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Resilience Under Pressure: A Systematic Review of Coping Mechanisms and Psychological Endurance Among Collegiate Tennis Athletes

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ABSTRACT

Collegiate tennis athletes operate in a psychologically demanding environment characterized by individual competition, elevated performance expectations, and the challenge of balancing intensive training with academic obligations. This systematic review aims to synthesize empirical research on coping strategies and psychological endurance within this unique athletic population. Guided by the PRISMA 2020 framework, a comprehensive search was conducted across PubMed, Scopus, PsycINFO, and Web of Science to identify peer-reviewed studies published between 2000 and 2024. Inclusion criteria focused on research examining mental resilience, adaptive and maladaptive coping strategies, and performance-related psychological outcomes in university-level tennis players. A total of 15 studies were included following rigorous screening and quality appraisal. Key findings suggest that adaptive coping mechanisms—such as emotional regulation, self-efficacy, and problem-focused coping—are positively associated with enhanced psychological endurance and consistent performance under stress. Intervention-based studies highlighted the effectiveness of mindfulness-based stress reduction (MBSR), mental skills training (MST), and cognitive-behavioral approaches in promoting resilience. However, limitations were noted in sport-specific application to tennis, limited longitudinal research, and underrepresentation of diverse populations. This review underscores the importance of evidence-based psychological interventions to support the mental health and performance of collegiate tennis athletes and provides a foundation for future empirical investigations.

Keywords: collegiate tennis athletes; mental resilience; coping strategies; mindfulness-based stress reduction; mental skills training; cognitive-behavioral approaches