

**RESEARCH PAPER****Impact of Need for Achievement and Resilience on Suicidal Ideation and Psychological Well-being among Pakistani Sports Players****<sup>1</sup>Rijab Yousaf \* <sup>2</sup>Zobia Shabbir and <sup>3</sup>Muhammad Afnan Haider**

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**\*Corresponding Author:** rijabyousaf1996@gmail.com**ABSTRACT**

This research examined the relationship between Suicidal Ideation as well as Psychological Well-Being (self-acceptance, good relationships, autonomy, environmental mastery, personal development, and purpose in life), and Need for Achievement as well as Resilience. Even if machines are making people's lives simpler in this day of technological innovation, they also have a detrimental effect on people's physical and emotional well-being. The data was collected from sports players registered with different sports clubs. For this purpose Urdu translated scale, Brief Resilience Scale, Ryff's Scales of Psychological Well-being, and Brief Suicidal Ideation scale (BSIS) were used. Data was analyzed by SPSS. The results of the research indicated the association between suicidal thoughts and psychological well-being (outcome) and Need for Achievement (predictor) has been adversely attenuated by resilience. It is recommended that future researchers conduct longitudinal or mixed-design studies that combine qualitative and quantitative research designs, given the correlational nature of this study.

**KEYWORDS** Psychological Wellbeing, Resilience, Sports Clubs, Sports Players, Suicidal Ideation**Introduction**

The world is advancing with unexpectedly rapid growth. In this era of advancement where machines are making individual's life easier, they also impact negatively on the physical as well as mental health of individuals. That's the major reason health specialists recommend that physical activities or exercises can play important role in coping with psychological or mental health issues like anxiety, depression, and nervousness as well as helps keeps bodily functions more effectively such as daily exercise can help in regulating respiratory system, hormones and body muscles more effectively (Motallebi & Noorbakhsh, 2010). Center for Disease Control and Prevention issued a report that individuals who regularly play any kind of physical sport or have any level of physical activity have a healthy body with controlled weight and cholesterol levels as well as their psychological abilities which mainly include thinking processes, learning process, the critical analysis also remains good at old age. People who indulge in sports or behaviors like physical activities seem proper eating habits and proper rest results in a good mood, liveliness, and sense of satisfaction towards oneself and society whereas other people tend to have behaviors like stoutness, aggression, and diseases like diabetes, blood pressure, heart illness, etc. The American heart association also states that daily exercise of 30 minutes can reduce heart diseases (Watson, 2016).

The goal of the present research was to determine how resilience among Pakistani sports players affected their desire for accomplishment, psychological health, and suicidal thoughts. Previous studies have shown a statistically significant correlation between players in various countries' suicidal thoughts and their desire for accomplishment, resilience, and psychological well-being (Mellalieu et al., 2013; Papathomas & Lavalley, 2012; Stirling & Kerr, 2008). Results from earlier research were also clearly visible (Arango

et al., 2018; Rice et al., 2020; Timpka et al., 2021). The current study's findings were corroborated by several studies done in Europe, the US, and Australia (Schinke et al., 2018; Van Slingerland et al., 2019). These studies showed a significant correlation between athletes' and sports players' mental health and their need for achievement. Previous research suggests that young adults and teenagers, especially top athletes who play for clubs, have the greatest risk of contemplating suicide (Turecki & Brent, 2016). In addition to being a significant risk factor for both attempted and actual suicide, suicidal ideation is closely associated with mental health issues (Turecki & Brent, 2016). The study's model testing also revealed a clear correlation between the dependent variables of psychological health and suicidal thoughts and the independent variable of achievement requirement. The present study's results also suggested that the relationship between the demand for accomplishment and overall psychological well-being is significantly mediated negatively by resilience.

Therefore, the purpose of this study was to examine the correlates of suicidal ideation in Pakistani club athletes. Specifically, the study examined the role that resilience plays in moderating the relationship between study variables as well as the need for achievement and resilience as correlates of both psychological well-being as well as suicidal ideation.

### **Literature Review**

Previous studies have shown a statistically significant correlation between players in various countries' suicidal thoughts and their desire for accomplishment, resilience, and psychological well-being (Mellalieu et al., 2013; Papatomas & Lavallee, 2012; Stirling & Kerr, 2008). Results from earlier research were also clearly visible (Arango et al., 2018; Rice et al., 2020; Timpka et al., 2021). The current study's findings were corroborated by several studies done in Europe, the US, and Australia (Schinke et al., 2018; Van Slingerland et al., 2019). These studies showed a significant correlation between athletes' and sports players' mental health and their need for achievement. Previous research suggests that young adults and teenagers, especially top athletes who play for clubs, have the greatest risk of contemplating suicide (Turecki & Brent, 2016). In addition to being a significant risk factor for both attempted and actual suicide, suicidal ideation is closely associated with mental health issues (Turecki & Brent, 2016). The study's model testing also revealed a clear correlation between the dependent variables of psychological health and suicidal thoughts and the independent variable of achievement requirement. The present study's results also suggested that the relationship between the demand for accomplishment and overall psychological well-being is significantly mediated negatively by resilience.

Teenagers and young adults, notably professional athletes who play for clubs, are regarded to have the greatest risk of having suicide thoughts (Turecki & Brent, 2016). In addition to being a significant risk factor for both attempted and actual suicide, suicidal ideation is closely associated with mental health issues (Turecki & Brent, 2016). While the topic of suicide ideation among elite athletes has not received much attention, Timpka et al. (2021) study of athletes competing in Olympic-style sports found that 15.6% of participants—men 17.4% and women 14.2%—reported having had suicidal thoughts. Suicide accounted for 7.3% of all deaths among US top understudy athletes, according to a more thorough examination of all the deaths (Rao et al., 2016). Elite athletes may have suicidal thoughts and behaviors on par with young people in general. Increased vulnerability to the detrimental consequences of emotional well-being is associated with hereditary, environmental, and ecological variables (Arango et al., 2018).

It was deduced that the need for achievement had tremendous associations with different levels of volleyball players especially at the public level whereas inconsequential associations were observed in regional level players of volleyball (Kuldeep & Mahabir, 2013). The study suggested that the need for achievement is a basic and important aspect

of good performance of the player in sports. The sports performance during a game and need for achievement was also impacted by different stressors that affect the psychological well-being of a player and results in making mistakes, seeing the blackmail or rivals achievement, a charge of fine from the middle person, and disciplinary activities from the mentor during the game. It was suggested in the literature that resilience was one of the strategies to deal with different kinds of stressors during the game and in daily life (Luthar et al., 2000; Masten, 2001). Resilience is considered one of the important variables associated with the need for achievement and psychological well-being among different levels of players. Resilience is associated with the need for achievement and psychological well-being pointers by individual consistency and support adequacy. Increasing levels of strength are associated with increasing levels of individual consistency, and encouraging individual consistency is associated with increased odds of game success, an improvement in psychological well-being, and a decrease in suicidal ideation rates. In addition, resilience consists of several different components, such as depressing emotions, perseverance, self-control, (Chesterson, 2020), and otherworldliness, all of which can contribute in various ways to the development of the need for success and psychological well-being. To energize students, focus, and perseverance in the workplace, resilience theories should be included in the educational material and presented in a way that encourages reflection and application (McAllister & McKinnon, 2008). In clinical experience courses, temporary positions, work-coordinated learning, and other settings, strength and comparable qualities should be emphasized (Stavrakakis et al., 2013).

## **Material and Methods**

### **Nature**

A cross-sectional study design was used for data collection.

### **Population**

Data were collected from the capitals of three provinces (Peshawar, Lahore, and Karachi) as well as from the twin cities (Islamabad and Rawalpindi) of Pakistan.

### **Sample size**

A total of 400 questionnaires were sent to athletes, resulting in a sample size of 377 and a computed response rate of 94.25% for the research. The participants' ages ranged from 18 to 40, with the hockey, cricket, football, and badminton clubs included and all other sports **groups omitted**.

### **Sample technique**

The sample was selected through Non - probability convenient sampling technique.

### **Instrument**

Instruments used in the study were a demographic sheet, Urdu translated 23 items short version of the Almost perfect scale (Bukhari, 2019) that was seven focuses Likert scale from strongly agree consent to strongly disagree, six items Brief Resilience Scale Urdu version (Zohaib & Shahida, 2020) which was five points Likert scale from strongly agree consent to strongly disagree, to measure psychological well-being of participants Ryff's Scales of Psychological Well-being Urdu translated version (Jibeen & Khalid, 2012) that was 7 points Likert scale and used that measures six dimensions. To measure suicidal ideation the 'Brief Suicidal Ideation Scale' (Ijaz & Maqsood, 2021) was developed in the Urdu language which was a self-report measure and also used for research purposes. All the

instruments were used in the Urdu language for the convenience of participants as Urdu was their native language.

### **Pilot testing**

Pilot study was conducted with 25 sports members as they have strict scheduled plans.

### **Validity reliability**

Validity of the instrument was ensured with the help of expert psychological members before administering, Cronbach alpha was used to check the reliability of the instruments.

### **Data analysis technique**

SPSS was used to analyze the collected data. Data was analyzed through descriptive analysis, Pearson correlation among variables of the instruments and also regression analysis was performed

### **Ethical consideration**

Registered sports clubs of these cities of different sports were approached to collect data after obtaining permission from the administrative department or human resource department of these clubs. The participation of players in the study was voluntary no one was forced to participate in the study by the researcher or by the club administration as well as members reserved the option to pull out from the research whenever they wanted. Privacy as well as confidentiality were guaranteed to members and club organizations.

### **Results and Discussion**

SPSS was used to analyze the data. Reliability of the instruments were checked and then descriptive analysis, correlation among instruments and regression analysis was performed.

**Table 1**  
**Cronbach's Alpha Reliability of study instruments.**

	<b>No. of items</b>	<b>Cronbach's Alpha</b>
Need for achievement	23	.76
High Standards	7	.80
Order	4	.85
Discrepancy	12	.77
Resilience	6	.71
Psychological well-being	54	.74
Self-acceptance	9	.62
Positive relations	9	.74
Autonomy	9	.51
Environmental Mastery	9	.74
Personal Growth	9	.74
Purpose in life	9	.74
Suicidal Ideation	7	.80

Total number of items of the instruments used in study and Cronbach's alpha reliability was given in table 1. It is shown that reliabilities of the instruments were high, strong and all lie in acceptable range that indicated good internal consistency among all instruments.

**Table 2**  
**Descriptive statistics for study instruments.**

	Mean	Standard Deviation	Skewness	Kurtosis
Need for achievement	100.31	39.08	.43	-1.08
High Standards	26.18	14.53	.65	-1.22
Order	13.28	9.53	.65	-1.29
Discrepancy	60.85	19.50	-.54	-.89
Resilience	27.02	4.41	.43	-.38
Psychological well-being	213.88	39.69	.86	-.68
Self-acceptance	34.23	5.82	.70	1.19
Positive relations	36.08	8.70	.81	-.54
Autonomy	37.85	6.54	.32	.35
Environmental Mastery	37.66	8.54	.79	-.54
Personal Growth	33.50	8.81	.70	-.47
Purpose in life	34.55	9.36	.61	-.62
Suicidal Ideation	10.41	7.45	2.56	6.25

In, table 2 skewness and kurtosis values of instruments were provided that indicated that data was normally distributed as the values of skewness and kurtosis for all instruments lies between + 7 to -7.

**Table 3**  
**Correlations of study instruments**

Variables	1	2	3	4	5	6	7	8	9	10	11	12	13
NFA	1	-	-	-	-	-	-	-	-	-	-	-	-
HS	.93**	1	-	-	-	-	-	-	-	-	-	-	-
O	.88**	.96**	1	-	-	-	-	-	-	-	-	-	-
D	.87**	.64**	.56**	1	-	-	-	-	-	-	-	-	-
BRS	-.24**	-.45**	-.53**	.10*	1	-	-	-	-	-	-	-	-
PWB	-.28**	-.55**	-.60**	.14**	.74**	1	-	-	-	-	-	-	-
SA	.08	-.06	-.12**	.27**	.51**	.50**	1	-	-	-	-	-	-
PR	-.31**	-.55**	-.61**	.09	.66**	.92**	.31**	1	-	-	-	-	-
A	.19**	-.04	-.11*	.47**	.64**	.73**	.66**	.59**	1	-	-	-	-
EM	-.11*	-.39**	-.45**	.28**	.69**	.93**	.41**	.87**	.72**	1	-	-	-
PG	-.50**	-.72**	.73**	-.12*	.58**	.87**	.19**	.82**	.40**	.77**	1	-	-
PIL	-.51**	-.71**	-.73**	-.14**	.58**	.86**	.18**	.79**	.39**	.75**	.90*	1	-
BSIS	-.26**	-.12*	-.07	-.40**	-.42**	-.25**	-.14**	-.23	-.37**	-.32**	-.12*	-.08	1

Table 3 showed significant two-tailed Pearson correlation coefficients of instruments, need for achievement correlates positively with its subscales (hs, o, and d), and psychological well-beings dimension autonomy. Whereas it correlates negatively with psychological well-being overall and its dimensions (SA, PR, EM, PG and PIL). Resilience correlates positively with psychological well-being and its dimension whereas correlates negatively with need for achievement and suicidal ideation. Psychological wellbeing and its dimensions correlates negatively with suicidal ideation.

**Table 4**  
**Resilience, psychological well-being, and the need for achievement with multiple linear regression.**

Variables	B	β	S. E	95% CL		R	F
				Lower class	Upper class		
Constant	131.06		8.96	113.44	148.68	.88	267.32
High Standards	-2.02	-.74	.26	-2.55	-1.49		
Order	-.57	-.13	.39	-1.35	.20		
Discrepancy	1.31	.64	.08	1.14	1.47		
Resilience	2.23	.24	.34	1.55	2.90		

Multiple linear regression analysis was performed and in table 4 the value of beta indicates the direction of regression. It indicates that high standard and order were

significant negative predictors ( $\beta = -.74$  and  $\beta = -.13$ ) of psychological well-being. Resilience predicted psychological well-being positively.

**Table 5**  
**Multiple Linear Regression between Need for Achievement and Suicidal Ideation.**

Variables	B	$\beta$	S.E	95% CL		R	F
				Lower class	Upper class		
Constant	29.83		2.50	24.91	34.74	.72	80.87
High Standards	.13	.26	.07	-.01	.28		
Order	-.23	-.30	.11	-.45	-.02		
Discrepancy	-.02	-.06	.02	-.06	.02		
Resilience	-.42	-.25	.09	-.61	-.23		

Table 5 revealed that suicidal ideation was significantly predicted negatively by the need for achievement (order,  $\beta = -.30$ ), positively by the need for achievement (high standards), and negatively by discrepancy,  $\beta = -.06$ , and resilience,  $\beta = -.25$ .

**Table 6**  
**Moderating Effect of Resilience for the Relationship between Need for Achievement and General Psychological Well-Being.**

Predictors	B	$\beta$	p	Psychological Well-being		R <sup>2</sup>	F
				Lower Class	Upper class		
Constant	-49.16		.00	-136.80	38.48	.56	241.65
NFA	-97.40	-2.45	.00	-128.54	-66.26		
BRS	-8.33	-.21	.00	-20.87	4.19		
NFA X BRS	0.09	2.31	.00	.06	.13		

The moderating role of resilience between the demand for accomplishment and psychological well-being was investigated using moderation analysis. Resilience ( $B = -8.33$ ,  $\beta = -.21$ ) and accomplishment ( $B = -97.40$ ,  $\beta = -.25$ ) are needed. Table 6 demonstrated a strong mitigated relationship between psychological well-being and the demand for accomplishment.

**Table 7**  
**Moderating Effect of Resilience for the Relationship between Need for Achievement and Suicidal Ideation.**

Predictors	B	$\beta$	p	Suicidal Ideation		R <sup>2</sup>	F
				Lower Class	Upper class		
Constant	-46.11		.00	-6.73	-25.48	.37	74.57
NFA	-22.96	-3.08	.00	-30.29	-15.64		
BRS	-11.78	-1.58	.0	-14.73	-8.83		
NFA X BRS	.02	2.64	.00	.01	.02		

Note: NFA= Need for Achievement, BRS= Brief Resilience Scale

Table 7 demonstrated that Need for achievement ( $B = -22.96$ ,  $\beta = -3.08$ ) and resilience ( $B = -11.78$ ,  $\beta = -1.58$ ) there was significant negative effect of resilience between need for achievement and suicidal ideation.

## Conclusions

The goal of the current study was to examine how resilience, in Pakistani culture, moderates the relationship between suicidal ideation, psychological well-being, as well as the need for achievement in football, hockey, cricket, and badminton players from Pakistani sport clubs in the country's provincial capitals, Islamabad and Rawalpindi. The model of the study was based on cultural resource theory which suggested that different variables effects on mental health and performance of sports players. It is concluded from the results that

resilience is a significant predictor of psychological well-being as well as suicidal ideation among players and had a significant moderated effect on the need for achievement, psychological wellbeing, and suicidal ideation. Players with a higher need for achievement and high levels of resilience abilities had good mental health or psychological well-being whereas players with lowered resilience levels and lower need for achievement had higher risks of suicidal ideation and lower psychological wellbeing. This study was an attempt to cover the gaps in previous studies regarding athletes' or sports players' mental health and help clubs and sports in Pakistan culture to improve their performance.

### **Recommendations**

In order to obtain more accurate results and a more comprehensive understanding of the relationships between these variables, it is recommended that future researchers conduct longitudinal or mixed-design studies that combine qualitative and quantitative research designs, given the correlational nature of this study. It is recommended that more research be done on the relationship between an athlete's eating habits, discipline, sleep patterns, suicidal ideation, and psychological wellbeing because exercise and discipline are the main components of an athlete's life.

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