

Relationship between Resilience and Self-Esteem among Athletes

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Abstract

In this study, the researcher aimed to establish a correlation between Resilience and Self-Esteem among athletes. A Sample Size of 60 Athletes, including 29 males and 31 females, ages ranging from 18-24, playing sports, Taekwondo and Karate, were selected. The data was collected by the use of the Connor-Davidson Resilience Scale (CD-RISC-10) to measure Resilience and the Rosenberg Self-Esteem Scale (RSE) to determine Self-Esteem among athletes. Convenience and Snowball Sampling Methods were used to collect the data. For the interpretation and analysis of data, descriptive statistics and Pearson Correlation was used to establish a relationship between Resilience and Self-Esteem using the statistical tool- SPSS Software (Statistical Package for the Social Sciences). This study hypothesized that there will be a significant relationship between Resilience and Self-Esteem among Athletes. Results demonstrated that there is a statistically significant correlation between Resilience and Self-Esteem.

(Keywords: Resilience, Self-Esteem, Athletes)

INTRODUCTION

How do individuals “make it” when they are exposed to significant, often instantaneous changes in life, or when adversities and major stressors in life such as the loss of a loved one, poverty, neglect, violence, serious physical illnesses, etc threaten them? (Wald, Taylor, Asmundson, Jang, & Stapleton, 2006). Life is, indeed, comprised of many transformative events: in each stage of life, the individual is expected to develop and thrive in order to make a transition to the next one; however, with each stage, the individual encounters favourable or unfavourable events, some may even become inevitable sources of hardship, stress, or trauma (Manning, 2012 cited in Anasuri, 2016). Therefore, to withstand these uncertainties and challenges of life in a healthy manner, a certain level of Resilience must be developed (Anasuri, 2016). There is a growing recognition that Resilience plays an important role in how individuals adapt to stressful life events (Wald, Taylor, Asmundson, Jang, & Stapleton, 2006).

Resilience can be conceptualized as “positive adaptation or the ability to maintain or regain mental health, despite experiencing adversity” (Wald, Taylor & Asmundson, 2006 cited in Narwal, 2021). American Psychological Association (2020) defines Resilience as the process of adapting well in the face of adversity, trauma, threats, injuries, illnesses, relationship or financial concerns or other significant sources of stress; as much as Resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth. Resilience is posited to be a vital attribute in different domains of work or school performance, behavioural & psychosocial adjustment, and physical health (Garmezy, 1991; Rutter, 1993; Masten, 1994 cited in Tusaie & Dyer, 2004). Resilience acts as a protective factor and may increase the likelihood of successfully coping with significant life stressors (Arora, 2015).

Other research findings suggest a protective factor that may contribute to predicting the Resilience of individuals is Self-Esteem. In a study administered on adolescents, Self-Esteem was found to be important in predicting the Resilience of individuals in a meaningful way; this study revealed a significantly positive relationship between Resilience and Self-Esteem. As one's Self-Esteem increases, one's self-confidence also increases and as one's self-worth increases, one's Resilience also increases (Karatus and Cakar, 2011). Braddock, Royster, Winfield, and Hawkins (1991) concluded that Resilience is a protective mechanism that is thought to have emerged from specific personality features, such as Self-Esteem, or aspects of social support and adaptive coping resources and strategies. Another review of research also identified personality features such as Self-Esteem, social factors such as family and peer support, and the availability of these systems to reinforce an individual's coping ability or Resilience (Garmezy, 1987).

Self-Esteem is integral to an individual's perception of themselves. Rosenberg (1965), whose Self-Esteem Scale (RSE) has been used for this study, defined Self-Esteem as one's positive or negative attitude toward oneself and one's evaluation of one's thoughts and feelings about oneself (Rosenberg, 1965 cited in Park & Park, 2019). Self-esteem is considered to be a critical ingredient for one's well-being because one's Self-Esteem demonstrates a positive relationship with their psychological health, social adjustment, and quality of life (Boyd et al., 2014). Other studies have also confirmed that Self-Esteem is regarded as a principal component of mental health (Jambor & Elliott, 2005; Goulimaris et al., 2014) and a strong indicator of a healthy lifestyle (Broďani, Spišiak & Paška, 2015; Bendíková, 2016; Smoleňáková & Bendíková, 2017), and an important indicator of well-being (Shek & McEwen, 2012; Kvintová & Sigmund, 2016; Nemček, Kraček & Peráčková, 2017).

There is a broad consensus that the constructs, of Resilience and Self-Esteem, have been explored and studied profusely in different areas of research. It is only in the last decade that a burgeoning body of research is beginning to investigate the role of psychological constructs such as Resilience in sports performance (Fletcher & Sarkar, 2012; 2013; 2014; 2016; Morgan, Fletcher, & Sarkar, 2013; 2015; Wagstaff, Sarkar, Davidson, & Fletcher, 2016 cited in Sarkar, 2017). It can also be noted that much of Resilience research has derived its findings from a focus on individuals who are exposed to such conditions, essentially having no choice of their own, however, it is necessary to make a distinction between the different contexts, as athletes participating in competitive sports engage in challenging situations from time to time, and actively seek opportunities to raise their performance level, in contrast to the individuals who have been "forced" to exhibit resilient qualities to maintain functioning (Fletcher & Sarkar, 2012; 2014).

Regular participation in competitive sports is likely to bring about experiences which require the athletes to deal with failure, consistency, stressors, competition, adversities, and so many other pressures (Mellalieu, Neil, Hanton, & Fletcher, 2009; Poczwardowski & Conroy, 2002; Tamminen, Holt, & Neely, 2013). Competitive sports and physical activities require consistent efforts, struggle, overcoming challenges, risk of injuries and, to an extent, other myriad stressful situations. Consequently, these environmental demands may produce significant stress with which the athletes have to cope (Sarkar, 2017). In this light, higher levels of Resilience demonstrated by athletes often become desirable characteristics to possess (Fletcher & Sarkar, 2012; Galli & Gonzalez, 2015). Based on their findings, Fletcher and Sarkar (2012) offered the first definition of Resilience in sports as "the role of mental processes and behaviour in promoting personal assets and protecting an individual from the potential negative effect of stressors". A study with high school taekwondo players

concluded that Resilience improved the ability of these athletes to use psychological skills, having positive effects on performance enhancement (Yang, Lim, Kwon, Han, 2019).

In their attempt to explore the role of Resilience in elite sports performers, Fletcher and Sarkar developed a grounded theory of Resilience, which is by far one of the most influential theories to understand Resilience (Bicalho, Melo, Noce, 2020). Their findings elucidate numerous psychological variables on which the athlete's positive appraisal of adversity depends. These psychological factors act as protective factors which secure them from the potential negative effects of stressors, and in turn, lead them to optimal sports performance; these protective factors are positive personality, motivation, confidence, concentration, and perceived social support (Sarkar & Fletcher, 2012, 2014; Sarkar, 2017 cited in Blanco-García, Acebes-Sánchez, Rodriguez-Romo, & Mon-López, 2021). Studies by Flach (1988, 1997) affirm that experiences of adversity strengthen resilient qualities such as Self-Esteem and self-efficacy (Galli & Vealey, 2008). Self-Esteem was found to be an important facet of personality in competitive sports; a study demonstrated that individuals with higher Self-Esteem tend to perceive competitive sports as challenging when compared to individuals with lower Self-Esteem (Adie, Duda & Ntoumanis, 2008). Self-esteem is considered to play a crucial role in the achievement of optimum performance, if one deeply believes in their skills and abilities, it will help in the enhancement of their performance; this is important not only for elite athletes but also for those playing sport at a recreational level (Nemček, Kraček, and Peráčková, 2017).

Other findings indicated that Resilience and Self-Esteem are vital in influencing sports performance. Athletes' Resilience can be regarded as a distinguishing factor in their performance because it is expected for an athlete with high psychological Resilience to also have high subjective well-being, Self-Esteem, and stress threshold (Savi Çakar & Tagay, 2017; Akdoğan & Yalçın, 2018; Doğan & Eryılmaz, 2013; Kamyra, 2000).

Taking the current milieu into consideration, sports psychology is now becoming an essential facet of sports sciences in India, nevertheless, research and intervention in the context of sports science are incredibly young and still evolving; an integrative approach to psychology and sports sciences is still insubstantial (Thakkar, 2019). Despite, an interest in the utilization of psychological research to help athletes achieve optimal performance, a gap can be observed in understanding the psychology of sports and athletes in the Indian population, especially in Gujarat state, Surat city. Conclusively, in the Indian context, personality is the most studied variable followed by anxiety and arousal (Thakkar, 2019). Moreover, studies incorporating variables like Self-Esteem and Resilience are also growing. According to the literature review, it has been found that even in the Indian context, Resilience and Self-Esteem have not been studied in the city of Surat, Gujarat. With the advent of interest in the development of sports sciences and psychology in India, this research aims to address this gap by investigating the relationship between the Resilience and Self-Esteem of athletes. Both the variables chosen for this study, i.e., Self-Esteem and Resilience, are believed to play an important role in psychological well-being and positive functioning. Findings from this study may assist in a better understanding of these variables and their relationship in sports.

METHODOLOGY

Objective

To investigate the relationship between Resilience and Self-Esteem among athletes.

Hypothesis

There will be a statistically significant relationship between Resilience and Self-Esteem among athletes.

Sample

The sample size for this study consists of a total of 60 athletes (29 males and 31 females), playing sports, Taekwondo and Karate, from Surat City in Gujarat, India between the age range of 18 to 24 years.

Inclusion Criteria

1. Athletes from Surat, Gujarat, India.
2. Athletes between the age group of 18 to 24 years.
3. Athletes playing sports - Taekwondo and Karate.
4. Athletes who have participated in district-level competitions and above.

Exclusion Criteria

1. Athletes residing outside the Surat City of Gujarat, India.
2. Athletes below the ages of 18 years and above 24 years.
3. Athletes playing sports other than Taekwondo and Karate.
4. Athletes below the district level competition.

Tools Used

1. Connor-Davidson Resilience Scale (CD-RISC-10): This is a 10-item scale based on the original 25-item CD-RISC, a briefer version of CD-RISC-25. The 10-item version includes items 1, 4, 6, 7, 8, 11, 14, 16, 17, and 19 from the original scale with a total score range of 0 to 40. The scale was established by Dr CampbellSills and Stein and is based on factor analysis (Davidson JRT. Connor-Davidson Resilience Scale (CD-RISC) Manual). This scale demonstrates adequate psychometric properties with satisfactory reliability (Cronbach's $\alpha = 0.81$) and high convergent validity with significant correlations with the measures of Self-Esteem, depression, religiosity, and psychological distress (Aloba, Olutayo & Olabisi, Oluwaseyi & Aloba, Tolulope, 2016). In light of the literature on this scale's reliability concerning athletes, CD-RISC-10 is shorter, less time-consuming and easy to administer, making it suitable for measuring the resilient qualities of athletes. In a systematic review of the Resilience of athletes, it was observed that CD-RISC-25 and 10-item versions are the most commonly used (Bicalho, Melo, Noce, 2020).
2. Rosenberg's Self-Esteem Scale (RSE): Developed by Morris Rosenberg, this is a 10-item scale which is widely used to measure the Self-Esteem of individuals. It was originally developed to measure the Self-Esteem of high school students, however, since its inception, it has been useful to measure Self-Esteem in the adult population as well. All items are answered using a 4-point Likert scale ranging from strongly agree to strongly disagree. Items 2, 5, 6, 8, and 9 are reverse-scored. This scale has satisfactory psychometric properties with an internal consistency of 0.77 (Rosenberg, 1965). RSE presented a minimum Coefficient of Reproducibility of at least 0.90. Test-retest reliability for the RSE ranges from 0.82 to 0.85. Criterion validity = 0.55.

Statistical Tool

Descriptive analysis and Pearson Correlation in SPSS Software (Statistical Package for the Social Sciences).

Procedure

For data collection, a questionnaire was prepared on Google Forms using the scales, Connor-Davidson Resilience Scale (CD-RISC-10) and Rosenberg Self-Esteem Scale (RSE). A link to the questionnaire was distributed to personal and professional contacts via WhatsApp using the snowball and convenience sampling technique. It was ensured that the form was filled out by the athletes playing Taekwondo and Karate. The Google form included five sections with the first section giving a brief introduction about the researcher’s background and an option for collection of Email addresses of the participants, the second section comprised the demographic details, sections three and four consisted of the Connor-Davidson Resilience Scale (CD-RISC-10) Scale and Rosenberg's Self Esteem Scale (RSE) respectively, and lastly, section five provided a debriefing about the study to the participants. The consent for participation in the research was taken through the form. A total of 60 responses were received, including 29 males and 31 females. None of the responses was rejected. After data collection, scoring of the responses was done. For the interpretation and analysis of data, statistical tools, namely, Pearson correlation and descriptive analysis were used to establish a relationship between Resilience and Self-Esteem using the statistical tool- SPSS Software (Statistical Package for the Social Sciences).

Ethics

1. Informed consent was obtained from the participants before collecting the data.
2. The participants were given the right to withdraw from the research.
3. The participants were debriefed after the collection of data.
4. Confidentiality of the participants was maintained throughout the study.

RESULTS AND INTERPRETATION

To fulfil the present research objectives, descriptive statistics were used. Statistical tools, namely, Pearson correlation were used.

Table 1.1: Descriptive Analysis for Resilience and Self-Esteem

	N	Mean		Std. Deviation	Skewness		Kurtosis	
	Statistic	Statistic	Std. Error	Statistic	Statistic	Std. Error	Statistic	Std. Error
Resilience	60	26.4000	.89449	6.92869	-.946	.309	1.453	.608
SelfEsteem	60	25.5667	.28161	2.18133	-.423	.309	.249	.608

Table 1.2: Correlation Analysis for Resilience and Self-Esteem

		Resilience	SelfEsteem
Resilience	Pearson Correlation	1	.276*
	Sig. (2-tailed)		.033
SelfEsteem	Pearson Correlation	.276*	1
	Sig. (2-tailed)	.033	

*. Correlation is significant at the 0.05 level (2-tailed).

Hypothesis: There will be a statistically significant correlation between Resilience and Self-Esteem among athletes.

The hypothesis of this research states that there will be a statistically significant relationship between Resilience and Self-Esteem among athletes. For this purpose, Descriptive analysis and Pearson correlation were used. Based on the Descriptive Analysis, the Mean for Resilience (26.4000) & Self-Esteem (25.5667). This result suggests that, on average, the participants had moderate levels of Resilience & Self-Esteem. Additionally, the Standard Deviation scores for Resilience (6.92869) & Self-Esteem (2.18133) indicate more variability in scores of Resilience than Self-Esteem. Similarly, after Correlational Analysis, the results demonstrated a statistically significant correlation between both variables. The Correlation Coefficient came out to be 0.276 with a P-value of .033. This illustrates that the P-value of .033 is less than 0.05, which suggests that these variables are significant at the 0.05 level.

Based on findings from other studies, it can be concluded that an individual’s Resilience is a psychological strength which is said to be contingent on the available resources, skills they possess, and cultural and social factors (Kobau et al., 2011). A distinguishing feature of Resilience is possessing high Self-Esteem and having confidence in what one does, which allows individuals to cope with failures and approach challenges fearlessly (Wong, 2020). Similarly, Self-Esteem is also one of the psychological strengths which can help us understand how one navigates through their life’s problems (Galanakis et al., 2016).

Even in competitive sports, adversities and hardships are not uncommon. Resilience and Self-Esteem are vital qualities which can help athletes to navigate through challenges. According to a study by Pedro and Veloso (2018), Resilience demonstrated by athletes "unveils" personal skills that protect them from the negative effects of stressful events; these skills are helpful cues that can guide athletes towards a more desirable and easier adaptation to stressors experienced by them in their interaction with the environment. Studies have also corroborated that personal skill such as Self-Esteem contributes to assessing Resilience (Herrman, et. al, 2011). Previous studies have demonstrated that Self-Esteem is closely related to life events (Lan, et al., 2019; Thomas & Vindhya, 2000 cited in Li et al., 2020) and higher levels of Self-Esteem can prove to be encouraging in a positive adaptation of life events (Baumeister, et al., 1996; Buckner, et al., 2003 cited in Li et al., 2020). Thus,

higher Self-Esteem can enhance Resilience (Herrman, et al., 2011). In conclusion, the research findings support the hypothesis stating that there will be a statistically significant relationship between Resilience and Self-Esteem.

CONCLUSION

Taking the analysis of the data collected and the literature review into consideration, it can be concluded that there is a statistically significant relationship between Resilience and Self-Esteem. It can be established that Resilience acts as a protective factor in positive adaptation to significant stressors in life and Self-Esteem is observed to be one of the personality factors that may evidently contribute to being a significant source of predicting Resilience. Although there are many other factors that may influence the relationship between these two variables, the present research focused on the relationship between Resilience and Self-Esteem among athletes which came out to be significant.

Limitation

1. The sample size for this study was limited, with the participation of only 60 athletes.
2. Athletes were selected only from the city of Surat, Gujarat.
3. Athletes only from Taekwondo and Karate were taken as samples therefore, the generalizability of the results may reduce.
4. Only athletes between the age group of 18 to 24 years were taken.
5. Non-probability sampling techniques were taken.
6. This was quantitative research with variables studied by the use of self-report measures.

Implications

1. The present research has a sample size of only 60 athletes from the Surat City of Gujarat, therefore, there is a scope to expand and analyse this relationship further with a larger population.
2. This research only focused on two variables, however, analysing several other factors, such as personality, parenting styles, perceived body image or perceived social support, etc, which may have a certain impact on this relationship can also be studied further.
3. Non-probability sampling techniques were used for this research, therefore, future researchers can attempt to take probability sampling techniques in order to make the samples more representative of the population.
4. Athletes playing different sports, other than Taekwondo and Karate can be included in further studies to have better generalizability.
5. Athletes from other cities & states, & from different age groups can be studied further.
6. Differences in Resilience and Self-Esteem among athletes from different levels of participation, such as district, national, and international levels can be studied further.
7. Differences in the hours of training for different athletes can also be taken into consideration for future research.
8. Future research can focus more on possible gender differences in order to understand the relationship better.
9. The present research found its basis in a quantitative study and the variables were measured through self-report questionnaires. It would be helpful to make use of qualitative methods for further in-depth

- analysis in order to obtain a more concrete base for this relationship.
10. This research may contribute to designing effective training programs along with better coaching strategies.
 11. This research may be helpful for coaches and trainers who can benefit from understanding their athletes' mental health and ultimately, lead to performance Enhancement.
 12. This may also be beneficial for recovery from injuries, competitive losses, and other challenges and environmental demands that athletes face regularly. This, in turn, may help athletes develop a positive mindset and set realistic goals during their recovery and performance.
 13. Lastly, it can contribute to the athletes' general mental health hygiene. Athletes can learn how to practice self-care and seek support from their peers & coaches.

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