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Relationship Between Mental Toughness and Psychological Well-Being Among Majlis Sukan Negeri Terengganu (MSNT) Athletes

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I. Introduction

Mental toughness is widely recognized as an essential psychological characteristic that enables athletes to cope effectively with competitive pressure, training demands, and performance expectations. At the state level, athletes from Majlis Sukan Negeri Terengganu (MSNT) are continuously exposed to physical and psychological challenges that may influence their psychological well-being, which includes positive functioning such as self-acceptance, autonomy, environmental mastery, and purpose in life. Although mental toughness has been strongly associated with improved athletic performance, limited research has examined its relationship with psychological well-being among Malaysian state athletes. Therefore, this study aimed to identify the level of mental toughness, determine the level of psychological well-being, and examine the relationship between mental toughness and psychological well-being among MSNT athletes.

II. Methods

In this study, the quantitative correlational research design was used where 287 MSNT athletes between 15 and 21 years of age were selected through purposive sampling. The instrument used to obtain the data was an online questionnaire, which was delivers via Google Forms. The measure of mental toughness was based on the Sport Mental Toughness Questionnaire (SMTQ), which has confidence, constancy, and control at the expense of psychological well-being which was measured using the Ryff 18-item Psychological Well-Being Scale. The data gathered were analysed with the help of descriptive statistics to find out the levels of both variables and Pearson correlation with the help of a JAMOVI software to evaluate the relation between psychological well-being and mental toughness.

III. Results and Discussion

A. Mental Toughness

MSNT athletes' mental toughness descriptive statistics are shown in Table I. The respondents' mental toughness is moderate, as indicated by their average score of 2.98 and standard deviation of 0.239. This result implies that MSNT athletes have a consistent capacity to manage competition pressure, stay focused, and persist in times of difficulty. The development of mental toughness may be influenced by coaching, competition experience, and an organised training environment.

Table I
Result of Mental Toughness Among Majlis Sukan Negeri Terengganu (MSNT) Athletes

	Mean (M)	**Standard Deviation (SD)**
Mental Toughness	2.98	0.239

B. Psychological Well-Being

The descriptive data of MSNT athletes' psychological well-being are shown in Table II. A moderate degree of psychological well-being was indicated by the mean score of 4.51 with a standard deviation of 0.463. This finding implies that, in spite of the challenges of competition, most athletes exhibit balanced emotional functioning and positive psychological adjustment.

Table II
Result of Psychological Well-Being Among Majlis Sukan Negeri Terengganu Athletes

	Mean (M)	**Standard Deviation (SD)**
Psychological Well-Being	4.51	0.463

C. Relationship Between Mental Toughness and Psychological Well-Being Among MSNT Athletes

Table III presents the findings of the correlation between mental toughness and psychological well-being. The findings showed that there was a moderate positive and significant correlation between mental toughness and psychological well-being ($r = 0.401$, $p < 0.001$). This suggests that athletes who are more mentally tough report greater psychological wellbeing. Mental toughness can serve as a safeguarding mental element that boosts resilience, emotional control, and stress response in athletes.

TABLE III
RESULT OF PSYCHOLOGICAL WELL-BEING AMONG MAJLIS SUKAN NEGERI TERENGGANU ATHLETES

	Mean (M)	**Standard Deviation (SD)**
Psychological Well-Being	2.98	0.239

IV. CONCLUSIONS

In conclusion, MSNT athletes exhibited moderate levels of mental toughness and psychological well-being, with a confirmed moderate positive relationship between the two. This suggests that enhancing mental toughness could positively impact psychological well-being in athletes. Consequently, coaches, sport psychologists, and administrators are advised to implement structured psychological skills training programs aimed at strengthening athletes' mental resilience and overall well-being.

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