

Athletes' Mental Health Awareness Inside and Outside of Sports

Presenters Morgan Bell, Damaris Crawford, Jordan Drake, Bailey Manning, and Jacob Mitchell;
Sport Management majors

Mentored by Dr. Young Ik Suh

All athletes go through unique challenges during their career whether its physical or emotional. Exercise positively impacts levels of serotonin, a chemical that helps regulate mental health but there are still several factors that trigger player depression, anxiety, and other health problems. The athlete's mental health needs to be addressed more often and understood that it is not limited to athletes just because they are involved in physical activities. The purpose of this study is to see how mental health impacts player performance and if organizations take the health of players seriously. The authors will conduct surveys from current student-athletes and non-athletes of different ages at the University of West Georgia. With these findings, we will be able to examine how individuals manage their mental health and what they feel is necessary to spread awareness. Furthermore, based on the results, suggestions will be discussed for future research.