

Special Issue

Behavioral and Psychosocial Dynamics of Sports and Exercise

Message from the Guest Editor

The complex interplay between behavioral and social dynamics in sports and exercise is a burgeoning area of research. Understanding the psychological motivations, social influences, and cultural contexts that drive people to engage in physical activities can inform interventions designed to promote healthier lifestyles and enhance athletic performance.

Behavioral aspects such as motivation, and psychological resilience are crucial for both amateur and professional athletes. These factors not only affect performance but also contribute to mental health and overall quality of life. Similarly, social influences, including support from family, peers, and coaches, play a pivotal role in shaping individuals' engagement in physical activities. This Special Issue invites researchers to explore these themes through empirical studies, theoretical papers, and comprehensive reviews. By bringing together diverse perspectives and methodologies, we aim to advance our knowledge of how behavioral and social dynamics intersect in the realm of sports and exercise.

Guest Editor

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