

## ADDRESSING THE CHALLENGES OF MENTAL HEALTH IN SPORTS IN THE PHILIPPINES

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Mental health is a key component of general well-being, and it is as important in athletics as it is in any other element of life. Anxiety, sadness, and burnout are common mental health disorders among athletes, coaches, and sports professionals. Mental health in sports is becoming more recognized as a significant issue in the Philippines. In this article, we look at mental health in sports in the Philippines and the steps taken to address it.

Mental health issues in sports are common. Mental health concerns are frequent in sports, and this is no exception in the Philippines. Due to variables such as competitive pressure, injuries, and personal concerns, athletes and coaches are prone to stress, anxiety, and depression. According to studies, 24% of Filipino athletes suffer from depression, while 68% suffer from anxiety-related symptoms (Perez, 2020). Furthermore, the COVID-19 epidemic has exacerbated the difficulties, causing interruptions in training and competition, as well as isolation and uncertainty.

Measures taken to address mental health in sports. In response to the increased awareness of mental health concerns in sports, steps have been taken in the Philippines to promote mental well-being and help individuals in need. In tackling mental health in sports, the Philippine Sports Commission (PSC) has chosen a proactive approach. The PSC has initiated the Mental Health in Sports Program (MHSP) in collaboration with the Philippine Psychiatric Association, with the goal of providing mental health education, training, and support to athletes, coaches, and sports professionals (Giongco, 2021).

In addition, there are initiatives underway to foster an open and supportive atmosphere in the sports community. Athletes and coaches are encouraged to seek assistance when necessary and have access to mental health experts. Mindfulness training, stress-reduction strategies, and peer support groups are additional attempts to enhance mental well-being.

Mental health is an essential element of total health, and it is especially vital in sports, where players and coaches encounter specific obstacles and expectations. In the Philippines, mental health in athletics is recognized as a significant problem, and steps are being taken to address it. We can guarantee that players and coaches are ready to succeed both on and off the field by fostering mental wellness, establishing a supportive atmosphere, and giving access to mental health services.

#### *References:*

Giongco, M. B. (2021). PSC moves to boost mental health awareness in sports.

Philippine News Agency. s