

## Psychological Well-Being and it's Impact on Sports Person

**Dr. Shaily Mishra\***

Assistant Professor (Psychology), J B Shah Girls PG College, Jhunjhunu, Rajasthan.

\*Corresponding Author: drshailymishra@yahoo.com

*Citation: Mishra, S. (2025). Psychological Well-Being and it's Impact on Sports Person. International Journal of Global Research Innovations & Technology, 03(04), 121–124.*

### ABSTRACT

*The study is about to analyze the relationship between psychological well-being and sports performance. The study lightens-up on the various factors of psychological influence on an athletes' performance. Besides, this enables to make understand the importance of mental health support in sports activities. Psychological well-being impacts on the ongoing performance on the sport person on play ground very affirmatively. It has an effect on the performance of a sport person by brushing-up better focus, incentive and self-assurance as well recovery from setbacks. Healthy mental well-being inhance physical abilities, increase enthusiasm, strong mind-body connection, and improved resilience. Consequently, the result comes into a great enjoyment. A good well-being not only reduces distress but upgrade team-mate support also. A fit and vigorous surroundings leads to a very positive and supportive environment for sportsmanship. Psybological well-being has strong influence on sports performance. Coaches and sports institutions should integrate mental health programs, counseling and stress management workshops to enhance athletes' overall performance and well-being. The study explores the relationship between psychological well-being and athletic performance, highlighting how stress management, self-confidence and mental health contribute to success in competitive sports. Findings suggest that athletes with higher psychological tend to show better performance, resilience and teamwork compared to those facing mental distress.*

**Keywords:** *Psychological Well-Being, Sports Person, Performance, Self-Confidence, Stress, Mental Health, Motivation, Athlete, Resilience.*

### Introduction

Psychology is the scientific study of the midn and behavior. It explores how people think, feel and act as an individual, as well as in groups also. Psychology looks at various aspects of human nature viz thoughts, emotions, behaviours, developement, mental health and social interactions. Similarly, psychology has a vital role in the sphere of sports, athletes, coaches, teams. Sport Psychology examines how sports activities and intellectual affects on performance on the grounds and participating in sports activities impinge on the mind. This focus on motivation in order to drive athletes stay and set goals, build confidence of abilities, concentrate sharply during competion, enable athletes to manage anxiety, pressure, stress and nerves to enhance his performance. It helps to create team dynamic surroundings for impressive communication and team-work. It enhances mental toughness in the sports person for copying with setbacks and staying resilient. Sport psychology supports to create habits to boost performance on sports field. Psychological well-being has become an essential component of modern sports person performance. Sports performance is traditionally evaluated thorough physical attricutes such as strength, endurance, and skill. It plays an important role in deterining a sports person's success. Psychological well-being referes to positive functioning, life satisfaction, emotional stability, confidence, and the ability to manage stress. A sports person faces immense pressure from competition, coaches, spectators and self-expectations. The pressure can lead to anxiety, burnout and decreased performance if mental health is neglected. Therefore, understanding the link between psychological well-being and sports performance is essential for enhancing the overall quality of athletic life.

### **Psychological Well-being:**

According to Vanesa Garcia-penas et al. (2024), Well-being is generally studied in the two aspects – subjective and psychological. Diener (2013) and Diener et al. (2018) show that subjective well-being is based on the experience that makes life pleasant or unpleasant. On the other hand, according to Deci and Ryan (2008), psychological well-being is considered as the eudaimonic tradition which focuses on living life in a complete and fully satisfying way. Psychological well-being plays a crucial role in determining the performance level of athletes. Psychological well-being refers to an overall mental and emotional health of human-being as how think, feel and function in day to day life. It is about feeling good and functioning effectively. Self acceptance, purpose in life, positive relationships, autonomy, environmental mastery, personal growth etc. are the nucleus mechanism of Psychological Well-being. A good well-being happiness includes positive feelings about the strength and weakness. It adds to set goal and direction in human life. It boosts coherence among team relationship and makes every one well-connected to each other. It enables to make own decisions firmly and act according to strong-willed values. Its overall comethrough reflects in developing, learning and improving in human life. In the sphere of sports, it influences a sports person in the quality of relationships in team-work, his physical health, reduce stress level, abrupt decision maker on grounds, A sport person feels mentally healthy, confident, motivated and able to handle the pressures of training and competition. It includes positive emotions, a sense of purpose, good relationships and ability to cope with challenges. Balance identity, positive relationships, resilience, emotional stability, motivations and self-assurance are the key elements of psychological well-being in athletes or sport persons. In addition, emotional well-being fosters motivation and commitment. Athletes with a positive outlook are more likely to stay dedicated to rigorous training schedules and bounce back from setbacks such as injuries or defeats. They tend to view challenges as opportunities for growth rather than threats. This growth mindset contributes to sustained improvement and encourages athletes to set realistic goals, track progress, and remain driven even when external rewards are minimal. Psychological well-being influences overall consistency in sports.

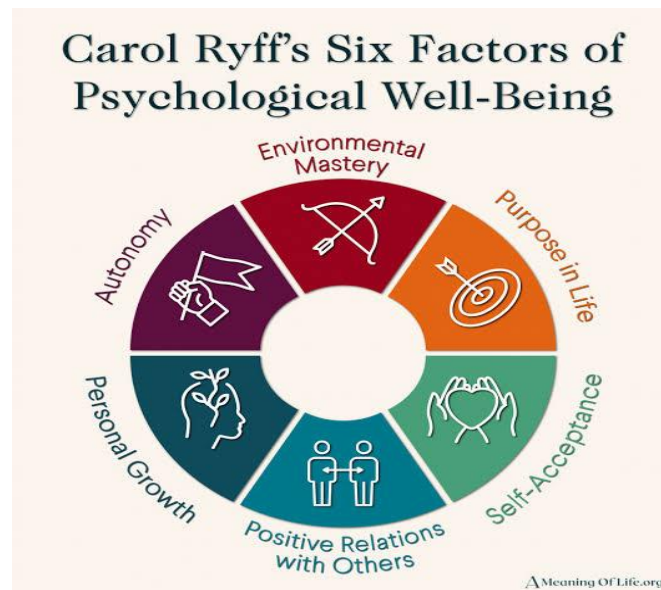
### **Objectives of the Study**

The objectives of the study are under:

- To analyze the relationship between psychological well-being and sports performance.
- To identify the psychological factors that influence sports person's performance.
- To understand the importance of mental health support in sports.

### **Review of Literature**

Psychological well-being plays a crucial role in shaping the performance, consistency, and long-term success of sportspersons. While physical strength, skill, and endurance often receive the greatest attention, an athlete's mental and emotional state can significantly influence how effectively those physical abilities are expressed. Previous research has depicted that sports person with better mental health perform more consistently. Studies by Jones & Hardy (1990) and Weinberg & Gould (2015) highlight the impact of anxiety; confidence and focus on performance outcomes, mindfulness, emotional regulation, and social support have also been linked to improved athletes results. To begin with, psychological well-being enhances an athlete's ability to cope with pressure. Competitive sports involve high expectations from coaches, teammates, fans, and the athletes themselves. Those with strong mental balance are better equipped to manage anxiety, stay focused during crucial moments, and perform consistently under stress. This mental stability enables athletes to make better decisions, maintain clarity, and avoid errors caused by panic or overexcitement. Ryff C.D. (1989) Model is not based on purely feeling happy, but on Ethics also. Six Factors are measured as the key-elements of psychological well-being such as Self-Acceptance, Personal Growth, Purpose in Life, Environmental Mastery, Autonomy, Positive Relations with others.



The study of Yang and Cole shows that the advancement of smart stadiums reflects a significant cultural shift, where fan rendezvous is identical with technological innovation (Yang & Cole, 2020). Furthermore, Lundqvist (2021) explains well-being in elite athletes as the athlete's psychological and social functionality and ability to cultivate individual strengths in the lived elite sports environment, increasing the probability of the elite athlete experiencing positive affect and life satisfaction on a regular basis. According to the World Health Organization (WHO), health is defined as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. This emphasizes that well-being extends beyond just physical health to include mental and social dimensions, which are crucial in the context of sports. According to Castaldelli-Maia et al., 2019; Moesch et al., (2018), Athletes' concerns regarding the perceptions of their peers, coaches, and sports managers often leave sport psychologists as the first point of contact for athletes experiencing poor mental health or mental illness.

#### Methodology

- Sample: 50 sports person (25 male and 25 female) from different sports disciplines.
- Tool used: Psychological well-being Scale and Sports Performance Assessment Sheet.
- Procedure: Data collected through questionnaires.
- Analysis: Correlation method used to study the relationship between psychological well-being and performance scores.

#### Result and Discussion

Result indicates a significant positive correlation between psychological well-being and sports performance. Sports person with higher well-being scores reported better focus, motivation and recovery from setbacks. Those with lower well-being showed signs of burnout and performance anxiety. These findings suggest that mental well-being training should be an essential part of sports coaching.

#### Conclusion

Psychological well-being has a strong influence on sports performance. Coaches and sports institutions should integrate mental health programs counselling and stress management workshops to enhance sports person's overall performance and well-being. Health and well-being in sport encompass physical, mental and social aspects, highlighting the importance physical activity in enhancing overall quality of life.

#### References

1. Anoushka Thakkar (2019). Sports Psychology and its need in India. *Indian Journal of Mental Health* 2020;7(2), 143-147
2. Diener, E. (2013). The remarkable changes in the science of subjective wellbeing. *Perspectives on Psychological Science*, 8, 663-666.

3. Diener, E., Oishi, S., & Tay, L. (2018). Advances in subjective well-being research. *Nature human behaviour*, 2(4), 253-260.
4. Erin Prior, Anthony Papathomas & Daniel Rhin. A balancing act: Sport psychologist insights into supporting athlete mental health in elite sport. *Journal of Applied Sport Psychology*, 01-21
5. Fadare A. Stephen, Isong Loury Mae, Lambaco P. Ermalyn, Montalban G. Kharen, Paclibar L. Ken. Athletes' Health and Well-Being: A Review of Psychology's State of Mind. *American Journal of Multidisciplinary Research and Innovation (AJMRI)*, Volume 1 Issue 4, Year 2022 ISSN: 2158-8155 (Online), 2832-4854
6. Gouttebarger, V., Castaldelli-Maia, J. M., Gorczynski, P., Hainline, B., Hitchcock, M. E., Kerkhoffs, G. M., Rice, S. M., & Reardon, C. L. (2019). Occurrence of mental health symptoms and disorders in current and former elite athletes: a systematic review and meta-analysis. *British Journal of Sports Medicine*, 53(11), 700–706.
7. Jones, G., & Hardy, L. (1990). *Stress and Performance in Sport*. Wiley.
8. Keyes, C.L.M. (2002). The Mental Health Continuum: From Languishing to Flourishing in Life. *Journal of Health and Social Behavior*, 43(2), 207-222
9. Lundqvist, C., & Andersson, G. (2021). Let's Talk About Mental Health and Mental Disorders in Elite Sports: A Narrative Review of Theoretical Perspectives. *Frontiers in Psychology*, 2515.
10. Ryff, C. D. (1989): "Happiness is Everything, or is It? Explorations on the Meaning of Psychological Well-being". *Journal of Personality and Social Psychology*. 57:1069-1081.
11. Vanesa García-Peñas, Olivia López Martínez, Enrique Garcés de Los Fayos Ruiz, Javier Corbalán Berná Universidad de Murcia (España) (2024). Psychological well-being and healthy personality in sports practice Bienestar psicológico y personalidad saludable en la práctica deportiva. *Federación Española de Asociaciones de Docentes de Educación Física (FEADEF)* ISSN: Edición impresa: 1579-1726. Edición Web: 1988-2041
12. Weinberg, R. S., & Gould, D. (2015). Foundations of Sport and Exercise Psychology. *Human Kinetics*.
13. Yang, C. and Cole, C. (2020). Smart stadium as a laboratory of innovation: technology, sport, and datafied normalization of the fans. *Communication & Sport*, 10(2), 374-389. *International Journal of Combinatorial Optimization Problems and Informatics*, 16(2) 2025.

