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#### KEY WORDS (at least 5 words)

- ✓ Sports
- ✓ Mental Health
- ✓ Psychological Resilience
- ✓ Coach-Athlete Relationship

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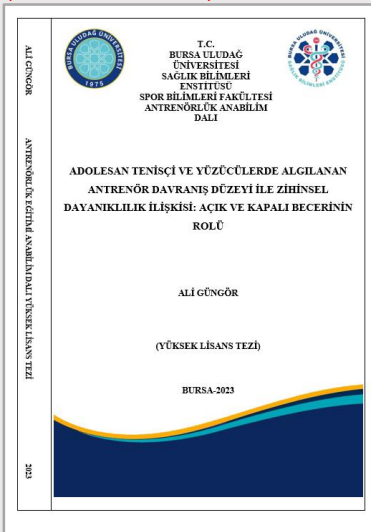


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## THE RELATIONSHIP BETWEEN PERCEIVED TRAINER BEHAVIOR AND MENTAL TOUGHNESS IN ADOLESCENT TENNIS AND SWIMMERS; ROLE OF OPEN AND CLOSED SKILLS

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#### THESIS ABSTRACT

In this study, it was aimed to examine the relationship between perceived coach behavior level and mental toughness in adolescent tennis and swimming athletes.

A total of 321 athletes voluntarily participated in the study, 165 tennis and 156 swimming licensed by the Turkish Tennis Federation and the Turkish Swimming Federation. Demographic information form, Coach Behavior Evaluation Scale for Athletes and Mental Toughness Inventory in Sports were applied to the athletes. SPSS “26.0” program was used for the analysis of the obtained data. The reliability of the participants' views on the scales was determined by the Cronbach's Alpha reliability coefficient. Participants' views on the scales were analyzed through descriptive statistics. The statistical significance of the differences in terms of demographic characteristics was tested with the Independent-Samples t Test and ANOVA. The relationship between perceived coach behaviors and mental toughness levels was examined by correlation analysis.

When the research findings are examined; When the factors affecting the indoor and outdoor court performance of tennis athletes and the factors affecting the indoor and outdoor pool performance of swimming athletes were examined in general, differences were determined between branches. In perceived coach behavior; When evaluated according to the branch variable, it was determined that the views on physical training and planning sub-dimension were higher in swimming athletes. When evaluated according to the gender variable, it was determined that the technical skills and infrastructure perception levels of female swimmers were higher than male swimmers. According to the variable of working time with the trainer, it was determined that the physical training and planning levels of the swimmers who worked with their trainer for 7 years or more were more positive. It has been determined that the negative coach behavior perception levels of tennis players who have been working with their coach for 4-7 years are more positive.

As a result, a positive and statistically significant relationship was observed between the analysis, perceived coach behavior and mental toughness. Depending on the increase in perceived coach behavior, mental endurance increased; It has been determined that there are differences according to the branch, gender and working time with the trainer.

#### APPLICATION AREAS OF THE THESIS RESULTS

This study draws attention to the importance of sports psychology. According to the results of the study; It can be used in related public institutions, coaching training courses and private clubs while arranging sports policies.

#### ACADEMIC ACTIVITIES

Güngör, A., & Şahin, Ş. (2022). 15-18 Yaş Tenis ve Yüzme Sporcularının Algıladıkları Antrenör Davranışının İncelenmesi. 20th Sports Sciences Congress.