15 (1) (2026) 65 - 71
Journal of Physical Education, Sport, Health and Recreations
https://journal.unnes.ac.id/journals/peshr

Mindfulness and Burnout: A Correlational Study of Woodball Athletes at the SEA Games 2025 National Training Center

Mariska Dwita Yaumunnishar[1], Kuston Sultoni[2]✉, Widy Dewi Nuryanti[3]

Sports Science, Faculty of Sports and Health Education, Universitas Pendidikan Indonesia, Indonesia[123]

Article History

Received January 2026
Accepted January 2026
Published Vol.15 No.(1) 2026

Keywords:
Burnout; Mindfulness; Sports Psychology; Woodball

Abstract

Burnout is one of the psychological problems that athletes often experience due to the high demands of training and competition. This condition can have a negative impact on athletes' performance, motivation, and career sustainability. One of the psychological factors that is suspected to play a role in lowering the risk of burnout is mindfulness, which is the ability of individuals to be consciously and attentively present to current experiences. This study aims to analyze the relationship between mindfulness and burnout in National Training Center SEA Games Indonesia woodball athletes. This study used a cross-sectional correlation design involving 23 woodball athletes who were members of the Indonesian SEA Games National Training Center program. The sampling technique uses total sampling. Mindfulness was measured using the Mindful Attention Awareness Scale (MAAS), while burnout was measured using the Athlete Burnout Questionnaire (ABQ). Data collection was carried out indirectly through filling out an independent questionnaire. Data were analyzed using descriptive statistics and Pearson Correlation tests. The results of the study showed that athletes had a fairly good level of mindfulness and the burnout rate was in the medium category. Correlation analysis showed a significant relationship between mindfulness and burnout ($r= -0.516$; $P<0.05$) with strong relationship strength, and of the 3 dimensions of burnout Emotional & Physical Exhaustion most correlated with mindfulness ($r= -.608$; $P<0.01$). These findings indicate that mindfulness is related to burnout conditions in woodball athletes. This study concludes that mindfulness can be one of the psychological factors that play a role in helping athletes manage the stress of training and competition, thus potentially lowering the risk of burnout.

How to Cite

Yaumunnishar, M. D., Sultoni, K., & Nuryanti, W. D. (2026). Mindfulness and Burnout: A Correlational Study of Woodball Athletes at the SEA Games 2025 National Training Center. Journal of Physical Education, Sport, Health and Recreation, 15 (1), 65-71.

© 2026 Universitas Negeri Semarang

✉ Correspondence address :
E-mail: Kuston.sultoni@upi.edu

p-ISSN 2460-724X
e-ISSN 2252-6773

INTRODUCTION

The development of the world of sports in the modern era requires athletes to achieve optimal performance consistently with the increasing intensity of training and competition (Alvarez-dacal et al., 2025). Athletes face the psychological and physical pressures of competition, performance demands and competitive burdens that affect their overall mental health and well-being (Tri et al., 2025). In this context, the psychological health of athletes is an essential component that determines the quality of performance and career sustainability (Akhmad et al., 2025). Research in sports psychology confirms that constant competitive pressure, high training loads, and demands for achievement can trigger significant psychological stress in athletes, affect pre-competition anxiety, drain mental resources, and contribute to conditions such as burnout (Yuening Li et al., 2025). If not managed properly, stress can develop into burnout, which is a state of emotional exhaustion, decreased personal achievement, and negative attitudes towards sports (Qi-shuai Ma et al., 2025). Burnout not only impacts short-term performance, but also increases the risk of injury, reduces motivation to exercise, and encourages athletes to leave the sport before reaching their full potential (Aiai Xu et al., 2024).

As attention to athlete mental health issues increases, scientists and sports practitioners are beginning to identify a range of psychological approaches that can help athletes maintain mental well-being (Wei Wang et al., 2025). One approach that is increasingly gaining empirical support is mindfulness, which refers to the ability of individuals to be fully present at the present experience with a mindfulness and acceptance attitude without judgment (Piasecki et al., 2025). In sports psychology, mindfulness plays an important role in managing emotions, attention, focus, and adaptive coping strategies (Rogowska, 2024). Research shows that athletes who have a high level of mindfulness are better able to deal with the pressure of competition, maintain concentration, and respond to challenging situations stably (Laura et al., 2023). Mindfulness has been shown to reduce anxiety, increase self-regulation, and support mental recovery, thus becoming a protective factor against burnout (Yiwei Tang et al., 2022).

A negative relationship between mindfulness and burnout has been found in various sports, both team and individual (Walker & Psych, 2013). Studies on swimming, athletics, basketball, and taekwondo athletes show that mindfulness can reduce emotional fatigue, increase the perception of personal achievements, and maintain positive involvement in the sport they pursue. The findings confirm that mindfulness is not just a simple meditation technique, but a psychological competency that can be developed and practiced (Chunxiao Li et al., 2019). Athletes who are able to maintain full awareness during training and competition tend to have better self-control capacity, thus avoiding the excessive emotional reactions that trigger burnout (Josefsson et al., 2017). Although various studies have shown quite strong empirical evidence in a number of sports, there are still scientific questions about the extent to which the consistency of mindfulness can be maintained in sports with different technical characteristics, match dynamics, and concentration demands (Vella-fondacaro & Daniel Romano-smith, 2023).

In this context, woodball is a sport that has unique characteristics. As a precision sport that demands stroke accuracy, focus stability, and emotional control in the long run, woodball athletes are required to have optimal mental readiness (Penjakora et al., 2024). The pressure to produce accurate shots, fierce competition at various levels of competition, and unpredictable changes in field conditions make woodball athletes vulnerable to ongoing mental stress (Balaguer et al., 2012). Unfortunately, scientific studies on the psychological aspects of woodball athletes are still very limited compared to other more popular sports. There have not been many studies that highlight the role of protective factors such as mindfulness in preventing burnout in woodball athletes. This condition shows that there is an important scientific gap to fill, considering that the understanding of the psychological dynamics of woodball athletes is still limited. A more in-depth study is needed so that the mental mechanisms that contribute to the psychological resilience, well-being, and long-term performance of athletes can be understood more comprehensively (Josefsson et al., 2017).

Based on this scientific gap, research on the relationship between mindfulness and burnout in woodball athletes needs to be conducted to make academic and practical contributions. This study aims to describe the mindfulness level of woodball athletes, identify the level of burnout they experience, and analyze how

Mindfulness plays a role in lowering the risk of burnout in the context of precision sports. The findings of the study are expected to provide a scientific basis for coaches, sports psychologists, and sports organizations to develop more

targeted psychological interventions, especially in the mental coaching of woodball athletes. By understanding the relationship between the two variables, this study not only fills the literature gap, but also supports more sustainable, mentally healthy, and competitive athlete development programs in the long term.

METHODS

This study used a cross-sectional correlation design designed to look at the conditions of mindfulness and burnout in National Training Center (PELATNAS) SEA Games Indonesia woodball athletes in one measurement period. Cross-sectional correlation research designs are commonly used in sports psychology studies to evaluate relationships between psychological variables without the need for long-term intervention or observation, so that they fit the context of intensive training of athletes (Aizawa et al., 2022).

Participants in this study amounted to 23 woodball athletes who were registered as members of the SEA Games Indonesia National Training Center (PELATNAS), where the entire population was involved as a sample using the total sampling technique because the number was relatively small and had very specific characteristics (Bykov et al., 2019). These athletes are the result of a tiered selection process that starts from the national selection (SELEKNAS) which is attended by the best athletes from various regions, then 33 athletes are selected who undergo a decentralization program in their respective regions with periodic monitoring and evaluation from the national coaching team. Based on the results of the evaluation of technical, physical, and mental readiness performance, the number of athletes was further narrowed down to 23 people who were considered the most ready to face the SEA Games and then entered the stage of centralization of Pelatnas. In this centralization phase, athletes undergo high-intensity training camps for a certain period of time, which requires them to leave their families, social environments, and other personal activities. These structured training conditions, achievement demands, and social restrictions place athletes under significant psychological pressure, so this context is very relevant to the focus of research that examines the relationship between mindfulness and burnout in Pelatnas woodball athletes.

The research variables consisted of mindfulness as an independent variable and burnout as a dependent variable. Mindfulness is measured using the Mindful Attention Awareness Scale (MAAS) instrument, which consists of one main dimension focusing on the individual's ability to maintain full attention and awareness of the current experience. This instrument assesses the level of mindful attention through a series of statements that reflect the frequency of mindlessness conditions in daily activities. The instrument contains 15 items on a Likert scale, and a high score indicates a better level of mindfulness with Cronbach's alpha value of 0.81 (Brown & Ryan, 2003). Meanwhile, burnout was measured using the Athlete Burnout Questionnaire (ABQ), a special instrument for athletes that assesses the three main dimensions of burnout, namely emotional and physical fatigue, decreased personal achievement, and devaluation of sports. These three aspects represent the experience of chronic fatigue, the perception of decreased competence, and negative attitudes towards sports (Thomas D. Raedeke, 2001). The ABQ instrument consists of 15 items with a response scale describing the level of athlete's saturation with the sport he or she is engaged in with Cronbach's alpha value of 0.85 for emotional and physical fatigue, 0.86 for decreased personal achievement, 0.76 for devaluation of sport (Moen et al., 2019).

The data collection procedure was carried out indirectly by distributing questionnaire links to all woodball athletes. Data collection was carried out on November 4, 2025, namely D-34 ahead of the SEA Games which took place on December 9, 2025, so that data was obtained in the intensive preparation phase of athletes. Each athlete was asked to fill out the instrument independently without direct supervision from the researcher, but the researcher still provided an explanation regarding the purpose of the research and the procedure for filling out the questionnaire. Efforts to reduce bias are carried out by ensuring that all athletes receive the same instructions through official messages from researchers, so that there is no difference in understanding between respondents. Charging independently is also expected to minimize the social influence of other athletes, even without direct supervision. In addition, the personal information collected is limited to basic data such as name, address, and age to minimize the risk of privacy-related bias and avoid inconvenience that could affect response patterns. The researcher also maintains the confidentiality of the data and uses the basic identity only for the purpose of verifying the response, without associating it with the analysis of the research results. With these measures, the potential for response bias and social bias can be

minimized even though data collection is done indirectly.

All collected data were processed using descriptive statistical analysis and correlation. The data was checked for normality first before the relationship analysis was carried out. The main analysis used the Pearson correlation test if the data is normally distributed or Spearman if it is abnormal. The determination of the significance level used the standard $p < 0.05$. During the data collection process, the researcher ensured that all respondents filled in the items in their entirety so that no data was lost. This analytical approach was chosen to ensure the interpretation of the results according to the standards of quantitative research methodology in the study of sports psychology.

RESULTS AND DISCUSSION

The data in this study was obtained from all National Training Center (PELATNAS) SEA Games Indonesia woodball athletes who were used as research samples. All samples (n = 23) expressed their willingness to participate and complete the research questionnaire completely. Respondents filled out the Mindful Attention Awareness Scale (MAAS) and Athlete Burnout Questionnaire (ABQ) instruments according to the instructions given. All questionnaires collected can be used in the data analysis process, so that the response rate in this study reaches 100%. The demographic characteristics of the respondents are in **Table 1.**

Table 1. Demographic characteristics of respondents

Features	Sample		Full Sample	
	n	%	n	%
Gender				
Male	12	52,2	23	100
Women	11	47,8		
Age				
<20	4	17,4		
21-25	8	34,8	23	100
26-30	6	26,1		
>30	5	21,7		

Based on **Table 1**, the demographic characteristics of the respondents showed that the entire research sample consisted of 23 woodball athletes who were members of the Indonesian SEA Games National Laboratory. In terms of gender, the distribution of respondents was relatively balanced, with male athletes totaling 12 people (52.2%) and female athletes as many as 11 people (47.8%). This composition shows that the study involves almost equal gender representation, so that the data obtained are representative enough to describe the condition of Pelatnas woodball athletes in general.

Judging from the age aspect, the majority of respondents are in the productive age range of elite athletes. The age group of 21-25 years is the largest group, which is as many as 8 athletes (34.8%), followed by the age group of 26-30 years as many as 6 athletes (26.1%). Athletes over the age of 30 years are 5 people (21.7%), while athletes under 20 years old are the least group, namely 4 people (17.4%). This age distribution shows that most athletes are in the peak phase of performance, where physical and psychological demands are relatively high. This condition is relevant to the focus of research that examines mindfulness and burnout, because the pressure of training and competition in this age range has the potential to affect the psychological well-being of athletes.

Table 2. Descriptive statistics and correlations (mindfulness and burnout)

Variabel	n	M	SD	1	2	a	b	c
Mindfulness	23	60.17	11.081	-				
Burnout	23	35.3	9.397	-.516*	-			
Emotional & Physical Exhaustion	23	10.43	5.273	-.608**	-	-		
Reduced Sense of Accomplishment	23	16.35	2.166	-.092	-	.388	-	
Sport Devaluation	23	8.52	3.515	-.411*	-	.757**	.429*	-

** Significant correlation at the level of 0.01

* significant correlation at a rate of 0.05

Table 2, showing the results of descriptive statistics shows that National Training Center (PELATNAS) SEA Games Indonesia woodball athletes have a fairly good level of mindfulness, with an average score of 60.17 and a standard deviation of 11.08. Meanwhile, the burnout rate is in the medium category with an average score of 35.30 and a standard deviation of 9.40. These results show that even though athletes are able to maintain focus and awareness during training and matches, physical and mental pressure is still felt as part of the demands of the training program at Pelatnas.

The results of correlation analysis showed a significant negative relationship between mindfulness and total burnout ($r = -0.516$; $P < 0.05$), which means the higher the mindfulness,

the lower the athlete's burnout rate. The strongest association was found in the dimensions of emotional and physical exhaustion ($r = -0.608$; $P < 0.01$), while the association with sport devaluation was also significant but moderate ($r = -0.411$; $P< 0.05$). On the other hand, the relationship between mindfulness and reduced sense of accomplishment is very weak and insignificant. These findings suggest that mindfulness plays a greater role in helping athletes manage physical and emotional fatigue than it does in influencing feelings of personal achievement.

The purpose of this study is to determine the relationship between mindfulness and burnout in National Training Center (PELATNAS) SEA Games Indonesia woodball athletes. This study was conducted to see how the level of awareness and attention of athletes to the activities undertaken is related to the physical and mental fatigue conditions they experience during the intensive training program. By understanding the relationship between the two variables, this study is expected to provide an overview of the role of mindfulness in helping athletes manage the pressure of training and competition, as well as being a consideration for coaches and coaches in an effort to improve the mental well-being of woodball athletes.

The main results of this study show that there is a significant relationship between mindfulness and burnout in National Training Center (PELATNAS) SEA Games woodball athletes, which shows that mindfulness is related to the burnout condition experienced by athletes. These findings are in line with the results of previous studies that reported that mindfulness was negatively associated with burnout in various sports of football, where athletes with higher levels of mindfulness tended to experience lower emotional fatigue and had a more positive attitude towards the sport they played (Yiyi et al., 2025). Other studies have also found that mindfulness is significantly related to decreased emotional and physical exhaustion, which is a major component of burnout in athletes (Chunxiao Li et al., 2019). The similarity of these results shows that the role of mindfulness as a protective factor against burnout is consistent across sports, including in precision sports such as woodball, although the strength of the relationship obtained in this study is moderate and influenced by the characteristics of the sample and the training context of Pelatnas athletes.

The specific findings in this study show that mindfulness has the strongest relationship with the emotional and physical exhaustion dimensions, while the relationship with reduced sense of accomplishment is weak and insignificant. These results are interesting because they differ from some previous studies that found that mindfulness is not only related to emotional fatigue, but also to the perception of athletes' achievement (Walker & Psych, 2013). This difference is likely influenced by the characteristics of the sample, where Pelatnas woodball athletes have generally gone through long-term coaching and have relatively stable achievement standards, so that the sense of achievement is not too influenced by momentary psychological conditions. Previous research on athletes of a young age or early coaching level showed a greater variation in achievement, so the link with mindfulness became stronger (Yiyi et al., 2025). These findings indicate that in elite athletes, mindfulness plays a greater role in helping manage physical and emotional fatigue than in shaping perceptions of personal achievement, especially in precision sports such as woodball that demand consistency of focus over the long term.

In the context of the sport of woodball, the results of this study have strong relevance because woodball is a precision sport that requires high focus, precision, and emotional control in a long duration of the match (Farras & Fahima, 2025). Athletes are required to maintain consistent concentration on each stroke, which if not balanced with good mental readiness can trigger mental fatigue (He Sun et al., 2021). In these conditions, mindfulness plays a role as a psychological skill that helps athletes manage attention and emotions more adaptively, so that the pressure of competition does not develop into burnout. However, the relatively small strength of the relationship between mindfulness and burnout in this study is likely influenced by several factors, such as the limited sample size and relatively homogeneous characteristics of respondents. Pelatnas athletes generally have gone through a strict selection process and long-term coaching, so that they have better mental endurance than athletes at the initial coaching level (Sundays, 2021), which has an impact on a narrower variation of burnout. In addition, the use of cross-sectional correlation design makes this study only able to describe the psychological condition of athletes at a certain time, so it cannot capture the dynamics of changes in mindfulness and burnout in the long term.

This study has several limitations that need to be considered, including data collection that is carried out indirectly through independent questionnaires so that response bias can occur, such as the tendency of respondents to answer socially

desirable. In addition, the study did not consider other factors that could potentially affect burnout, such as training load, social support, and competitive pressure. Nevertheless, this research still makes an important early contribution in enriching the study of sports psychology, especially in the sport of woodball which is still rarely studied, by involving a sample of elite athletes at the national level, and can be the basis for coaches and coaches of athletes to start incorporating a mindfulness approach into mental coaching programs. Further research is recommended to involve a larger sample, using a longitudinal design, and adding other psychological variables such as stress coping, motivation, and social support to make the understanding of the factors that affect burnout in athletes more complete.

CONCLUSION

This study concludes that there is a relevant relationship between mindfulness and burnout in National Training Center (PELATNAS) SEA Games Indonesia woodball athletes. Descriptively, athletes show a fairly good level of mindfulness, while the level of burnout is in the medium category. These findings show that even though athletes are in a high-performance training environment, they are still able to maintain awareness and attention to their activities. However, the existence of burnout at a moderate level indicates that psychological pressure is still felt and has the potential to affect the mental well-being of athletes if not managed properly.

The results of the analysis also showed that mindfulness was statistically related to burnout, although the strength of the relationship was relatively low. This indicates that burnout in athletes is influenced by various factors, but mindfulness still plays an important role in helping athletes manage stress, control emotions, and maintain focus during training and matches. In the context of woodball that demands concentration and emotional stability over the long term, the development of mindfulness becomes relevant to be included in mental coaching programs. These findings are expected to serve as a basis for coaches and coaches of athletes to design a more comprehensive approach to training, as well as to encourage further research with a wider design and scope.

REFERENCES

Aiai Xu, Luo, X., & Lu, C. (2024). behavioral sciences Perfectionism and Adolescent Athletes ' Burnout : The Serial Mediation of Motivation and Coping Style. https://doi.org/10.3390/bs14111011

Aizawa, J., Hirohata, K., Ohji, S., Ohmi, T., Mitomo, S., & Koga, H. (2022). Cross - sectional study on relationships between physical function and psychological readiness to return to sport after anterior cruciate ligament reconstruction. BMC Sports Science, Medicine and Rehabilitation, 5, 1–11. https://doi.org/10.1186/s13102-022-00491-5

Akhmad, N., Badaru, B., & Hasanuddin, M. I. (2025). Mapping Sports Psychology, Mental Health and Athlete Performance: Scopus Global Trends 2014-2024. 9(1), 114–127. https://doi.org/10.26858/sportive.v9i1.70530

Alvarez-dacal, F., Rodríguez-fernández, A., & Herrero-molleda, A. (2025). Training vs . Competition : Load and Intensity Differences Between Multi-Feeding and Simulated Match Play in High-Level Youth Badminton Players. 1–11. https://doi.org/10.3390/app15137451

Balaguer, Gonzalez, & Febra. (2012). Coaches ' interpersonal style , basic psychological needs and the well- and ill-being of young soccer players : A longitudinal analysis. https://doi.org/10.1080/02640414.2012.731517

Brown, K. W., & Ryan, R. M. (2003). The Benefits of Being Present : Mindfulness and Its Role in Psychological Well-Being. 84(4), 822–848. https://doi.org/10.1037/0022-3514.84.4.822

Bykov, K., Mittleman, M. A., Glynn, R. J., Schneeweiss, S., & Gagne, J. J. (2019). The Case – Crossover Design for Drug – Drug Interactions Considerations for Implementation. 30(2). https://doi.org/10.1097/EDE.0000000000000944

Chunxiao Li, Zhu, Y., Zhang, M., Gustafsson, H., & Chen, T. (2019). Mindfulness and athlete burnout: A systematic review and meta-analysis. International Journal of Environmental Research and Public Health, 16(3). https://doi.org/10.3390/ijerph16030449

Farras, D., & Fahima, D. F. (2025). Analysis of Concentration Levels , Anxiety and Gating Strokes in Aceh-North Sumatra Pon Athletes in Aceh Province Woodball Sports in 2024 Analysis of Concentration Levels , Anxiety and Gating Strokes in Aceh-North Sumatra Pon Athletes in Aceh Province Woodball Sports in 2024. https://doi.org/10.22178/pos.113-31

Josefsson, T., Ivarsson, A., Lindwall, M., Gustafsson, H., Stenling, A., Böröy, J., Mattsson, E., Carnebratt, J., & Sevholt, S. (2017). Mindfulness Mechanisms in Sports : Mediating Effects of Rumination and Emotion Regulation on Sport-Specific Coping. 1354–1363. https://doi.org/10.1007/s12671-017-0711-4

Laura, C. S., Franco, C., Amutio, A., Garc, J., & Gonz, J. (2023). Influence of Mindfulness on Levels of Impulsiveness , Moods and Pre-Competition Anxiety in Athletes of Different Sports. 1–12.

https://doi.org/10.3390/healthcare11060898

Moen, F., Hrozanova, M., Stiles, T. C., & Stenseng, F. (2019). Burnout and Perceived Performance Among Junior Athletes — Associations with A ff ective and Cognitive Components of Stress. https://doi.org/10.3390/sports7070171

Nedeljkovi, J. (2021). Differences in the Psychological Profiles of Elite and Non-elite Athletes. 12(March), 1–9. https://doi.org/10.3389/fpsyg.2021.635651

Penjakora, J., Andriyani, R., Zahraini, D. A., & Trinanda, A. (2024). ACCURACY IN WOODBALL ATHLETES. 11(April), 67–75. https://doi.org/10.23887/jurnalpenjakora.v11i1.77072

Piasecki, P. A., Minkler, T. O., Mcgehee, C., Filho, E., Piasecki, P. A., Minkler, T. O., Mcgehee, C., & May, E. F. (2025). Mindfulness in sport , exercise , and performance psychology : an umbrella review and directions for future research an umbrella review and directions for future research. International Review of Sport and Exercise Psychology, 0(0), 1–24. https://doi.org/10.1080/1750984X.2025.2481562

Qi-shuai Ma, Chun, B., & Yao, S. (2025). Associations between life stress and athlete burnout : the chain mediation role of mindfulness and cognitive emotion regulation strategies. https://doi.org/10.1186/s40359-025-02670-8

Rogowska, A. M. (2024). The relationship between mindfulness and athletes ' mental skills may be explained by emotion regulation and self-regulation. 1–13. https://doi.org/10.1186/s13102-024-00863-z

Sun, H., Soh, K. G., Roslan, S., Rozilee, M., Norjali, W., Id, W., & Soh, K. L. (2021). Does mental fatigue affect skilled performance in athletes ? A systematic review. 1–18. https://doi.org/10.1371/journal.pone.0258307

Thomas D. Raedeke, A. L. S. (2001). Development and Preliminary Validation of an Athlete Burnout Measure. 23, 281–306. https://doi.org/10.1123/jsep.23.4.281

Tri, F., Afifah, N., Saputra, M. Y., & Novian, G. (2025). Journal of Physical Education , Health and Sport Psychological Distress and Anxiety : A Case Study on Student-Ath- letes at University. 12(1), 55–62. https://doi.org/10.15294/jpehs.v12i1.28277

Vella-fondacaro, & Daniel Romano-smith, S. (2023). The Impact of a Psychological Skills Training and Competitive Anxiety , and Coping Skills of Futsal Players — A Longitudinal Convergent Mixed-Methods Design. https://doi.org/10.3390/sports11090162

Walker, S. P., & Psych, M. C. (2013). Mindfulness and burnout among competitive adolescent tennis players. 25(4), 105–108. https://doi.org/10.7196/SAJSM.498

Wei Wang, Schweickle, M. J., Arnold, E. R., & Vella, S. A. (2025). Psychological Interventions to Improve Elite Athlete Mental Wellbeing : A Systematic Review and Meta - analysis. Sports Medicine, 55(4), 877–897. https://doi.org/10.1007/s40279-024-02173-3

Yiwei Tang, Liu, Y., Jing, L., & Wang, H. (2022). Mindfulness and Regulatory Emotional Self-Efficacy of Injured Athletes Returning to Sports : The Mediating Role of Competitive State Anxiety and Athlete Burnout. https://doi.org/10.3390/ijerph191811702

Yiyi, O., Yi, Y., Kun, W., & Jiong, L. (2025). Research on the influence of mindfulness on adolescent athlete burnout — chain mediating effect analysis of future time perspective and self - efficacy. https://doi.org/10.1186/s40359-025-02999-0

Yuening Li1, Yong Ren2, Zhijuan Du3?, M. L. & J. J. (2025). Competitive pressure , psychological resilience , and coping strategies in athletes ' pre- competition anxiety. 1–13. https://doi.org/10.1038/s41598-025-19213-1.