**RESILIENCE AND SPORTS ACHIEVEMENT**

**ABSTRACT**

Being involved in sports activities benefits a person in many ways. It does not provide only physical strength however it increases mental power too. Exercise increases the flow of oxygen, which has a direct impact the brain, Feelings of anger, tension, anxiety and even depression can diminish while mental clarity and memory can improve with regular physical activity. The ability to bounce back from adversity and keep going when things get tough are just two of the traits of highly successful individuals. These traits are more commonly known as grit and resilience. Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone. The overall concept of resilience is quite broad. Masten (2007) described it as the capacity of dynamic systems to withstand or recover from significant disturbances. Masten et al. (1990) defined resilience as “the capacity, processes, or outcomes of successful adaptation in the context of significant threats to function or development”. Rutter (2012) defined resilience as “reduced vulnerability to environmental risk experiences, the overcoming of a stress or adversity, or a relatively good outcome despite risk experiences. The Psychological resilience will improve an individuals’ ability to positively overcome or recover from adversity or stress. Resilience is one of the most important traits that an athlete can possess. Resilience is positively bound with sports achievement. The ability to respond positively to setbacks, obstacles, and failures is essential for any successful athlete. Resilience is the ability to adapt, recover, adjust or change in order to achieve some end. The resilient athlete can, not only handle injury, misfortune, mistakes and losses more effectively, but can also use these instances as learning lessons and fuel to fan their desire to succeed.

Key words: Resilience, Sports Achievement