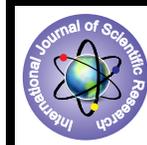


## Imperative Role of Resilience in Sports



## Physical Education

KEYWORDS :

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### Brain and brawn both are substantial for performance in sports

The perspective of sports has been shifted from amateurism to professionalism. Most of the sports being played globally have come under the category of professionalism. Every stakeholder (sports person/ owner of team/ organization/ federation/ association/ club/ country etc.), by anyhow and any means want to see themselves at pinnacle. All of them want to show their supremacy, for this they are implementing every possible way. As professionalism has been increased, competitions at all levels have become tougher and complex. The competitive sport arena has become highly demanding and potentially stressful environment involving a lot of adversities. A sport now a day is not limited to the automatization of physical skills but the psychological preparations of sports person for higher performance are quite substantial. This means performing at elite level insists well coordination of both brain and brawn. There are myriad of cases in the history of sports where individuals with more robust in physique and technique fails to achieve their best just because of not having the knack of managing and capitalizing their psychological skills under stressful environment of sports competitions. Almost every sports person irrespective of their games who have succeeded at elite level has mentioned the imperative role of psychological preparations in their success. Researchers in sports psychology have put forth so many psychological variables (anxiety, aggression, emotional intelligence, locus of control, etc.) which should be given proper consideration while training sessions. Sports resilience is one of such variable which should not be left out during training period of sports person.

### Resilience encompasses adversity, protective factors and positive adaptation

In the field of sports, resilience is becoming very high up term whether it may be in training, psychology or physiology and therefore is regarded as a substantial indispensable quality for elite sports person to possess (Benmarks 2013). Since the origin of term resilience, it has been defined with a wide range of variation in the literature available. After reviewing the literature it has been indicated that to measure resilience it is required to consider three indispensable conditions to resilience, namely adversity, positive adaptation and protective factors. (Luthar, 2006; Masten & Obradovic, 2006). Adversity, also referred to as risk, typically encompasses negative life circumstances that are known to be statistically associated with adjustment difficulties. Team environment, including the quality of coach, player interactions, poor communication channels, negative aspects of organization culture are some of the specific stressors encountered by the elite sports person (Noblett and Gifford 2002, Nicholls, et al., 2007). Other adverse conditions are injury, de-selection and poor performance. Finances, travels, interpersonal relationships, weather conditions, inadequate preparation, low socio economic status, loss. Non-specific factors are those whose action can cause many disorders (deficits, frequent conflicts in the family, failure, rejection by peers, poverty, and discrimination (Borucka and Ostaszewski 2008). Protective factors include: optimism, perseverance, internal locus of control, self-efficacy, adaptability, and perceived social support.

### Resilience enables to identify weaknesses and strengths

Resilience is a process which is build by individual over time

through situations and scenario which encourage them to overcome adversity through developing coping strategies to deal with these situations and become a mentally strong individual. This provides an opportunity to build self esteem and determination (Richardson 2002). In spite of focusing on removal of factors responsible for failure, resilience emphasizes on providing the opportunities and support to improve the factors that promote failure. Thus, resilience is a strength based construct ([www.chks.wested.org/resilience](http://www.chks.wested.org/resilience)). Individuals who set high personal goals and strive for excellence experience distress and negative emotions when achievement is blocked or rendered impossible by external circumstances and/or change factors beyond their control. Resiliency skills are essential for maintaining personal well being and serve to protect high achievers from distress, negative emotions, and physical exhaustion. It helps sports person to work on their strengths.

### Resilience acts as a shield against stressors

All sports persons experience negative circumstances or adversities in their sporting career. Those who navigate their way around these crises are the resilient one. Sports resilience is a substantial phenomenon in sports which acts as a shield against the negative effects of stressors. Every sports person is required to manage stress and adversity to accomplish their goals. Sports person have to encounter daily stressors that are embedded in their sporting career e.g., inadequate preparation, relationship management (Thelwell, et al., 2007). Injury, preparation, expectations, self-presentation, and rivalry are some common categories of performance related stress in sports person (Mallaiieu, et al., 2009). Few organizational stressors are also encountered by athletes (Arnold and Fletcher 2012).

Till now what has been discussed about resilience delineates, as the quality of an individual to thrive out of the difficult situations. Resilience has been widely researched in a variety of fields including developmental and clinical psychology, yet in comparison there has been relatively few investigations of this desirable construct in sport settings. Sports person have to withstand numerous amount of pressure to achieve and maintain high performance, therefore to study resilience in sport is very important. The lack of research is astonishing as adversity and stress (both acute and chronic) are commonplace in the sporting context. Many of the researchers in their research had delineated most frequently encountered stressors leading to adversity by the athletes in their competitions. Some of these are inadequate preparation, injury, performance, finance, travel, interpersonal relationships, weather conditions, (Hanton, et al., 2005; Mallaiieu, et al., 2009). Meanwhile the elite level sports person such as the Olympic winners are said to be have the quality of resilience as their strength at the times of stress, adversity and setbacks (Gould, et al., 2002). Galli and Vealey (2008) interviewed few sports person to find their perspective regarding resilience in sports and eventually concluded four major adversities injury, performance related, illness and transition mostly stressed by the athletes. Findings of the amount of the research done in sports context are encouraging as they appear congruent to the broad concept of resilience generated by other research settings in that resilience was considered as a process by which they achieved a positive outcome following the adversity. There is an intimate relation among the two constructs of resilience

and coping (Gucciardi, et al., 2011). Resilience theory addresses the strengths that people and systems demonstrate that enable them to rise above adversity. Being resilient would not ensure success in all the situations but will preserve energy for everyday challenges and obstacle as well as a self development attitude towards difficult, stressful or unsuccessful events. Resilience is important in sports as it is in life, encourages individuals to review the reasons of their below par performance and will help in developing a positive work ethic.

Despite receiving considerable empirical and theoretical attention in other fields, the investigations of resilient qualities are rare in the sports context. Resilience had been considered very vital for mental and physical health (Burton, et al., 2010). Psychological resilience in sports is imperative as sports person constantly have to face a more range of pressures to achieve and maintain high performance (Sarkar & Fletcher 2012). So investigations are required to gain more information about the construct of resilience and its imperativeness in sports.

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