid Bavarian Motor Works carters are conceivable over thinking about their character & personal contrasts(Rawat et al., 2023). Researchers reveal that psychological preparation methods are viewed as a way to work on competitors' psychological capacities, and preparation procedures work on actual capacities. Composure is introduced as the centre of psychological preparation in Chinese game brain research. In the extraordinary & flighty universe of rivalry, the greatest test for competitors is to manage their considerations, feelings, & corpses, to concentrate on the job that needs to be done(Ge & Zhang, 2020). In light of study outcomes, this exploration included additional information toward the area of pioneering goal by investigating the particular job of flexibility important for vocations as leading competitors & business visionaries. It additionally supports by exploring the particular gathering of leading competitors contrasted with Non-competitors & extrapolation suggestions in business venture schooling toward the two gatherings, as making competitors' consciousness of possible arrogance or executing flexibility preparing in schooling toward Non-competitors(Steinbrink & Ströhle, 2024). The basic objective of this survey was to distinguish the measures employed to gauge flexibility in competitors & to evaluate their assessment-related & syntactic variations toward the donning setting. Studies presumed that measures recognized in writing to survey competitors' versatility came to be utilized aimlessly(Bicalho et al., 2022). The outcomes highlighted the significance of definite reevaluating as an element adding to keeping a definite asset of mind state. Conversely, conduct separation & person-accusing were systems that brought down the mindset of world-class competitors. The outcomes affirm the significance of elements remembered for the salutogenic pattern (feeling of cognizance, survival methods) as indicators of competitors' state of mind over an epidemic(Szczypińska et al., 2021). Studies elaborate

that flexibility significantly calculation in the exhibitions of first-class competitors as it assists them with conquering the misfortune they confront consistently. The outcomes propose that an elevated degree of flexibility is connected with the reception of wellbeing-associated ways of behaving ideally for world-class athletes. In view of these discoveries, wellbeing advancement schemes focusing on the idea of flexibility ought to be created in world class athletic habitats for competitors, mentors, & guardians (Chrétien et al., 2024). Studies determined that sport psychological power impacts competitors' insight, feeling, & execution. It's fundamental to have a legitimate & dependable mental gauge to begin the examination. Hence, studies expected to approve Sport Psychological Power Ascent toward Thai-style & analyze its assessment-related estates. Scholars recommend Thai-style researchers & athletics experts might involve Sport Psychological Power Ascent Thai-style toward additional exploration & convention in destiny (Singnoy et al., 2023). Studies claim that the intellective & psychic estates influence the correspondence conduit among the course of culturally diverse correspondence amid competitors. Studies examines the idea of game brain research that's purveyed amid competitors. Mental conduct procedure & Levelheaded Profound Conduct Treatment may prevail the Psychological Condition of an athlete (Zhang et al., 2022). The review dives toward the different mental & outside boundaries that disabled user's competitors experience, counting such connected with personality question, absence of assets, & cultural discernments. Moreover, the review examines in what way cultural mentalities & designs influence disabled user's competitors' encounters, contemplating the two the strong & repressive parts of community's impact. Over extensive examination, this exploration upgrades their comprehension of the complex connections among psychological sturdiness, boundary exchange, & cultural elements with regards to disabled user's competitors (Meena & Sheoran, 2024). Studies expects to inspect the social, monetary, & foundational factors that add toward the fluctuating effects of enormous games on various nations. Eventually, this research assists us with best comprehension in what way large games change the financial scene of multitude networks, that thusly works on their capacity to design & perform strategies toward prospective occasions. The objective of this study is to research the components basic the social distinctions among China people & West athlete & to build a hypothetical pattern. By building a system toward the development of such social distinctions, the review tries to encourage a helpful social climate toward the improvement of competing games in Chinaware (Luo et al., 2024). Studies utilizes a blended techniques method, joining quantifiable information from execution measurements & subjective experiences from athlete consultations beyond different districts. The discoveries feature the huge advantages of care exercises & British capability in athletics & matches, recommending that their consolidated appeal might be an incredible asset for athlete around the world, advancing serious accomplishment as well as comprehensive prosperity (Makkubhai & Jadhav,

2024). Studies expects to acquire bits of knowledge toward professionals' encounters & view of the "Vocals of Competitors", a specific competitor sustain scheme, created & executed in the tropical islands in the Pacific. The research as well uncovered that the Vocals of Competitors assists competitors with planning toward vitality following athletic, adding to expanded confidence, advancement of adaptable abilities, & consciousness of their societal jobs. The discoveries as well highlighted the requirement for Vocals of Competitors upgrades, involving improved intelligence, bigger gaps, & monetary help(Hong & Minikin, 2024). The outcomes of this study are argued thinking about the exceptional qualities of world class & non-upper-class competitors & the defensive job of energy in psychological prosperity over affliction. By recognizing competitors' unmistakable mental responses to conditions thwarting serious game commitment, this research adds to sympathetic what troublesome wellbeing emergencies might mean for competitors' prosperity, possibly advising the advancement regarding designated help programs for competitors facing comparative difficulties(Guinto & Camitan, 2024). Studies show that the Coronavirus epidemic brought about disturbance of contests & preparing for majority competitors around the world. The discoveries give insight on what the Coronavirus epidemic meant for young competitors' emotional wellness, the difficulties they confronted, & the defensive elements that might battle mental misery(Lim et al., 2023). Scholar studies reveal that the young people of soccer foundations in the 3 Ethiopian nations examined have a particular psychological wellness contour, uncovering an elevated pervasiveness of normal psychological problems in the Ethiopian setting. These discoveries emphasize the requirement to improve the consciousness of emotional wellness problems in youthful Ethiopian participants & offer custom-made help(Waffo & Hauw, 2024).

3. Methodology

The research study determines that psychological resilience related to the cross-cultural studies. The research study based on primary data analysis for measuring the research used SPSS software and generate result included descriptive statistic, correlation, ANOVA test analysis between them.

4. Result and Descriptions

Table 1: Result of ANOVA^a

| ANOVA^A | | | | | | |
|--|------------|-----------------------|-----------|--------------------|----------|-------------------|
| MODEL | | SUM OF SQUARES | DF | MEAN SQUARE | F | SIG. |
| 1 | Regression | .664 | 3 | .221 | .650 | .587 ^b |
| | Residual | 15.656 | 46 | .340 | | |
| | Total | 16.320 | 49 | | | |
| A. DEPENDENT VARIABLE: OLYMPIC ATHLETES | | | | | | |
| B. PREDICTORS: (CONSTANT), PSYCHOLOGICAL RESILIENCE 3, PSYCHOLOGICAL RESILIENCE 1, PSYCHOLOGICAL RESILIENCE 2 | | | | | | |

The above result of table 1 describe that ANOVA test analysis related to the specific models included regression and residual model. The result also describes sum of square values, the mean square values, the F statistic also that significant values of each model. The first model is regression result shows that its sum of square rate is 0.664 shows 66% positive regression levels. The residual model shows 16.320 positive sum of square values. The mean square rate is 22% and 34% respectively. The F statistic value is 65% and its significant value is 58% positive significant rate between them. the result shows a direct and significant link between psychological resilience and athletes.

Table 2: Result of Coefficients

| COEFFICIENTS | | | | | | |
|---------------------|----------------------------|-----------------------|-------------------|---------------------|----------|-------------|
| MODEL | | UNSTANDARDIZED | | STANDARDIZED | T | SIG. |
| | | COEFFICIENTS | | COEFFICIENTS | | |
| | | B | Std. Error | Beta | | |
| 1 | (Constant) | 1.105 | .491 | | 2.251 | .029 |
| | Psychological Resilience 1 | -.020 | .137 | -.023 | -.148 | .883 |
| | Psychological Resilience 2 | .133 | .151 | .141 | .877 | .385 |
| | Psychological Resilience 3 | .186 | .153 | .186 | 1.215 | .231 |

A. DEPENDENT VARIABLE: OLYMPIC ATHLETES

The above result of table 2 demonstrate that unstandardized coefficient analysis included beta values and standard error values the result also describes that t statistic values and significant values of each independent variables. the independent variable is psychological resilience 1 its beta rate is -0.020 the standard error value is -0.137 the t statistic value is -0.148 also that significant value is 88% significant levels between psychological resilience and Olympic athletes. The second independent variable is psychological resilience 2 and 3 its shows that t statistic value is 87% and 1.215 shows positive rate its significant rate is 38% and 23% significant levels between them. Being an Olympic athlete is a unique accomplishment with its own set of demands and challenges. Psychology will be crucial to an athlete's success or failure in Paris this summer, regardless of whether they are fighting for gold in the modern pentathlon or winning the breaststroke. We have witnessed the psychological toll that elite competition can take on athletes in the most recent Olympics. In order to save her mental health, American gymnast Simone Biles withdrew from five events during the 2020 Tokyo Olympics. Meanwhile, 23-time gold medal winner Michael Phelps has talked about the mental breakdown he experiences after competing in the Games.

5.1. Psychological Resilience

It's critical to have the capacity to bounce back from setbacks like poor performances or injuries. Olympians are able to remain focused and resolute despite the intense scrutiny that accompanies competing on the greatest stage

in the world because of the impact that mental processes and behaviors like emotional regulation—the ability to identify and regulate feelings like anxiety—play. Instead of being a static quality, resilience is a dynamic process that develops as a result of interactions between an athlete's environment—such as their social support system—and individual traits—such as personality and psychological aptitude. A 2012 UK study on the resilience of Olympic champions found that a variety of psychological traits, including motivation, focus, confidence, and a positive outlook, as well as a sense of social support, helped shield athletes from the potential negative stressors associated with competing in the Olympics. These elements contributed to an athlete's increased capacity for resiliency and likelihood of peak performance. Athletes don't have to feel like they are on their own, due to social support. They will have more emotional fortitude and drive if they can lean on supportive networks of friends, family, and coaches. Olympians with resilience are able to utilize their unique abilities and characteristics and are shielded from the negative impacts of the stresses that come with competing in the Olympics. For instance, a rower might have to figure out how to deal with issues like shifting weather. They can remain composed and adapt to the environment by, for example, changing their stroke style, due to their resilience (Figure 1).

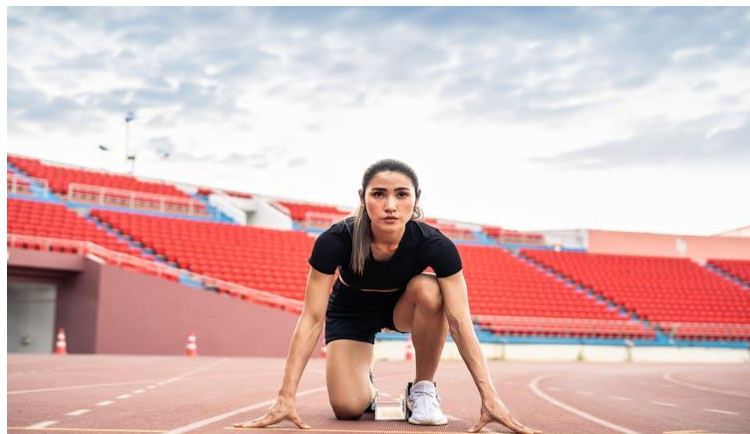


Figure 1: Olympic Athletes:

Table 3: Result of Total Variance Explained

| TOTAL VARIANCE EXPLAINED | | | | | | | |
|---------------------------------|----------------------------|---------------|--------------|---------------------------------------|---------------|--------------|-----------------------------|
| COMPONENT | INITIAL EIGENVALUES | | | EXTRACTION OF SQUARED LOADINGS | | | SUMS OF CUMULATIVE % |
| | Total | % of Variance | Cumulative % | Total | % of Variance | Cumulative % | |
| 1 | 1.434 | 35.840 | 35.840 | 1.434 | 35.840 | 35.840 | |
| 2 | 1.162 | 29.053 | 64.893 | 1.162 | 29.053 | 64.893 | |
| 3 | .874 | 21.838 | 86.731 | | | | |
| 4 | .531 | 13.269 | 100.000 | | | | |

EXTRACTION METHOD: PRINCIPAL COMPONENT ANALYSIS.

The above result of table 3 demonstrate that variance analysis result describes the initial eigenvalues and cumulative also initial variance percentage rate of each component. The total values oof initial eigen rates is 1.434, 1.162, 0.874, 0.531 shows that positive total values between them. the % of variance shows positive rates included 35.840, 29.053, 21.838 also that 13.269 respectively. Similarly, the % of variance value is 29.053 and cumulative rate is 64.893 shows positive rates between them. The Olympics is an international sport in which a large number of athletes from different countries participate. As it is a huge sports platform the sports athlete participating in Olympics-based sports faces a lot of problems related to game pressure. The athletes that make their way to the Olympics achieve great opportunities to showcase their talent and skills but sometimes the game pressure and game stress make athletes lose their confidence Also, alter ability to perform in any sport-based competition depends upon their psychological strength. Athletes who are mentally strong and active tend to perform better than psychologically ill athletes. Athletes face a lot of mental stress while playing in the Olympics. This negative pressure on athletes impacts their game-playing ability and makes them mentally exhausted. Most sports coaches stress their athletes to perform well in the game right before the game starts This sudden stress on athletes by their coaches makes them lose their ability to make conscious decisions during sports playing. An active mind results in active performance by athletes during the sports competition. Moreover, sports competitions sometimes result in chaotic circumstances that disturb the athlete game performing ability in sports. Athletes with strong psychological resilience tackle such circumstances easily. Resilience is the trait found in people who are capable of tackling the worst scenarios with an optimistic approach whereas psychological resilience is the ability of a person to maintain their mental well-being despite chaotic situations. for developing psychological resilience in athletes, they are provided with resilience-based interventions. The main aim of these interventions is to guide athletes to tackle any situation with a positive attitude. Developing positive thinking develops a winning sense in athletes. Studies have also shown that athletes with positive psychological resilience tend to perform better than athletes with poor psychological resilience.so, resilience in athletes directly impacts their game playing abilities. Four main types of resilience impact the athlete's sports playing skills. The first is social resilience. Athletes shaving social resilience tend to tackle social circumstances more effectively than athletes having minimum social commutation skills. The second type of resilience is physical resilience. Physical resilience means that sports athletes should have strong bodies with high strength to face sports-related hurdles. The third type of resilience athletes need to develop is mental resilience. Mental resilience means that athletes should be mentally strong to face failure during sports competitions. The fourth type of resilience is emotional resilience. Athletes have control over their emotions and know how to perform under game

pressure. All these four types of resilience if present in athletes make them prepare to participate in any Olympic competition. Athletes need to play with full concentration. Athletes' thoughts are disturbed then they will not be able to perform well in sports. During resilience training sessions, athletes are guided to control their negative thoughts and to develop positive thoughts using sports intervention programs. These programs are so effective in grooming athletes' personalities by developing a sense of motivation in him. athletes that play with an active mind that remain present during any problematic situation plays more confidently than athletes that are mentally absent while playing sports. Being mentally present while playing sports is one of the keys to becoming a successful sports player. Some athletes remain stuck in the past where they lost a particular sport competition. This past traumatic memory of losing a sport completion makes them mentally absent. to overcome this problem athletes are provided with timely interventions along with mental wellbeing therapy sessions. Athletes participating in the Olympics and not winning in it develop a sense of loss of self-worth. This feeling makes the athlete lose his worth. To help athletes overcome the post-Olympics blues, they are provided with therapy sessions. in this session the health professional guides the athlete to control his negative emotions and to focus on the good opportunities. After the competition, sadness makes the athlete mentally exhausted. To regain their playing potential and enthusiasm, athletes undergo psychological resilience training programs. One more factor that affects athlete game playing skills is the disturbed sleep cycle. The athletes participating in the Olympics often face sleep problems or disturbed sleep cycles. This disturbance in the sleep patterns of athletes makes them tired and exhausted all the time and thus athletes' ability to play with zest decreases. To make sure athletes are getting proper and peaceful sleep they are provided with all the necessities in the organization executing Olympics sports proper sleeping beds and air-conditioned rooms are provided to athletes so that they can rest before and after their sports training is completed. Many health professionals dealing with sports athletes predict that many athletes face self-doubt problems. self-doubt makes athletes unable to give their hundred percent in tasks assigned to them Sometimes the thought of becoming perfect and meeting the requirements of sports coaches makes athletes doubt their worth. To eradicate these negative self-doubts in athletes they are provided with psychological resilience interventions. These interventions teach athletes to develop a positive approach to life. Another factor that influences athletes' mental resilience is their lifestyle. Athletes having poor dietary habits and poor living conditions are likely to develop negative traits that impact their game-playing strength. The athletes that have adopted to healthy lifestyle are more positive in their life. Positively influence the playing skills of athletes by making them optimistic to tackle sports-related challenges. Also adopting to healthy lifestyle and removing unhealthy practices from life makes athletes' physical and mental resilience stronger.

Table 4: Result of Correlation

| CORRELATIONS | | PSYCHOLOGICAL RESILIENCE 1 | PSYCHOLOGICAL RESILIENCE 2 | PSYCHOLOGICAL RESILIENCE 3 | OLYMPIC ATHLETES |
|---------------------------------------|---------------------|-------------------------------|-------------------------------|-------------------------------|---------------------|
| PSYCHOLOGICAL RESILIENCE 1 | Pearson Correlation | 1 | -.307* | -.013 | -.068 |
| | Sig. (2-tailed) | | .030 | .927 | .637 |
| | N | 50 | 50 | 50 | 50 |
| PSYCHOLOGICAL RESILIENCE 2 | Pearson Correlation | -.307* | 1 | -.313* | .090 |
| | Sig. (2-tailed) | .030 | | .027 | .535 |
| | N | 50 | 50 | 50 | 50 |
| PSYCHOLOGICAL RESILIENCE 3 | Pearson Correlation | -.013 | -.313* | 1 | .142 |
| | Sig. (2-tailed) | .927 | .027 | | .325 |
| | N | 50 | 50 | 50 | 50 |
| OLYMPIC ATHLETES | Pearson Correlation | -.068 | .090 | .142 | 1 |
| | Sig. (2-tailed) | .637 | .535 | .325 | |
| | N | 50 | 50 | 50 | 50 |

***. CORRELATION IS SIGNIFICANT AT THE 0.05 LEVEL (2-TAILED).**

The above result of table 4 demonstrates that correlation coefficient analysis result shows Pearson correlation values, the significant values also that number of observation rates of each variables included dependent and independent. The overall result shows that some positive and some negative relation between the dependent and independent variables.

6. Conclusion

When it comes to sports, the mind is just as much of a battlefield as the actual field. In order to reach their maximum potential, athletes must acknowledge and utilise psychological elements. In order to foster mental toughness, drive, and general wellness—and to guarantee that this mental effort translates into strength, perseverance, and achievement—coaches, sports psychologists, and players must work together.

Another very big obstacle that athletes face is sudden sports injury. The injuries caused to athlete due to sports make them lose their confidence. Many injured athletes develop a sense that they will never heal and thus they will never be able to play their favorite sports. This thinking makes athletes mentally ill and physically inactive. To make athletes regain their lost hope after sports injury they are provided with interventions and therapies that aim to guide them about the importance of the inner healing ability of athletes. An athlete's injury can only heal if he has the will to recover. The injured athletes have high psychological resilience and self-healing power and tend to recover faster than athletes with poor strength. Also, the resilience intervention provided to injured athletes during their recovery periods helps the athletes overcome the thoughts and flashbacks related to their traumatic sports injury incident.

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