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## ORIGINAL

# COMPARATIVE ANALYSIS OF MENTAL RESILIENCE IN INDIVIDUAL VS. TEAM SPORTS ATHLETES

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### ABSTRACT

Mental resilience decides both athletic performance and success as athletes learn to handle stress plus get better from failures. Our research examines how mental resilience grows and shows up differently in sports athletes between individual and team environments. Tennis and swimming athletes build up their resilience through personal determination and emotional control because they have total control over their playing results. Team sports players of soccer and basketball teams increase their mental resilience by learning to work together under shifting team conditions while sharing achievement and responsibility. In individual sport athletes' isolation and their personal targets create intense pressure while team athletes work with team dynamics and deal with group tension plus outside expectations. Our research shows that athletes from both individual and team sports need basic resilience techniques but must learn distinct mental approaches and support systems for their own sports. These results help sports psychologists make individualized mental training plans for athletes and their coaches. Through this understanding practitioners help athletes develop better resilience for enhanced performance and improved mental health.

**KEYWORDS:** Mental Resilience (MR), Individual Sport Athletes (ISA), Team Sports Athletes (TSA)

### 1. INTRODUCTION

The word mental resilience refers to a special kind of ability by which a human being can bear, recover, or adapt to any kind of stress, trauma, or adversity. There is a need for a better emotional quotient for mental resilience because it involves the regulation of difficult emotions, experiences, or any kind

of thought. As we know mental resilience is dependent upon the environment to much extent so an individual and team sports athlete may have different and contrasting aspects of mental resilience(Popovych, Radul, Radul, et al., 2022). We are going to compare the mental resilience of both of these entities. We will enumerate a few important points that are necessary to understand the mental resilience of individual vs team sports athletes. Firstly, we are going to discuss individual sports athletes then we will discuss team sports athletes as well. As we know in the case of individual sports athletes, there is an aspect of higher self-resilience because the performance of an athlete is dependent upon a single athlete only(Reardon & Hitchcock, 2024). In this regard, those athletes who perform solely have higher self-resilience and more mental toughness for better performance in sports. The other important aspect related to the mental resilience of individual sports athletes is greater responsibility and more pressure. As we know in individual sports athletes, there are no teammates who can share the burden of the athlete. Moreover, the aspect of success or failure is also dependent upon a single athlete(Pinto, 2015). This dynamic increases responsibility as well as pressure on individual sports athletes. It has been seen that this aspect plays an important role in the mental resilience of individual sports athletes. Self-reflection is also an important aspect related to individual sports athletes. In the case of individual sports athletes, there can be a better analysis of the performance of athletes and this analysis can be done by self-reflection.

As a single player, this athlete has more chance for self-evaluation to understand those areas that need improvement(Pinto, 2018). This aspect of self-reflection will also help in better and swift mental resilience in individual sports athletes. As we know as human beings, we need social interaction as well for better mental growth and mental resilience. However, in the case of individual sports athletes, it has been seen that there is less social support for these athletes because of less social interaction(Garrido-Muñoz et al., 2024). This aspect enumerates an important challenge to the mental resilience of individual sports athletes. If we discuss about personality traits of individual sports athletes, we may come to know that these athletes have traits of perfectionism and self-criticism as well. These athletes want to be perfect for better performance and if in any case, they are unable to achieve desirable performance, they will criticize themselves which will impact their mental resilience as well. As we know mental resilience is related to hormonal levels in the body also. For example, when we achieve something by effort, there is the release of dopamine in the body which is considered a reward hormone(Blanco-García et al., 2021). But in the case of self-criticism, there are unbalanced hormonal regulations in the body which may impact the mental resilience of individual sports athletes. Recent studies have also shown that there is a coping mechanism in individual sports athletes as well. They usually develop coping

mechanisms such as self-talking. This mechanism of self-talking will be effective for managing stress and pressure in the case of individual sports athletes (Popovych, Prytuliak, et al., 2022). As we know the coach-athlete relationship plays an important role in the training and performance of athletes as well. When there is a friendly relationship between the athlete and Coach, there will be a better understanding of those aspects that are mandatory for enhancing the performance of the athlete. It has been seen that in the case of individual sports athletes, there is a more personalized relationship between coach and athlete which is much useful for better mental resilience in individual sports athletes. Now we are going to understand mental resilience in team sports athletes (Devin et al., 2015). The first important aspect of mental resilience in team sports athletes is social support. As these athletes perform in groups they have a better social network. As aforementioned social support plays an important role in better mental resilience because in this case, they have teammates who can provide better emotional support, motivation, and encouragement as well. Shared responsibility is also another important aspect of team sports athletes. As the level of performance is dependent upon the whole team the responsibility for any possible outcome is shared among team members which will reduce the dynamics of stress and pressure as well. The other important aspect related to mental resilience in team sports athletes is diverse perspectives and feedback (Westmattmann et al., 2021). In the case of a team, an athlete may get feedback from other teammates, coaches, and other staff members. Such feedback will be useful to highlight areas for improvement. In this way, there is better mental resilience and reduced aspect of self-criticism too. In the case of team sports athletes, it has been seen that there is less control over outcomes.

As we know these athletes have to perform in groups so for success, there is a need for better performance of each individual of the team. If one individual is performing well but the other individual is lacking in some regard, so there is more risk of failure. In this way, we can say that there is less control over outcomes in the case of team sports athletes which is an important challenge of teamwork. After a comparative analysis of the mental resilience of individual sports athletes and team sports athletes, we came to know about important similarities and differences between these athletes. The first important similarity is that both of these types of athletes need mental resilience because both of them face challenges, some sort of stress, and pressure as well. But there are some areas of difference between these two types of athletes. Both of them have different personality traits and various levels of control over outcomes as well. The level of responsibility also varies in these two types of athletes. There are some important implications of comparative analysis of the mental resilience of individual sports athletes and team sports athletes. The first important implication is that it will be helpful in tailored mental training so that each individual will be provided with training according to his areas for

improvement. The other important implication is that it will be useful for developing social networks in the case of individual sports athletes which is important for mental resilience (Popovych, Radul, Hoian, et al., 2022; Wu, 2024).

### **1.1 Research Objective**

The main objective of this research is to understand the comparative analysis of the mental resilience of individual vs team sports athletes. These studies have convinced us that there are different points for consideration for better mental resilience in individual sports athletes and team sports athletes.

## **2. Literature Review**

Researchers claim that handball sports athletes are provided with holistic injury prevention-based programs to make their recovery process faster after injury. Experts are involved in developing intervention programs for providing therapy-based intervention to individual and group athletes (Ageberg et al., 2024). Studies explain that numerous factors cause limb injury in female athletes. These factors could be weak bones, unhealthy dietary habits, and history related to menstruation in females. All these factors are responsible for causing limb injury in female sports athletes (Almoussa et al., 2024). Studies suggest that athletes' mental health plays a key role in improving his game playing skill. Athletes with strong mental resilience are determined to play more strength fully but the majority of young athletes face a lot of mental health like depression and fear of losing the games. These mental health problems make them lose their confidence on game. They tend to perform poorly in the sports field. Identifying mental health problems in athletes at an early stage helps in guiding athletes at individual and group levels (Daley & Reardon, 2024). Studies suggest that social media plays a critical role in athletes' mental well-being. Social media can control specific factors that trigger cognitive responses in athletes thereby impacting their mental health (Davies et al., 2024). Studies claim that an experimental task was performed on athletes to assess the cause of mental fatigue in athletes. Group of athletes indulged in pedal competition tasks for almost thirty minutes. The result of this task was that athletes who indulged in heavy pedal performance faced more mental fatigue than athletes who indulged in low pedal performing activity (Díaz-García et al., 2024). Studies explain that the distraction caused by cheerleaders sometimes results in mental fatigue in athletes in sports competitions. This mental fatigue is due to the continuous pressure by the sports team and coach on the athlete to perform well in the sports field. This mental fatigue causes soccer players to lose their ability to perform their tasks in a controlled and professional way (Ferreira et al., 2024). Studies show that athletes having different personalities take different supplements to improve their health. Athletes with good personality traits end up taking supplements that are scientifically proven to benefit their health

without causing any major side effects(Gacek et al., 2024). Studies predict that the mental health of the athletes is influenced greatly by the leadership of team or coach. A professional coach will help the athlete to overcome his mental health problems to play with full enthusiasm. While unprofessional coaches burdened their athletes with game pressure. Also, the socializing circle of an athlete greatly impacts his mental health . Athletes sitting in good company tend to have positive attitudes towards other players and their game(Kavussanu et al., 2024). Studies suggest that certain factors motivate athletes of different sorts to participate in sports-related competitions Individual athletes who are motivated to play in sports competitions tend to have stronger mental resilience in comparison to teams of athletes with low motivation(Kucuk, 2024).Studies claim that goalkeepers are provided with specific intensive training programs to improve their skills. The intensive training helps them to develop mental resilience that allows them to tackle any game-related pressure Specific training guides the goalkeeper to maintain their position around the goal-keeping net(Mihăilă et al., 2024). Studies reveal that social media plays a major role in portraying athletes' image in front of the world.in sports cultural history it was believed that athletes showing vulnerability and mental weakness were unable to perform their role in specific sports. But now in the present era sports organizations have raised awareness among people that vulnerability and mental weakness shown by athletes are not a bad quality trait rather it symbolizes athlete courage to tackle all sport related challenges and trying their best to give hundred percent in sports. Social media has played its part in collaborating with sports organizations to influence the development of mental resilience in athletes(Ng et al., 2024). Scholars elaborate that athletes of different sports fields are provided with strength-based therapies. These therapies allow for the betterment of individual athletes as well as of the whole team or group of athletes. Strength therapies aim to develop mental toughness quality in athletes so that they can tackle all game-related challenges with great ease(Parsakia et al., 2024). Studies suggest that strong communication between athletes and sports rehabilitation groups allows athletes to recover fast after facing any sport-related injury. Better communication helps the athlete to explain his emotional and mental health condition to the rehabilitation teams so that the recovery process can speed up Rehabilitation teams aim at improving the physical as well as mental health of the athlete after he faces any injury condition. These teams work together with the injured athletes to make their comeback in the sports field faster(Piussi et al., 2024). Studies explain that most of professional sports athlete faces burnout problem due to playing too much sports. This burnout condition leads to poor performance of athlete in sports field. Resilience is a factor that is res for burnout in athletes Effectively controlling of resilience factor minimized burnout in athletes(Poulus et al., 2024). Studies explain that in athletic training departments, the high-performance model is used to provide athletes with guidelines to manage their health

requirements according to the need for sport-related tasks (Rimer et al., 2024).studies claim that new scoring tools are implemented in soccer playgrounds to assess the scores made by soccer players. With the advancement of technology advanced behavioral determination scoring systems are used in the sports field to determine the behavior of soccer athletes(Robinson et al., 2024). Studies explain that athletes involved in jumping sports feel difficulty in doing repeated jumps when they face mental health problems. It becomes difficult for athletes facing mental health problems to concentrate on the required task repeatedly(Staiano et al., 2024). Studies claim that wrestlers face anxiety and stress problems when they face injury conditions. Injury makes them mentally unstable and they tend to lose their track of performance(Ünlü et al., 2024). Studies show that athlete' mental toughness is positively influenced by their age and gender. Young male athletes have more mental resilience than aged athletes(Wandik et al., 2024). Studies predict that psychological resilience develops strength and mental strength in athletes to tackle challenges faced by athletes during their sport completion journey(Zhang et al., 2024).

**Table 1:** The Result of Paired Samples Statistics

<b>PAIRED SAMPLES STATISTICS</b>		Mean	N	Std. Deviation	Std. Error Mean
<b>PAIR 1</b>	Mental Resilience 1	1.5294	51	.67388	.09436
	Individual Sports Athletes. 1	1.4902	51	.61229	.08574
<b>PAIR 2</b>	Mental Resilience 2	1.5294	51	.64352	.09011
	Individual Sports Athletes 2	1.5490	51	.61037	.08547
<b>PAIR 3</b>	Mental Resilience 1	1.5294	51	.67388	.09436
	Team Sports Athletes 1	1.5686	51	.67097	.09395
<b>PAIR 4</b>	Individual Sports Athletes. 1	1.4902	51	.61229	.08574
	Team Sports Athletes 2	1.3725	51	.59869	.08383

The above result of table 1 demonstrate that pair statistical analysis result describe that mean values, the standard deviation rates, result also explain the standard error of the mean values. The first pair is mental resilience 1 and individual sports athletes result shows that its mean value is 1.5294 and 1.4902 both rates represent that positive average value. The standard deviation rate is 67%, and 61% deviate from mean. The second pair is mental resilience 2 and individual ports athletes 2 result shows that its standard deviation rate is 64% 61% deviate from mean value. The third pair is mental resilience 1 and team sports athletes 1 result describe that its mean values is 1.5294, 1.5686 both rate is shows positive average value the standard deviation value is 67% deviate from mean. The pair 4 represent that also positive average value its rate is 1.4902, 1.3725 both value is positive average rate between them. the standard deviation value is 61% and 59% deviate from mean.

**Table 2:** The Result of Paired Samples Correlations

PAIRED SAMPLES CORRELATIONS		N	Correlation	Sig.
<b>PAIR 1</b>	Mental Resilience 1 & Individual Sports Athletes. 1	51	.086	.551
<b>PAIR 2</b>	Mental Resilience 2 & Individual Sports Athletes 2	51	.264	.062
<b>PAIR 3</b>	Mental Resilience 1 & Team Sports Athletes 1	51	-.237	.094
<b>PAIR 4</b>	Individual Sports Athletes. 1 & Team Sports Athletes 2	51	-.072	.617

The above result of table 2 demonstrates that correlation coefficient analysis in between mental resilience and individual sports athletes the correlation values is 0.086, 0.264, --0.237 and -0.072 some positive and some negative interrelation between mental resilience and individual sports athletes included team sports athletes.

**Table 3:** The Result of Paired Samples Test

PAIRED SAMPLES TEST		PAIRED DIFFERENCES					T	DF	SIG. (2-TAILED)
		MEAN	STD. DEVIATION	STD. ERROR MEAN	95% CONFIDENCE INTERVAL OF THE DIFFERENCE				
					Lower	Upper			
<b>PAIR 1</b>	Mental Resilience 1 - Individual Sports Athletes. 1	.03922	.87088	.12195	-.20572	.28415	.322	50	.749
<b>PAIR 2</b>	Mental Resilience 2 - Individual Sports Athletes 2	-.01961	.76132	.10661	-.23373	.19452	-.184	50	.855
<b>PAIR 3</b>	Mental Resilience 1 - Team Sports Athletes 1	-.03922	1.05756	.14809	-.33666	.25823	-.265	50	.792
<b>PAIR 4</b>	Individual Sports Athletes. 1 - Team Sports Athletes 2	.11765	.88650	.12413	-.13169	.36698	.948	50	.348

The above result of table 3 represents that test statistical analysis result describe the t statistic values, the probability value also that explain the 95% confidence interval between the dependent and independent variables. the pair 4 is individual sports athletes 1 and team sports athletes its probability rate is 34% the t statistic value is 94% respectively. Overall result shows some positive and some negative relation between them.

## 2.1. Applications

Your mental resilience helps you manage stress while bouncing back from issues and adjusting well to challenges. Sports success and top performance depends heavily on how well athletes handle stressful situations. The specific stress of group vs single-athlete competition affects how athletes develop mental strength.

### 2.1.1 Characteristics of Mental Resilience in Individual Sport Athletes

People who participate in single-person sports including tennis swimming gymnastics need psychological abilities special to their field. Each athlete bears total responsibility for their results and accomplishments in their field. Learning to take care of yourself builds confidence but makes the athlete more open to external influence. People achieve success mainly through setting individual targets and encouraging themselves. Through training athletes learn crucial ways to maintain concentration and dedication. Athletes need effective ways to handle performance-related stress and worry plus their inner doubts. Individual sports athletes use mindfulness and visualization approaches regularly. Exercising alone makes athletes more likely to feel lonely and miss emotional backing. Every individual athlete in this sport receives complete evaluation because they train alone without teammates to support them. The body and mind will break down when someone pushes themselves hard without external, (swimming, gymnastics) often compete and train alone, which demands unique psychological traits. Key Traits: 1. Self-Reliance: o Athletes are solely responsible for their performance and outcomes. o This fosters independence and self-confidence but may increase vulnerability to pressure. 2. Intrinsic Motivation: o Success often depends on personal goal-setting and self-driven motivation. o Athletes develop internal strategies to stay focused and committed.

### 2.1.2 Emotional Regulation

Managing stress, anxiety, and self-doubt during solo performances is essential. Techniques like mindfulness and visualization are commonly used. Challenges:

Isolation: o Training and competing alone may result in loneliness or a lack of emotional support.

Pressure: o Individual athletes face intense scrutiny, as there are no teammates to share the blame for mistakes.

Burnout: o Continuous self-driven efforts without external reinforcement can lead to physical and emotional exhaustion. There are three main ways that many professional teams handle pressure situations. Team Sport Athletes

Display Specific Mental Strength Traits Team sport players who perform football basketball and hockey need to team up effectively for them to succeed.

### **3. Key Traits**

#### **3.1 Collaborative Skills**

In team sports all athletes need to team up to reach game targets. To succeed on a team, you need to master how to talk to others, build trust, understand their feelings and work together well. Each team sport player must know their assigned position and act together towards team objectives. Good teamwork makes athletes see what their teammates will do next and react well to unexpected problems. In team sports players must trust each other to do their part regardless of tasks like soccer passes or basketball plays. Good communication has vital value because athletes need to exchange suggestions and motivations while dealing with intense moments on the field. In volleyball teams need to exchange precise information about where the ball appears to construct strong defenses and adapt their tactics to opponent changes. When athletes understand how their teammates feel they build stronger working relationships from triumphs and disappointments. When team members feel emotionally connected to each other they work better together as they tackle problems together. After games athletes build relationships with coaches' staff and fans through their collaborative abilities which support team morale. Building good teamwork skills means helping all team members feel important so they will want to give their full effort. Young athletes build collaborative skills through scheduled team building and training routines that lead their group toward achievement

- Athletes develop resilience through mutual support, communication, and trust.
- Strong team dynamics can buffer the impact of stress and failure.

#### **3.2 Adaptability**

Team sport athletes need to adjust easily when unexpected changes happen during matches. When athletes can instantly adjust their game response and strategy to performance needs, they become adaptable. In team sports you need flexibility because each game brings new demands including opponents' methods, changes in your teammates' performance and injuries plus weather and playing field conditions. A strong adaptability requires team members to accept new responsibilities. When a soccer midfielder moves to defense because of an injured teammate they must combine their skill training with their thinking skills. In basketball matches players regularly adapt their team strategy on the court according to what both coaches and opponents do next. A team athlete needs to handle pressure with strong emotional fortitude. Team athletes need to handle game pressure by staying steady when they let

in opposition points or lose important score moments. The team's success remains strong because athletes bounce back from obstacles quickly. The team members need to adjust their social interactions with each other. Teams rely on different psychological personalities so athletes need to build cooperation at all times especially when facing conflicts and tough moments. Training success comes from giving players different game options in their sessions including special games and learning to act fast in challenging moments. Coaches train athletes by letting them adjust team strategies while learning new methods to solve game problems. Adaptability above all benefits both individual athlete performance and team unity thereby becoming the fundamental factor for team sports success.

- Players adjust to various roles, strategies, and interpersonal challenges within the team.
- Team conflicts and varying coaching styles demand flexible coping mechanisms.

### **3.3 Shared Responsibility**

In team sports success depends on everyone working together as part of a unified team. In team sports each player shares team results whether they succeed or fail unlike individual sport athletes where one person carries all responsibility alone. When teammates depend on each other they create a partnership that helps the whole team succeed. By sharing workload among teammates members feel less pressure. When players understand their teammates share the same goal, they reduce their stress and stay focused on their designated tasks. Every rugby player plays a set role within the team including both pushing forwards in scrums and creating tactical plays from behind. Each team member doing their assigned tasks creates an effective team operation. When players work together better trust forms between teammates. Each team member depends on the others to make insurance plays happen from scoring chances to defense in hockey. Team members who depend on each other develop deep friendships and support both their shared spirit and teamwork success. Teams achieve better solutions to problems when players join together to revise their methods when they encounter tough situations. Effective shared responsibility depends on both good communication and well-defined roles. A lack of clear job descriptions among team members creates disagreements that decrease cooperation and hurt the team's output. As leaders of athletic teams coaches help everyone understand who should do what and how they should use their individual talents. When teammates share responsibilities equally, they perform better and build a working environment where everyone supports each other toward winning.

- Pressure is distributed among team members, reducing individual

burdens.

- Collective wins and losses foster a communal sense of resilience.

### 3.4. Challenges

Team relationships that fail and weak bonds between team members harm how well they perform and stay motivated. Teams depend on one another for success so an individual feels stuck when teammates fail to maintain their end. A strong social team environment forces members to stay silent and causes mental resilience and morale.

- Dependence on Others: ○ an individual's performance is often tied to the team's overall effort, which can be frustrating if teammates underperform.

- Pressure to Conform: ○ social dynamics in teams may discourage individual expression, leading to stress. Through training individuals learn important life skills such as stress reduction. Comparative Analysis Developing mental toughness needs the same approaches in both groups that rely on setting targets and managing stress. Performance enhancement for all members depends on setting goals plus learning to handle stress and cope with challenges. Two types of athletes depend on experts in sports psychology and mental coaching to succeed. and morale. Dependence on Others: ○ an individual's performance is often tied to the team's overall effort, which can be frustrating if teammates underperform.

- Pressure to Conform: ○ social dynamics in teams may discourage individual expression, leading to stress.

#### 3.4.1 Differences in Psychological Demands

**Table 4:** The Result of Differences in Psychological Demands

ASPECT	INDIVIDUAL SPORTS	TEAM SPORTS
<b>SOURCE OF PRESSURE</b>	Internal: Self-expectation and accountability	External: Team expectations and peer pressure
<b>SUPPORT SYSTEM</b>	Limited to coaches or self-developed strategies	Teammates, coaches, and team culture
<b>DECISION-MAKING</b>	Quick, autonomous decision-making	Collaborative, strategy-based decisions
<b>RESILIENCE BUILDING</b>	Self-reliance and independence	Team synergy and collective problem-solving
<b>FOCUS</b>	Personal growth and mastery	Group objectives and cooperative success

### 3.4.2 Emotional Support

Individual Sports: Sports players in both individual and team sports strongly depend on their own strength and resilience (Table 4).

• Team Sports: Sports teams deliver emotional comfort to you when you spend time together doing activities. Individual Sports Depend Heavily on Self-Training and Inner Strength. The proposed approach based on different sport types offers guidelines to sports experts during their work. Each athlete needs their own sport coach who helps them develop their personal skills. Team athletes will participate in group interaction sessions and collective endurance training to develop their performance. Sports professionals should use targeted biofeedback and cognitive-behavioral methods that help them in their specific sports. People who play sports by themselves should depend more on their team coaches and family members. Athlete teams get better leadership development plus value group assistance. Team Sports: Emotional buffering through camaraderie and shared experiences. All sports make demands but athletes in individual pursuits may need stronger self-coaching skills.

### 3.5. Psychological Tools and Techniques for Individual Sport Athletes:

1. Mindfulness and Meditation: Enhance focus and reduce stress.
  2. Self-Talk: Build confidence through positive affirmations.
  3. Visualization: Mentally rehearse successful performances.
  4. Conflict Resolution Training: Improve interpersonal dynamics.
3. Role Clarity: Define individual contributions to team success.

### 3.6. Implications for Training and Coaching:

1. Tailored Mental Training:
  - o Individual athletes may benefit from personalized coaching focusing on self-reliance.
  - a. Team athletes should engage in group dynamics workshops and collective resilience-building activities.
2. Stress Management Programs:
  - o Incorporate strategies like biofeedback and cognitive-behavioral techniques tailored to the sport type.
3. Support Networks:
  - o Individual athletes might require a stronger support system of coaches and family.
  - o Team athletes benefit from leadership training and peer support initiatives.

The below result of table 5 demonstrates that chi square values also that explain the significant rates of each variable. the chi square values of mental resilience 1 and 2 is 16.941 and 17.294 both shows positive chi square values. The individual sports athletes 1,2, shows that 20.235 and 17.765 the chi square rate of team sports athletes 1 and 2 is 14.588 and 31.529 respectively. Overall significant rate is 0.000 shows 100% significant value between them.

**Table 5:** The Result of Test Statistics

TEST STATISTICS						
	MENTAL RESILIENCE 1	MENTAL RESILIENCE 2	INDIVIDUAL SPORTS ATHLETES 1	INDIVIDUAL SPORTS ATHLETES 2	TEAM SPORTS ATHLETES 1	TEAM SPORTS ATHLETES 2
<b>CHI-SQUARE</b>	16.941 <sup>a</sup>	17.294 <sup>a</sup>	20.235 <sup>a</sup>	17.765 <sup>a</sup>	14.588 <sup>a</sup>	31.529 <sup>a</sup>
<b>DF</b>	2	2	2	2	2	2
<b>ASYMP. SIG.</b>	.000	.000	.000	.000	.001	.000

a. 0 cells (0.0%) have expected frequencies less than 5. The minimum expected cell frequency is 17.0.

#### 4. Conclusion

People who practice sports alone experience different mental resilience training than team players since their competitions have different emotional needs and resources during matches. When performing as a single competitor values independent drive and self-motivation yet team players need to work together toward common goals and team responsibilities. Training programs that assist resilience growth should adjust based on sports differences to help athletes and their support system achieve better results in competitive performance. Individual athletes develop strong independent coaching skills and inner resilience while team athletes gain emotional support through team bonds. Researchers examine how individual and team athletes develop their resilience skills over time. We study how sports environments and individual differences affect mental toughness. Look at how technology including digital wearables and artificial intelligence helps develop athlete resilience.

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