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Unlocking Behavioral Potential: Coache's Emotions, Mental Toughness, and The Athlete's Response

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ABSTRACT

The purpose of this study is to examine the impact of the coach-athlete relationship on athletes' performance, motivation, and emotional well-being. Specifically, it explores how coaches' emotional expressions and mental strength influence athletes' behavioral and psychological responses. To assess these dynamics, the study employed standardized instruments, including the Emotion Regulation Questionnaire, the Mental Toughness Questionnaire, and the Behavioral Regulation in Sport Questionnaire.

Using a quantitative research design, data were collected through surveys administered to student-athletes and coaches from Iligan City National High School during the academic year 2024-2025. A purposive sampling method was applied, resulting in a total of 177 participants representing various sports disciplines. This approach allowed the study to focus on athletes' behavioral outcomes in response to coaches' emotional expressions.

The findings hold significance for both sports psychologists and coaches, as they highlight the need for adaptive emotional regulation strategies that support, rather than hinder, athletes' behavioral regulation and mental toughness. Ultimately, the study aims to provide deeper insights into how emotional and behavioral processes shape athletes' perceptions of their performance. It also emphasizes that the emotional states and psychological resilience of coaches play a critical role in guiding athletes' motivation, behavior, and overall development.

Keywords: Mental Toughness, Athlete Response, Coaches Emotions, Athletes Performance

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