# Article information:

The Impact of Social Support on Student Athletes' Satisfaction in Individual Sports | Sophia Jowett - Academia.edu  
<https://www.academia.edu/19635680/The_Impact_of_Social_Support_on_Student_Athletes_Satisfaction_in_Individual_Sports>

# Article summary:

1. The study investigated the relationship between social support and satisfaction among student athletes in individual sports.

2. Participants' perception of available support significantly predicted their satisfaction with external aspects, as well as their individual performance.

3. Competitive level moderated the link between athletes' satisfaction with social support and their external outcomes.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article titled "The Impact of Social Support on Student Athletes' Satisfaction in Individual Sports" by Sophia Jowett, Daniel A. Rhind, Ross Lorimer is a well-written and informative piece that explores the relationship between social support and student athletes' satisfaction in individual sports. The authors use a sample of 100 student athletes who compete in individual sports to test their hypotheses.

One potential bias in this article is the small sample size used for the study. While the authors acknowledge this limitation, it may still affect the generalizability of their findings. Additionally, the study only focuses on student athletes who compete in individual sports, which limits its applicability to team sports.

The article provides a thorough review of previous research on social support and its impact on athlete performance and well-being. However, some claims made by the authors are not supported by evidence or are based on anecdotal observations. For example, they suggest that social support can help with athletes' adjustment to university life without providing any empirical evidence to support this claim.

Another potential issue with this article is that it does not explore counterarguments or alternative explanations for its findings. For instance, while the authors suggest that social support can improve athlete satisfaction and performance, it is possible that other factors such as natural talent or training could also play a role.

Overall, despite some limitations and potential biases, this article provides valuable insights into the importance of social support for student athletes competing in individual sports. It highlights the need for further research to better understand how social support can be effectively provided to athletes at different levels of competition and across various sports.

# Topics for further research:

* Social support and team sports
* Athlete adjustment to university life
* Factors affecting athlete satisfaction
* Training vs. social support in athlete performance
* Effective social support for athletes
* Social support and mental health in athletes

# Report location:

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