



# BUILDING RESILIENCE AN ETHNOGRAPHICAL JOURNEY

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# PURPOSE OF STUDY

WHICH PERSONALITY FACTORS DO ENDURANCE ATHLETES NEED TO  
TRANSITION  
FROM SHORT DISTANCE EVENTS TO GRUELLING LONG-DISTANCE ONES?

WHAT COPING STRATEGIES ARE ADOPTED TO KEEP THE FOCUS THROUGHOUT  
THE CHALLENGE?

HOW DO COACHES TRANSMIT THE RESILIENCE THEY DEVELOPED INTO THEIR  
COACHING?



# ENDURANCE & RESILIENCE

## Endurance

- Lepers et al (2013) – varying duration, between 2 – 17 hours
- McCormick et al (2015) – events having continuous dynamic body movement
- Spencely et al (2017) – events outside of standard athletic endeavour
- Baghurst et al (2019) – fusion of strength, endurance and co-ordination

Scientifically – repeated isotonic contractions of muscle groups

Interlinking of Body and mind, determinants coming into play

(Anstiss et al., 2020; Joyner et al., 2008; Liew et al., 2019; McCormick et al., 2015).

## Resilience

Early research conducted by Masten et al (1990, p3 -25), proposed that resilience is “the process of, capacity for, or outcome of successful adaptation despite challenging or threatening circumstances”

Mental resilience and toughness are often quoted as an important topic that encompasses self-confidence, optimism, emotional regulation, and resilience (Aryanto et al., 2020; Gucciardi, 2011).



# RESEARCH

In-depth multiple, semi-structured interviews with 3 hand-picked athletes

Competitive Athletes

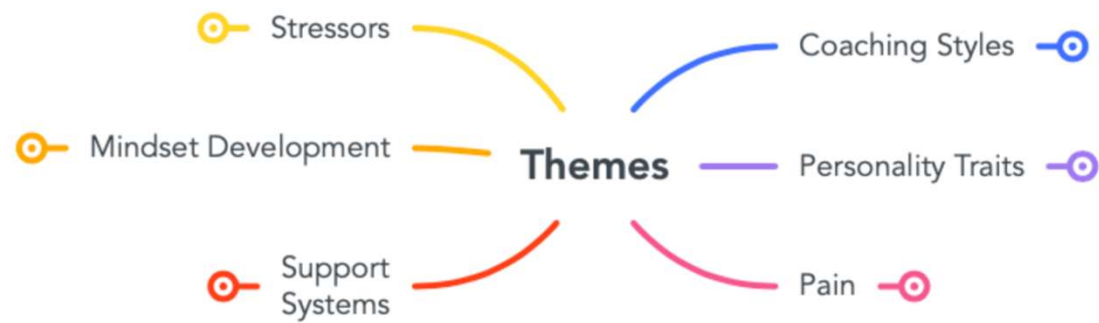
High Level Competitive Participation

Transition from Short to Long Distances

Successfully completed several endurance events

Currently coaching athletes of varying athletic

# EMERGING THEMES





# DISCUSSION

Study shows that mental strength enables athletes to perform at their best

Confidence, self belief, focus and motivation are crucial to athletic performance

Mental Strategies with professional practitioners are available though are not widely used



# CONCLUSION

Study had lack of female representation

Interesting to have further studies on gender ratios

Exercise Addiction seems to indirectly come up in discussions

Repercussions of discontinuing endurance activity



QUESTIONS?





THANK YOU!

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