THE ROLE OF PSYCHOLOGICAL RESILIENCE AND EUDAIMONIC WELL-BEING IN MEDIATING THE RELATIONSHIP BETWEEN YOUTH SPORTS PARENTING AND MENTAL STIGMA

Meixiong Yao

Abstract

The primary goal of this study is to examine how parental involvement in childhood sports affects the mental stigma that young Chinese athletes face. The function of psychological resilience and eudaimonic well-being as mediators between youth sports parenting and the internalized discrimination felt by Chinese young athletes was also explored. This study utilized self-administered questionnaires to collect quantitative data from its subjects. We used a technique called convenience sampling to recruit study participants. In order to do the analysis of the data, SEM-AMOS was used. According to the research's results, parental engagement in their children's sports activities has a significant and negative impact on the mental stigma connected with Chinese athletes. The results indicate that participating in youth sports as a parent has positive and considerable effects on a person's eudemonic well-being. In a similar vein, parenting in young sports has considerable and favorably significant impacts on psychological resilience. Youth sports parenting indirectly affects mental health stigma through eudemonic well-being. Youth sports parenting indirectly affects mental health stigma through psychological resilience. Results reveal eudemonic well-being and psychological resilience partially mediate juvenile sports parenting and mental health stigma. The study is among the pioneer on the issues related to youth sports parenting on mental stigma of Chinese young athletes. The mediating role of psychological resilience, and Eudaimonic well-being is an ignored area in sports psychology, and study has laid footprints for future studies. The study will be helpful for policymakers, parents, athletes and researchers in developing and understanding on the issues related to youth sports parenting and mental stigma of Chinese young athletes.

Keywords: youth sports parenting, mental stigma, psychological resilience, eudaimonic well-being, China

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Background

Concerns about an athlete's mental health are often stigmatised for a number of different reasons, including: social history; sports organisations that are motivated to produce money; and cultural pressures. Members of the organisation who have a strong drive to achieve success; those working within sports organisations and their families who have great expectations for the achievement of their kid or grandchild; all parties involved will either profit financially or suffer a financial loss(1). There is a vast number of
media outlets that highlight those who have achieved greatness in their fields. As a consequence of this change, athletes who have previously been praised for their mental fortitude will be expected to perform at an even higher level.

Within the realm of high-level athletic competition, the concepts of mental toughness and mental health are often seen as being incompatible with one another. The sports culture has shown resistance in the face of the growing number of players who are seeking therapy for issues related to their mental health. If an athlete seeks therapy for a problem, they run the risk of losing playing time, their starting position, and potentially their contract to compete (2). Because of this, the risks associated with giving off the impression that one is mentally unwell outweigh the advantages associated with getting care and improving one's condition. Your life will not always be a stroll in the park if you choose a career as a professional athlete. When you compete in sports, you put yourself in a position where you may be hurt because you are expected to do well while being under a lot of stress. Those who participated in the past faced a different set of challenges than those who compete in today's games do. There has been a general increase in the degree of difficulty and severity of a variety of mental health problems (3). A few examples include, but are not limited to the following: the fact that young athletes have less ability to cope with mental health issues, the fact that athletes are being channeled into specific sports at a younger age, the fact that the demands of sports and life have changed, the fact that the NCAA and professional sports have changed rules to allow recruiting young athletes at an earlier age, and the fact that there is often a decrease in the number of female athletes competing in professional Athletes who compete at a high level may find that the pressures of competing at that level bring to the surface mental health concerns that have either been neglected or disregarded in the past.

Research in sport psychology over the last several years has shown that there has been a rise in interest regarding the influence that parents play in the athletic activities of their children. Researchers have investigated the causes for parental engagement in youth athletics from the points of view of both the child and the coach. According to the findings of the study, parental involvement may have both positive and bad effects on children (4). This line of inquiry sheds light on the ways in which parental influence may have both beneficial and bad effects on offspring by way of the routines, behaviours, and attitudes that are ingrained in childhood. Recently, academics have started to examine the attitudes and perspectives of parents themselves. This includes the parents' transition from being a parent to being a sport parent as well as the obstacles they face in the context of young athletes' sports.

If an athlete devotes themselves to their sport for a long period of time, they are likely to face a lot of hardships, disappointments, and stress (5). Baseball and softball players, for example, hit the ball out of the park more than half of the time. There is a 40% possibility that even the best teams in professional sports will lose their games. Even athletes who have small performance failures have injuries, strained relationships, organisational
expectations, maltreatment, and mental health concerns (6). Athletes will confront challenges throughout their careers, but the question isn’t whether they’ll overcome them or not. Athletes who are able to bounce back from hardship are often lauded. A growing number of experts in the field of sports psychology are now focusing on the importance of resilience in sports. There is a great deal of interest in identifying how athletes might become more resilient in order to enhance their performance (7).

Evidence suggests that frequent exercise boosts people’s sense of self-worth (8). Even though young athletes spend a great deal of time in physical training in order to reach outstanding performance goals in their sport, it is not always the case that engaging in physical exercise is helpful to one’s health. Top-level sportsmen and women routinely practise and compete despite potentially life-threatening conditions like a concussion, an illness, or a restricted diet (9). Among other things, top athletes must learn to cope with problems like injury and performance plateaus, as well as pressures from both inside and beyond the sport’s organisation (10). Because of these and other major life events outside of sports, athletes’ health and safety may be jeopardised (11). Young athletes, on the other hand, have particular challenges when trying to safeguard and improve their well-being in such a high-stakes and results-driven atmosphere.

Additionally, the Chinese government has started to value athletes’ mental health. A proposal titled "Strengthening the Construction of the High-performance Athletes' Mental Health System" was submitted in April 2019 by the Chinese sports psychology community to the 13th National People’s Congress. Members of the academic community’s input was crucial in shaping the concept. This authorization resulted in its transfer to the General Administration of Sport of China (GASC), where it will be managed by a separate committee. In January of 2020, China’s General Administration of Sport issued an official reaction, vowing to study four crucial components of China’s mental health system for young athletes and to continue strongly promoting the creation of this system. After being asked by the International Olympic Committee, we made this pledge (General Administration of Sport of China, 2020). The four most critical components are as follows: (a) establishing a professional task force comprised of experts from a variety of fields to study the mental health of young athletes; (b) conducting an assessment of the current state of psychological well-being among professional athletes; (c) attempting to conduct evidence-based research that focuses on the mental health of professional athletes; and (d) establishing an institutional policy to support and promote the well-being of young athletes. Therefore, high-quality empirical research studies and a comprehensive mental health treatment framework for Chinese athletes are required if they are to have any effect on policy and the allocation of resources. The discovery of this ancient text marks a turning point in the history of China’s political and social institutions. A new chapter in the history of Chinese athletes’ mental health treatment has begun. There has been an increase in Chinese professional athletes' mental health awareness over the previous decade. Chinese sport psychologists have studied the mental health of China’s best athletes, and early data has been gathered from both quantitative and qualitative research methods (12). Many studies are descriptive in nature and do not undertake a systematic study of the mental health status. Nonetheless,
instead, all of their focus is on the negative consequences of poor mental health. Meanwhile, the mental stigma among Chinese young athletes is largely an unexplored area. The research on sports psychology provides no definitive answers to problems such as the effect of childhood sports parenting on mental health stigma among Chinese young athletes. In accordance with the presented reasons and the identified gap in the existing literature, the current research aims to fulfil the following objectives:

- To examine the role of **Youth sports parenting in reducing mental health Stigma among Chinese young athletes**
- To examine the mediating role of psychological resilience, and Eudaimonic well-being in the relationship between the youth sports parenting on mental stigma of Chinese young athletes

**Literature Review**

**Mental health Stigma**

To this day, Erving Goffman's 1963 book "Stigma: Notes on the Management of Spoiled Identity" is regarded the most precise delineation of what is meant by the term "stigma." When a person is stigmatised, argues, he or she goes from being "full and normal" to being "tainted and discarded" (3). As a consequence of being stigmatised, people are seen to have a "tainted identity" (14). Stigmatization is described as "stereotypes or unfavourable opinions" that are "attributed to a person or groups of individuals when they are seen to be different or inferior to society standards," according to (15). He used Goffman's first conception of stigma as the basis for his definition. This term, which has been widely used in the literature on social work, provides as an excellent beginning point for an understanding of stigma. Many definitions of stigma do not expressly focus on mental health or drug misuse issues. It is important to be aware of this fact (16). Stigmatization is relevant in a wide range of contexts, including encounters with persons of other races, ethnicities, genders, and sexual preferences.

**Youth sports parenting**

Up until recently, the sport parenting literature was dominated by studies that sought to identify "ideal" parent behaviors that, if implemented, would lead to positive child outcomes including greater enjoyment, decreased anxiety, and successful growth in sport. Improvements in enjoyment, stress levels, and performance in sports are all examples of this type of result (16). Understanding the role of parents in children's sports has benefited greatly from a concentration on parental activities, but the social and cultural context in which these acts occur is often overlooked. Despite the fact that our comprehension of this topic has improved greatly, this remains the case. It is well-established that sports parents' actions are influenced by their surroundings. One study (17) found that parental attitude, cognition, and emotion were all affected by their children's involvement in sports. The autonomy of the parent, the impact of the child, and the context of the contact all mattered.

**Psychological resilience**
Individual and environmental resources (such as social support and integration into the community) that are affiliated with adaptation, also known as the capacity to “bounce back” or recover quickly after experiencing stress or adversity, are the components that make up what is known as “psychological resilience,” or simply “resilience” (18). However, despite the fact that it has been difficult to operationalize resilience due to the multidimensional nature of the concept, resilience has recently been considered as a process that may change depending on circumstances or across the development lifespan of a person. This is despite the fact that it has been difficult to operationalize resilience. In the context of becoming older, the ability to recover quickly from setbacks while still preserving one’s capability to go on with one’s life normally in spite of them is what is meant by the term “resilience” (19). These kinds of reactions are in direct contradiction to the concept of vulnerability, which may be loosely characterised as a diminished aptitude to deal with a variety of stimuli. In contrast, the idea of vulnerability can be understood as an impaired capacity to respond to various stimuli. The capacity of older persons to recover from the types of traumatic events in their lives that were the primary focus of previous resilience research is becoming the subject of academic inquiry (20). According to Pedro and Veloso, the concept of “resilience” in athletes “unveils” special talents that serve to shield them from the unfavourable impacts of traumatic experiences (21). Athletes who are endowed with these talents are better able to handle the stressful circumstances that are inevitable in sports that require contact between humans and their environments. Building resiliency in athletes may not only be beneficial to their mental health, but studies show that it may also help athletes manage with the stress and anxiety they experience on a regular basis (22).

Eudaimonic well-being

The subjective sentiments that are associated with leading a life of virtue in the pursuit of human greatness are what is meant when we talk about a state of eudaimonic well-being. Phenomenological experiences such as self-actualization, the expression of one’s unique self, and vitality are all attainable goals while living this style of life. In recent years, there has been a lot of talk about the correlation between intrinsic motivation and psychological well-being. This is a topic that has received a lot of attention. Both the hedonistic and the eudaimonic approaches to well-being, as described by (23), have made significant contributions to our comprehension of the meaning of the term “well-being” (EWB). According to the hedonic technique, the basic goal of life is to increase one’s level of pleasure and happiness while simultaneously decreasing one’s level of suffering. This is the hedonic approach (24). To put it another way, subjective well-being refers to how individuals feel about their own lives and encompasses aspects such as life satisfaction, the experience of positive emotions, and the absence of negative emotions (25). On the other side, the eudaimonic approach places a focus on reaching one’s full potential as a human being, leading a life that is commensurate with one’s humanity, and realising one’s own potential (26). Eudaimonic living is associated with increased well-being, however it is not necessary for all of the experiences that lead up to pleasure (27). The concept of eudaimonia serves as the foundation for a central tenet (i.e.,
pursuing intrinsic motivation, behaving autonomously, being mindful, and satisfying basic psychological needs;.

HYPOTHESIS DEVELOPMENT

Outside-of-school youth sports leagues and tournaments are organised by non-profit organizations in China. The most significant jobs that parents play in contemporary culture are coaches, team managers, administrators, and fundraiser organisers. This is especially true with regards to young sports. This kind of parental engagement, indicated in (28), might be seen as a gift from the parents to the sports club that subsidises their child's participation in sports via financial donations or volunteer hours. This view is based on the fact that the parents encourage the sports endeavours of their kid. The employment of certified trainers by youth sports organisations is gaining popularity. In China, parents’ active engagement in their children’s extracurricular athletic activities has become the standard and is seen as an essential aspect of being a good parent. This is in addition to the governmental obligations that lie on the parents’ shoulders, which are seen as an integral component of being a good parent (29). Even when comparing activities that belong to the same category, the cost of participation in China’s youth sports may vary significantly from one activity or club to the next. Parents consider it crucial not only to pay for their children’s education and sports equipment, but also to attend their children’s practices, games, and tournaments, and to show an active interest in the sport and team. In addition, parents think it is crucial for them to transport their children to their schooling and sports equipment (30). Our study focuses on the impact of working-class parents on their children's participation in youth sports in their local communities. This is done in light of the widespread availability of child and youth sports and the recognition of active parental participation as a characteristic of great parenting. Given the vast availability of child and adolescent sports, this practise is implemented.

People with a number of mental problems, including anxiety, depression, bipolar disorder, and post-traumatic stress disorder, are stigmatized due to their mental health (PTS). These are but a few conditions. Despite this, sport-related differences have been established, and it has been proved several times that athletes who engage in solo sports are more likely to suffer from depression than athletes who engage in team sports. Failure attribution seems to play a substantial influence in this phenomenon. A number of research completed over the past three decades and a more recent meta-analysis indicate that high-performance athletes are not more prone than ordinary athletes to develop depressive symptoms. A small sample (n = 50) of swimmers competing for spots on the Canadian Olympic and World Champion teams revealed elevated incidence of depression. Due to the small size of the cohort, the sample size was small (31). On the other hand, rugby league players had a lower prevalence of depression, but a higher prevalence of generalized anxiety and alcohol intake. It has been reported that collegiate players consume excessive amounts of alcohol. With the advent of DSM-5, there is anticipation that the number of eating disorders that are not otherwise defined (EDNOS) would decrease. Athletes' sleep, as well as sleep disruptions, give an excellent
demonstration of the link between the mind and the body. A sleep disorder may be a side effect of a sport, but it may also indicate a more serious mental health problem, and circadian misalignment may be a competitive disadvantage(32). A sleep disorder may sometimes indicate a more significant mental health issue. In the past, researchers discovered that involvement in adolescent sports was connected with gains in adolescent mental health, academic success, emotional regulation, and behaviour; however, the function of family and especially parents has been largely neglected in these studies. In authors knowledge there is serious dearth of literature explaining the impact of the youth sports parenting on the mental health of athlete in general and in china particular. Therefore, the current study has proposed the following hypothesis

**Hypothesis 1:** The Youth’s sports parenting can help in reducing the mental stigma of Chinese young athletes

The formative experiences of a person create a lasting impression and may pave the way for a range of positive and negative future results. For example, more parental support throughout a person’s formative years has been associated with improved health in later life (33). Parents play a significant role in the early years of their children’s lives because they have the power to either promote or inhibit the development of their children’s emotional capabilities and general adaptive functioning (34). Previous research has shown a correlation between a variety of parenting styles and the development of children. According to studies studying this relationship, warm, attentive, and responsive parenting practices are associated with greater adjustment and general well-being beginning in infancy and continuing into young adulthood (35). However, aggressive, unresponsive, or absentee parenting is often associated with negative results (36). Previous study has shown that early experiences have a lasting effect on a person’s health in old age. Specifically, according to academics who hold both the life-span and the life-course viewpoints, an individual’s development does not end at the end of adolescence but continues throughout their whole lives (37). Many studies have examined the potential long-term consequences of particular childhood events on adult development (38). It has been demonstrated, for instance, that a person’s retrospective report of their perceptions of their parents’ parenting styles during their formative years has a significant association with their current quality of life (39), and that a person’s retrospective report of poor parenting quality during their formative years is linked to experiencing more negative emotions and psychopathology as an adult (40). Moreover, according to research on parent-child attachment, persons with PA are more likely to have had responsive and caring parenting as children. This is because children created stable relationships while still young. This is owing to the fact that parents prefer to demonstrate responsive and warm parenting toward their children (41). Therefore, there is substantial evidence supporting the notion that early parent-child connections have an effect on later-life well-being. Based on the reasoning used in this inquiry, the following hypothesis has been formulated:

**Hypothesis 2:** The Youth’s sports parenting can help in increasing the Eudaimonic well-being of Chinese young athletes
Resilience is a strategy, ability, or consequence of effective adaptation despite obstacles or dangerous situations, positive results despite high risk status, prolonged competence under threat, and the propensity to bounce back, rebound, or recoil (42) (43). Tolerance, recovery, and adaptability are examples of active adaptations to a stressful circumstance; nonetheless, resilience is more than a passive response to adversity. Tolerance, recovery, and adaptability are examples of active responses to stressful situations. People that are resilient actively participate in the process of shaping their living environments. As a result, the major emphasis of the new wave of research that has recently emerged in the area of mental health has been on qualities that predict resilience. According to the most current resilience theories and models, the elements that may influence an individual’s capacity to overcome adversity may be categorised as either external forces or internal factors. Indicators of the influence that extrinsic, or external, variables have on an individual include the kind and quality of interactions formed both inside and beyond the family. Extrinsic variables are external factors that impact an individual’s behaviour. On the basis of the reasoning presented in this study, the following hypothesis has been formulated:

**Hypothesis 3:** The Youth’s sports parenting can help in enhancing the psychological resilience of Chinese young athletes.

The state of having positive feelings and being able to operate normally in life has been conceptualised and categorised as mental health. Hedonia, or a person’s subjective emotional well-being, is measured with a person’s subjective psychological and social well-being to assess how happy and fulfilled they are. The three dimensions of subjective well-being are: (i.e., positive function). More specifically, one is said to be "flourishing" when they are emotionally, psychologically, and socially healthy, and free from any diagnosable mental diseases such serious depression. When a person’s mental health is at this level, they are considered to be “thriving.” As a result, the individual is doing rather well for themselves. The syndrome known as “human languishing” is defined by a lack of emotional, psychological, and social well-being in otherwise healthy people. “Human filth” is another term for this deplorable state of affairs. Adults who have a mental health status that is somewhere in the middle are neither clinically depressed nor stuck in misery, but they also have not yet reached the point where they are thriving in life. The lack of widespread mental illnesses is obviously beneficial, not just to individuals but also to society as a whole. Subjective well-being (both hedonic and eudaimonic) and the absence of common mental disorders are two components that are necessary for one to be considered to have mental health. On the other hand, it would seem that there is a limited supply among the general population. People in countries with more developed economies, such as China, are living longer than they did in previous generations. The majority of these people have not seen an improvement in their overall health, despite the fact that they are living longer than ever before. In recent years, the concept of ‘subjective well-being’ has arisen as a major and complementary area of research for both fundamental and applied fields, complementing the field of ‘psychopathology.’ However, it is abundantly clear that the study of subjective well-being needs to have deeper institutional roots in order to promote research and its application
toward the goal of understanding how to add healthy years to the average human lifespan. This is the case even though it is obvious that happiness research is a worthwhile pursuit. As a result of this study, we will be one step closer to the future envisioned in (44), when positive perspectives on mental health and human development will be as important to policy decisions as the prevention of disease, illness, and birth abnormalities. In the future, promoting positive mental health and preventing developmental delays will be just as important as eradicating physical diseases and blemishes. The findings of this inquiry will bring us one step closer to that day (44). With the help of both governmental and non-governmental organizations, this study will bring us closer to the target date. However, the key to human development is not just the promotion of human happiness (46), but rather the concentrated effort to enable youth (45) and adults to develop their eudaimonic qualities. This is because spreading joy isn't enough to make people more capable. Examples of eudaimonic attributes include having a meaningful purpose in life, having meaningful relationships, growing as a person, making a beneficial impact on others and the world, and having a high degree of personal autonomy.

On the basis of the reasoning presented in this study, the following hypothesis has been formulated:

**Hypothesis 4:** The Eudaimonic well-being can help in reducing the mental health stigma of Chinese young athletes.

To until point, researchers in the area of mental health have paid only a passing amount of attention to the correlation that exists between sickness and wellbeing. People have a defence mechanism known as resilience, which allows them to thrive in the face of adversity. Increasing people's resilience may be an essential objective for treatment and preventative efforts, since it allows people to flourish in spite of hardship. One's level of resilience might be thought of as a defence mechanism. Even though resilience is a subject that is often addressed, the definitions of it and the ways in which it is measured vary quite a little from one body of study to the next. It is critical to have a knowledge of resilience as a method of designing treatments to prevent and/or cure common mental diseases such as anxiety, depression, and stress responses. This is because it is crucial to understand how resilience may be developed. There is a large amount of individual and cultural variation in the effects that these risk factors have on the illnesses that they are related with (47). Even if the strategy for the preservation of mental health has reaped the advantages of empirical investigation, the potential for future conceptual development has been restricted as a consequence of probable weaknesses in the method's key phrase. More recently, an expansive systems approach has been presented as being possibly more applicable. This method infers the capability of dynamic systems to resist or recover from severe perturbation (48), and it has been suggested that this may be the case. Due to the fact that it takes into consideration the potential of dynamic systems, this strategy has the potential to be more relevant. This type of biopsychosocial model of resilience is based on the presence of a variety of mechanisms both inside and outside of an organism that protect it from disruption in a manner that is comparable to the complex model of the somatic health protection system. These mechanisms can be found both inside and outside of an organism. On the
basis of the reasoning that has been supplied in this inquiry, the following hypothesis has been developed:

**Hypothesis 5:** The Youth’s psychological resilience can help in reducing the mental health stigma of Chinese young athletes.

Athletes have brought attention to the tough expectations that are placed on the parents of children who participate in sports, as well as the potentially large variety of knowledge and talents that are necessary to provide the optimal experiences for children and other stakeholders in the activity. Our academic knowledge of parents in a variety of situations, sports, and cultures is still fairly limited, despite the fact that the issue of the role of parents in competitive sports continues to get a substantial amount of attention. It is essential to pay attention to the particular requirements of the parents and have an understanding of the circumstances under which they are operating in order to provide appropriate support for the athletic endeavours of a child as they progress through various stages of development or significant events. It is necessary to take into consideration other aspects that have an impact on the sport parenting experience and parental participation in mental health. In the end, there are still few therapies that are supported by research and that seek to enhance the well-being of parents, behaviour, and involvement in virtual environments. Such interventions seem to be incredibly significant in today's society. Competitive sport has been said to be the “brain's hardest task” in the past. Athletes are considered to be at the height of physical activity and performance, and this has been contested many times. (49). There is a long-held belief that physical exhaustion is directly related to muscle and cardiovascular system functioning. Even during peak activity, only around 60% of the active muscle mass is engaged, which suggests a "central governor model of exercise management." In order to avoid a catastrophic breakdown in homeostasis, this model suggests that the brain controls the recruitment of motor units and the experience of weariness. Accordingly, (50). Sports careers often begin in the formative years of a person's life, whether that be as a kid or a teenager. At different points in their development, athletes encounter demands specific to their sport as well as changing societal expectations. There are two life events that have the potential to be related to stress, as well as physiological and psychological difficulties that may lead to mental illnesses: injuries (51) and retirement, especially early retirement. Doping, anorexia athletica, and overtraining are just a few of the mental health issues that athletes deal with on a regular basis (52). Athletes that participate in young competitive sport are considered to be among the most physically active and physically proficient in the world. The brain controls the recruitment of motor units and fatigue as a sensation to ensure that there is always a reserve before a catastrophic failure of hippocampus, while physical fatigue has long been regarded as being primarily based on muscular and cardiovascular functioning, we now know that even during maximal exercise only about 60% of the active muscle mass are recruited. (53). Athletes often begin participating in sports throughout their formative years in either childhood or adolescence. Sport-specific and social demands change as they go through various stages of growth, and these changes are influenced by their age and position. Mental problems may be precipitated by stress and physiological and
psychological issues associated with injuries (54) and retirement, particularly early retirement. Sport-specific psychological illnesses such as concussions and dementia pugilistica, doping, anorexia athletica, and overtraining are all too common among athletes (55).

**Hypothesis 6:** The Youth’s psychological resilience mediates the relationship between the Youth’s sports parenting and mental health stigma of Chinese young athletes.

Recent research has revealed that the way in which parents choose to raise their children may have a substantial effect on their mental health, both as youngsters and as teenagers (55). When children are placed in conditions that might be harmful to them or stressful for them, it can be beneficial for them to have the emotional and behavioural support of their parents. This can help the children adjust favourably to the circumstances. (56) found that the mothers who interacted with their children in a positive manner through acceptance, friendliness, control, and support exhibited a high or degree of resilience in comparison to the children who did not have similar experiences. This was the case even though the mothers did not have the same experiences themselves. The results of research 57 indicate that having a parenting style that is authoritative is associated with a high degree of resilience in children. [Citation needed] On the other hand, having an authoritarian or permissive parenting style was most often associated with an individual's low level of resilience. Authoritative parents are attuned to their child's needs, which helps the child to master early stage-salient developmental tasks and, on that base, to build more differentiated, complex capacities that are necessary to master significant environmental challenges. This is because authoritative parents are attuned to their child's needs. Authoritative parents are attuned to their child's needs. Authoritative parents are attuned to their child's needs. Authoritative parents are att Children who are raised in homes with strong parental authority grow up to be more resilient and capable of overcoming large external obstacles (54). Another possible hazard might come from inside the family unit. It is quite likely that adolescents who are brought up in families where there is persistent conflict would have substantial social and emotional disorders (55), which will adversely affect the adolescent's ability to cope with stress.

The period of time between the ages of 18 and 25 that encompasses a student's time spent in college is often referred to as “emerging adulthood.” These years come after adolescence but before adulthood, and they are characterised as a time in which a variety of different opportunities are pursued while also facing certain challenges in regards to work, love, and the world in general. Adolescence is followed by these years, but they come before adulthood (52). The aforementioned time of an individual's life is believed to be a transitional stage that falls halfway between the teen years and the early adult years. It is at this time that a person learns to accept responsibility for numerous elements of their life while simultaneously going through the maturation process, which is why it is characterised as a tough time period. However, for less privileged young people, this period may also act as a turning point and a window of opportunity, providing them the chance to redirect their life in a more positive path and become more resilient (54). In recent years, the primary focus of research that has been carried out on the subject
of resilience has been placed on the concept that people who are resilient take an active role in the regulation of the environment in which they live. This research has been carried out in an effort to better understand the relationship between resilience and environmental regulation (57). In this context, a significant amount of study on the personal characteristics that contribute to one’s potential for psychological resilience has been carried out. [Citation needed] [Citation needed] Numerous investigations have been carried out, and the findings of these studies have suggested that there is a link between psychological resilience and self-respect (55), life satisfaction (Fredrickson et al., 2003), optimism, and happiness. [55]. According to (56), non-athletes do not appear to have the same understanding of the nature of stress as athletes do. In addition, former athletes tend to be more resilient, healthier, and less anxious than non-athletes, and they are also better able to deal with the emotional aspects of their lives and careers (57). According to Fletcher and Sarkar, the training that athlete receives improves their capacity to respond to stressful situations in their environment. These writers assert in their writings that athletes intentionally put themselves in hazardous circumstances in order to better their talents. On the other side, in order for people to continue operating at their typical levels, they need to demonstrate that they have the ability to deal with stressful situations.

Hypothesis 7: The Youth’s psychological resilience mediates the relationship between the Youth’s sports parenting and mental health stigma of Chinese young athletes.

Methodology

In this study, the quantitative research approach was used, and the self-administrative questionnaire was the tool that was used to gather the data. In order to acquire information from the people who participated in the research, data were collected using the convenience sampling technique. In addition, the G*Power programme, version 3, was used in order to validate whether or not the sample size was sufficient in light of a number of statistical considerations (58). The present investigation obtained a sample size of 150 participants when the statistical power was set at 0.95. The significance threshold for this research was 5%. Three hundred different students were given the questionnaire to fill out. There were a total of 213 that were returned and used for the study. In order to do the analysis of the data, SEM-AMOS was used.

Measurement

Prior to the development of the measurement items, in-depth literature review was conducted for the relevant constructs. To test the effectiveness and the level of understanding some field experts were asked to check the content validity of the instrument. Seven points likert scale was used to measure the responses of the respondents.

Youth sports Parenting: Youth sports parenting was measured by using 6 items scale developed by (59) (e.g 1. They forget the rules they make for me …)
Eudemonic Well-being: Eudemonic well-being was measured by using 3 items scales developed by (60). The scale had good reliability in previous researches (e.g., Most sportsmen are interested in team well-being, not just their own wellbeing ...).

Psychological resilience: We measured psychological resilience with the help of 2 items scale developed by (61) having good reliability in previous researches (e.g., I enjoy dealing with new and unusual situation...)

Mental health stigma: Mental health stigma was measured by using the 3 items scales developed by (62) had good reliability. (e.g., I often feel lonely ...). We collected data from 300 respondents of Shenzhen, Guangzhou, Shanghai, and Beijing, the metropolitan cities of China.

DATA ANALYSIS

We analysed the data into four steps. Confirmatory factor analysis was conducted at first for testing the validity and the reliability of the (63). Hypothesised structural model was tested after establishing the discriminant and convergent validity with the help of structural equation modelling in (63). The direct and indirect effects of youth sports parenting was focused upon the mental health stigma.

Confirmatory Factor Analysis

We measured the constructs with the help of well-established. Confirmatory factor analysis was performed to test the reliability and the dimensionality of the instrument. We analysed four factors in total: youth sports parenting, mental health stigma, eudemonic wellbeing and psychological resilience. At first one factor confirmatory factor analysis was conducted by loading the items of the four factors on one factor (64). Model fit indices of single-factor CFA did not demonstrate a good fit (Table 1). After that four factor CFA was performed by loading all items on their respective measures. A good fit four factor CFA was produced.

Table 1. Indices of Model Fit

<table>
<thead>
<tr>
<th>Models</th>
<th>$\chi^2$</th>
<th>Df</th>
<th>$\chi^2$/df</th>
<th>GFI</th>
<th>NFI</th>
<th>TLI</th>
<th>CFI</th>
<th>RMSEA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model 1 One factor CFA</td>
<td>499.56</td>
<td>77</td>
<td>6.4</td>
<td>0.80</td>
<td>0.83</td>
<td>0.81</td>
<td>0.72</td>
<td>0.10</td>
</tr>
<tr>
<td>Model 2 four factor CFA</td>
<td>136.08</td>
<td>72</td>
<td>1.89</td>
<td>0.93</td>
<td>0.90</td>
<td>0.92</td>
<td>0.94</td>
<td>0.07</td>
</tr>
</tbody>
</table>

Four factors CFA produced a good fit and all items demonstrated high factor loadings i.e., .71 to .88 (65) (see table 2, and Appendix 1).

Table 2. Item Loadings

<table>
<thead>
<tr>
<th></th>
<th>Estimate</th>
</tr>
</thead>
<tbody>
<tr>
<td>ps1 &lt;--- YSP</td>
<td>.773</td>
</tr>
<tr>
<td>ps2 &lt;--- YSP</td>
<td>.775</td>
</tr>
</tbody>
</table>
Average variance Extracted (AVE) of all factors is greater than .5 that explains the satisfactory convergent validity. After the establishment of convergent validity discriminant validity of all constructs was established i.e. youth sports parenting, mental health stigma, psychological resilience and eudemonic well-being (see Table 3).

Table 3. Reliability

<table>
<thead>
<tr>
<th></th>
<th>Reliability</th>
<th>AVE</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>YSP</td>
<td>.81</td>
<td>.55</td>
<td>.55</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EW</td>
<td>.85</td>
<td>.66</td>
<td>.53**</td>
<td>.66</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PR</td>
<td>.83</td>
<td>.71</td>
<td>.37**</td>
<td>.36**</td>
<td>.71</td>
<td></td>
</tr>
<tr>
<td>MH</td>
<td>.84</td>
<td>.64</td>
<td>.40**</td>
<td>.37**</td>
<td>.30**</td>
<td>.64</td>
</tr>
</tbody>
</table>

High internal reliability and consistency was demonstrated by all four factors with Cronbach’s alpha values (see Table 3) of .81 for YSP, .85 for EW, .83 for PR and .84 for mental health stigma.— all values of alfa are greater than the recommended value of 0.7 (66). On diagonal AVE and below are the values of squared correlations.

Common method variance was tested with the help of Harman’s one factor approach. As the data was collected with single instrument and using cross sectional research design, therefore, it is important to test the common method variance (67). The percentage of the variance was less than 50% by the first factor. Which shows that the data is protected from the CMB.

We checked the multicollinearity with the help of variance inflation factor (VIF). Existence of multicollinearity overestimates the effects of independent variable on the dependent
variable and reduces the reliability of the results. Standard rule of thumb was applied i.e. VIF≥10 for the multicollinearity. In the data of this study all independent variables had the value of VIF less than 3. Which demonstrate that the data is safe from the problem of multicollinearity.

**Model analysis**

In order to test the model fit indices we formulated four constructs (66). In this model, psychological resilience and eudemonic well-being were used as mediators between youth sports experience and mental health stigma. The results of the proposed model were good (see Table 4).

**Table 4. Model fit indices**

<table>
<thead>
<tr>
<th>Model</th>
<th>Description of model</th>
<th>Model fit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model 2</td>
<td>Multi mediation</td>
<td>χ²</td>
</tr>
<tr>
<td>Model 2</td>
<td>Multi mediation</td>
<td>207.0</td>
</tr>
</tbody>
</table>

The direct and direct effects of youth sports parenting on the mental health stigma by performing structural equation modelling, furthermore, the indirect effects via psychological resilience and the eudemonic well-being were calculated and compared.
Figure 1: Structural Model

A mediation model (see Table 5, figure 1) produced a good fit with the data ($\chi^2=207.06$ df= 72 $\chi^2$/df=2.87 GFI=0.91 CFI=0.94 TLI=0.92 NFI=0.91 RMSEA=0.06), suggesting that virtual reality sporting experience significantly effect the dependent variable i.e sports enduring performance.

Table 5. Direct and Indirect effects

<table>
<thead>
<tr>
<th>Independent variable/Dependent Variable</th>
<th>Eudemonic Well-being</th>
<th>Psychological Resilience</th>
<th>Mental Health stigma</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Direct Effect</td>
<td>Direct Effect</td>
<td>Indirect Effect</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Via EW</td>
</tr>
<tr>
<td>Youth Sporting parenting</td>
<td>0.84**</td>
<td>0.72**</td>
<td>-0.46*</td>
</tr>
<tr>
<td>Eudemonic Well-being</td>
<td>---</td>
<td>---</td>
<td>-0.14*</td>
</tr>
<tr>
<td>Psychological Resilience</td>
<td>---</td>
<td>---</td>
<td>-0.15*</td>
</tr>
</tbody>
</table>

*Significant at 5%
** Significant at 1%

Youth sports parenting positively significantly effects the eudemonic well-being (i.e. 0.84 at 5% and 1%). Similarly, youth sports parenting significantly positively effects the psychological resilience (i.e. 0.72 at 5% and 1%). Psychological resilience significantly negatively effects the mental health stigma (i.e. -0.21 at 5%). Eudemonic well-being negatively significantly effects the mental health stigma (i.e. -0.17 at 5%). Direct effect of youth sports parenting on the mental health stigma is significant and negatively, in other words the youth sports parenting significantly negatively effects the mental health stigma (i.e. -0.46 at 5%). The indirect effect of youth sports parenting on the mental health stigma via eudemonic well-being is negative and significant (i.e. -0.14 at 5%). Indirect effect of youth sports parenting on the mental health stigma via psychological resilience is significant and negative (i.e., -0.15 at 5%). The results show the partial mediation of eudemonic well-being and the psychological resilience between the relationship of youth sports parenting and mental health stigma.

DISCUSSION

According to the research's results, parental engagement in their children's sports activities has a significant and negative impact on the mental stigma connected with Chinese athletes. In the context of child and youth sports being broadly available and parental engagement being considered as a characteristic of good parenting, we explore youth sports parenting in working-class areas, according to the results. The most crucial jobs that parents play in contemporary culture are coaches, team managers,
administrators, and fundraiser organisers. This is especially true with regards to young sports. This kind of parental involvement, as described in (28), may be seen as a contribution from the parents to the sports club that allows their child to participate in sports. This present may take the form of monetary contributions or volunteer hours.

The results indicate that participating in youth sports as a parent has positive and considerable effects on a person’s eudemonic well-being. According to the findings of the study on parent-child attachment, persons with parenting are more likely to have grown up with attentive and empathetic parents. This is owing to the fact that children begin forming lasting attachments at an early age. This is due to the fact that parents like being responsive and pleasant with their children, which is one explanation for the phenomena (41). As a result, a considerable body of research supports the notion that early parent-child relationships have an effect on later-life happiness.

In a similar vein, parenting in young sports has considerable and favourably significant impacts on psychological resilience (i.e. 0.72 at 5 percent and 1 percent). The findings are consistent with the most recent theories and models of resilience. According to these models and theories, the components that may impact an individual’s potential to overcome adversity may be classified as either external forces or internal variables. The kind and quality of contacts that are developed both inside and outside of the family are indicators of the effect that extrinsic, or external, factors have on a person. The behaviour of a person may be influenced by extrinsic variables, which are elements that come from the outside.

Psychological resilience has a detrimental impact on the stigma associated with mental health. Typically, athletes begin playing sports throughout their formative years, either in childhood or adolescence. These alterations are impacted by a player’s age and position and occur as they go through different phases of development. Stress and the physiological and psychological concerns connected with injuries (54) and retirement, especially early retirement, may cause mental disorders. Concussions, dementia pugilistica, doping, anorexia athletica, and overtraining are all too prevalent among athletes (55).

Mental health has been conceptualised as the condition of having happy emotions and being able to function regularly in daily life. Subjective emotional well-being, also known as hedonia, along with subjective psychological and social well-being are used to evaluate a person’s pleasant emotions and life satisfaction (i.e., positive functioning).

The findings indicate that eudemonic well-being and psychological resilience are partially responsible for mediating the connection that exists between youth sports parenting and the stigma associated with mental illness. The stigma associated with mental illness is negatively impacted in a substantial way by the involvement of parents in the athletic pursuits of their children. The large and unfavourable influence that youth sports parenting has on the stigma associated with mental health is brought about through psychological resilience. The findings indicate that eudemonic well-being and psychological resilience are partially responsible for mediating the connection that exists between youth sports parenting and the stigma associated with mental illness.

CONCLUSION
The primary purpose of the research is to investigate the effect that youth sports parenting has on the mental stigma experienced by young Chinese athletes. In addition to that, the research investigated the function that psychological resilience and eudaimonic well-being play in mitigating the connection between youth sports parenting and mental stigma among Chinese young athletes. For the purpose of conducting quantitative research, this study made use of a questionnaire that the participants were free to give to themselves. Data from research participants were collected via the use of a method called convenience sampling. SEM-AMOS was the programme that was used for the purpose of doing the analysis of the data. According to the findings of the study, the mental stigma that is associated with Chinese athletes is significantly impacted by the involvement of parents in the sporting activities of their children. This effect is not a positive one. The findings suggest that being actively involved in a child's sport as a parent may have beneficial benefits on a person's eudemonic well-being that are both noticeable and significant. In a similar vein, parental involvement in the athletic careers of young athletes has significant and positively significant implications on the development of psychological resilience. Parental involvement in youth sports has an indirect impact on the stigma associated with mental health via eudemonic well-being. Parental involvement in youth sports has an indirect impact on the stigma associated with mental health by strengthening psychological resilience. The findings indicate that eudemonic well-being and psychological resilience partly influence the relationship between juvenile sports parenting and stigma associated with mental health. The research is among the first of its kind to look at the effects of mental stigma on young athletes in China who participate in youth sports. In the field of sports psychology, one neglected topic is the mediating function of psychological resilience and eudaimonic well-being. This study has established the groundwork for further research in this area. The study will be beneficial for policymakers, parents, athletes, and researchers in creating and comprehending the difficulties linked to youth sports parenting and mental stigma among Chinese young athletes.

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Appendix 1: Factor CFA
Psychological Resilience and Eudaimonic Well-Being

Yao, M. (2021)

Four factor CFA