

# Impact of Psychological Skills Education on Tenacity and Resistance in Basketball Players

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**Abstract:** This research examined how psychological skill training affects resilience and grit in collegiate basketball players. Pre-test sample: college basketball team, male: 12 and female: 12. Participants were 18–25. The research employed Brief Resilience Scale and Grit-O Scale to evaluate resilience and grit. The pre-test measured participants' image skills using the Sport Imagery skills Questionnaire. Participants with low or normal resilience and grit and good sport imagery capacity were recruited for the 3-week intervention based on pre-test findings. Paired Sample t-test, Pearson correlation coefficient, independent samples t-test, and Analysis of Variance were used to determine the effect of the PST on participants, the relationship between Resilience and Grit, whether males and females differ in resilience and grit, and the levels of resilience and grit based on daily practice duration. The PST had no influence on resilience or grit, according to the research. The resilience-grit link is negligible. Resilience and grit are similar among male and female basketball players. Finally, basketball players' resilience and grit are similar.

**Keywords:** Psychological Skill Training, Resilience, Grit, Mental Imagery