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Psychological Capital: Its Influence on the Success Orientation in Sports of University Athletes in La Union

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Abstract

Personality traits and resilience are claimed to be active determinants that directly affect the performance of athletes and their orientation toward success. Success orientation in sports can be understood and explained by how their goals influence individuals' motivation and behavior in achievement-related contexts such as sports. This study aimed to determine the influence of Psychological Capital such as personality traits and resiliency in the success orientation of student-athletes at Don Mariano Marcos Memorial State University (DMMMSU) in La Union, Philippines. A descriptive correlation design was employed to analyze the variables in the study. The three campuses of DMMMSU (SLUC, MLUC and NLUC) was chosen as the locale of the study. A population of 216 student-athletes playing Athletics, Volleyball, Basketball, and Taekwondo are the study's respondents. The results show that in terms of personality traits, the athletes have high levels of extraversion, tough-mindedness, and self-control while their level of psychological resilience is average. The level of success orientation of the athletes in terms of task orientation and ego orientation is also average. Psychological Resilience significantly predicts and contributes to the success orientation of the athletes while personality traits also significantly predict and contribute to the success orientation of the athletes.

Keywords: psychological resilience, personality traits, success orientation, psychological capital, task and ego orientation

INTRODUCTION

Examining the relationship between personality and athletic achievement is a highly appealing topic in sports psychology since it helps determine whether or not personality qualities are associated with higher degrees of performance. Numerous motivational and dispositional factors linked to sports success and performance have been studied because of the association's complexity of their relationship. Psychological resilience is essential for athletes as it helps them manage stress, recover from setbacks, and maintain performance under pressure. However, research in this area has several gaps. Resilience is often treated as a static trait rather than a dynamic process, highlighting the need for longitudinal studies (Gupta et al., 2023). Additionally, there is no universally accepted sport-specific definition of resilience, making theoretical frameworks like the "Sporting Resilience" model crucial for future research (Brown & Fletcher, 2022). Moreover, the interaction between resilience and mental health in athletes remains underexplored, requiring further study to understand its preventive role (Smith et al., 2024). Success orientation in sports significantly influences athletes' motivation, performance, and overall well-being. It is generally categorized into task and ego orientations (Gupta et al., 2023). Task-oriented athletes focus on personal improvement, which fosters intrinsic motivation, enhances self-esteem, and sustains long-term commitment to training (Dalton, 2022). Additionally, this orientation is linked to achieving a psychological state of "flow," where athletes feel fully absorbed and perceive challenges positively, leading to improved performance (Brown & Fletcher, 2015).

Sports participation facilitates personal growth and skill development and is pivotal in empowering individuals and enhancing their self-esteem, self-confidence, and self-efficacy. Setting and achieving goals, mastering new skills, and overcoming challenges in sports

fosters a sense of accomplishment and contributes to a positive self-perception. Importantly, sports participation instills discipline, perseverance, and resilience, equipping individuals with valuable coping mechanisms that can be applied to various situations. This underscores the practical implications of sports in enhancing psychological well-being and preparing athletes for life's challenges. (Fletcher, 2012). Notably, previous studies have shown that different types of physical activity may have variable relationships with outcomes related to mental health (Yan et al., 2017; Koch et al., 2020). As a subset of physical activity, sports involvement usually entails a high level of physical effort, competitive goals, and clear regulations (Hilliard, 2019). Participating in sports frequently entails more social engagement and social support than physical activity, which may have more noticeable correlations with mental health results. (Congsheng et al., 2022). For example, compared to general physical activities, engagement in sports was more strongly associated with a lower risk of adverse psychosocial outcomes (such as sadness and anxiety) in adolescents with hearing impairments. This emphasizes how playing sports has societal benefits beyond well-being (DeLuca & Rupp, 2022).

Psychological capital and success orientation are essential factors influencing an athlete's motivation, resilience, and overall performance. Psychological capital, which includes self-efficacy, optimism, hope, and resilience, equips athletes with the mental strength to persevere through challenges and setbacks. These positive psychological resources contribute to an athlete's success orientation, shaping whether they focus on personal growth and mastery (task orientation) or external validation and comparison (ego orientation). However, there is a need to explore how psychological capital directly impacts success orientation, particularly in the context of university student-athletes. By investigating these aspects, the study aims to provide insights into how psychological capital influences motivation and achievement in sports, ultimately contributing to the development of strategies that enhance student-athletes' overall performance and well-being.

Statement of the Problem. The study aims to determine the influence of psychological capital on the success orientation of the University Student-Athletes in La Union. Specifically, it seeks to answer the following questions:

1. What is the psychological capital of the respondents in terms of:
   1.1 personality traits; and,
   1.2 resiliency?

2. What is the level of success orientation in sports among the respondents in terms of:
   2.1 task orientation; and,
   2.2 ego orientation?

3. What is the difference in the success orientation of the non-successful and successful athletes?

4. What is the relationship between psychological capital and success orientation among the respondents?

Significance of the Study. This study helps athletes understand and delve into factors that influence athletes' performance. This understanding can help them optimize their training routines and overall preparation. In addition, this study can explore athletes' unique needs and experiences, including factors like motivation, goal setting, team dynamics, and athlete-coach relationships. This understanding can guide coaches, administrators, and support staff in providing appropriate support and resources to athletes. The findings can influence sports policies, regulations, and guidelines. This can lead to improved governance, athlete welfare, and fair play in sports. It will also serve as a valuable resource for sports education programs. It provides a foundation for curriculum development and offers valuable insights to students pursuing sports coaching, sports management, and physical education careers.

LITERATURES

Below is a collection of studies that delve into how psychological resilience and personality traits influences the success orientation of athletes.

Psychological Capital. The conceptual meaning of psychological capital, often referred to as PsyCap, is deeply rooted in positive psychology and organizational behavior. Psychological capital is a construct that represents a person's positive psychological resources, strengths, and capacities. It comprises four key components: hope, efficacy, resilience, and optimism. These components influence an individual's attitudes, behaviors, and overall well-being. When studying psychological capital, researchers often adopt a theoretical framework to guide their investigations and understand its impact on individuals and organizations. The "Positive Organizational Behavior" (POB) approach is a prominent theoretical framework for psychological capital. The psychological capital referred to in this study is personality traits and resiliency

Personality Traits. Personality traits refer to enduring patterns of thoughts, feelings, and behaviors characteristic of an individual that are relatively consistent over time and across different situations. These traits shape how people perceive and interact with the world around them, influencing their attitudes, emotions, and actions.

Personality traits are the building blocks of an individual's unique personality. They significantly shape how people respond to stress, make decisions, form relationships, and pursue goals. Understanding personality traits can provide valuable insights into an individual's motivations, preferences, and behavior patterns. This understanding of personality traits in athletes can enlighten and inform the audience, equipping them with an extensive understanding of the factors that influence athletes' performance and well-being (McGrath, 2023). Personality traits are not fixed or static; they can evolve and may be influenced by life experiences, cultural factors, and social context. Additionally, individuals may possess a combination of different personality traits, creating a unique and multifaceted personality profile (Piepiora, 2021). According to prior research on the Big Five, high-level athletes—those competing at the national or international level, for example—are more affable, diligent, and emotionally stable than low-level athletes—those competing at the county or regional level. Athletic success has historically been defined primarily in the competition level at which athletes compete (Costa & McCrae, 2002).

Additional research on personality in sports using the Big Five, a five-factor personality model (Costa & McCrae, 2002), reveals that conscientiousness varies between physically active and inactive individuals (Mirzaei et al., 2013; Allen & Laborde, 2014). People can be ambitious and focused on their life goals by engaging in physical activity. Additionally, it has been demonstrated that professionally trained athletes differ from physically active and non-trained individuals in that they exhibit lower levels of neuroticism and a higher degree of extraversion and conscientiousness (Allen & Laborde, 2014; Piepiora & Witkowski, 2018; Piepiora, 2021).

Psychological Resilience. The conceptual meaning of resiliency refers to an individual's ability to adapt, bounce back, and recover from adversity, challenges, or difficult life circumstances (Ledesma, 2014). It is the capacity to maintain positive functioning and psychological well-being despite facing significant stressors, trauma, or adverse events. Resiliency is not about avoiding or denying difficulties but facing them with strength and resourcefulness.

Researchers (Connor & Davidson, 2003; Galli & Vealey, 2008; Fletcher & Sarkar, 2012, 2013, 2014; Gonzalez et al., 2016) have gained insight into how resilience helps athletes return from injury. Psychological resilience may elevate the effectiveness of athletes' rehabilitation process because it helps athletes work toward and accomplish their goals and aspirations. When injured athletes possess the attributes within

the resilience framework during their rehabilitation process, they can create a positive experience for themselves despite the adversities they face and, in turn, increase their chances of recovering more quickly and effectively.

In asking the question as to why such athletes can still perform optimally despite their life struggles and adversities, a starting point might be to examine the culture behind the sporting experiences. An initial observation about Filipinos might suggest an ability to be resilient. With many years of surviving typhoons and earthquakes, not to mention political revolutions such as those during the Marcos regime, the unending political wars in Mindanao, and the country's poor economic state, resilience has become second nature to them. Filipinos are a resilient people. Watching the news, there was no clean water, food, or electricity. What most people do not realize, though, is that this is the norm for the majority of the country (Sheng, 2024) For Filipino athletes, resilience for optimal performance may be developed outside the sporting arena. Resilience may have already become a learned behavior among Filipinos. With it, they access coping skills when in a stressful or challenging situation, as demonstrated in the preceding sports-related examples. In a study of Filipino table tennis athletes, personality characteristics such as communicativeness, competitiveness, conscientiousness, perfectionism, apprehension, achievement, and extroversion were prominent (Lopez & Santelices, 2012).

Success Orientation in Sports. Success orientation in sports refers to an athlete's mindset and approach toward achieving success and reaching their goals in the sporting context. It encompasses an athlete's attitudes, beliefs, and behaviors in pursuing excellence and accomplishment in their chosen sport. Key characteristics of success orientation in sports include goal setting, competitiveness, self-improvement, resilience, effort and commitment, adaptability, and sportsmanship. Success orientation in sports can be understood and analyzed through various theoretical frameworks that help explain the psychological and behavioral factors contributing to athletes' pursuit of success. One of the prominent theoretical frameworks used in this context is Achievement Goal Theory (AGT). Dweck, Nicholls, and others developed AGT to explain how their goals influence individuals' motivation and behavior in achievement-related contexts, such as sports.

Task Orientation. Athletes with a task-oriented goal orientation focuses on mastering skills, improving their performance, and personal growth. They desire to develop competence and may view success as enhancing their abilities or surpassing previous performances. Task-oriented athletes tend to have a strong work ethic, persistence, and intrinsic motivation. They are more likely to take on challenges, even if there is a risk of failure, as they perceive mistakes as opportunities for learning.

Ego Orientation. Athletes with an ego-oriented goal orientation are driven to demonstrate competence and outperform others. They seek external validation, such as winning or receiving recognition, and may define success based on comparative achievements. Ego-oriented athletes may be more focused on winning at all costs and might experience higher levels of anxiety and pressure, especially in competitive situations. The difference in success orientation between non-successful and successful athletes can be significant and can play a crucial role in determining their performance and achievements in sports.

The Implications of Psychological Resilience for Sports Performance. The development of resilience in athletes is influenced by several factors, including personal attributes, social support systems, and cultural contexts. Mack et al. (2016) highlighted the significance of intrinsic motivation and self-efficacy in fostering resilience, while Galli et al. (2012) underscored the role of supportive relationships with coaches, teammates, and family members. The cultural environment in which athletes are embedded also plays a pivotal role, shaping their responses to challenges and opportunities for growth. The implications of psychological

resilience for sports performance are profound. In individual sports, such as marathon running, resilience has been associated with enhanced endurance and consistent performance over time (Schinke et al., 2012). In team sports, resilience fosters improved communication, adaptability, and cohesion, contributing to better team outcomes (Morgan et al., 2019). These findings underscore the pivotal role of resilience in both individual and collective success in sports.

While the existing literature offers valuable insights, there remain gaps that warrant further exploration. For instance, cultural differences in resilience development among athletes have not been thoroughly examined. Additionally, the role of emerging technologies, such as biofeedback and virtual reality, in resilience training remains an area of untapped potential. Longitudinal studies could also provide deeper insights into the sustained impact of resilience interventions on athletic performance and well-being.

How personality traits affect sports performance. Personality traits are enduring characteristics that influence how individuals think, feel, and behave. In sports, personality plays a crucial role in determining how athletes respond to training, competition, and challenges. Extensive research has highlighted the link between specific personality traits and athletic performance, with a focus on how these traits shape behavior, motivation, and resilience in various sporting contexts. Eysenck's theory of personality provides a foundational framework for understanding how traits such as extraversion, neuroticism, and psychoticism influence sports performance. Extraversion, characterized by sociability and high energy, is often associated with success in team sports where communication and collaboration are critical. Studies by Allen, Greenlees, and Jones (2013) indicate that extroverted athletes tend to thrive in high-pressure environments due to their ability to maintain energy levels and foster positive team dynamics.

Neuroticism, on the other hand, is negatively associated with sports performance. Athletes high in neuroticism are more prone to anxiety and emotional instability, which can hinder their ability to cope with the demands of competition. However, Hardy, Bell, and Beattie (2014) argue that effective coaching and psychological interventions can mitigate the negative effects of neuroticism, helping athletes manage stress and improve performance. The interplay between personality traits and situational factors is another area of interest. Athletes with certain traits may perform better in specific sports or environments. For instance, introverted athletes may excel in individual sports such as swimming or running, where focus and self-reliance are essential, while extroverts may thrive in team sports that demand high levels of interaction and energy (Allen et al., 2013).

METHOD

Research Design. The study used the descriptive-correlational research design to determine if there is a significant relationship between psychological capital and success orientation in sports university athletes in La Union.

Population and Sampling. The target population of the study are the University student-athletes in La Union. The respondents came from three (3) Don Mariano Marcos Memorial State University (DMMMSU) campuses. The researcher utilized purposive sampling to gather data. Purposive Sampling is best because sample groups are targeted to have specific attributes. This sampling method produces a more robust understanding of the study, which creates substantial results in real-time, as the respondents have specific knowledge of the research. The study classified the athletes into successful and non-successful athletes. Operationally defined, successful athletes or medalists are chosen to participate in the State Colleges and Universities Athletics Association (SCUAA) regional meet. On the other hand, the non-successful athletes were not chosen to participate in the SCUAA regional meet.157, or 72.69% of the student-athletes, are medalists, whereas 59, or 27.31%, are non-medalists. Medalist or non-medalist labels of

athletes are determined according to their performance during the University Meet last 2023 (Table 1). Players who bagged gold medal/s in the event and were chosen to represent the University in SCUAA R1 are labeled medalists. Figure 2 shows the distribution of respondents according to their sport events. There were 216 student-athletes from North La Union Campus (NLUC), Mid La Union Campus (MLUC), and South La Union Campus (SLUC) who served as respondents in the study. Specifically, 36 or 16.67% are volleyball players; 96 or 44.44% are athletics; 30 or 13.89% are basketball players and 54 or 25% are taekwondo players.

Table 1
Distribution of Respondents

Type of athlete	N	%
Medalist	157	72.69%
Non-medalist	59	27.31%
Total	216	100%

Data Gathering. In collecting data for this study, the researcher conducted a person-to-person floating of survey questionnaire. The survey was conducted in February 2024 at the three (3) different campuses of DMMMSU, namely: North La Union Campus (NLUC) in Bacnotan, La Union; Mid et al. (MLUC) in City of San Fernando, La Union; and South La Union Campus (SLUC) in Agoo, La Union.

The Sixteen Personality Questionnaire (16PF) was used to determine the personality traits of the athletes. It is one of the oldest commercially available measures of normal adult personality. It is used in various settings, including personnel selection, counseling, career development, and outplacement consulting. The inventory has also been utilized extensively in academic settings to advance understanding of personality structure, its roots, and predictive power. The psychometric properties of the fifth edition of the 16PF are well documented in its technical manual. The mean test-retest reliability (aka coefficient of stability) for the Primary Factor scales over a two-week and two-month period are 0.80 and 0.70, respectively. The internal consistency-reliability (aka coefficient alpha) averages 0.76. was used to determine the personality traits of the athletes. The scores are presented on a 10-point scale or standard-ten scale. The Sten scale has a mean of 5.5 and a standard deviation of 2, with scores below four considered low and above seven considered high. The TEOSQ is a 13-item questionnaire that measures task orientation (7 items) and ego orientation (6 items). Participants were asked to think about when they felt most successful in their sport.

The Task and Ego Orientation in Sport Questionnaire (TEOSQ; Duda, 1989) was developed to examine the relationship between an athlete's goal perspective and the perceived purpose of sport among male and female high school athletes. The Task and Ego Orientation in Sport Questionnaire is a modified, sport-specific version of the inventory developed by Nicholls (1989) to assess task and ego orientation in the academic context. The measure asks participants to think of when they felt most successful in their sport and respond to items reflecting task-oriented and ego-oriented criteria. The measure consists of 15 items and utilizes a 5-point Likert scale (e.g., "Learned a new skill" and "Others cannot do as well"). In two samples of varsity interscholastic athletic high school participants, Cronbach alpha coefficients for the six-item task and ego orientation subscales that emerged from the factor analysis were .82 and .89 for sample 1 and .62 and .85 for sample 2, respectively, and demonstrated acceptably high internal consistency. (APA PsycTests Database Record (c) 2019 APA, all rights reserved).

The Psychological Resiliency Scale (PRS) was used to measure the student-Athletes' resiliency. It is composed of four Domains: Self-Efficacy, Optimism, Cognitive Emotional Regulation, and Future Orientation, which measure University Student-athletes' level of resiliency. Five (5) professionals validated the questionnaires used in this study. The validators were two (2) Psychologists, one (1) Psychometrician, and two (2) Guidance Counselors. For the Psychological resilience questionnaire, 65 questions were highly valid. In

computing the reliability, the researchers used the Cronbach Alpha Reliability Coefficient, which is best for measuring the Internal Consistency of a test or scale. Internal Consistency describes the extent to which all the items in a test measure the same concept or construct. Hence, it is connected to the interrelated items within the rest (Cronbach, 1951). Relatively, the result obtained reliability coefficients of 0.927 for Psychological Resilience, which is highly reliable.

Data Analysis. The gathered data was organized and tabulated using Microsoft Excel Version 13 and was processed using Statistical Package for Social Sciences Software Version 21 (SPSS V. 21). *Weighted Mean* was used to determine the personality traits and level of resiliency and success orientation. *T-test* was used to determine if there is a significant difference in the level of Task and Ego orientation when grouped as the athletes are grouped according to type (successful vs. non-successful athletes). *Multiple Correlation and Regression Analysis* was utilized to determine the relationship among the different variables. Regression analysis was conducted to determine which personality traits and resiliency best predict athlete success orientation.

RESULTS

Personality Traits. Table 2 shows the Psychological Capital of the respondents in terms of personality Traits. Based on the results it was revealed that the athletes scored high in extraversion=7.95, tough-mindedness=8.12, and self-control =8.24 and moderate in terms of anxiety =5.0 and independence=5.42. These findings mean that the athletes are outgoing, warmhearted, cheerful, and lively. They enjoy being with others and are sociable and friendly.

The result also shows perceived level of Psychological Resilience as indicated by the different dimensions (Table 3). "Self-efficacy" obtained the highest mean rating of 3.08, followed by "Future orientation" with a mean rating of 3.06, "Cognitive Emotion Regulation" with a mean rating of 3.02, and lastly, optimism with a mean rating of 2.99. These findings mean that generally, the respondents are moderately psychologically resilient, with a general mean of 3.04.

Table 2
Personality Traits of Respondents

Global Factors	N	Sten	Description
Extraversion (EX)	216	7.95	High
Anxiety (AX)	216	5.00	Average
Tough-Mindedness (TM)	216	8.12	High
Independence (IN)	216	5.42	Average
Self-Control (SC)	216	8.24	High

These findings show they have a reasonable amount of self-efficacy, optimism, cognitive emotion regulation, and future orientation. Moderately resilient athletes demonstrate mental toughness, a positive attitude, and emotional regulation, but these traits may not be as robust as those seen in highly resilient athletes. They are solution-oriented and maintain consistent effort, although they might experience fluctuations in motivation and commitment. These athletes learn from failures and seek improvement but may need additional support to embrace a growth mindset fully. Socially, they rely on support networks and contribute positively to their teams, though they may sometimes struggle with open communication and maintaining their role as a motivator during tough times.

Table 3
Psychological Resilience of the Respondents

Domain	WM	DE
1.Self-Efficacy	3.08	Average
2.Optimism	2.99	Average
3.Cognitive Emotion Regulation	3.02	Average
4.Future Orientation	3.06	Average
Grand Mean	3.04	Average

The overall perceived level of Success orientation as indicated by the two dimensions (table 4) shows that between the two dimensions, task orientation obtained a higher mean rating of 3.08 than ego orientation, whereas ego orientation obtained a mean of 2.99. Both are indicative of moderate orientations. Also, the respondents have a

generally moderate success orientation with an overall mean of 3.04. These findings imply that the athletes have a moderate success orientation, characterized by a balanced approach to achieving their goals, combining ambition with practical limitations. These athletes are focused on success but may exhibit a different intensity or consistency than those with high success orientation. They are motivated by intrinsic factors, such as enjoyment of the sport, and extrinsic factors, like recognition and rewards. They consistently put in effort during training and competition but may only sometimes push beyond their comfort zone or strive for excellence in every session.

Table 4
Level of Success Orientation in Sports according to Dimension

Domain	WM	DE
1. Task Orientation	3.08	Average
2. Ego Orientation	2.99	Average
Overall Mean	3.04	Average

In comparing the mean values of the medalists (successful) and non-medalists (non-successful) athletes according to dimension as shown in (Table 5), the mean task orientation of the medalists=3.58, whereas the mean for the non-medalists= 3.53. The t-test was used to determine if there was a significant difference between the two means. As shown, the computed t-value =0.78 with a significance level of .435, which is more than 05. The null hypothesis of no significant difference between the two means is accepted. This finding means that the level of task orientation of medalist and non-medalist athletes is the same.

Table 5
Difference in the Success Orientation of the Non-successful and Successful Athletes

Dimension	Medalist	Non-Medalist	tcv	Sig
	M	*M*		
Task Orientation	3.58	3.53	0.78	.435
Ego Orientation	2.46	2.53	-1.33	.184
Success Orientation	3.02	3.09	1.45	.147

Regarding ego orientation, the mean of the medalists is 2.46, whereas the mean of the non-medalists=2.53. The t-test was used to determine if there was a significant difference between the two means. The computed t-value=-1.33, with a significance level of .184, which is more than 05. The null hypothesis of no significant difference between the two means is accepted. This finding means that the levels of Ego orientation of medalist and non-medalist athletes are the same. The relationship between success orientation and psychological resilience is shown in Table 6 displaying a computed correlation coefficient is 0.69. Hence, the computed r is significant at 0.01 alpha level. This indicates a moderate positive relationship between success orientation and psychological resilience. The R square or coefficient of determination value (r^2=.481) indicates how much of the total variation in the dependent variable Success orientation can be explained by the independent variable, psychological resilience. In this case, 48.1% of success orientation can be explained by psychological resilience. The result also shows the relationship between Success Orientation and dimensions of Psychological Resilience.

Table 6
Relationship between Success Orientation and Psychological Resilience

Psychological Resilience	Success Orientation		R	N	Sig
Self-Efficacy	.526**				
	.000	Psychological Resilience			
Optimism	.613**				
	.000				
Cognitive Emotion Regulation	.528**		.693	216	.000
	.000	Success Orientation			
Future Orientation	.449**				
	.000				

It shows that success orientation and Self-efficacy have a moderate positive relationship with a correlation coefficient of 0.53; success orientation and optimism have a moderate positive relationship with a correlation coefficient of 0.61; success orientation and cognitive emotion regulation have a moderate positive relationship with a correlation coefficient of 0.53; success orientation and future orientation have a moderate positive

relationship with a correlation coefficient of 0.45. All the correlation coefficients are significant at .01, which indicates a linear relationship. This implies that the more the athletes are psychologically resilient, the higher their success orientation.

Based on the regression model, the explanatory or independent variable (psychological resilience) can generally predict the criterion or dependent variable (success orientation)) significantly well (p<.000) (Table 7). This indicates that psychological resilience significantly predicts and contributes to the success orientation of student-athletes. The derived regression equation: Y=Success Orientation (predicted) =0.603 + 0.803X. This equation means that if the value of the predictor variable is 0, the constant value of the criterion variable is. 603. The equation estimates the increase in success orientation predicted by a .803 increase in the predictor variable.

Table 7
Simple Regression Analysis between Success Orientation and Psychological Resilience

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.
	B	St. Error	Beta		
(Constant)	.603	.174		3.477	.001
Psychological Resilience	.803	.057	.693	14.08	.000

Dependent Variable: Success Orientation

The relationship between success orientation and personality traits, as displayed in Table 8, shows that success orientation and extraversion have a low but positive relationship with a correlation coefficient of 0.35; success orientation and tough-mindedness have a high positive relationship (.72); and success orientation and self-control also have a high positive relationship (.73). On the other hand, success orientation and anxiety have a negative low relationship with a correlation coefficient of -.22; and also, success orientation and independence have a negative low relationship with a correlation coefficient of -.19. This finding implies that self-control, followed by tough-mindedness and extraversion, influence success orientation the most. On the other hand, anxiety and independence have a negative impact on success orientation. All the obtained correlation coefficients are significant at .01. The result shows a high relationship between success orientation and self-control. This implies that the combination of high self-control and success orientation fosters greater resilience and adaptability in athletes.

Table 8
Relationship between Success Orientation and Personality Traits

Global Factors	R	sig
Extraversion	.35	.000
Anxiety	-.22	.001
Tough-Mindedness	.72	.000
Independence	-.19	.006
Self-Control	.73	.000

Table 9 shows the multiple regression analysis between success orientation and personality traits. Based on the analysis, only three factors significantly predict success orientation. They are self-control (.236; sig.=.000), toughmindedness (.219; sig=.000) and extraversion (.047; sig.=.0107) The derive regression equation is Y (Success Orientation) = -9.35 +.236X1 (Self-control) +.219X2 (Tough-mindedness+.047X3 (Extraversion).

Table 9
Multiple Regression Analysis between Personality traits and Success Orientation

Personality Traits	Unstandardized Coefficients		Standardized Coefficients	T	Sig.
	B	St. Error	Beta	Tcv	Sig.
(Constant)	-.935	.237		.3949	.000
Extraversion	.047	.020	.1000	2.395	.0107
Anxiety	.000	.010	.001	-.13	.990
Tough-mindedness	.209	.024	.431	8.730	.000
Independence	-.008	.004	.071	1.776	.077
Self-control	.236	.027	.438	8.670	.000

Dependent (Criterion) Variable: Success Orientation

The multiple regression means that given 0 values of the explanatory variables, the constant value of success orientation is -.935, as indicated by the intercept (constant). Moreover, for every unit increase in self-

control, there is a corresponding .236 unit increase in success orientation; for every unit of tough-mindedness, success orientation is increased by .209 units, while for every unit increase in extraversion, there is a corresponding .047 increase in success orientation. Anxiety and independence are not significant predictors of success orientation since their t-values did not reach.05 level of significance.

DISCUSSION

The study examined the influence of Psychological Capital consisting of Psychological Resiliency and Personality to the success orientation in sports in university athletes in La Union. Based on the findings, in terms of Personality traits, athletes with high self-control can lead to better performance. They are more disciplined in their training routines and can maintain concentration, calmness, and composure during their training and competition. According to Englert (2016), superior athletic performance is one of the many sports and fitness activities that require self-control. Toering and Jordet (2015) found a favorable correlation between self-control practice quantity and soccer performance in a sample of professional soccer players. Given this data, it is plausible that exhibiting high trait self-control levels is essential to reaching peak athletic performance.

The findings also imply that athletes have to be tough-minded because sports as an endeavor is very competitive and needs strong-willed athletes. Athletes who exhibit tough-mindedness demonstrate remarkable resilience, allowing them to recover quickly from setbacks and failures. Athletes' success has been favorably correlated with mental toughness, which has also been linked to adaptive mental health functioning, well-being, decreased stress, depression, and improved sleep quality (Cowden et al., 2019). One review found that higher levels of mental toughness among athletes were associated with better performance, more progress toward goals, less stress, better coping skills, and more self-reflection. Mental toughness also improves confidence, self-control, and positive thinking (Fetters & Byrne 2024).

According to the study of Ghaderi and Ghasemi (2012), high levels of extraversion are positively correlated with team sports, while lower levels are found in individual sports. In team sports, extroverted athletes excel in communication and collaboration, fostering strong team cohesion. The same result was also found in the study of (Mollazadeh et al., 2020), which shows that the athletes in group sports scored higher than those in individual sports in extraversion, which aligns with the research of Nia and Besharat (2010) and Singh (2017). Moreover, it shows that the score of team sport athletes on extraversion, agreeableness, and sociotropy is higher than the scores of individual sport athletes in these variables (Kökény, 2018; Singh, 2017; Nia & Besharat, 2010).

The average Sten score of athletes in anxiety implies the ability to help athletes achieve an optimal level of arousal. According to the Yerkes-Dodson Law (1908), a relationship between arousal and performance can be described as an inverted U-shape. This means that performance improves with arousal up to a certain point, beyond which further increases in arousal can impair performance. Average anxiety helps athletes reach this optimal arousal level, enhancing their focus and performance during competitions. The average Sten score in independence implies that athletes must take personal responsibility for their actions and performance. Athletes with a balanced level of independence will likely own their training routines, dietary habits, and recovery processes. By balancing independence and interdependence, athletes can communicate effectively and collaborate with their teammates, improving team dynamics and collective performance.

In terms of Psychological Resilience, the findings show they have a reasonable amount of self-efficacy, optimism, cognitive emotion regulation, and future orientation. Moderately resilient athletes demonstrate mental toughness, a positive attitude, and emotional regulation, but these traits may not be as robust

as those seen in highly resilient athletes. They are solution-oriented and maintain consistent effort, although they might experience fluctuations in motivation and commitment.
In Özdemir (2019) examination into the psychological resilience of elite athletes, it was found that these athletes have a moderate level of resilience and that, as a result of intense training and ongoing success anxiety throughout the season, their performance differs from competition to competition. Athletes who compete in sports for performance experience a high level of responsibility because of high expectations of success and who have become financially independent to a great extent (Tuzcuoğulları & Abakay, 2017). The study conducted by Jaiyeoba et al. (2023) significantly advanced our knowledge of the role of resilience in athletic environments.

The current result is also in line with a study by Fletcher and Sarkar (2012), which found that an athlete's psychological resilience is demonstrated by their ability to manage and hurdle any stressors related to the competitive environment, mainly if they can take advantage of these opportunities to improve their performance. Similar results were found in the studies of Codonhato et al. (2018), Pedro and Veloso (2018), and Cevada et al. (2012), which revealed that the resilience of athletes demonstrates innate abilities that shield people from the negative impacts of stressful situations. They are better prepared to overcome the challenges and stress of sporting environments, increasing the probability of a successful career in sport. This also coincides with the finding of Brown et al. (2015) that winter sports athletes indicated how they have recovered from adversity and acquired additional resilient qualities as a response to adversity.

In athletes' success orientation, the findings imply that the athletes have a moderate success orientation, characterized by a balanced approach to achieving their goals, combining ambition with practical limitations. According to Fletcher and Sarkar (2012), another significant result of success orientation is greater resilience and adaptability. Success-oriented athletes view challenges and setbacks as opportunities for growth and learning. This mindset allows them to recover quickly from failures, adapt strategies, and continue striving towards their goals with renewed vigor. Similarly, success-oriented athletes often exhibit improved focus and concentration. Their clear objectives and determination help them stay focused during training and competitions, minimizing distractions and enhancing their ability to perform under pressure. This heightened concentration is crucial for executing complex skills and strategies (Moran, 2016).

In the study of Iancheva and Kuleva (2017), examining goal orientation and coping with success in sports, it is found that among the researched athletes task orientation is predominant; this suggests that the competitors do not strive for success at any cost and are not led only by the result but by the satisfaction with the activity. In addition, according to the study of Holgado et al. (2010), athletes who find satisfaction in experiencing mastery, who perceive in the motivational climate in which they are immersed that hard work is rewarded, and who believe that success depends on their effort, will develop a task goal orientation.

The difference between medalists and non-medalists is that the athletes come from the same schools with the same training programs and motivational techniques. The finding contradicts the result of the study conducted by Singh and Kaur (2022), which found in their descriptive data analysis that the mean score of Medalists was much higher than that of non-medalist athletes. Further, the data analysis also reveals a significant difference ($p<0.05$) in the mean score of Medalist and Non-Medalist players in both track and field events. Based on the results obtained from the study, there is a significant difference in the coping skills and success orientation of track and field male athletes. Medalist athletes with high task orientation invest more effort in improving technique and ideal performance (Gregg et al., 2016). With that, it can be proved that higher task orientation of medalist athletes can lead to

better success in sports achievements despite the other factors affecting athlete's performance, including the opponents' competition level, climate, and experience.

This is supported by the findings of Singh and Kaur (2022), which show that medalist archery players have significantly better mental skills and task orientation than non-medalist players. In addition, in the study of Suppiah et al. (2018), it was found that there is a significant difference between medalist and non-medalist taekwondo players in the variability of attacking technique and goal orientation. Similarly, identical results were found in the study of Lal (2017), showing a significant difference between medal winners and non-medal-winner boxing athletes; it was found that achievement, will win, and task orientation of medal-winner athletes are significantly higher than the non-medal winner at university, state and national level.

The result shows that success orientation and Self-efficacy have a moderate positive relationship. Lu et al. (2015) supports the assumption that resilience is negatively associated with stress-related outcomes and that these outcomes are even less likely if the resilient athlete also experiences high success orientation. Similarly, MacNamara and Collins (2012) state that the most successful athletes consistently employ mental abilities that optimize learning and concentration, allowing them to successfully overcome various challenges and display high resiliency. Similar to the results, Laborde et al. (2016) found that resilience is an essential ability regarding success orientation in sports. Thus, resilience can be a crucial factor for athletic success, as managing stress can be seen as a competitive advantage (Decroos et al., 2017). The same results were found in the study by Hosseini and Besharat (2010), which revealed a positive connection between resilience and athletic performance in Iranian athletes.

Relationship between personality traits and success orientation shows that self-control, followed by tough-mindedness and extraversion, influence success orientation the most. On the other hand, anxiety and independence have a negative impact on success orientation. In consonance with the result, a study conducted by Duckworth et al. (2007) showed a strong relationship between self-control and success orientation. Athletes with high self-control are more likely to pursue long-term goals despite setbacks or challenges. Mental toughness enhances an athlete's ability to stay focused, resilient, and confident, which supports their success orientation by enabling them to pursue and achieve high goals. Conversely, a vital success orientation drives athletes to set challenging goals and stay motivated, contributing to developing and reinforcing mental toughness. These attributes help athletes perform at their best and achieve their potential (Cowden, 2017). The result shows a weak relationship between extraversion and success orientation of athletes. This implies that athletes may struggle with practical goal setting and achievement. Athletes may struggle to handle stress and setbacks without social support and external motivation. In contrast to the result, according to Sarracino (2024), extraverted athletes who tend to be outgoing, assertive, and energetic may feel more energized by the competitive atmosphere of a game or match, leading to increased motivation and focus. In addition, the study of Allen et al. (2020) showed that athletes scoring higher on extraversion use more adaptive policies and are more successful. The result also shows a negative low relationship between success orientation and anxiety. This may imply that an athlete is neither motivated by the drive to succeed nor significantly affected by competitive stress. The finding of research published in the Hai and Gupta (2023) affirmed the result that anxiety and success orientation have an inverted relationship, which indicates that anxiety is essential to competition. However, when anxiety gets too high or even too low, performance can be negatively impacted. Anxiety is assumed to deteriorate the athletes which results in reduction of overall performance (Hanin, 2000; Weinberg & Gould, 2010, as cited in Bukhari et al., 2021). Anxiety is not always bad, but it can help the players focus and be alert in performing their actions. They also affirm that an adequate level of anxiety can produce better results in sports. Moreover, they

further illustrated that the best result can only be obtained when the player participates with a moderate level of anxiety.

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