

# Athletes Mental Health In and Out of Season



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## INTRODUCTION

### BACKGROUND

- Athletes frequently experience increased pressure, scrutiny, and expectations during the competition season, which can have a negative effect on their mental health.
- On the other hand, less external inspection, changed social dynamics, and a change in training intensity are often characteristics of the off-season.
- The study looks at how these off-season and in-season dynamics affect mental health and what coping strategies athletes use in these transitional times.

### HYPOTHESIS

- Athletes could experience higher levels of stress and mental health challenges during the competitive season compared to the off-season.
- Athletes may encounter distinctive mental health challenges during the off-season, marked by a possible decrease in motivation, identity conflicts, and a sense of purposelessness.

### OBJECTIVES

- Investigate the impact of seasonal variations on athletes' mental health
- Identify protective factors and risk factors influencing athletes' mental health across seasons

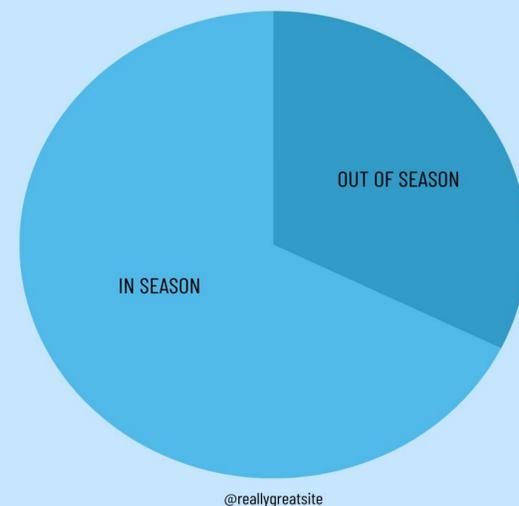
## RESEARCH

### MATERIALS

- Google Form Survey, we surveyed 55 athletes and collected 49 responses
- Interviews with sports coaches and our mental health professional specific to student athletes
- Research papers

### ANALYSIS

DO YOU FEEL MORE STRESSED IN OR OUT OF SEASON



#### ● OUT OF SEASON

10.5%

#### ● IN SEASON

89.5%

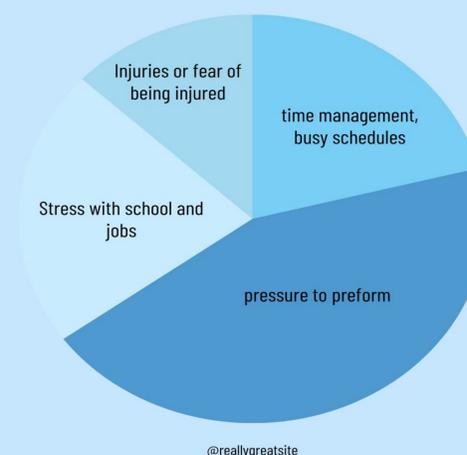
### METHODOLOGY

- We conducted an anonymous comprehensive survey distributed among all athletes attending The College Of Staten Island.
- The survey included validated mental health assessment tools, self-reported stress triggers, and open-ended questions to gather better qualitative data.
- Participants were then asked, if they chose in or out of season, why? And what helps them push through it.

### RESULTS

Our results match our hypothesis correctly as the data found that 89.5% of student athletes stress levels were higher during season than out of season. Also we found that more athletes did feel stressed in season due to various aspects of their sport and lifestyle.

THE YES RESPONSES ANSWER THEIR WHY?



## CONCLUSION

### DISCUSSION

- The survey describes specific risk factors that correlate with poor mental health outcomes, such as high training loads or inadequate social support.
- The survey identifies the importance of robust support systems, including teammates, coaches, and mental health professionals, in mitigating the challenges athletes face.

### CONCLUSION

- Our results used a thorough questioning approach to look into the mental health of athletes both during and outside of competition.
- Quantitative investigations look at correlations between stresses and training loads to determine the affect their mental health.
- Qualitative studies offer a more profound understanding of athletes' subjective experiences, support networks, and coping strategies.

### REFERENCES

- [https://soar.suny.edu/bitstream/handle/20.500.12648/7872/lurz\\_m\\_nursing\\_2021may21.pdf?sequence=1&isAllowed=y](https://soar.suny.edu/bitstream/handle/20.500.12648/7872/lurz_m_nursing_2021may21.pdf?sequence=1&isAllowed=y)
- <https://www.cnn.com/2022/07/22/us/athlete-mental-health-united-shades-wellness-cec/index.html>