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### Student-Athletes and The Battles of Mental Health

Zara Tirrell

*Longwood University*

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# Student-Athletes and The Battle of Mental Health

Zara Tirrell  
ENGL 400

## ABSTRACT

Issue:

College student athletes and susceptibility to depression, anxiety and eating disorders.

Thesis Question: Athlete stigmatization can be a barrier of utilizing mental health resources

## SUPPORT

- Ryan, Bell and Gayles (2018), “Student-athletes often find themselves in a conflicted environment where seeking help conflicts with the concept of mental toughness, which is the very core of what they are expected to exhibit in their athletic endeavors” (p.74).
- Based on the negative stigma frequently associated with depression, the disorder often goes under-diagnosed in college athletes who attempt to ignore or cover up the problem, furthermore emphasizing the stigma.
- Cho, et al, Applied to athletes, Raedeke replaces depersonalization with sport devaluation in order to explain to athletes’ negative feelings and attitudes toward their sports and defined athlete burnout as a syndrome composed of emotional and physical exhaustion, sport devaluation and a reduced sense of accomplishment” (p.2).

## CONCLUSIONS

- After analyzing the stigmatic differences between student-athletes and regular university students, it is apparent that collegiate athletes do in fact face depression despite the efforts to ignore and play through the stressors and the demand of performance.

## REFERENCES

- Cho S, et al. “The Relationship between Perceived Coaching Behaviors, Competitive Trait Anxiety, and Athlete Burnout: A Cross-Sectional Study.” *International Journal of Environmental Research and Public Health*, vol. 16, no. 8, 2019, doi:10.3390/ijerph16081424.
- Ryan, Heather, et al. “Student-Athletes and Mental Health Experiences.” *New Directions for Student Services*, vol. 2018, no. 163, 2018, pp. 67–79., doi:10.1002/ss.20271