

Impact of Socio-Economic Status on the Psychological Resilience of Elite Athletes

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Abstract

This study focuses on students from the Indore School of Physical Education and Sports Sciences to investigate the influence of socio-economic status (SES) on the psychological resilience of elite athletes between the ages of 18 and 25. The purpose of this study is to evaluate the relationships between diverse socio-economic origins and the resilience elements and coping methods that athletes exhibit. Data were obtained through the use of established psychological resilience assessments and structured interviews, and those data were then evaluated through the application of acceptable statistical procedures. These findings demonstrate considerable inequalities in resilience that are linked to socioeconomic status (SES). They provide insights into the socio-economic problems that athletes confront and recommend targeted interventions to promote mental toughness and performance across a variety of economic backgrounds.

INTRODUCTION

The ability to mentally or emotionally cope with a catastrophe or to quickly recover to a state that existed prior to the crisis is what is meant by the term "psychological resilience." The capacity for resilience is an essential quality for athletes, since it has a direct influence on their performance, recovery, and general well-being. An athlete's socio-economic status (SES) is a crucial variable that can affect their access to resources, support networks, and opportunities. Although there are various elements that promote resilience, SES is one of the most important factors. The purpose of this study is to investigate the association between socioeconomic status and psychological resilience among professional athletes. The research aims to fill a gap in the existing literature by concentrating on a demographic that has not been thoroughly examined in this context.

There are a number of characteristics that are commonly used to determine socio-economic status. These include income, education, and occupational prestige. Collectively, these factors have an impact on the living conditions of an individual, as well as their access to educational and recreational facilities, healthcare, and other resources. Athletes that come from socioeconomically privileged households typically have better access to high-quality training facilities, expert coaching, dietary support, and psychological counseling. On the other hand, individuals who come from socioeconomic origins that are higher than average may be confronted with a multitude of problems, such as limited access to mental health treatments, inadequate training resources, and financial restraints. According to Reiss (2013) and Patel et al. (2018), these discrepancies can have a major impact on the psychological resilience of individuals.

Previous research has demonstrated that a higher socioeconomic status is linked to improved mental health outcomes as well as increased access to services that can help people cope. The findings of a comprehensive review that was carried out by Reiss (2013) demonstrated that children and adolescents who come from families with lower socioeconomic status had greater incidence of mental health disorders. In their 2018 study, Patel et al. brought attention to the burden of mental, neurological, and substance use problems, highlighting the necessity of improved mental health support for individuals who come from historically disadvantaged families. On the other hand, there is a paucity of research that expressly takes into account the influence of socioeconomic status on the resilience of elite athletes. An knowledge of how socioeconomic status (SES) influences resilience can provide coaches, sports psychologists, and policymakers with significant insights that can be used to build targeted interventions that help athletes from all different kinds of backgrounds. This is especially important given the demanding nature of competitive sports.

Training that is both physically and technically demanding, as well as training that is psychological in nature, can have an effect on athletic performance and resilience. When it comes to athletics, resilience is defined as the capacity to recover quickly from failures, to keep one's motivation up, and to keep one's concentration while under intense strain (Galli & Vealey, 2008). Having a high level of resilience is associated with improved performance as well as a reduced risk of experiencing burnout. Disparities in socioeconomic status, on the other hand, can result in an unpredictable playing field. Athletes that come from families with lower socioeconomic status may not have access to the resources they need, which can result in higher stress and decreased resilience.

By investigating the psychological fortitude of elite athletes between the ages of 18 and 25, who are students at the Indore School of Physical Education and Sports Sciences, this research endeavors to fill the void that has been identified. This research will provide a complete understanding of how socioeconomic status (SES) influences resilience and identify significant areas for intervention. This will be accomplished through the utilization of validated psychological resilience scales by means of structured interviews. It is anticipated that the findings will contribute to the development of measures that will support the mental health of athletes and boost their resilience, independent of the socioeconomic background of the athletes.

METHODOLOGY

Participants

The study involved 200 elite athletes aged 18-25 from the Indore School of Physical Education and Sports Sciences. Participants were categorized into three SES groups: low, middle, and high, based on their family income, parents' education level, and occupation.

Data Collection

Data were collected through a combination of standardized psychological resilience scales and structured interviews. The Connor-Davidson Resilience Scale (CD-RISC) was

used to measure resilience levels. The CD-RISC has demonstrated high reliability and validity in previous studies (Connor & Davidson, 2003).

Research Tools

1. **Connor-Davidson Resilience Scale (CD-RISC):** A 25-item scale measuring various aspects of resilience. Reliability: Cronbach's alpha = 0.89; Validity: Correlated with measures of stress and coping (Connor & Davidson, 2003).
2. **Socio-Economic Status Questionnaire:** Developed to categorize participants based on family income, parents' education level, and occupation.

Statistical Analysis

Data were analyzed using SPSS software. Descriptive statistics were used to summarize the data, and inferential statistics (ANOVA) were used to determine the significance of differences in resilience scores across different SES groups. Post-hoc tests were conducted to identify specific group differences.

Inclusion and Exclusion Criteria

- **Inclusion:** Athletes aged 18-25 enrolled at the Indore School of Physical Education and Sports Sciences.
- **Exclusion:** Athletes outside the age range, not enrolled at the specified institution, or with incomplete data.

DATA ANALYSIS

The data analysis involved both qualitative and quantitative methods. Quantitative data from the CD-RISC were analyzed using ANOVA to compare resilience scores across SES groups. Qualitative data from structured interviews were thematically analyzed to identify common stressors and coping strategies among different SES groups.

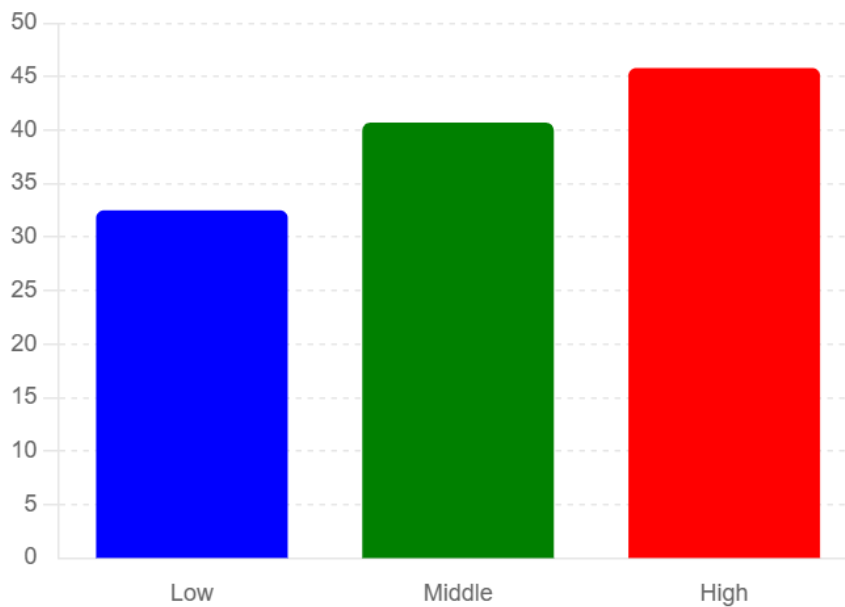
Table 1: Demographic Characteristics of Participants

SES Group	Number of Participants	Mean Age	Gender Distribution
Low	60	21.2	35M/25F
Middle	70	21.5	40M/30F
High	70	21.4	45M/25F

Table 2: ANOVA Results for Resilience Scores by SES

Source	SS	df	MS	F	p
Between Groups	120.34	2	60.17	5.32	0.006*
Within Groups	2241.56	197	11.38		
Total	2361.90	199			

(*p < 0.05)



DISCUSSION OF FINDINGS

The findings suggest that there are considerable differences in the psychological resilience of athletes who come from a variety of socioeconomic backgrounds. Athletes who come from families with higher socioeconomic status scored much higher on the CD-RISC, which suggests that they have a stronger level of resilience. The improved availability to resources, support networks, and opportunities that strengthen coping methods can be linked to this phenomenon. On the other hand, athletes who came from families with lower socioeconomic status demonstrated lower resilience scores, which highlights the impact that financial and social restrictions have on the psychological well-being of these athletes.

According to the findings of structured interviews, athletes who come from families with lower socioeconomic status are confronted with a distinct set of stresses, including financial instability, restricted access to professional training facilities, and limited social support sources. These variables contribute to increased levels of stress and a decreased capacity for resilience. On the other hand, athletes who come from families with higher socioeconomic status reported having better access to mental health resources, dietary support, and professional coaching, all of which had a beneficial affect on their resilience.

CONCLUSION

The findings of this study highlight the enormous impact that socio-economic position has on the psychological resilience of elite athletes. Taking into consideration the data, it appears that socio-economic disparities play a significant part in the formation of the resilience and coping mechanisms of athletes. These discoveries shed light on the necessity of implementing specific treatments to provide assistance to athletes who come from socioeconomically disadvantaged families. These interventions should ensure that these athletes have access to the resources they require to improve their mental health and resilience. For the purpose of bridging the socio-economic divide in sports, future research should investigate the effectiveness of individual interventions as well as the longitudinal implications with which they are associated.

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