

## Psychological Well-Being at Work Among Sport Coaches: A Systematic Review and Perspectives

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**Abstract :** The concept of well-being at work is one of today's major challenges in maintaining quality of life and managing psycho-social risks at work. Indeed, work in the sports sector has evolved over time, and this exponential evolution, marked by increasing demands and psychological, physical and/or social challenges, which sometimes exceed the resources of sports players, influences their sense of well-being at work. Well-being and burnout as antagonists provide information on the quality of working life in sports. The main objective of this literature review was to examine the scientific corpus dealing with the subject of psychological well-being at work in the sports sector and, more specifically, with sports coaches while exploring the link between sports burnout and well-being. The results reveal the richness of the conceptual approaches and the difficulties of putting them into practice. Prospects for future research were put forward.

**Keywords :** psychological well-being, burnout, quality of life, sports coaching

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