

The Impact of Psychological Skills Training on Performance Enhancement in Athletes: A Meta-analysis

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Abstract

The basic aim of this research study is to determine the impact of psychological skills training on performance enhancement in athletes. This research study based on the primary research data analysis for this purpose used SPSS software and specific research questions related to indicators, including dependent and independent. Psychological skills training is the main independent variable, and performance enhancement is the main dependent variable. The descriptive statistic analysis, the correlation coefficient, the one-way ANOVA test, and the variance ratio analysis also explain the linear regression analysis between them. PST aids people in cultivating constructive and uplifting self-talk to improve motivation, self-assurance, and attention. PST uses various relaxation methods, including progressive muscle relaxation, deep breathing, and meditation, to lessen anxiety, manage stress, and enhance focus. People need to learn how to stay focused and manage their attention for peak performance. The overall result found that there are positive and significant impacts between psychological skills training and performance enhancement.

Keywords: Psychological Skills Training (PST), Performance Enhancement in Athletes (PEA)

Introduction

In psychological research, a master's degree is a one-year taught course that enables the student to understand the broad-based research training in psychology. This course is based on all theories and methods in psychology. It also represents that solid research has been performed in the department in this domain and has a firm grip on various psychology concepts. The performance of athletes can be enhanced when a skill is introduced within sports psychology, which is named psychological skills training (PST). The efficiency of psychological skills training (PST) in enhancing athletes' performance can examine; a lot of research led to a bundle of reviews. The purpose of these reviews is to summarize the effectiveness of psychological skills training (PST) in sports performance (Lange-Smith et al., 2023). Technologically, six databases were studied online, and manually searched journals were thirteen. As a result, numerous articles were accumulated that were observed intensely. Finally, thirty reviews were structured, based on a systematic review, and well descriptive accumulated. These include the applications of psychological skills training (PST) to athletes and the influence of psychological skills training (PST) based interventions on the playing capabilities of athletes.

Psychological skills training (PST) is a technique in which athletes are taught the methods of controlling their emotions, enhancing the quality of their work, and improving their consistency while playing (Röthlin et al., 2020). Professionals share their views about psychological

skills; Behncke describes psychological skills as cognitive, somatic techniques like satisfying and pacifying yourself by thinking and imagining good and by self-talk. On the other hand, it also incorporates various components in plays, like confidence and motivation, and urges them to stay focused. To remove all confusion, Dohme also gave reviews in his empirical studies that psychological skills are essential in enhancing athletic performance.

As psychological skills training (PST) increases the outcomes of players' performance, the research observing the effectiveness of PST gets viral. After positive results, this research becomes able to confront a large volume of researchers who are working to judge the effectiveness of PST. Rapidly getting viral reviews was based on statements, organized, and based on a meta-analysis. Besides the number of benefits of PST, these rapidly getting viral reviews also have limitations. First of all, it creates problems for a collaborator; secondly, it presents conflicts many times.

In order to accept challenges in sports, athletes must be trained mentally. Psychological skills training and mindfulness training both have variable effects on athletic performance. Each method has value and influence on the player's minds and personalities. Sport psychology training has been used for academic purposes for almost two centuries. Since the beginning, it has been the primary purpose to understand how psychological skills can improve athletes' performance (Lochbaum et al., 2022). These studies were used to understand the effect of

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Psychology skills on athletic performance. During sports, the level of players' performance matters a lot. To examine the importance of players' performance, Eager people can browse the Internet and see the sports section in newspapers. The history of psychology anachronizes for about 200 years. Many laboratories established the sport psychology skills in Berlin, Germany, established by Carl Diem in 1920.

Studies of another paper also show the effectiveness of psychological skills on the effectiveness of players. Seventeen research papers were studied to examine the effect of psychological skills training interventions for data analysis. Comprehensive meta-analysis software is used to observe the data accumulated after research. The most important elements which play an important role in the effect of psychological skills training on arbalest players is the level of the player and the period of training that the player attended. To achieve more extensive side effects, the players should be adults and attend training for a long time to be mentally influenced in a great way. This research represents that psychological skills training is beneficial for archery players, and the crucial factors in this procedure are the adulthood of players and the period of training they attended (Madera et al., 2021).

The major goal of this study is to observe the effect of psychological skills training on athletes or players of college age when they face the mental condition of anxiety or during a galactic performance. Volunteered students involved in Online survey training were 45. They were divided into two sections based on the psychological treatment given to them. The first section of students called to identify the psychology skills, similarities among them, and their frequency of use. In the second section, each skill is categorized so that participants can judge how much that skill impacts their training goal. The results of the data analysis represent that males were more acknowledged with psychological skills than females. This result shows that males have a high level of stress during training and performance than females. When this research paper is examined, it clears the importance of psychological skills training and mental health education among college students (Birrner & Morgan, 2010). The phrase "psychological skills training" (PST) is used to refer to a number of methods and tactics intended to enhance a person's performance and psychological health. It is frequently applied in the areas of performance improvement, personal development, and sports psychology. PST uses psychological techniques that have been shown to increase mental abilities, stress management, and general well-being. The following are some essential elements of psychological skill

development. First, PST must include the setting of SMART goals, which stand for specific, quantifiable, realistic, relevant, and time-bound objectives. Individuals may concentrate their efforts and track their progress by setting specific targets, which improves motivation and enhances performance. Visualization is conjuring up images in the mind of accomplished actions or intended results. Sportspeople and performers frequently utilize images to improve their focus and confidence by mentally practicing their movements. Individuals' internal conversations or ideas about themselves and their performances are referred to as self-talk. PST teaches people how to focus their attention efficiently, ignore outside distractions, and sustain their attention under duress. PST gives people tools to control and handle pressure. This might be offering tactics to maintain composure under trying circumstances, creating pre-performance rituals, and teaching stress management skills. A key component of PST is the regular review and evaluation of objectives and performance. Individuals may then recognize their strengths and areas for development and modify their techniques as necessary. It's crucial to remember that PST is useful for everyone seeking to improve their health and performance, not only athletes or entertainers. The methods and approaches may be used in various areas of life, including job, school, and interpersonal relationships. To apply Psychological Skills Training successfully, speaking with a trained sports psychologist, performance coach, or mental health specialist can offer individualized direction and assistance. Psychological skills training proves a very consistent and good way to gain excellent performance, enhance enjoyment, achieve high ranks in sports and other physical activities, and stay mentally satisfied (Metan & Küçük, 2022). Psychological skills training should be structured, determined, made, scheduled, and evaluated. It is an era when a lot of research has been performed about the influence of PST on athletes' training, and now numerous pieces of literature about PST are available. Many researchers use the terms mental techniques and psychological skills conversely. But researchers use these terms separately (Madrigal, 2015). as they consider that achieving desired goals makes the athletes confident and improves psychological and surveillance techniques, as these matter a lot in achieving desired results (Abremski & Roben, 2021; Hatzigeorgiadis et al., 2011).

Research Objective

This study aims to notice the differential influences of psychological skills training on psychological factors related to athletes' performance. These studies show that

every aspect is essential in achieving athletes' goals. All elements collaborate to make a player successful, as Psychological skills training is based on inner speech, too, which directly facilitates the excellent performance of players. Inner speech is a strategy that helps in learning and enhancing the performance of athletes.

This research study is divided into five informative research chapters: the first section represents that introduction related to psychological skills training and performance enhancement in athletes. This section also presents the objective of the research study and defines research questions related to them. The second portion describes the literature review and explains the hypothesis between dependent and independent variables. The third section represents the research methodology, including research participants, research tools, and techniques also that explain the theoretical framework of variables. The fourth section represents the results and descriptions, and the last portion summarizes the overall research study and describes some recommendations about the topic.

Literature review

Research predicts that mindful-based intervention programs for improving athletes' performance provide positive outcomes, mental toughness of athletes is obtained through mindful-based interventions. intervention programs improve the psychological state of athletes and help them overcome their mental health-related problems (Ajlchi et al., 2022). studies reveal that building confidence in athletes requires mindful-based interventions. The interventions provided to the athlete during their training sessions improve their sports techniques and learning behavior training sessions involve the providence of knowledge about sports tactics, providing athletes with proper body training, etc. All the knowledge provided to athletes during their training sessions helps them in bettering their game (Ashurali & Farrukh, 2023).studies show that most athletes face mental health problems due to game pressure. The stress and anxiety problems faced by athletes disturb their mental health state, and they become prone to serious mental disorders studies show that most of the world's athletes suffer from mental problems because of the stress of winning a game for, making athletes' mental health stable. Interventions-based counseling is provided to them that improves their mental state and helps them cope with stress problems. The coaches and athletes' family members play a significant role in providing mindfulness interventions to the athletes (Breslin et al., 2022).studies claim that cognitive as well as phycological skills training interventions both play a critical role in improving the overall behavior of athletes. The improved athlete behavior

due to mindfulness interventions develops an optimistic approach in athletes that helps in playing games with full confidence. The information provided by various randomized sports design models predicts that the intervention sessions provided to athletes of different sports cause improvement in the athlete's sports playing skills (Hut et al., 2021). Studies show that sport psychology and athlete performance enhancement are related terms.an athlete is unable to perform any sport-related task without proper training and counseling about the techniques of the sport.the proper training and interventions are necessary for making the athlete's sports performance better.studies show that the efficiency of intervention sports programs depends on the pressure-tackling training provided by these programs.if these interventions strategies or programs can improve the athlete's pressure-tackling ability, then these interventions are the best sports intervention programs. moreover, understanding the athlete's psychology for his counseling is the main aim of these mindfulness-based intervention programs.by knowing about athlete sport psychology, these interventions provided by sports team can play their part in enhancing athletic performance (Low et al., 2022). stduies shows that providing mental health-related therapies to sports players is essential as sports athlete undergo various stress-related circumstances. Mental health interventions provided to sports athletes make them mentally strong and provide them help to tackle every sport-related stress as well as anxiety problems.the interpersonal team is often involved in the process of providing mental health therapies to athletes.these teams are based on mental health professionals that assess the athlete's overall mental and physical health and provide them with the best therapies (McHenry et al., 2022). Studies show that for evaluating the effectiveness of various sports-based psychological training programs and their impact on athlete mental health, several tests are made by sports health professionals.these tests assess the mental health state of athletes when intervention training is provided to them.the assessment by health professionals helps them in predicting the mental health state of athletes and its impact on their sports-related performances (Pazeshi, Mohammadi-nezhad, & Nazari, 2022). Studies claim that to improve the athlete's interaction with sports psychological teams, it is important to only allow sports psychological professionals to carry out the intervention process. Sports psychology professionals are experts in their field that provide proper mindful-based intervention to sports athletes.the health professionals ensure that the interaction between athletes and health professionals brings positive outcomes to athletes' games (Quartiroli et

al., 2022). Studies predict that some sports require the effective working of several physiological features of athletes. Baseball is a sport that requires the proper management of athletic physiological features. Managing the stress and resilience factors of athletes helps bring positive results in an athlete's performance. Many baseball management teams provide their athletes with proper psychological training sessions to polish their skills and improve their mental health (Vidic & Cherup, 2022). Studies show that to improve the body performance of an athlete, various factors performance assessment test is used by sports team. These test assesses the body movement and body posture of an athlete and provides possible solutions for improving the body posture to enhance athlete performance in particular sports (Finlay et al., 2022). Studies predict that mental health-related problems in athletes occur due to oversteering. Most of athletes worry about their performance in the game, which results in stressful conditions. Postural abnormalities in athletes are another factor that mentally disturbs the athlete, and he becomes unable to perform his best. Also, breathing problem is common in athletes that face Panic attacks and stress while playing. To avoid the prevalence of these health conditions in athletes, mindful-based interventions are provided to athletes by sports psychology professionals (Greife, Gruenke, & Zeiger, 2022). Studies suggest that in sports, cohesion and support among various sports group members are essential for the overall betterment of group performance. Many sports are played in groups where the performance of one athlete correlates with the other. For maintaining a positive relationship between group members, proper counseling and intervention are provided to athletes. These interventions develop a sense of collectivism in players and help them perform better as a team (Gu & Xue, 2022). Studies claim that Chinese sport psychology is based on managing the training sessions of sports athletes to improve athletes' performance in every game. Furthermore, the training sessions greatly impact the sports psychology of players, especially basketball players, and improve their playing skills. Studies explained that in many performance-enhanced therapy sessions, athletes are provided with sports exercise training. Sports exercise helps athletes to learn more about the game and to improve their physical and mental health. Upper body exercises are the most common exercise-based training provided to athletes for their performance improvement. Studies predict that athletes are provided with workload management interventions so that they can balance their academic life with sports playing. Also, women athletes are given proper representation in various sports to encourage women's sports. Studies claim that applying rational base therapy in

sports psychology greatly benefits athletes in bettering their mental health and improving athletes' sport playing skills. Studies claim that there is a deep relationship between mindfulness-based intervention and its impact on athletes' psychological state. Studies of scholars predict that for the betterment of the performance of young athletes, the proper psychological-based intervention therapies are provided to them along with training sessions (Abreu et al., 2020).

Hypothesis development

H1= *There are positive and significant impacts of psychological skills training on performance enhancement in athletes.*

H2= *There are negative but significant effects of psychological skills training on performance enhancement.*

H3= *There is not any relation between psychological skills training and performance enhancement in sports.*

Research methodology

This research study represents the impact of psychological skills training on performance enhancement in athletes. This research study was based on primary data analysis to determine whether the research study used specific questions related to the variables. Psychological skills training is the main independent variable, and performance enhancement is the main dependent variable. To determine the research study used SPSS software and generated informative results related to them. The descriptive statistic analysis, the regression analysis between two variables, the ANOVA test analysis, the variance test analysis, and the component analysis also explain the paired test analysis between dependent and independent variables.

Retention that performance enhancement should be seen holistically, considering the physical and mental components of an athlete's well-being is crucial. Athletes can design individualized performance enhancement plans that are catered to their particular requirements and goals by working with a multidisciplinary team that includes coaches, trainers, nutritionists, psychologists, and medical experts.

Athletes' ability to perform better has been found to be significantly impacted by psychological skills training (PST). The following are some ways that PST might enhance sports performance:

1. Enhanced Mental Durability: PST aids in developing mental toughness, which is the capacity to keep one's composure, resolve, and tenacity in the face of difficulties and adversity. Athletes with mental toughness

can maintain composure under stress, recover from failures, and persevere through exhaustion or discomfort.

2. Increased Confidence: An athlete's self-confidence can be greatly increased by PST, which is important for athletic success. Athletes may build a strong conviction in their skills and boost their confidence by creating and attaining objectives, engaging in positive self-talk, and using visualization methods.

3. Increased Focus and Concentration: PST gives athletes tools to sharpen their attention and focus throughout practice and performance. Athletes may improve their capacity to stay completely engaged and perform at their best by adopting attention management skills, including narrowing focus, filtering out distractions, and sustaining concentration in high-pressure circumstances.

4. Stress and Anxiety Management: PST gives athletes the tools they need to handle stress and anxiety effectively. Athletes may manage their anxiety levels, minimize the stress associated with performance, and maintain the best arousal states for performance by using strategies including

deep breathing, relaxation exercises, and cognitive restructuring.

5. Improved Pre-Performance Routines and Mental Preparation: PST helps athletes create efficient pre-performance routines and mental preparation techniques. To mentally practice performances, increase confidence, and develop a sense of familiarity with the intended objective, athletes might employ imaging and visualization methods.

6. Improved Managing Skills: PST gives athletes the tools to handle failures, setbacks, and unforeseen obstacles. Athletes that have a resilient attitude are better able to recover quickly from failures, stay motivated, and persevere in the pursuit of their objectives.

7. Positive Team Dynamics: PST can improve team dynamics by encouraging players to cooperate, communicate effectively, and work as a team. Athletes may gain from greater motivation, trust, and teamwork by encouraging a pleasant team atmosphere, ultimately boosting performance.

Table-1

	Descriptive Statistics				
	N	Minimum	Maximum	Mean	Std. Deviation
Psychological Skills Training-1	100	1.00	4.00	1.5800	.69892
Psychological Skills Training-2	100	1.00	3.00	1.5300	.62692
Psychological Skills Training-3	100	1.00	3.00	1.4000	.58603
Psychological Skills Training-4	100	1.00	3.00	1.6300	.66142
Performance Enhancement in Athletes-1	100	1.00	4.00	1.4400	.67150
Performance Enhancement in Athletes-2	100	1.00	3.00	1.5300	.64283
Performance Enhancement in Athletes-3	100	1.00	3.00	1.4700	.55877
Performance Enhancement in Athletes-4	100	1.00	3.00	1.5000	.54123
Valid N (listwise)	100				

The above result represents that descriptive statistical analysis results describe the minimum values and maximum values and also that present mean values and standard deviation from the mean of each indicator. Psychological skills training is the main independent variable. It presents that the mean value is 1.5800, and the standard deviation rate is 0.69, showing a 69% deviation from the mean. The overall result shows minimum value is 1.000 and the maximum value is 4.00, respectively. The result also describes that psychological skills 2,3 and 4 are all co-factors of independent variable results representing

that mean values of psychological skills training are 1.5300, 1.4000, and 1.6300. All of them represent the positive average value of the mean. The standard deviation rates of each factor are 62%, 58%, and 66%, respectively, showing a positive deviation from the mean. The performance of enhancement in athletes is the main dependent variable result describes that the mean value is 1.4400 and the standard deviation rate is 67%, deviating from the mean. The result also describes that performance enhancement 2, 3, and 4 are all present subparts of the dependent variable result presents that standard deviation rates are 67%, 645,

55%, and 54% deviate from mean values. According to the result, the total observation is 100, and the average values

show the positive impact of psychological skills training and performance enhancement in athletes.

OneONE-way ANOVA

Table-2

		ANOVA				
		Sum of Squares	df	Mean Square	F	Sig.
Psychological Skills Training-1	Between Groups	.525	2	.263	.533	.589
	Within Groups	47.835	97	.493		
	Total	48.360	99			
Psychological Skills Training-2	Between Groups	2.571	2	1.285	3.431	.036
	Within Groups	36.339	97	.375		
	Total	38.910	99			
Psychological Skills Training-3	Between Groups	1.192	2	.596	1.762	.177
	Within Groups	32.808	97	.338		
	Total	34.000	99			
Psychological Skills Training-4	Between Groups	.127	2	.063	.143	.867
	Within Groups	43.183	97	.445		
	Total	43.310	99			
Performance Enhancement in Athletes-1	Between Groups	1.883	2	.941	2.136	.124
	Within Groups	42.757	97	.441		
	Total	44.640	99			
Performance Enhancement in Athletes-3	Between Groups	.785	2	.392	1.264	.287
	Within Groups	30.125	97	.311		
	Total	30.910	99			
Performance Enhancement in Athletes-4	Between Groups	.620	2	.310	1.060	.350
	Within Groups	28.380	97	.293		
	Total	29.000	99			

The above result represents that the one-way ANOVA test analysis result describes the sum of square values, mean square values, also that F rates, and significant values of independent and dependent variables. The sum of the square values of psychological skills training-1,2,3 and 4 are 0.525, 2.571, 1.192. These all present positive rates of the sum of squares within the group and between the group. The total value is 48.360, 38.910, and 34.000, respectively, showing positive rates of independent variables. The result describes that significant rates of psychological skills training are 0.036, 0.177, and 0.589, showing that 3%, 17%, and 58% have significant values between them. The result also describes that performance enhancement in athletes is the main dependent variable. According to the result, its sum of square values is 0.620, 0.785, and 1.883, showing the positive sum of square values between them. The result also describes that significant values are 35%, 28%, 12%, and 86%, significance levels with each other.

Various methods and tactics are used to improve the performance of athletes to enhance athletic performance.

Here are some essential elements and methods frequently applied in performance improvement:

1. Physical fitness and conditioning are crucial to sports success. This involves developing your strength, endurance, flexibility, and sport-specific skills. A well-crafted training regimen may raise performance, increase physical preparedness, and lower the chance of accidents.
2. Sports nutrients: Athletes need the right nutrients to function at their best. A balanced diet that offers enough energy, nutrition, and water for training and competition is essential for athletes. Athletes may get advice from sports nutritionists on how to create individualized meal plans and how to eat before and after competitions.
3. Training for Mental Skills: Mental skills are essential for athletes to perform at their peak. Goal planning, visualization, self-talk, relaxation, and attention management are some psychological approaches that can help athletes manage anxiety, increase focus, raise confidence, and improve general mental toughness, as was noted in the preceding comment.
4. Performance Analysis: Through routine performance

analysis, athletes and coaches may pinpoint their strengths and potential improvement areas. This might include statistical data, video analysis, and expert and coach input. Analyzing performance enables the discovery of technical shortcomings, tactical limitations, and potential development areas.

5. Periodization and Training Plans: Organising an athlete's training into discrete phases, each focused on various training objectives and intensities, is known as periodization. With this strategy, athletes may retain motivation, peak at appropriate moments, and avoid overtraining or burnout. Well-structured training programs take into account competitive schedules, skill

development, and rest and recuperation.

6. Sports science and technology developments have given athletes the skills and resources they need to improve their performance. This involves the use of wearable technology to monitor performance indicators, the improvement of the technique via biomechanical analysis, and the optimization of training load and recovery through physiological monitoring.

7. Supporting athletes' mental and emotional well-being is essential for improving their performance. This involves supporting a good work-life balance, offering assistance for handling pressure and setbacks, and providing tools for stress management.

Coefficients						
Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	
	B	Std. Error	Beta			
1	(Constant)	1.664	.383		4.341	.000
	Psychological Skills Training-1	.140	.097	.146	1.448	.151
	Psychological Skills Training-2	-.099	.123	-.093	-.806	.422
	Psychological Skills Training-3	-.079	.125	-.069	-.635	.527
	Psychological Skills Training-4	.141	.114	.139	1.240	.218
	Performance Enhancement in Athletes-2	-.207	.107	-.199	-1.931	.057
	Performance Enhancement in Athletes-3	.067	.129	.056	.519	.605
	Performance Enhancement in Athletes-4	-.129	.128	-.104	-1.004	.318

a. Dependent Variable: Performance Enhancement in Athletes-1

The above result represents that coefficient analysis related to the linear regression result shows that the performance of enhancement in athletes is the main dependent variable. Its shows that the beta value is 0.140, -0.099. The standard error value is 0.097, 0.123, 0.125, and 0.114, shows that 9%, 12% 11% error in the

deviation-independent variables. The result also describes that t statistic values are 1.448, -0.806, -0.635, and 1.240, showing negative t statistic values. The significant values are 15%, 42%, 52%, and 21% significant levels between the psychological skills training and performance enhancement in athletes.

Test Statistics								
	Psychological Skills Training-1	Psychological Skills Training-2	Psychological Skills Training-3	Psychological Skills Training-4	Performance Enhancement in Athletes-1	Performance Enhancement in Athletes-2	Performance Enhancement in Athletes-3	Performance Enhancement in Athletes-4
Chi-Square	70.400 ^a	34.580 ^b	54.500 ^b	24.740 ^b	100.160 ^a	33.740 ^b	44.780 ^b	44.720 ^b
df	3	2	2	2	3	2	2	2
Asymp. Sig.	.000	.000	.000	.000	.000	.000	.000	.000

a. 0 cells (0.0%) have expected frequencies less than 5. The minimum expected cell frequency is 25.0.

b. 0 cells (0.0%) have expected frequencies less than 5. The minimum expected cell frequency is 33.3.

The above result represents that the chi-square analysis result describes the test statistic values of chi-squares and the significant level of each variable. The psychological skills training is the main independent variable result

represents that the chi-square values are 70.400, 34.580, 54.500, and 24.740. All values present that positive rate of chi-squares between them. The performance enhancement athletes are the main dependent variable. It describes that

chi-square values are 100.160, 33.740, 44.780, also that 44.720, respectively, showing positive rates of chi-square between them. According to the result, the significant

value of the overall variable is 0.000, showing a 100% significant level between dependent and independent variables.

Component	Total Variance Explained					
	Initial Eigenvalues			Extraction Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	1.692	21.149	21.149	1.692	21.149	21.149
2	1.430	17.874	39.023	1.430	17.874	39.023
3	1.138	14.230	53.253	1.138	14.230	53.253
4	1.007	12.587	65.840	1.007	12.587	65.840
5	.909	11.365	77.205			
6	.744	9.301	86.506			
7	.614	7.677	94.183			
8	.465	5.817	100.000			

Extraction Method: Principal Component Analysis.

The above result describes that total Variance explained analysis results represent the initial eigenvalues related to the % of the Variance, cumulative %, and also the total values of each component. The initial eigenvalues show that % of Variance is 21.149, 17.874, 14.230, 12.587, 11.365, 7.677, also that 5.817. All values show the positive variance rates of each component. The cumulative percentage represents 21.149, 39.023, 53.253, 65.840, 77.205, 86.506, 94.183, also that 100.000 shows that all values present positive cumulative rates between them. Similarly, the extraction sums of square values are 21.149, 17.874, 14.230, and 12.587, respectively, presenting positive rates between them.

Conclusion

It's crucial to remember that PST efficacy may differ from person to person and that using these strategies needs repetition and persistence. To maximize the influence of psychological skills on their performance-enhancement journey, athletes might benefit from working with a trained sports psychologist or mental skills coach who specializes in PST. In conclusion, the meta-analysis on the influence of psychological skills training on performance enhancement in athletes offers compelling proof that such training is successful in raising athletic performance. The results imply that psychological performance elements like self-confidence, motivation, focus, attention control, goal-setting, anxiety management, and visualization skills all

improve in athletes who receive psychological skills training. This research study determine the effects in between psychological skills training on the performance enhancement in athletes. This research study determine the primary research data analysis for this purpose used SPSS software and generate informative result related to them. the research study accept the hypothesis one all alternative hypothesis H1 shows there are positive and significant relationship in between psychological skills training on the performance enhancement in athletes.

The meta-analysis emphasizes the value of tailored and organized psychological skill-training courses. The most notable performance improvements result from treatments specifically designed to meet the demands and objectives of athletes and from implementing a well-thought-out training programme. Additionally, the length and consistency of psychological skills training affect its efficacy, with longer-term training producing more apparent results. The data highlights how psychological skill development and physical training are compatible. A comprehensive approach to sports training can improve athletic performance by incorporating psychological skills training alongside physical training. However, it is essential to take into account individual differences and environmental factors that could affect results. Additionally, more investigation is required to examine particular approaches, modes of delivery, and the long-term sustainability of performance improvements linked to psychological skills training in athletes.

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