

Personality trait as one of psychological predictors of injuries among Malaysian professional football players

Abstract

Sports psychology concern with psychological factors that influence both participation and performance in sport and exercise as well as psychological effects derived from them. One of the aspects that sport psychologists are working on is to look at the relationship between psychological predictors and injury occurrence in sport activities. Psychological parameters such as personality traits, anxiety, self-esteem, and mental toughness are among the factors that can be considered to determine psychological predictors leading to athletic injury. Accordingly, identification of factors that predispose athletes to injury is essential in order to develop effective interventions before the actual occurrence of sport injury.