# Article information:

Effects of Social Support on Athletes’ Psychological Well-Being: The Correlations among Received Support, Perceived Support, and Personality
<https://www.scirp.org/journal/paperinformation.aspx?paperid=72249>

# Article summary:

1. Social support from coaches, teammates, family, friends, and staff is considered to affect athletes’ cognitive, emotional, and behavioral aspects in a positive manner.

2. Received support has been reported as a significant factor in athletes’ self-confidence, performance improvement, dealing with negative psychological states due to injury in sport, competitive stressors, and organizational stressors.

3. The examination of the impact of received support on psychological well-being would contribute to the literature in order to suggest the significance of the receipt of social support in sport.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "Effects of Social Support on Athletes’ Psychological Well-Being: The Correlations among Received Support, Perceived Support, and Personality" explores the relationship between social support and athletes' psychological well-being. The article highlights the importance of social support in maintaining physical and psychological health for athletes. It also discusses the differences between received support and perceived support, with received support being a more accurate measure of the actual support behaviors that athletes receive from others.

One potential bias in this article is that it only focuses on university student athletes from two Japanese universities. This limits the generalizability of the findings to other populations or cultures. Additionally, while the article acknowledges that perceived support may be influenced by personality factors, it does not explore this possibility further or consider how personality traits may impact an athlete's perception of available social support.

The article also makes unsupported claims about the effectiveness of received support in improving athletes' self-confidence and performance outcomes. While some studies have found a positive correlation between received support and these outcomes, more research is needed to establish a causal relationship.

Furthermore, the article does not explore potential risks associated with social support, such as over-reliance on others for emotional regulation or negative effects on team dynamics if certain individuals are perceived as receiving more support than others.

Overall, while this article provides valuable insights into the relationship between social support and athletes' psychological well-being, it would benefit from a more comprehensive exploration of potential biases and limitations in its findings.

# Topics for further research:

* Personality traits and their impact on athletes' perception of social support
* Cultural differences in the relationship between social support and psychological well-being among athletes
* Potential risks associated with over-reliance on social support in athletic contexts
* The role of team dynamics in the effectiveness of social support for athletes
* Long-term effects of social support on athletes' psychological well-being and performance outcomes
* The impact of different types of social support (e.g. emotional
* informational
* tangible) on athletes' well-being.

# Report location:

<https://www.fullpicture.app/item/ca8a6bbefded1486c69aeb0c95ac4024>