



## The effectiveness of life skills training on resilience and psychological hardiness in Female Athletes

### Poster Presentation

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### Abstract

**Introduction:** Today, exercise is considered as one of the factors in ensuring the physical and mental health of people in society, and the physical, cognitive and emotional benefits of exercise and physical activity are well known. Parts of the world have expanded dramatically, and the application of psychology has been clearly emphasized. Sports psychologists have paid particular attention to the psychological characteristics of athletes, including resilience and psychological hardiness.

**Method:** This study aimed to investigate the effectiveness of life skills training on resilience and psychological hardiness in women athletes. For this purpose, 30 female athletes (Tehran) were randomly divided into two experimental and control groups (15 people in each group). The pilot course consisted of 10 60-minute life skills training sessions for four weeks. Measurements were performed in pre-test and post-test using The Connor-Davidson (2003) Resilience Scale, and Psychological Hardiness Scale. The data were analyzed using Univariate and multivariate analysis of covariance.

**Results:** The results showed that after controlling the pre-test levels, the experimental group's resilience and psychological toughness scores were significantly higher than the control group ( $P \leq 5\%$ ).

**Conclusion:** Based on the findings of this study, it can be concluded that life skills training is an effective method to increase resilience and psychological hardiness in women athletes. Psychological hardiness is one of the essential characteristics of successful athletes. It is a multifactor structure that everyone possesses to some extent, and it consists of three components: commitment, control, and challenge. Hardy individuals have understood the meaning, value, and purpose of themselves, their job, and their life in general.

### Keywords

Life skills; resilience; psychological hardiness

### References:

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