



# GL Synopsis: Mental Health (Youth Athletes)

Mental health exist on a continuum from striving on one end, to disorder on the other end. Experiencing less than optimal mental health may be transient and athletes may be no less vulnerable than their peers to having poor mental health. In addition to academic stress that is common to their peers, athletes face the additional demands of training, performance and perhaps injury as well. This project is exploratory in nature to allow us to understand the landscape of mental health of youth athletes.

This GL project aims to allow students to:

- 1) Explore the mental well being of athletes in TP
- 2) Explore possible misconception between mental toughness and mental well being
- 3) Explore factors that may contribute to poorer and better mental health
- 4) Initiate a campus project to promote mental well being or help-seeking behavior among athletes in TP.

No. of students for GL: up to 3

Interested students may contact Ms Pang at [senghui@tp.edu.sg](mailto:senghui@tp.edu.sg) for a preliminary discussion.