



## Psychological Factors that Influence the Athlete's Performance and Well-being

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### Message from the Guest Editor

In a competitive context, knowledge and manipulation of psychological variables such as attention, self-confidence, stress control, anxiety, motivation, cohesion, self-control or emotional self-regulation, moods, and interpersonal skills can influence the athlete's performance. Even the practice of sports can generate feelings of fear of failure and the appearance of feelings of shame, creating in athletes a certain degree of insecurity, anxiety or stress and avoidance behaviors, which can affect the wellbeing, interpersonal behavior, and sports performance of athletes. On the other hand, competitive sport is a means of socializing influences that have an impact on the training of the player, the promotion of a balanced sporting context, and the intention to continue practicing sport. Hence, the physical and psychological well-being of athletes depends on the social environments where the sport is practiced, which is related to the significant agents of the environment.

This Special Issue aims to collect the most recent research on these psychological factors that influence sports performance, the psychological wellbeing of the athlete, and sports adherence.





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## Message from the Editor-in-Chief

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