

Psychological Resilience and Depressive Symptoms: Exploring their Presence and Relationship among Selected Filipino Collegiate Athletes

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Abstract

Athletes encounter a different set of adversities compared to non-athletes. A collegiate athlete must not only make time for studying but must allot hours for sport-related activities. Combined with significant levels of physical and psychological expectations, these situations cause increased stress and may result to changes in behavior, cognition and emotions. These events act as risk factors that push resilience down leading to negative reactions and outcome among athletes. While reducing the likelihood of the development of mental illness is a protective factor that enhances resilience, leading to growth and thriving. This paper explores the relationship of protective factors of resilience and symptoms of depression among collegiate athletes. A total of 108 Filipino collegiate athletes participated and completed the Resiliency Scales and Beck Depression Inventory. Significant results show that mastery, relatedness and resource index are negatively related with depression. On the other hand, emotional reactivity and vulnerability index is found to be positively related with depression. Further inferences and recommendations are discussed in the present study.

Keywords: Filipinos, Collegiate Athletes, Resilience, Depression