

Impact of Mental Skills Training on Performance and Stress Management in Competitive Basketball

Parveen Yadav¹ and Dr. Malkhan Singh²

¹Research Scholar, Department of Physical Education

²Research Guide, Department of Physical Education
Vikrant University, Gwalior (M.P.)

Abstract: *Mental Skills Training has emerged as a vital psychological tool to enhance athletic performance and manage stress in high-pressure environments. This study investigates the effectiveness of MST interventions on competitive basketball players' performance levels and stress coping mechanisms. A quasi-experimental design was used with 120 male and female athletes aged 16–24, divided into control and experimental groups. Over a 10-week period, the experimental group participated in a structured MST program including goal setting, visualization, self-talk, relaxation, and concentration techniques. Findings showed statistically significant improvements in performance metrics and reduced stress indicators in the experimental group post-intervention, affirming MST's essential role in modern sports psychology. The study recommends the integration of MST in athletic training regimens for holistic development.*

Keywords: Mental Skills Training, Competitive Basketball, Cognitive Training