

## Grit and Psychological Well-Being Among Elite Wushu Players

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**Abstract :** Being a collective phrase for Martial arts that originated from China, Wushu is a form of self-defense and an international (Olympic) sport. Having emerged as a competitive sport, the competitions are generally in two disciplines in Wushu, namely 'taolu,' which refers to the forms, and 'sanda', which refers to the sparring. Indeed, the competition at the elite level is challenging more mentally than physically. Being masters of their games, excellence at that level is immensely defined by the mental strength characterized by perseverance and passion (grit) along with the psychological wellbeing. Thus, research attempting to understand this relationship is important. The present study was aimed to investigate the relationship between grit and psychological wellbeing among elite Wushu players. The sample of the present study comprised of 35 elite wushu players from India. Out of the 35 players, 16 were females (45.7%), and 19 were males (54.3%), and all had represented at the National and International level. 14 players were from the event of Taolu, and 21 players were from the event of Sanda. The questionnaires used were the short grit scale (Duckworth & Quinn, 2009) and the flourishing scale for psychological wellbeing (Diener et. al., 2009). The statistics included Descriptive (Mean, Standard deviation) and Inferential analysis (correlation). The results highlighted the relationship between the two variables. The insights gained from this study indeed seem immensely helpful in adding to the research of the psychological profile of Elite wushu players and has implications for psychological interventions and mental training for the players.

**Keywords :** wushu, elite athletes, grit, psychological wellbeing, excellence

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