



# Analysis of the Relationship Between Coaches' Social Support and Psychological Resilience of Wushu Athletes

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## Abstract

**Objectives.** This study analyzes the relationship between coach social support and psychological resilience among Wushu athletes. Psychological resilience is critical in maintaining athletic performance, particularly under competitive pressure and intensive training demands. Coach-provided social support is considered a potential external factor influencing athletes' mental resilience.

**Materials and Methods.** A quantitative approach with a correlational design was employed. The sample consisted of 23 active Wushu athletes selected purposively based on specific criteria. Data were analyzed using the Pearson correlation test.

**Results.** The results indicated no significant relationship between coach social support and psychological resilience ( $r = -0.155$ ;  $p = 0.481$ ). These findings suggest that athletes' perceptions of support from their coach do not directly affect their resilience levels.

**Conclusions.** The study highlights the need for coaching strategies that are more attuned to athletes' psychological needs and underscores the importance of multidisciplinary collaboration in individual sports coaching. Further research is recommended to explore potential mediating or moderating variables that may influence the relationship between social support and psychological resilience.

**Keywords:** Coaches Social Support, Psychological Resilience, Wushu Athletes, Sport Psychology

## Introduction

Mental resilience or psychological resilience is one of the most important aspects in the world of modern sport, especially for athletes who have to face various competitive pressures, intensive training demands, and the risk of injury (Kumbar & Patil, 2024). Psychological resilience enables an athlete to bounce back from failure, face challenges, and maintain optimal performance under a variety of conditions (Brien et al., 2021; Troy et al., 2023; Zheng, 2023). One of the external factors that is believed to play a major role in strengthening this resilience is social support, especially the support provided by the coach (Lekatompessy et al., 2023). In the world of sports, the coach not only functions as a technical and strategic director, but also as a figure who shapes the mentality and confidence of athletes (Coussens et al., 2025). In the sport of Wushu, which demands a combination of

physical strength, technical accuracy, and mental balance, the role of the coach is vital (Lituhayu et al., 2023). Wushu athletes must not only master technical skills, but must also be able to manage emotional stress in fierce competition, so strengthening resilience is an urgent need (Gouttebauge et al., 2022; Hartigh et al., 2024). The phenomenon in the field shows that many talented athletes experience performance setbacks due to failure to manage pressure, which opens up opportunities to examine factors supporting resilience, especially in terms of relationships with coaches (Slatinsky et al., 2022; Zhang et al., 2024).

However, understanding of how social support from coaches affects athletes' psychological resilience, particularly in the sport of Wushu, is still very limited (Trigueros et al., 2020). Most research on athlete resilience tends to focus on internal factors such as personality, motivation, or external factors such as family and peer support (Dios et al., 2021; Tomko et al., 2022). In fact, in the context of intensive and professional training, coaches are often the main source of support for athletes (Bissett et al., 2020; Davis et al., 2023). The problem to be addressed in this study is the extent to which the social support provided by the coach is related to the level of psychological resilience of Wushu athletes. With this background, a crucial question arises: is the level of social support from the coach positively correlated with the psychological resilience of Wushu athletes? This question is an important starting point to explore more deeply the interpersonal relationships that can optimize athlete performance.

Based on this description, this study aims to analyze the relationship between coach social support and psychological resilience of Wushu athletes. This study also aims to identify the forms of social support provided by coaches that have the most influence on increasing athletes' resilience. With these results, it is hoped that an empirical basis will be obtained that can be used as a reference in developing athlete mental strengthening programs through more effective and targeted coach interventions or approaches.

While previous studies have revealed the importance of resilience in sport, most have focused on team sports such as soccer, basketball or athletics. Research specifically examining individual sports such as Wushu is limited, especially in the context of social support from coaches. In addition, most studies on social support in sport focus on the role of family or peers, not on support from coaches who obviously have more intensive interactions with athletes in the training and competition process. In the Indonesian context, this gap is even more apparent. Preliminary observations and field interviews with Wushu athletes competing at the National Sports Week (PON), SEA Games, and several national championships indicate that many athletes experience high levels of psychological pressure,

particularly in elimination rounds and final bouts. Several athletes reported feeling mentally unprepared to handle unexpected setbacks, and those who lacked close, trusting relationships with their coaches tended to struggle more with emotional regulation and focus during competition (Nicholls et al., 2016). On the contrary, athletes who perceived strong emotional and informational support from their coaches demonstrated greater composure and adaptability under pressure. Additionally, local research in Indonesia on this topic is almost non-existent, highlighting a gap in the literature that needs to be filled. This study offers a new contribution by explicitly examining the relationship between coach social support and psychological resilience in Wushu athletes, which has not previously been widely explored in the scientific literature. In addition, the findings of this study are expected to enrich the scientific treasures in the field of sport psychology, especially regarding social factors that affect athletes' mental resilience. From a practical perspective, this study provides essential justification for coaches and sports organizations to pay more attention to aspects of psychosocial support in coaching athletes, in order to increase their mental resilience amid increasing performance demands at the national and international levels.

## **Materials and Methods**

### **Study Participants.**

The population in this study consisted of all active senior Wushu athletes under the East Java Provincial Wushu Sports Organization who were undergoing an intensive training program. The sampling technique used was purposive sampling, with the inclusion criteria being: (1) currently active athletes, (2) having at least 2 years of training experience in Wushu, and (3) actively participating in city, provincial, or national-level competitions. A total of 23 athletes were selected as participants and considered representative of the target population.

### **Study organization.**

This study employed a quantitative approach with a correlational method. The purpose of this design was to determine the relationship between two main variables: coach social support and psychological resilience among Wushu athletes.

### **Statistical analysis.**

The collected data were first analyzed using descriptive statistics to describe the distribution of scores for coach social support and psychological resilience. Then, to examine the relationship between the two variables, a Pearson Product Moment correlation test was conducted. Hypothesis testing used a significance level of 0.05. All statistical analyses were performed using the latest version of SPSS software.

Results

After conducting statistical analysis tests with the help of SPSS software, the following data has been generated.

Normality Test

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Coach Social Support	,172	23	,075	,960	23	,472
Psychological Resilience	,144	23	,200*	,967	23	,607

The normality test was carried out to ensure that the data from both variables had a normal distribution before the Pearson correlation analysis was carried out. Based on the results of the Kolmogorov-Smirnov and Shapiro-Wilk tests, it is known that the significance value for both variables is greater than 0.05. This indicates that the data is normally distributed. Thus, Pearson correlation analysis can be appropriately used to test the relationship between variables in this study.

Pearson Correlation Test

		Coach Social Support	Psychological Resilience
Coach Social Support	Pearson Correlation	1	-,155
	Sig. (2-tailed)		,481
	N	23	23
Psychological Resilience	Pearson Correlation	-,155	1
	Sig. (2-tailed)	,481	
	N	23	23

The results of the Pearson correlation analysis show that the correlation coefficient between the coach's social support and psychological resilience is -0.155, with a significance value of 0.481. Because the significance value is greater than 0.05, it can be concluded that there is no significant relationship between the coach's social support and the psychological resilience of Wushu athletes.

The negative although very weak correlation coefficient (-0.155) indicates that statistically, higher perceived social support from coaches is not necessarily followed by increased psychological resilience. However, as this relationship is not significant, it is not considered scientifically strong enough to draw general conclusions in the context of this study.

Discussion

Based on the results of the Pearson correlation test, it shows that there is no statistically significant relationship between the perception of social support from the coach and the level of psychological resilience of athletes (Assalamy et al., 2023). The negative and very weak correlation coefficient also indicates that the direction of the relationship found is

not in accordance with the initial expectations of the study, where coach support is assumed to strengthen resilience (Basimov, 2023).

One possibility that explains the weak relationship between coach social support and resilience is the difference in athletes' perceptions of the form and quality of support provided (Ai & Wang, 2024; Aitchison et al., 2021; Aulia & Hazizah, 2022). Study by (Tricia et al., 2024) emphasized that not all forms of social support are received or perceived positively by individuals. In this context, the coach may have provided support from his or her perspective, but it may not have been positively translated by the athletes as a form of emotional or motivational support that increased their psychological resilience (Recibido et al., 2020; Ruiz et al., 2021).

Wushu, which is an individual sport and emphasizes mastery of techniques and perfection of performance, can create high internal pressure (Monteiro et al., 2020). Athletes in this discipline more often struggle independently in the face of competitive stress, so aspects of resilience may be shaped more by personal coping strategies than by external social support (Wilke et al., 2020). This is consistent with the importance of intrapersonal factors such as emotion regulation and self-control in shaping young athletes' resilience (Bedareva et al., 2020).

This finding does not confirm the importance of the coach's role in athlete development, but rather highlights that coach-athlete interpersonal relationships are complex and multidimensional (Shanmuganathan-felton et al., 2022). A more holistic approach is needed in understanding how social support can be internalized and actualized by athletes to form resilience (Mira et al., 2023). In this case, the quality of communication, emotional openness, and sensitivity of the coach to the psychological needs of athletes are key factors that need to be strengthened (Chang et al., 2020).

#### Practical Implications

The results of the study showing no significant relationship between coach social support and psychological resilience of Wushu athletes provide a number of important implications for coaching practice and athlete development:

1. Need to Reorient Coach Support Strategy

Trainers need to re-evaluate the forms and ways of delivering social support provided to athletes (Frost et al., 2023). Not all support that is positively intended by the coach can be received or interpreted as such by athletes (Sucipto et al., 2022). Therefore, coaches need to increase social and emotional sensitivity to athletes' psychological

needs, including in terms of communication style, empathy, and openness (Kroshus et al., 2023).

## 2. Importance of Sport Psychology Training for Coaches

Coach education or training programs should not only focus on technical and tactical aspects, but also include modules on sport psychology, communication skills, and mental empowerment of athletes (Parulian et al., 2025). This will help coaches understand that effective support is not just about being physically present, but also how to bring trust, understanding and psychological safety to athletes (Georgiu et al., 2020).

## 3. Individualized Approach in Mental Development

Athletes have different psychological characteristics (Candra & Mislan, 2021). Therefore, interventions to increase resilience must be individualized, not generalized (Reviani et al., 2025). The coaching team is advised to work with a sports psychologist to map the athlete's psychological profile and design an appropriate coaching approach (Durand et al., 2023).

## 4. The Importance of Multidisciplinary Collaboration

These findings suggest the need for collaboration between coaches, sport psychologists and team managers in creating a training environment that supports athletes' mental development. With multidisciplinary cooperation, coaching strategies can cover technical, emotional, social, and psychological aspects in an integrated manner (Otte et al., 2020).

## 5. Evaluation of the Training Environment and Psychological Load

Training program organizers need to assess whether the current structure, atmosphere, and load of training is a major stressor for athletes (Purdom et al., 2021). An overly rigid or competitive training environment without adequate emotional support can be a risk factor for decreased resilience (Perry et al., 2023).

## Theoretical Implications

Theoretically, the findings in this study make an important contribution to the study of sport psychology, particularly regarding the interaction between social support and mental resilience. Some theoretical implications that can be drawn include:

### 1. Relevance of the Interactional Model in Sport Psychology

The findings explain that there is no significant relationship between coach social support and resilience in favor of an interactional approach, where external factors

(social support) do not directly influence psychological outcomes (resilience), but are influenced by mediating factors such as individual interpretations, perceptions, attachment to the coach, or internal conditions of the athlete.

## 2. The Need to Develop a More Comprehensive Resilience Model

This finding highlights the limitations of models that rely too heavily on a single social factor, such as the coach, in explaining resilience formation. Therefore, the development of theoretical models that integrate intrapersonal (such as emotion regulation, self-control), interpersonal (support from coaches, peers), and environmental (team climate, competitive pressure) aspects is important (Calhoun et al., 2022).

## 3. Contributions to Individualized Sport Literature

Many resilience theories are built from the context of team sports (Sinha & Singh, 2024). This study provides evidence that in individual sports such as Wushu, the nature of resilience building can be different. This encourages researchers to not necessarily generalize findings from one sport to another, but rather consider the specific discipline context (Woods et al., 2021).

## 4. The Role of Perception and Cognition in the Effectiveness of Social Support

Social support in a sporting context is not just a matter of the coach providing support, but also how that support is perceived by the recipient (Phukan, 2022). This is in line with the cognitive approach in social psychology which places individual perception as a key variable (Sari et al., 2024). Therefore, future studies need to measure not only the “frequency or intensity of support”, but also the “perceived quality” of athletes' support.

## 5. Triggers for Further Studies on Moderating and Mediating Factors

The lack of a direct relationship between the variables suggests the possibility of moderating or mediating variables such as motivational climate, trust in the coach, or level of psychological maturity (Castillo-jim et al., 2022). Further studies are expected to test these mediation or moderation models to understand more complex mechanisms in this relationship.

## Conclusions

This study shows that there is no significant relationship between coach social support and psychological resilience of Wushu athletes ( $r = -0.155$ ;  $p = 0.481$ ). These results indicate that perceptions of coach support do not directly influence athletes' mental resilience. Other



factors such as personal characteristics, coping strategies, and individual perceptions of support likely play a greater role in shaping resilience. The findings emphasize the importance of individualized and collaborative approaches in athlete mental coaching, as well as the need to develop more comprehensive resilience models in the future.

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