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Police on The Integration of Mental Health: Goal Setting and Anxiety Levels of Wrestling Athletes in Achieving Performance – A Systematic Literature Review

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I. INTRODUCTION

The priority of the athlete's mental toughness underlies the foundation of self to be able to give the best performance. A strong body and a knight's soul convey a symbol of humility and toughness of athletes. However, mental health plays an important role in sports, based on the relevance of data showing high levels of mental disorders among athletes [1]. Based on the facts on the ground, the condition of wrestling athletes who experience mental health disorders begins with various factors and risks that occur, both during the training process, matches, and post-match, such as collisions that result in sports injuries [2], overtraining syndrome [3], or achievement crisis [4].

In fact, athletes may be at higher risk and often face unique stressors, which can make them vulnerable to mental health issues. Furthermore, the main issues reported by athletes include feelings of burnout, depression, and anxiety. The relentless pursuit of perfection can negatively impact their well-being. Athletes often face challenges balancing personal responsibilities with fulfilling their sporting commitments and goals. For example, athletes consistently ensure their academic and athletic achievements.

On the other hand, the main factors that determine athlete achievement are physical and psychological. Two psychological variables that influence athlete achievement are goal setting and anxiety levels [5]. A number of studies have also proven that goal setting and the level of anxiety experienced by athletes at a young age have a significant impact on the decline in athlete performance [6]. Thus, it is important for coaches, sports psychologists, medical staff, and athletes to be aware of clinical and subclinical mental health changes. This is useful as a database in providing evidence-based treatment, providing counselors and mentoring programs, and also providing mental health referrals for athletes for their developmental changes [7].

In its development, psychology institutions began to orient themselves towards professional expertise competency zones. This was done in order to effectively support the mental health of athletes from various perspectives, including clinical psychologists, sports psychologists, sports psychiatrists, and sports scientists [8]. Since it is undeniable that the match situation provides a stressful intervention for athletes, this seeks to help treat their mental health. In other words, what is known about mental health sparks a dialogue between experts and specialists to contribute to research and services that support the improvement of athletes' mental health.

A clinical perspective on mental health and athletic performance can explore mental health in relation to the athlete's entire career, identity, and culture [9]. It then discusses interventions related to mental health and goal setting for achievement, as well as the interconnectedness of physical and mental health. The physical challenges athletes face in sport, including intense training and sports injuries, can result in psychological consequences, including cognitive, emotional, and behavioral symptoms. In addition, psychological challenges can lead to relationship problems, traumatic stress, anxiety, depression, aggression, and nutritional disorders, which can lead to serious physical-psychological consequences [10].

Furthermore, the impact of physical injuries and psychological stress can also affect an athlete's performance and hinder training processes, career transitions, interpersonal functioning, and physical rehabilitation, unless addressed appropriately and periodically. On the other hand, the mental health of athletes is a condition of performance or mental function that is successful [9] in producing productive activities. But it is also a state of maintaining harmonious, satisfying relationships with others to adapt to changes in overcoming difficulties.

Historically, the term "mental health" has been used dichotomously as a way to distinguish between optimal and suboptimal personal functioning [11]. Based on the classical medical model, those using the term would assume that an athlete either does or does not have a disease or impairment condition [12]. Physical injury conditions and psychological stress [13] can also affect athletic performance and hinder training, career transition, interpersonal functioning, and physical rehabilitation, unless appropriately addressed. The peak situation of the risk of mental disorders in athletes that result in athletes not achieving is due to poor performance and efforts to avoid tasks. Thus, athletes show various negative

behaviors that have an impact on their mental health and disrupt their performance.

Goal setting is a self-regulation tool that plays an important role in sports performance, influencing the emotional state and anxiety levels of athletes [14]. Furthermore, within the framework of the development of an integrative model of athletic performance (IMAP) that focuses primarily on three interactive phases, athletes can achieve and maintain optimal performance conditions. The pre-performance phase involves internal and external demands and processes that drive competitive behavioral readiness. Naturally, the dispositional behavior of athletes is still found in various cases of sports matches. Starting from the scheme that regulates athlete performance to interpret and respond toexternal demands from environmental adaptation. Furthermore, in the performance phase, it is oriented towards the interaction of cognitive, affective, physiological, and behavioral processes to produce optimal performance. For example, athletes with low frustration tolerance schemes usually cannot or will not exercise sufficient self-control and frustration tolerance to achieve personal or team goals in achieving their achievements. Given that these athletes in certain situations and conditions will have difficulty regulating their emotions in certain situations and conditions, especially during competition. Meanwhile, in the post-performance phase, with its priority scale, is the response to external consequences and internal processes related to athlete performance. Next, during the post-performance phase, there are 3 athlete paths: starting from (a) being continuously involved, (b) re-involved after a short dysfunctional period, and (c) disengaging from the series of activities [15].

In the sport of wrestling, psychological interventions focused on goal setting have been shown to reduce pre-competition anxiety levels and improve athlete performance [16]. Approach through mental imagery and cognitive restructuring [17] is effective in managing athlete anxiety. Thus, the review of novelty in this study prioritizes the study on mental health: goal setting and anxiety levels of wrestling athletes, ranging from excessive training programs, fear of sports injuries, and athlete stress levels, both during the training process and preparation for the competition and its main competition

II. METHODS

This investigation employs a quantitative descriptive methodology [18] with the objective of assessing the degree of mental and emotional health maturity among wrestling athletes in Cianjur, concentrating on the examination of goal attainment and levels of anxiety. Quantitative data is acquired when the variable of interest is evaluated along a continuum that signifies the extent to which the variable is manifested. Consequently, quantitative data is presented in the form of numerical scores

A. Participants

The subjects involved in this study comprised wrestling athletes participating in the Pelatda program for PORPROV 2026. Employing a purposive sampling methodology, the selection criteria and population were established in accordance with the research parameters and requirements (Creswell & Creswell, 2018), including a cohort of 12 wrestling athletes aged between 17-21 years, all of whom were students who had been engaged in the Regional Training Center (PELATDA) program for a duration of approximately three years. This cohort adhered to a prioritized training regimen of 3 to 5 sessions per week and demonstrated active involvement in local, regional, and national competitions across both the freestyle and Greco-Roman categories.

B. Research Design

The research design pertains to the comprehensive methodology that is selected to systematically and logically amalgamate the various elements of the investigation, consequently ensuring that the research problem is effectively addressed; it serves as the foundational framework for the collection, evaluation, and interpretation of data. In instances where the study's design is intricate or the stimuli necessitateelaborate descriptions, it may be prudent to incorporate supplementary subsections with subheadings to segment the subsections, thereby facilitating readers in locating specific information.

C. Instruments

The construction of scales is an instrument developed in this research, which is expected to function as diagnostic feedback so that even though it has a broad scope, the instrument must still contain specific items to be able to measure the symptoms and disorders experienced by athletes during competition in a reliable and valid. Meanwhile, this study also uses the SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goal-setting orientation of wrestling athletes to differentiate the results between ego-goal orientation and task-goal orientation [19]. This integration is to understand the emotional regulation strategies of athletes in relation to pre-competition anxiety levels. Furthermore, to determine the competitive anxiety scale (CSAI-2), namely by assessing the level of anxiety among wrestling athletes during the pre-competition period by measuring situational, personal, and competitive anxiety, assisted by the application of data processing programs [20].

D. Procedures

Assessing the correlation between anxiety levels and the quality of goal setting concurrently to determine potential statistical associations. An investigation involving athletes who engaged in goal-setting practices (for instance, establishing specific temporal objectives for each lap) prior to a competitive event, followed by an evaluation of their levels of competitive anxiety. The findings may suggest that effective goal-setting strategies (such as the implementation of the SMART framework) have the potential to mitigate anxiety in the context of competitive pressures.

This information is likely to merge the actual data collection techniques with the instruments because it is hard to say what the participants were doing without indicating what they were doing it with. There are some fairly standard elements in the procedure. They include (a) variables that are manipulated and measured, including independent and dependent variables, (b) any conditions or groups that you intend to compare; (c) how participants are assigned to, or placed in, groups; (d) the role of the researcher in the session; (e) the directions that participants received; and (f) the activities in which the participants engaged.

Finally, include a statement that the procedure for which participants provided informed consent. When you write your procedure section, you can determine whether to include how you obtained informed consent. Strictly speaking, it is not part of the data collection process, so you can logically argue that it does not belong in this subsection.

E. Data Collection and Measurement

Data were collected using a mental health scale with a goal-setting instrument (SMART) and a validated mental anxiety level (CSAI-2). Both instruments are presented in the form of a standard questionnaire that shows good internal consistency with a Cronbach alpha coefficient of 0.825. The questionnaire contains 23 statements that are rated 1-5 based on a Likert scale. Furthermore, this questionnaire has been tested for feasibility and has a validity level of 0.810 with a significance level of 0.05, while its reliability is 0.875 with a very highcoefficient interval. Participants completed the questionnaire by understanding the statement items to ensure consistency of answers and ensure that there was no intervention from external parties. Then, the athletes reported the results of the questionnaire for research purposes. Furthermore, the commodities were analyzed and translated to provide further clarity of information related to the objectives of the study.

F. Data Analysis

The collected data were then analyzed using IBM SPSS Statistics software version 30, with a focus on descriptive statistical analysis. Descriptive statistical analysis attempts to trace the characteristics of the sample by presenting various detailed value tracing results on goal setting and athlete anxiety levels, ranging from minimum, maximum, median, average, standard deviation, and total scores of each variable. The categories are divided into low, medium, and high. Thus, the assessment aspects in this instrument for goal setting are: 1) goal focus, 2) measurable progress, 3) goal achievement, 4) goal relevance, and 5) goal deadline. While for competitive anxiety: 1) motor, 2) affective, 3) somatic, and 4) cognitive.

III. Result and Discussion

In the world of sports, goal setting can be an effective tool for reducing anxiety. By setting clear and measurable goals, athletes can feel more in control of their emotional state, manage their self-control, and have a positive focus. However, it is also important to ensure that the goals set are realistic and achievable, and that they are time-bound to ensure that they are achieved.

On the other hand, athletes and coaches see the mental health perspective, especially performance anxiety, as one of the most important factors that may affect the results of sports competitions. This emotion is of great interest because even today, it continues to cause many symptoms with its condition. Positive emotions are generally considered to be very helpful for athletic performance. Some athletes view anxiety as a negative emotional phenomenon that hinders performance. Anxious athletes are emotionally disturbed and unstable. In addition, anxiety is caused by competition and the state of anxiety it causes. Thus, from the results of the investigation in this study, we can better understand the relationship between the two variables.

This study produced consistent results between the framework of goal setting and the level of anxiety of wrestling athletes in achieving their goals. Furthermore, the results obtained regarding the integration of both goal setting constructs and the level of anxiety of wrestling athletes (Table 1) showed that goal setting provided a sense of emotional control: specificity of goal focus ($r = 0.93$; $p = 0.05$), measurable progress (r= 0.87; p= 0.05), achievement of goals ($r = 0.91$; $p = 0.05$), relevance of goals ($r = 0.85$; $p = 0.05$), deadline for goals ($r = 0.83$; $p = 0.05$). This means that the value of wrestling athlete performance based on the statistical results of goal setting is categorized as high quality.

TABLE I
MENTAL HEALTH FROM A GOAL SETTING PERSPECTIVE

Variable	Study Group N=12	p (level of significance)	SMART				
			Specific	Measurable	Achievable	Relevant	Time-bound
Goal Setting	0.57	0.05	0.93	0.87	0.91	0.85	0.83

Meanwhile, for competitive anxiety levels of wrestling athletes (Table 2) shows the results of the motoric dimensions (r = 0.43; p = 0.05), affective (r = 0.52; p = 0.05), somatic (r = 0.41; p = 0.05), and cognitive (r = 0.55; p = 0.05). In other words, the performance value of wrestling athletes based on the results of statistical analysis obtained a low anxiety level (meaning there is no excessive worry, fear, or tension). Thus, the goal setting intervention provides a significant manifestation of the anxiety level of wrestling athletes.

TABLE II
MENTAL HEALTH FROM AN ANXIETY LEVEL PERSPECTIVE

Variable	Study Group N=12	p (level of significance)	CSAI-2			
			Motoric	Affective	Somatic	Cognitive
Anxiety Level	0.57	0.05	0.43	0.52	0.41	0.55

If explored further, the results of various athlete conditions, ranging from goal setting regulations, recovery processes, and mental health literacy, are also the main psychological factors that are oriented towards cognitive and emotional adaptation, so that they affect sports performance in achieving their goals. In addition, these results can also be useful for sports psychologists, coaches, athletes, and other sports professionals to help build and maintain a positive cultural training ecosystem that supports athlete success. Another interpretation of the results of this study also reveals a general picture of the mental health conditions of wrestling athletes from the perspective of goal setting and anxiety level (Figure 1).

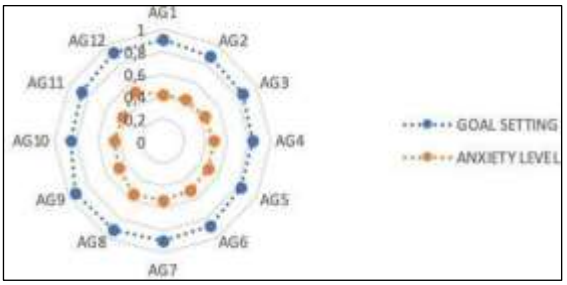


Fig. 1 Overview of mental health conditions of wrestling athletes

The findings from the study indicated that the general mental health of the 12 wrestling athletes was rated highly in terms of goal setting. In contrast, anxiety levels were assessed as low, suggesting the athletes felt calm, alert, and in command of themselves. As a result, these athletes demonstrated robust mental toughness and a strong mindset. Considering the significant challenges faced by athletes in competitive sports, there has been a marked improvement in the mental wellbeing of these individuals. This research highlighted how goal-setting strategies and anxiety levels influence athletes' performance. Therefore, serious mental health challenges reduce the chances of experiencing more severe psychological issues. Additionally, athletes need to participate in a sports psychology support program; by employing effective goal-setting strategies, elite athletes can turn anxiety into motivation to optimize their performance.

There seems to be a need for the development of a tailored psychiatric intervention model for elite wrestling athletes dealing with serious psychological issues and disorders. This model would adopt an early intervention approach, promoting prompt identification and swift access to high-quality, evidence-informed treatments. It could involve launching a mental health screening initiative for athletes alongside physical health assessments, as well as spreading mental health awareness support to vital groups such as partners, friends, family members, coaches, and administrative personnel. Achieving this necessitates a cooperative effort among sports medicine professionals, psychiatrists, psychologists, and other mental health practitioners, tackling obstacles to treatment and stigma faced by elite athletes while balancing the need for treatment with their commitment to ongoing performance in their sports careers**.**

Technology for support presents a distinct chance for this advancement, especially considering that the upcoming generation of elite athletes will be digital natives, proficient in utilizing online or computer-based interventions. In conclusion, due to the limited number of high-quality studies available thus far, we urge sports organizations to think about publicly sharing any research on elite athlete mental health (in line with ethical guidelines) that is currently underway. Such initiatives will help the field grow and evolve.

The purpose of systematic analysis is to compile research on variables and pinpoint ongoing knowledge. However, thus far, there has not been a focused examination of mental health issues and psychological well-being in elite wrestling competitors. This study aims to integrate the increasing body of evidence regarding the prevalence and characteristics of mental health disorders (including goal setting and anxiety) and psychological well-being in elite wrestling athletes. The goal is to uncover any unique aspects that should be prioritized for future inquiry and to guide strategies or frameworks that enhance the detection and management of mental health issues in elite wrestlers.

Moreover, elite wrestling competitors face numerous distinctive stressors that may heighten their susceptibility to mental health disorders. Significant factors include the psychological effects of injuries, overtraining, anxiety, fatigue, and the continuous competitive pressure to succeed. To ensure that the evaluation and management of elite

athletes' mental health are on par with their physical needs, additional high-quality epidemiological and intervention studies are essential. Ideally, when feasible and suitable, the outcomes of these studies should be communicated beyond wrestling organizations or related fields.

From a mental health perspective, the findings of this study are that goal setting and anxiety levels play an important role in determining the performance of wrestling athletes [21]. Effective, process-oriented goal setting serves as a motivational and focus-enhancing tool, but if not managed properly (unrealistic, only results-oriented), it can become a major source of inhibiting anxiety that damages performance [22]. While optimal levels of anxiety can serve as a motivator, excessive anxiety ultimately presents significant barriers to both physical and mental disorders.

The key to sustainable athlete performance improvement lies in goal setting and intelligently prioritizing the process for self-development [23]. Furthermore, proactive management of anxiety using various training techniques is essential for mental health [24]. This support for mental well-being should be treated with equal importance to physical training, technique, and strategy. Adopting a holistic and systematic approach that considers these psychological elements enables wrestling athletes not only to achieve peak performance but also to sustain long-term mental health throughout their careers.

This review also examined the specific stress management needs of athletes, emphasizing goal setting and performance-related anxiety. Enhanced goal-setting and stress management capabilities can be developed by coaches who promote a nurturing coaching environment, encouraging athletes to view performance-related anxiety as beneficial and to formulate strategic approaches. Additionally, coaches play a pivotal role in fostering an organizational climate that affects athletes' stress levels. Given the positive correlation between coaching and a mastery climate versus a performance climate, future research on mental health interventions should incorporate the involvement and backing of primary coaches.

IV. CONCLUSION

The conclusion of this study is that mental health plays a crucial role in improving the performance of wrestling athletes. Effective goal setting can strengthen focus and motivation, while anxiety management helps maintain calm and alertness in the match. Strategic integration of both in the training program can be the key to the success of athlete performance holistically and systematically. Furthermore, it is very necessary to have professional mental health experts who can provide clinical psychology services to wrestling athletes. So that their role can help diagnose and treat various psychological problems, as well as provide appropriate interventions such as counseling and psychotherapy for athletes. In addition, this study also ensures that recovery is an intra and interindividual process that also depends on psychological, physiological, and social factors in wrestling athletes, which is to present feelings of joy, happiness, and well-being in achieving their goals.

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