



Identify The Key Dimensions Of Athlete Psychological Safety By Analyzing The Content Of Ten Outstanding Scientific Articles

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Abstract

Nowadays, mental illness affects most athletes at a rate comparable to that of the general population, and coaches and staff are becoming more and more acknowledged as potential risk factors. The main goal of the research is to determine the psychological safety characteristics of athletes by analyzing 10 highly regarded research publications that were published in the Scopus Statistical Database. Examining prior studies closely, this study aims to distinguish between several aspects of psychological safety. 214 international articles from diverse sources throughout the globe were published on the Scopus Standards Base to investigate and identify the psychological safety features of the athletes who were chosen and analyzed in order to meet the stated goal. The study evaluated psychological safety factors in the sports industry and conducted search and identification operations for relevant papers using specialized tools and software, including Publish OR Perish, Excel, RStudio, and Maxqda2020. Four quarters in the psychological safety and exercise biology—mental health, emotional regulation, positive feedback, and supportive environments—were found to be repeated in the top ten articles in the field based on the results of this analysis and content analysis. Generally acquired familiarity with dimensions and basic attention to these cases can put athletes mentally in the best condition, have less chance of injury, and lead to their best performance on the professional path. In other words, mental balance facilitates athletic progress and allows athletes to make the most of their talents.

Keywords: Psychological safety, Security, Athlete, Content Analysis



Extended Abstract Background & Purpose

The trend is a result of the fast growth of experimental research on the connection between playing sports and mental health, with a growing emphasis on the structures that can explain or predict the effects of exercise on mental health. One of the systems that has drawn the interest of numerous academics in recent decades is psychological safety in sports [1], which is becoming more and more connected to mental health in sports [2]. This disturbance is a social structure that develops over time as a result of several interpersonal encounters [3],[4]. It becomes an unending characteristic of shared perception that is both dynamic and delicate, depending on a range of context, individual, and group elements [5].

Abraham Maslow was one of the first scientists to develop theories regarding psychological safety. He observed that knowing one's safety needs is comparable to having a good mental state, which makes one feel brave and fearless [6]. "A type of sense of self-confidence, security, and free separation from fear and anxiety; in particular, it includes emotions that satisfy a person's present and future needs," according to Maslow, is what psychological safety is all about [7]. According to Clark, psychological safety can also be defined as the state in which an individual does not experience guilt, dread of punishment or exposure to it, memory, participation in security, or the ability to confront an uncomfortable circumstance [8]. Conversely, although Schein and Bennis (1965) [9] and Kahn (1990) [10] were the first to use the term "psychological safety" Edmondson's work [11] around 1999 is credited with popularizing it. According to his most recent book, a mental safe environment is one in which people feel comfortable taking chances with one another by chatting, sharing worries, posing questions, and exchanging ideas [12]. In general, a team's collective status is known as psychological safety when it fosters an environment where members are free to ask questions, address mistakes, share knowledge, seek feedback, counsel, or assistance, and share information [13].

The literature on the use of psychological safety in sports has recently been stripped of sports research and practice. But as organizational psychology gave way to non-sport, the term lost its meaning and—contrary to organizational literature—became more frequently used in the context of mental health [2]. Therefore, in order to identify the psychological safety dimension, which is a subset of safety management, using the analysis of the top ten articles in the field and the use of the software Maxqda2020 to carry out the encoding process of the articles in question, we have conducted the present research that has ultimately achieved a model of the psychological safety dimension. Generally speaking, current research has been conducted with the aim of identifying the dimensions of psychological safety as a tool for improving the mental and social well-being of the audience, whose results can be useful for all individuals.

Methodology

Based on the investigative research paradigm, the current study emphasizes the use of a qualitative technique. Using the three-stage encoding method—open encryption, encrypted coding, and selective coding—the primary goal of this study is to determine the aspects of psychological safety in sports that have been applied to this. The statistical community of the study consists of all the



research articles published in the Scopus database that were conducted in the field under consideration and also contained the research keywords; as of the most recent search, there were 214 such articles. The researchers used the R Studio software to identify the top ten articles in the field and then proceeded with the encoding procedure on them, as they were unable to review all of the published documents.

Table-1- Top Ten Studies in Management and Psychological Safety

Paper	DOI	Total Citations	TC per Year	Normalized TC
Improved head injury criteria based on head FE model	10.1080/13588260802411523	161	10/06	6/71
Self reported risk taking and risk compensation in skiers and snowboarders are associated with sensation seeking	10.1016/j.aap.2012.01.031	70	5/83	2/93
Perceptions of Terrorism Threats at the 2004 Olympic Games: Implications for Sport Events	10.1080/14775080701654754	68	4/00	1/86
Injury causation in the great outdoors: A systems analysis of led outdoor activity injury incidents	10.1016/j.aap.2013.10.019	66	6/60	3/26
Impacts of Terrorism-Related Safety and Security Measures at a Major Sport Event	10.3727/152599506776771544	62	3/44	2/00
The FIFA World Cup 2002: the effects of terrorism on sport tourists	10.1080/14775080310001690495	61	2/90	2/00
Simulation-Based Assessment of Vehicle Safety Behavior under Hazardous Driving Conditions	10.1061/(ASCE)TE.1943-5436.0000093	58	4/14	2/66
Online Gambling Behavior: The Impacts of Cumulative Outcomes, Recent Outcomes, and Prior Use	10.1287/isre.2014.0517	44	4/40	2/18
Momentum and Organizational Risk Taking: Evidence from the National Football League	10.1287/mnsc.1120.1574	44	4/00	2/10
A (mis)guided adventure tourism experience: An autoethnographic analysis of mountaineering in Bolivia	10.1080/14775085.2012.729901	44	3/67	1/84

Results

The data in Table One indicates that R Studio software is used by the top ten publications in the relevant subject, together with certain features like the rate of Citation and... All 214 articles in this field have been taken straight from the source.

The top 10 articles were kept going until no more code could be extracted from the articles' content during the first round of encoding. Data and primary codes were also routinely examined and contrasted in the encoding section, when columns with more semantically related content were

arranged into unit concepts. All of the codes that were acquired in the earlier post-organization phases were put in the Final Four during the last phase, which came after the first stages of open and encrypted coding were finished. The top 10 publications on the relevant subject were analyzed to create the final model of the psychological safety dimension, which is displayed as figure 1.

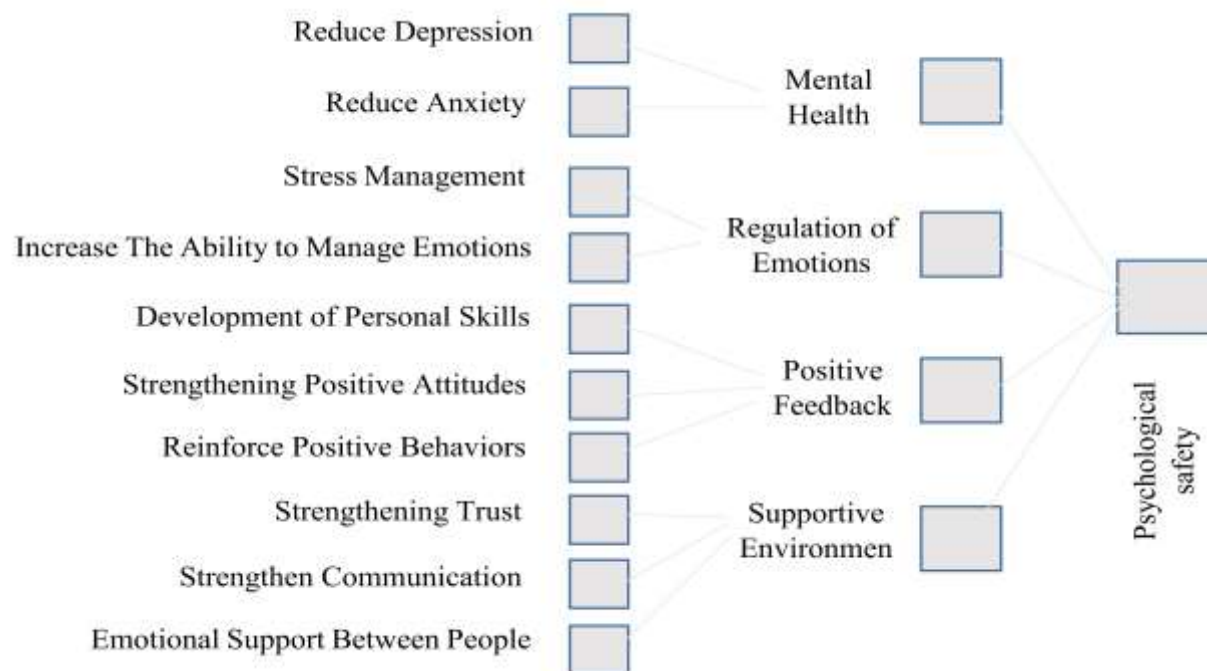


Figure 1- The final model of psychological safety dimensions

Discussion

The concept of security and its various forms, including social, occupational, and psychological safety, is one that many of us are familiar with. Since the beginning of time, people have considered safety to be one of their main concerns and one of their basic needs. It has long been believed that maintaining psychological safety is essential to good health and enhancing everyone's quality of life [14]. However, psychological safety has historically received more attention in the social and organizational sciences than it has in the sports domain [15]. From there, high-performance sports have seen an increase in interest in psychological safety in recent years; this is a framework that has a solid track record in particular industries [5]. A crucial component of high-performing teams that requires demanding communication, trust, and decision-making is psychological safety. Its connection to mental health and fitness is also becoming more and more of a focus in the sports world [16].

The findings of Saxe and Hardin, for instance, which demonstrated enhancing secure psychological environments, learning behavior, performance, communication, innovation, job



attitudes, and individual well-being, can be used as evidence of the correlation between the results of this study and numerous other studies conducted in the field [15]. We have been able to establish four important dimensions of psychological safety through current research, which encompass various facets of psychological safety that have an impact on people's lives. These encompass psychological well-being, emotional self-control, affirmative reinforcement, and nurturing surroundings. Based on research findings, it is imperative to address each of the five categories below and take appropriate action in order to preserve and enhance individuals' psychological safety. These results contribute to our understanding of psychological safety and may serve as recommendations for raising people's quality of life in various places.

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