



## Psychological Aspects That Affect Well-Being, Health and Adherence in Athletes

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### Message from the Guest Editors

In a competitive context, the knowledge and manipulation of psychological variables such as attention, self-confidence, stress control, anxiety, motivation, cohesion, self-control or emotional self-regulation, moods and interpersonal skills can influence the adherence and health of the athlete.

Even the practice of sport can generate fears of failure and feelings of shame, creating a degree of insecurity, anxiety or stress and avoidance behaviors in athletes, which can affect well-being, interpersonal behavior and sport adherence.

On the other hand, sport is a means of socialization that influences the athlete's physical training, the promotion of a balanced sport context and the intention to continue practicing sport. Therefore, the physical and psychological well-being of athletes depends mainly on the social environments in which sport is practiced, i.e., in relation to the significant agents in the environment.

This Special Issue aims to bring together the latest research on these psychological factors that influence the athlete's physical, mental and psychological health, thus affecting their well-being and adherence to sport.





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## Message from the Editor-in-Chief

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