Information Technology Tools for Mental Resilience Training in Sports: A Systematic Review

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Abstract

The aim of this research study is to determine the information technology tools related to mental resilience training in sports. This research study determines the primary data for measuring the relation between dependent and independent. For this purpose, develop research questions related to information technology tools and mental resilience. Research determines through smart PLS software and generates informative results related to variables. The descriptive statistical analysis, the correlation coefficients, and the significant analysis also present the co-linearity statistical analysis between them. A systematic and deliberate procedure termed mental resilience training aims to increase a person's ability to deal with stress, obstacles, and adversity successfully. It entails developing the mental capacities and attitudes required to recover from failures, stay focused under duress, and persevere in the face of adversity. The overall research study found the significant and direct effect of information technology tools and mental resilience training in sports.

Keywords: Information Technology (IT), Mental Resilience Training (MRT), Sport (S), Smart PLS Algorithm

Introduction

The resilience factor is the most crucial factor often taught in various sports-related disciplines. sports psychology training provided to athlete's builds resilience factor in them. sports sciences is a major field that teaches resilience to sports players. Resilience is the ability to cope with difficulties after facing any injury situation or any difficult circumstances in sports. teaching resilience to sports students makes their mentality strong and hard. Sports players face a lot of changes during their sports careers. How a sports person responds to any sports-related circumstances shows his profile as a player? Sports players have resilience factors to tackle all sports field-related stressors with great efficacy (Dohme et al., 2019). Learning new skills from experience develops resilience factors in athletes. All the stressful events an athlete face related to the social or sports environment are dealt with using the resilience factor. Athletes that face stressful situations in life are often more resilient as compared to non-athletes (Gómez-Carmona et al., 2020). moreover, experienced and former athlete players have more resilience and strength because they have more stressful situations in life than new athletes in the sports field.

The ground theory of psychological resilience explains that teaching resilience to athletes through sports training programs changes the athlete's personality for good outcomes. There are five traits developed in athletes as a result of resilience training. The first trait is the development of a positive personality (Lopes Dos Santos et al., 2020). positive personality traits develop optimistic behavior changes in athletes. These behavioral changes make Athelte the best in his game-playing skills. The second trait that develops in athletes as a result of resilience training is motivation. The resilience factor motivates Athelte to improve his game and to excel in game-playing sports. The third trait is confidence which is developed in athletes as a result of developed training (Oliveira, Barcelos, & Siqueira, 2022). A confident athlete plays a game with more chances of winning than an athlete with less confidence in himself. The fourth trait is focus; developing focus in athletes toward their goal in sports is possible through resilience training. The fifth trait is social support; resilience training provides social support to athletes so they can face any sports challenges confidently. All these five traits develop in athletes using resilience-based sports training programs to improve athletes' cognitive abilities and help them achieve their tasks with full dedication and determination (Meechang et al., 2020). The ability of an athlete to tackle sport-related challenges and to effectively deal with them depends upon the resilience and strength of athletes.

The role of information technology in providing resilience training to athletes holds significance. Various sports apps based on IT are used for training athletes' resilience factors. The sports apps are made on IT, which makes the use of these apps more useful. Cognitive ability-based smartphone apps are used to improve the cognitive fitness of athletes (Boni, 2022). These apps target athletes' psychological abilities to improve their mental health as

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well as physical health (Rajšp & Fister Jr, 2020). the normal functioning of athletes' cognitive abilities gets improved using cognitive technology-based apps, and as a result, athletes become able to tackle stressful conditions. The development of resilience factors along with self-confidence in athletes using cognitive functioning using smartphone apps holds critical value in terms of sorts psychology (Pino-Ortega et al., 2021). The training session that provides athletes with resilience-based training uses an educational video that aids the training process .the educational videos provide information about different cognitive workouts adopted in various sports, provides information about breathing exercises, and information about social interacting abilities in the sports field (Tomes, Schram, & Orr, 2020). The knowledge about all these factors through technology-based educational videos is a great source of developing resilience in athletes. Also, machine learning-based algorithms are used in resilience training sessions to assess pre and post-training outcomes of athletes (Wortman et al., 2021). The algorithms help provide information about an athlete's mental state and resilience trait development.

Various technology base screening monitors are used in sports training sectors. these screening equipment works using technology and provides information about all the sports-related activities performed by athletes. Information about athletes' psychosocial well-being, physical health, and resilience progress in sports is provided through technology-based screening sensors used in most sports training sessions. The diversity in athletic behavioral abilities is achieved through resilience training. Athletes with diverse natures can cope with the sports field-related changes and other problems they face while playing a fair game (Zhang et al., 2021). Various factors influence the resilience factor developments. The major factors are environmental and social-cultural. The environment in which an athlete lives has a huge impact on his personality and behavioral activities.

Moreover, society and its cultural values impact athletes' behavioral and cognitive abilities. Another important factor that plays a critical role in resilience development is athletes mental health. Athletes having bad mental health due to sports stress and anxiety become unable to show resiliency. So, athletes' mental health is first made stable through mindfulness-based interventions, and then resilience-based training sessions are provided to them. Athletes with bad mental health cannot perform in stressful conditions and thus lack resilience. So, in most sports training sessions, coaches make sure to teach the stress-tackling ability to athletes along with physical training so that they can deal with every problem that comes in the way of their success in the sports field (Balcombe & De Leo, 2020). furthermore, sports psychological teams are working hard to ensure that all training sessions provided to athletes help the athlete grow his personality both as a player and as an athlete. Sports organizations all over the world ensure the providence of the best and most advanced technology-based coaching sessions to their athletes for leveling up every sports industry around the globe. The advancement of the sports field with the help of innovative technology makes the progress of this field easier and faster (Zhou, 2022).

Research Objectives

The Research objective of this study is to comprehend the need for resilience training to improve athletes' performance in various sports. Moreover, this research paper also discusses the use of information technology-based tools in resilience training sessions.

This research study determines the information technology tools for mental resilience training in sports. This research is divided into five specific research chapters: The first section determines the introduction related to information technology tools and mental resilience training. This portion represents the objective of the research and question. The second portion describes the literature review and also explains hypothesis development. The third section presents the research methodology, including tools, techniques, and research methods. The fourth section describes the result, and description the last section summarizes the overall research and present some recommendation related to the topic.

Research Question

The main research question is:

What are information technology tools for mental resilience training in sports?

How are information technology tools related to mental resilience training in sports?

Literature Review

Researchers claim that sports biomechanics is a technology-based technique that improves athletes' performance and reduces the risk of injury. This technology helps fence athletes and improve their posture to save them from risky injuries. the performance assessment of athletes and their training process eases using biomechanics techniques in fencing sports (Aresta et al., 2023). Studies show that using imagery and action observation techniques helps coaches train athletes' movement strategies. the movement-based strategies are effective in providing physical training to sports athletes.

the risk of cardiovascular disorder in athletes reduces due to using action observation practices in athletes' physical training sessions (Cuenca-Martínez et al., 2023). Studies explain that athletic performance skills are enhanced through massage tools. the message therapies improve athlete motor and neuropsychological abilities, thereby enhancing his playing abilities. The depression and anxiety symptoms most athletes face are reduced using massage therapy. The major benefit of massage therapy for sports players is that it relaxes their minds and helps them overcome their mood swings. (Dakić et al., 2023) Studies reveal that maintaining young athletes' mental health holds critical value. athletes with stable mental states can perform more vigilantly in the sports field than athletes with mental health-related problems. various intervention therapies, along with the psychological support of coaches, help the athletes in overcoming their mental health-related issues. The progress rate of athletes in sports depends on their good mental health state along with their physical fitness (Daley & Reardon, 2023). Studies predict that sports-related concussion tools are used against the acute injury caused to the athlete while playing a specific sport .implementing the use of SCAT for injury assessment and treatment holds great importance (Echemendia et al., 2023). Studies show that the physical performing ability of athletes gets badly disturbed due to the bad mental condition of athletes. There are various environmental and social factors that trigger bad mental health in athletes. mental fatigue severity depends on interindividual differences. Ahletes facing mental health problems become physically dull. The zeal to perform well in sports minimizes players' severe mental issues (Habay et al., 2023). Studies claim that the use of sports rehabilitation robotics is increasing because of the advancement in the technological-based sports era. The athletes facing injury after sports accidents are rehabilitated through a sports-based rehabilitation robotics system. These robotics systems aid the rehabilitation process and develop resilience characteristics in athletes. also, elderly patients having degenerative disorders are treated using the rehabilitation robotics system as it provides them with physical strength (Ju et al., 2023). Studies show that improving athletes' physical and mental health through proper interventions develops resilience ability in athletes. Latin dance is a form of physical exercise that relaxes the minds and bodies and improves mental health. Reducing stress and improving mood-related behavior of athletes is done using Latin dance as an intervention therapy for athletes. the Latin dance intervention is regarded as a potential health intervention for treating public health (Liu, Soh, & Omar Dev, 2023). Athletes and coaches can gain from a variety of techniques created to foster mental durability by utilizing information technology. Mental resilience apps help athletes improve their mental focus and emotional control by providing guided meditation, mindfulness exercises, and positive affirmations. Athletes can acquire stress management strategies and bolster their mental acuity by using wearable biofeedback equipment to measure physiological stress signs. According to the research, athletes can hone their capacity to remain composed in stressful competitions through high-pressure simulations in virtual reality. Interactive computer games increase cognitive abilities, including focus, memory, and judgment, which helps athletes have greater mental agility. Cutting-edge wearables offer real-time mental state data, helping athletes maximize their psychological performance throughout practice and competition. Online mental resilience courses provide specialized coaching and instructional material to aid athletes in building strong mental skills (Brito Junior et al., 2022). Coaches and sports psychologists can adapt resilience techniques to the needs of specific athletes by analyzing psychological and performance data. Online groups that promote support and guidance allow athletes to interact with peers and subject matter experts, fostering a feeling of community in the development of mental durability. These resources support conventional sports training and sports psychology techniques, resulting in a holistic strategy for building mental hardiness. It's crucial to keep in mind that these technologies work best when combined with human experience, direction, and a positive team environment. Technology has the potential to advance mental resilience training even further as it develops. However, it is crucial to make sure that these technologies are utilized sensibly, morally, and in accordance with what is best for the health of the athletes. studies show that improving the muscular strength of athletes helps them play with more strength. athletes are provided with technology-based muscular intervention to improve their muscle strength. the chances for athletes to lose any sport competition due to muscle strength weakness minimizes by using technology-based muscle-strengthening interventions (Paravlic et al., 2023). Studies reveal that while treating the muscle injuries of athletes, their psychological health should not be neglected. Sports players facing any injury situation undergo mental health problems. the mental health of such patients gets disturbed. also, the chances of severe depressive disorder occurring in athletes suffering from muscular injury are more (Park, Furie, & Wong, 2023). Studies suggest that to maintain their extraordinary performance in sports, athletes switch between periods of excessive physical activity and the resting phase. extreme

physical activity is good for improving athletic performance in the game, but this excessive physical activity sometimes leads to depression development in athletes. The psychological health of athletes gets disturbed due to excessive exercise, and the chance of depressive disorders development in them increases (Beim et al., 2023). Studies explain that students that play basketball develop motor skills. These motor skills improve with time and develop a resiliency factor in athletes. health benefits are achieved through playing basketball as it is easy to play and is an enjoyable sport (Candra et al., 2023). Studies predict that strength exercises greatly help the sports player to regain his lost physical health after any sports injury. The pain sensation experienced by injured athletes can be overcome by providing them with minimal variable exercises during their rehabilitation period (Cruz-Montecinos et al., 2023). Studies explain that acute fatigue problems faced by athletes during resilience training are because of velocity loss. For minimizing fatigue in athletes, various velocity thresholds are used during resilience training sessions. The response of athletes toward the velocity threshold is predicted through the use of virtual reality technology (Jukic et al., 2023). Studies show that psychological skill training is provided to athletes to ensure their optimal performance in sports. Psychological skill training improves athletes thinking abilities by improving their cognitive functioning and thereby improves their quality of life. For reducing anxiety and for inducing self-compassion in athletes, the use of psychological skill training is adopted in resilience training programs (Park & Jeon, 2023). Studies explain that neurofeedback training is very important for sports athletes. The stimulation, as well as the variable improving ability of neurofeedback training, makes it the most used technique for resilience development in athletes. improving behavioral responses and psychological factors are the main function of neurofeedback training (Rydzik et al., 2023). Studies show that to influence strength training in prepubertal children, coaches use special psychological training approaches to improve the performance of such children in sports. strength training improves the morphological adaptive abilities and neuromuscular strength of young athletes (Sánchez Pastor et al., 2023). Studies claim that the physical functioning of athletes improves by using technology-based physical training tools in the training session .improving athlete's physical fitness impacts their mental health and develops resilience in them to fight against stress and anxiety due to game pressure (Valenzuela et al., 2023). Moreover, psychological interventions significantly improve the mental well-being of players. Athletes that are mentally stable act more confidently while playing sports and are more capable of tackling all sports-related stress. scholars explained that using mindfulness-based interventions along with technology-based training tools helps in improving an athlete's profile as a great game-playing performer. also, the improvement in an athlete's game-performing ability depends on his better mental and physical health state, which is achieved through mindfulness-based intervention therapies (Wang, Lei, & Fan, 2023).

Research Methodology

The research study describes information technology tools for mental resilience training in sports. This research study, based on the primary research data related to information technology for this purpose, developed different research questions related to variables, including dependent and independent. Information technology is the main independent variable, and mental resilience training is the dependent variable for measuring the research using Smart PLS software and generating informative results. The descriptive statistic, correlation coefficient, significant analysis, co-linearity statistic analysis, and the path coefficient analysis between them. The research presents a smart PLS Algorithm model between dependent and independent indicators.

Information Technology

Athletes can develop their resilience mentally by using a variety of mobile applications. To improve psychological endurance and concentration, these applications frequently provide guided meditation, visualization exercises, positive affirmations, and mindfulness techniques. Biofeedback tools let athletes keep an eye on physiological signs of stress and relaxation, such as skin conductance, muscle tension, and heart rate variability (HRV). Athletes can learn to manage stress and strengthen their mental hardiness by becoming more aware of their body's reactions. VR technology is being used more and more in sports psychology to recreate high-pressure game conditions, giving athletes a safe and immersive environment to practice coping mechanisms and mental hardiness. Interactive computer games that train players' cognitive skills, including attention, memory, and decision-making, are known as cognitive training games. Athletes can improve their mental durability during tournaments by developing certain cognitive talents. Modern wearable technology can monitor an athlete's physical and mental performance throughout practice and competition (Vella et al., 2023). This information can be utilized to spot patterns in mental states, stress, and recuperation, assisting athletes in getting the most out of

their mental hardiness training. A few sports organizations and institutes provide online seminars and courses on mental resilience training. For the purpose of enhancing athletes' mental abilities, these programs frequently offer instructional materials, interactive activities, and customized coaching. Athletes' performance and well-being are evaluated using sophisticated data analytics tools and sports science software. Coaches and sports psychologists can pinpoint areas for growth in mental durability by looking at statistics on training, recovery, and psychological aspects. Online support forums and social media groups for mental hardiness in sports are also available to athletes. Athletes can use these venues to exchange experiences, give counsel, and look for help from other athletes and professionals.

Mental Resilience Training

Mental durability has become a key element in the pursuit of athletic greatness. Athletes have the ability to improve their mental durability, take on problems head-on, and perform at their peak when it matters most, due to information technology tools. A culture of resiliency, positivism, and personal growth may be fostered in the sports industry by adopting new technologies and promoting athletes' mental health, which will be advantageous to athletes on and off the pitch. A systematic and deliberate procedure called mental resilience training aims to increase a person's ability to deal with stress, obstacles, and adversity successfully. It entails developing the mental capacities and outlooks required to recover from failures, stay focused under duress, and persevere in the face of adversity. Training for mental hardiness can be used in a variety of settings, including athletics, the classroom, the workplace, and day-to-day obstacles. There are several ways to facilitate mental resilience training, including workshops, one-on-one coaching, online programs, and mobile apps. It is a continuous process that calls for repetition and strengthening over time. In order to successfully traverse life's obstacles, adapt to shifting circumstances, and prosper in the face of adversity, people must strengthen their mental resilience.

Result and Description

Table-1

Name	No.	Mean	Median	Scale min	Scale max	Standard deviation	Excess kurtosis	Skewness	Cramér-von Mises p value
IT1	0	1.408	1.000	1.000	3.000	0.603	0.542	1.230	0.000
IT2	1	1.347	1.000	1.000	3.000	0.517	0.185	1.114	0.000
MRT1	2	1.449	1.000	1.000	3.000	0.574	-0.181	0.876	0.000
MRT2	3	1.286	1.000	1.000	2.000	0.452	-1.088	0.979	0.000

The above result describes that descriptive statistic analysis results represent the mean value, median value, standard deviation, excess kurtosis value, and also the skewness rate and probability. Information Technology is the main independent variable. Its mean value is 1.408; the standard deviation rate is 0.603. Its presents that 60% deviation rate of information technology. According to the result, the overall minimum value is 1.000, the maximum value is 3.000, and the probability value is 0.000, showing that there is a 100% significant level between them. The IT2 is another independent variable. Its mean value is 1.347 the standard deviation rate is 0.517, showing that 51% deviates from the mean. Similarly, the Mental resilience training is a dependent variable result describes that 1.449 mean value, its standard deviation rate is 57%, an excess kurtosis value is -0.181, the skewness rate is 87%, the MRT2 shows that the mean value is 1.286 respectively.

Correlation Coefficient

Table-2

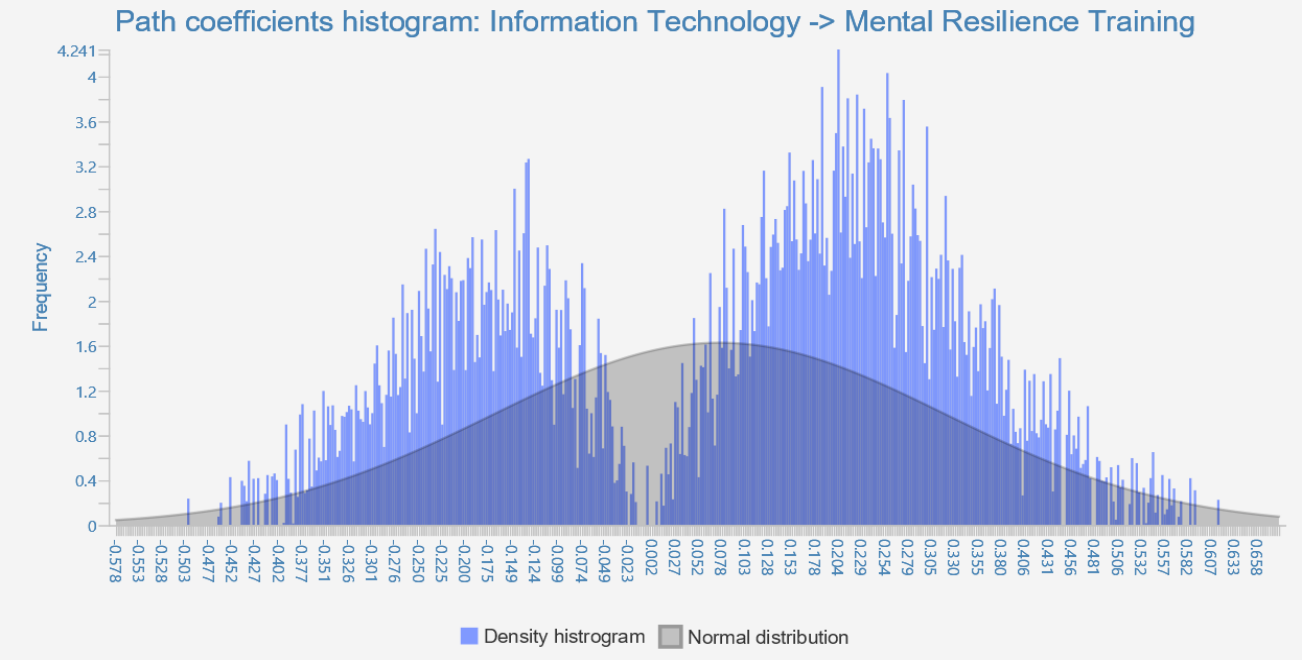
IT1	IT2	MRT1	MRT2	
IT1	1.000	0.000	0.000	0.000
IT2	0.069	1.000	0.000	0.000
MRT1	0.119	-0.044	1.000	0.000
MRT2	-0.053	0.012	-0.259	1.000

The above result describes that the correlation coefficient the information technology shows 0.069, presenting that 6% significant and positive relation with IT2. The MRT1 present that 0.119 it's presented that 11% correlation rate with information technology, which shows an 11% significant level. The MRT2 represents a negative rate with IT2. Its rate is -0.053. The result also describes 0.012, presenting positive and significant relation between them.

Important Elements of Mental Resilience Training Frequently Consist of The Following

1. Self-Awareness: The first step in developing resilience is to become aware of one's emotional responses, thought patterns, and behavioral patterns. Self-awareness enables people to identify stressful situations and to accept their feelings without passing judgment.
2. Emotional Regulation: Part of resilience training is developing efficient coping mechanisms for emotions. This includes methods for lowering anxiety, rage, or frustration, as well as developing a more stable emotional state.
3. Cognitive Restructuring: For resilience to be strengthened, it is essential to recognize and confront unfavorable thought patterns or irrational beliefs. Cognitive restructuring enables people to switch out negative thinking for more productive ones.
4. Mindfulness and meditation: Techniques like mindfulness and meditation can improve a person's capacity to remain cool under pressure and stay in the present moment.
5. Problem-Solving Skills: As part of resilience training, students often learn excellent problem-solving techniques to overcome challenges and discover answers.
6. Positivity and optimism: Having a positive view can increase resilience by instilling confidence in one's capacity to overcome obstacles and seize chances for development.
7. Social Support and Connection: An important component of resilience training is developing strong social networks and asking for help from others. In difficult times, reaching out to friends, family, or mentors can be a great source of support and insight.
8. Goal Setting and Focus: Keeping your attention on the desired results while setting clear, attainable goals might help you be more resilient and motivated.
9. Physical Health and Well-Being: Maintaining one's physical health through regular exercise, a healthy diet, and enough sleep is linked to mental durability.

Histogram Path Coefficient Analysis



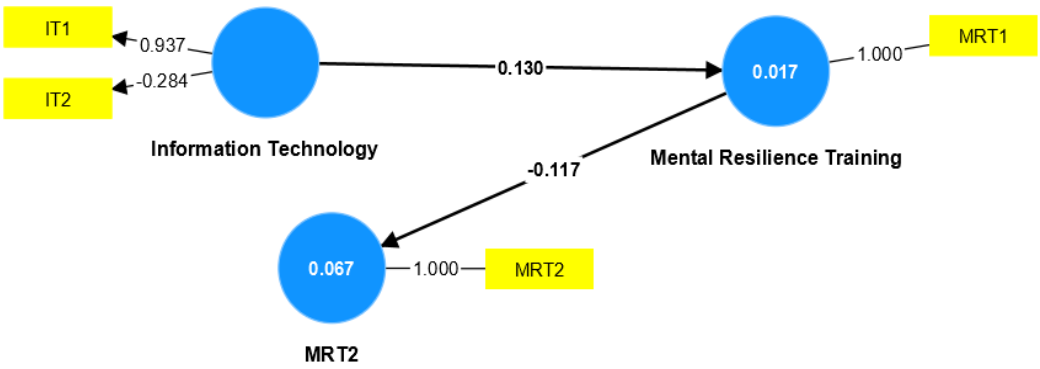
The above graph presents that histogram analysis results describe the path coefficient analysis between information technology and mental resilience training. The vertical side shows that the frequency level starts from 0 and ends at 4.241. The horizontal side shows the density histogram and normal histogram. Its range level is -0.578 and ends at 0.658, respectively. The blue line shows the path coefficient level between them.

Significant Analysis

Matrix	Original sample (O)	Sample Mean (M)	Standard Deviation (SD)	T statistic	P values
IT1<-Information Technology	0.961	0.526	0.572	1.681	0.093
IT2<-Information Technology	-0.351	0.263	0.580	0.605	0.054
MRT1<-Mental resilience training	1.000	0.872	0.992	0.772	0.000
MRT2<-MRT2	1.000	0.912	0.981	0.921	0.000

The above result describes that significant analysis of the result presents the original sample, mean values, standard deviation, also that t statistic rates, and probability of each matrix. The first matrix is IT1<-Information Technology. Its original sample value is 0.961, and its mean value is 0.526, showing a 52% average value. The standard deviation rate is 0.572, showing that 52% deviates from. The second matrix is IT2<-information technology result shows that the original sample value is 1.000 the sample mean value is 0.872. It presents that 87% average value and the standard deviation rate is 0.992, presenting a 99% deviation from the mean. According to the result, its T statistic value is 0.772, and the probability rate is 100% between them. The MRT2<-MRT2 shows a positive rate and a 100% significant level.

Smart PLS Algorithm Model



The above model presents that the smart PLS Algorithm model result describes that information technology rates IT1 and IT2 its rates are 0.937 and -0.284, respectively. The result describes that information technology shows a 0.130 rate. It's present that 13% positive and significant rate. The IT describes that the 0.017 rate with mental resilience training, the MRT2 shows a -0.117 negative relation between them, and the MRT2 shows a 0.067 rate with each other.

Sports administration, coaching methods, spectator experiences, and performance have all been improved by information technology (IT) in a variety of ways. Greater efficiency, precision, and accessibility have been made possible by the integration of IT with sports in many different facets of the sporting world. There are some crucial areas in sports where information technology has had a big impact:

1. Performance analysis and sports science: Due to IT systems, coaches and sports scientists can now collect and examine a huge amount of information on athletes' performance. Data-driven insights are used to optimize training, prevent injuries, and improve performance in general. These insights are applied to wearable devices that track biometrics throughout training and competitions and to motion-capture systems that analyze athletes' motions.
2. Video analysis and instant replay: With the help of video technology, coaches and athletes can study game footage and assess tactical choices and performance. Instant replay technology has made sports officials more accurate and created a more even playing field.

Confidence Interval

Matrix	Original sample (O)	Sample Mean (M)	2.5%	97.5%
IT1<-Information Technology	0.961	0.526	-0.687	1.020
IT2<-Information Technology	-0.351	0.263	-0.689	1.011
MRT1<-Mental resilience training	1.000	0.987	0.997	1.000
MRT2<-MRT2	1.000	0.765	0.453	0.998

The above result describes the confidence interval result presenting the original sample value, the sample mean value also that 2.5% and 97.5% interval between variables. the first indicator is IT1<-information technology. Its sample mean rate is 0.526, the 2.5% interval rate is -0.687, and the 1.020 rate of the confidence interval is 97.5%, respectively. The second matrix is IT2<- information technology. Its original sample value is -0.351; the mean rate is 0.26. Also, the 2.5% confidence interval is -0.689, presenting 68% and 1.011, respectively. The MRT1<-Mental resilience training shows that the 98% average value of the mean 2.5% confidence interval is 99% and 100%,

respectively. The MRT2<-MRT2 both present that 76% average value of the mean, the 2.5% interval rate is 45%, and the 97.5% interval rate is 99%, respectively.

Conclusion

It's crucial to keep in mind that sports psychology and technology are fields that are always developing, and new tools may have appeared since my previous update. This research study determines the information technology link with mental resilience training. This research study determines the systematic review between them. To successfully incorporate IT tools into mental resilience training in sports, coaches, athletes, and sports psychologists need to stay current on the most recent technological advancements and evidence-based practices. Athletes and coaches realize how critical mental durability and resilience are to success in the always-changing world of sports performance. This research study accepts the alternative hypothesis and rejects the null hypothesis there is a direct relation between information technology and mental resilience training. With the help of information technology, athletes may improve their mental health and maximize their performance both on and off the pitch. These state-of-the-art IT tools are made to assist players in gaining the mental hardiness and focus required to overcome obstacles, remain cool under pressure, and keep a positive outlook throughout their sports careers. Through developing their psychological abilities and enhancing their general mental health, these tools, which range from smartphone apps to virtual reality experiences, seek to empower athletes. The potential for enhancing mental durability expands as technology and athletics both develop. To determine the research, used smart PLS software and generated informative results, including descriptive statistic analysis, correlation coefficient analysis, and significant analysis also explains the confidence interval between them. The research study also explains the smart PLS Algorithm model between dependent and independent variables. Athletes can better equip themselves to handle the rigors of competitive sports with confidence and elegance by utilizing these information technology tools. Remember that technology is just one component of the jigsaw; it functions best when paired with the knowledge and support of coaches, teammates, and loved ones, as well as professional advice from sports psychologists. The overall research study concluded that there are significant links between information technology and mental resilience training. Information technology plays an informative role in mental resilience training in sports. This information and tools, taken together, can produce a comprehensive strategy for developing mental durability in the world of sports. In conclusion, information technology tools have become important resources in the field of developing mental durability in athletes. These cutting-edge tools have given athletes accessible, usable ways to improve their psychological health and maximize their competitiveness as awareness of the critical role that mental durability plays in athletic performance rise.

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