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Mind under pressure: Fear of Failure and its psychological correlates among cricketer's

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Abstract

Young cricket players' performance and stress management are significantly influenced by psychological variables such as resilience, fear of failure, and personality qualities. This study examined the relationships between fear of failure, resilience, and personality traits in young cricket players.164 cricket players, equally divided between male and female, between the ages of 19 and 25, participated in this study. Each factor is measured using well-known questionnaires, and the data is analysed using Pearson correlation and the T-test.

The results indicated a strong correlation between psychological factors such as fear of failure and resilience, implying that they are in fact diametrically opposed. Resilience and fear of failing were closely associated with certain personality qualities, such as agreeableness and extraversion. In particular, neuroticism was associated with fear-based traits. Conversely, conscientiousness appeared to contradict resilience and some aspects of failure-related anxiety. Additionally, no significant gender differences were found in any of these variables.

Altogether, the results show that fear when managed well, isn't always bad; it might even help performance under pressure. So, understanding these patterns can help coaches and sports psychologists design better strategies to boost a cricketer's mental toughness and overall game.

Keywords: Fear of Failure, Resilience, Personality Traits, Cricketers, Sports Psychology

Introduction

Although a wide variety of sports are played across the globe, cricket holds a particularly prominent position due to its massive popularity, competitive intensity, and psychological demands on players. Cricket isn't just about skill or tactics; it is also a real test of mental strength. Every mistake stands out. When a player gets out or drops a catch, people notice right away and criticism can come fast, sometimes from the crowd, sometimes from commentators, sometimes from everyone watching at home. That pressure adds up. To keep performing, cricketers have to juggle their focus, emotions and confidence, all while not knowing exactly what's coming next. The ones who manage that mental noise tend to stay steady, while others see their performance dip when things get tense.

Out of all the mental hurdles cricket throws at players, fear of failure probably tops the list. It works its way into an athlete's thoughts before they even stop onto the field. The worry isn't just about making a mistake, it's about what people will do if they do, how their reputation might take a hit, or whether a single bad moment could cost them a spot on the team. In those situations, cricketers are doing more than just playing; they are also fighting with anxiety of what could happen if things go wrong.

Researchers and coaches are more aware than ever that these mental battles can make or break a player, no matter how talented or fit they are. Often, it's not a lack of skill or conditioning that leads to a bad performance, it's the mind under all that pressure.

1. Fear of Failure

Fear of failure is not merely a transient emotional reaction to poor performance; rather, it represents a multidimensional psychological construct involving cognitive, affective, and behavioral components that influence how athletes anticipate and respond to performance situations. Conceptually, fear of failure has been defined as the tendency to appraise failure as threatening due to the anticipated negative consequences associated with underperformance, such as shame, embarrassment, social devaluation, or loss of self-worth.
In the sporting domain, particularly in cricket, fear of failure operates through anticipatory cognitive mechanisms that become activated prior to and during performance. These mechanisms often include worry about making mistakes, rumination about past failures, and heightened sensitivity to evaluative feedback from coaches, selectors, teammates, and spectators. Over time, repeated exposure to high-pressure evaluative environments may condition athletes to associate competitive situations with potential psychological threat, thereby reinforcing fear-based performance patterns. The multidimensional model of fear of failure suggests that athletes may fear several specific consequences of failure, including: (Fear of experiencing shame and embarrassment, Fear of devaluing one's self-estimate, Fear of uncertain future outcomes, Fear of important others losing interest and Fear of upsetting significant others)

Impact of Fear of Failure on Cricketers

Fear of Failure shapes how cricketers think, feel and perform, no matter their experience level. In cricket, pressure is everywhere, every match, every ball someone's watching, judging and those outcomes can change a player's future. So, it's no surprise that many cricketers worry about what will happen if things go wrong.
This fear tends to crack up the nerves, leading to what's called competitive anxiety. Suddenly, you have got worries swirling in your head, doubts creeping in and it gets hard to focus. That's the big problem in cricket again that demands sharp attention whether your tracking above the ball picking up your short or planning the next delivery. can lessen the players ability to execute and things can fall apart quickly. Research and applied observations suggest that athletes high in fear of failure often demonstrate: (Risk-averse shot selection, Hesitation in tactical decision-making, overly cautious batting or bowling strategies and Reduced assertiveness in critical match situations.) For instance, a batter fearing dismissal may avoid scoring opportunities, leading to increased pressure and suboptimal strike rotation. Similarly, a bowler concerned about conceding runs may avoid attacking lines and lengths, thereby reducing wicket-taking opportunities. Another important consequence is attentional disruption. According to attentional control theory, anxiety-related worry consumes working memory resources, thereby reducing the efficiency of goal-directed attentional systems.

In cricket, this may manifest as: **(Slower reaction times, Poor shot timing, Inconsistent bowling rhythm and Fielding errors under pressure)**

2. Resilience

Resilience, conceptualized as the dynamic capacity to withstand adversity, recover from setbacks, and maintain adaptive functioning under pressure, has emerged as a cornerstone construct in contemporary sport psychology. Rather than representing a fixed personality trait, resilience is increasingly viewed as a developable psychological resource shaped by individual characteristics, environmental supports, and learned coping skills.

In cricket, resilience is particularly critical due to the sport's inherent uncertainty and repeated exposure to failure experiences. Even elite batters experience frequent dismissals, bowlers concede runs, and fielders commit occasional errors. Unlike some sports where success rates are high, cricket structurally normalizes failure, making psychological recovery a fundamental performance skill.

Resilient cricketers typically demonstrate several key psychological competencies, including:

(Emotional regulation under pressure, Cognitive flexibility, Persistence following setbacks, Maintenance of task focus after errors and Adaptive stress appraisal)

Impact of Resilience on Cricketers

Resilience plays a pivotal role in determining how effectively cricketers manage the psychological demands inherent in competitive sport. Players are routinely exposed to performance pressure, public evaluation, selection uncertainty, injury setbacks, and fluctuating success–failure cycles. The ability to navigate these challenges without significant deterioration in performance or well-being distinguishes psychologically robust athletes from their more vulnerable counterparts. One of the most critical functions of resilience in cricket is facilitatingrapid psychological recovery following errors. Given the episodic nature of the sport, players often have limited time to mentally reset between performance episodes. Resilient cricketers demonstrate the capacity to: **(Let go of previous mistakes quickly, Re-Centre attentional focus, maintain confidence after setbacks and sustain competitive engagement throughout the match.)**

3. Personality Traits

Personality traits, particularly as conceptualized within the Big Five framework—openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism provide a comprehensive dispositional structure for understanding individual differences in athletes' emotional responses, coping behaviors, and performance tendencies. Unlike transient psychological states, personality traits represent relatively stable patterns of thinking, feeling, and behaving that influence how athletes interpret and respond to competitive environments. Within cricket, personality traits may shape several psychologically relevant processes, including: **(Perception of performance pressure, Emotional reactivity to success and failure, Coping strategy selection, Interpersonal dynamics within the team and Motivational orientation toward achievement)**

Impact of Personality Traits on Cricketers

Personality factors play a fundamental role in shaping how cricketers perceive competitive demands, regulate emotional responses, interact within team environments, and perform under pressure. Because personality traits represent enduring dispositional tendencies, they influence not only observable behavior during matches but also underlying cognitive appraisals and coping processes.In the cricketing context, personality affects performance in several important ways. Athletes high in conscientiousness often demonstrate superior training discipline, strategic planning, and persistence during long innings or demanding bowling spells. Their structured approach to preparation may also support the development of psychological resilience over time.In contrast, cricketers with higher neuroticism may experience greater performance anxiety, rumination following mistakes, and sensitivity to evaluative feedback. This profile may increase susceptibility to fear of failure, particularly in high-visibility match situations. However, with appropriate psychological support, even athletes high in neuroticism can develop effective emotional regulation strategies.

Design & Methodology

Study design: Correlational study

Population: Cricket Players

Study Duration :
The duration of the study, including the time for data collection, data analysis and reporting was from March 2025 to February 2026.

Sample Size:
G power version 3.1.9.7 software was used to estimate the sample size for this study. The power and the level of significance set for this study are as follows: 164 (Effect size:0.3 alpha effect power - 0.05, g-power 0.95)

Setting: GNDU Players, cricket players from Amritsar and Delhi

Inclusion criteria:

1. Age range: The age range of participants was between 19 – 25 years
2. Gender: Male and Female cricket players (across all the levels)

Exclusion criteria

1. Psychologically ill and injured athletes were not included.
2. Cricket players who left playing cricket

Consent form: Before starting the research study, it was told to them about its purpose and to take the consent form with their approval.

Procedure :

1. The study was conducted on 164 cricket players (82 male & 82 female)
2. They were provided with consent form first, whereby their voluntary participation has been ascertained
3. Taking consent form, the researcher administered 3 scales on the athletes:

A. The performance failure appraisal inventory
B. Big five personality inventory
C. Resilience scale

Ethical clearance:
The study was approved by the institutional Ethics Committee (Number 3953/HG, Dated: 18/06/2025) of Guru Nanak Dev University, Amritsar, Punjab

Measurement tool :
1. The performance failure appraisal inventory
2. Big five personality inventory
3. Resilience scale

Results & Analysis

1. Age frequency, mean and standard deviation

The age-wise distribution of participants indicates that the sample was fairly well spread across the age range of 19 to 25 years. The highest number of participants was observed in the age group of 22 years (n = 29), followed by 25 years (n = 27) and 20 years (n = 23). The lowest representation was found in the age group of 24 years (n = 20). Importantly, the gender distribution within each age category appears relatively balanced, with equal overall representation of male (n = 82) and female (n = 82) cricketers in the total sample (N = 164). This balanced sampling enhances the comparability of gender-based analyses in the present.

Age

			Gender Frequency		Total
			Male	Female	
Age	19	Frequency	8	14	22
	20	Frequency	12	11	23
	21	Frequency	11	10	21
	22	Frequency	18	11	29
	23	Frequency	11	11	22
	24	Frequency	9	11	20
	25	Frequency	13	14	27
Total		Frequency	82	82	164

Gender	N	Mean	Std. Deviation
Male	82	22.11	1.905
Female	82	22.01	2.111
Total	164	22.06	2.005

2. THE MEANS AND STANDARD DEVIATION OF THE MALE AND THE FEMALE CRICKET PLAYERS ON ALL THE MEASURED VARIABLES ALONG WITH THEIR STATISTICAL SIGNIFICANCE OF DIFFERENCES BETWEEN MEANS

N = 164, MALES = 82, FEMALES = 82

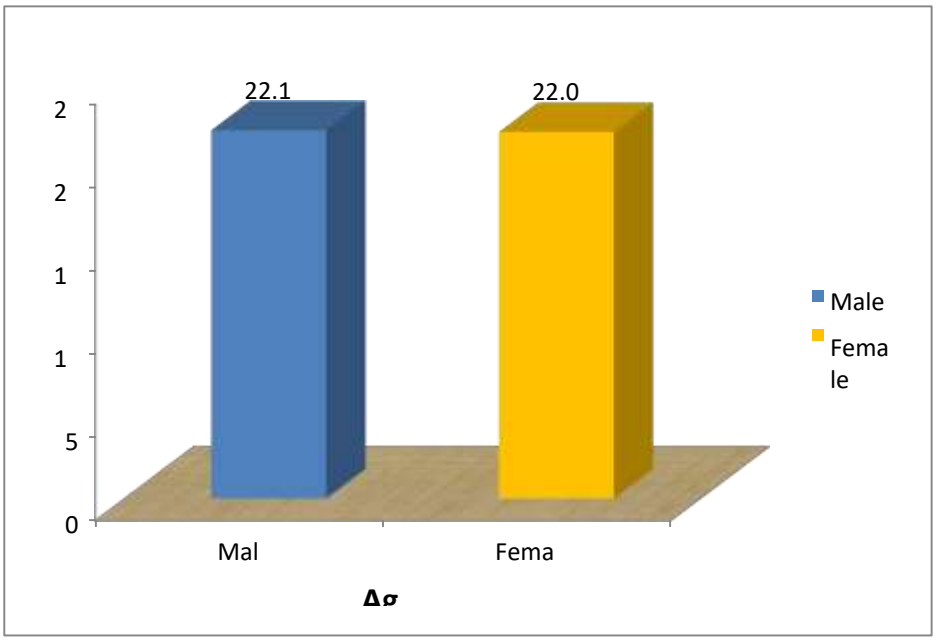
	Gender	N	Mean	Std. Deviation	Std. Error Mean
FSE	Male	82	.153305	.8799926	.0971789
	Female	82	.160273	.8810254	.0972930
FDSE	Male	82	-.0335	.87644	.09679
	Female	82	-.0549	.87226	.09633
FUF	Male	82	.1707	.84882	.09374
	Female	82	.1585	.85483	.09440
FIOLI	Male	82	.063	.9253	.1022
	Female	82	.088	.9496	.1049
FUIO	Male	82	.198	.8529	.0942
	Female	82	.222	.8755	.0967
General Fear	Male	82	.110296	.6772889	.0747941
	Female	82	.116533	.6786140	.0749404
Perseverance	Male	82	23.451	5.0213	.5545
	Female	82	23.512	5.0363	.5562
Composure	Male	82	25.061	7.2288	.7983
	Female	82	25.195	7.2119	.7964
Self-reliance	Male	82	17.073	3.2156	.3551
	Female	82	17.183	3.1667	.3497
Faith	Male	82	15.939	6.5099	.7189
	Female	82	16.049	6.4672	.7142
Total Resilience	Male	82	81.524	19.5746	2.1617
	Female	82	81.939	19.3150	2.1330

Extraversion	Male	82	3.1527	.35416	.03911
	Female	82	3.1454	.36097	.03986
Agreeableness	Male	82	3.2359	.39671	.04381
	Female	82	3.2483	.38062	.04203
Conscientiousness	Male	82	3.2339	.32514	.03591
	Female	82	3.2282	.32052	.03540
Neuroticism	Male	82	3.0311	.48118	.05314
	Female	82	3.0370	.48249	.05328
Openness	Male	82	3.3043	.40278	.04448
	Female	82	3.3049	.40212	.04441

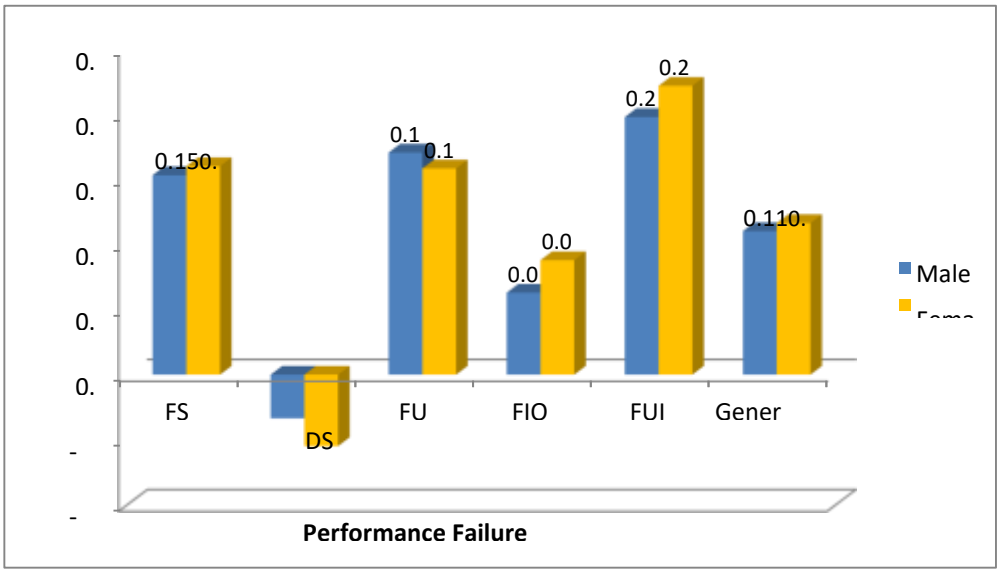
The descriptive statistics indicate that male and female cricketers exhibit highly similar mean scores across all dimensions of fear of failure, resilience, and personality traits. Minor differences are observed, with females showing slightly higher scores in certain fear of failure dimensions (FSE, FIOLI, FUIO, General Fear), resilience components, and traits such as agreeableness, neuroticism, and openness, while males are marginally higher in FDSE, FUF, extraversion, and conscientiousness. However, these variations are negligible in magnitude. The standard deviations and standard errors are also comparable across genders, indicating similar variability within groups. Overall, the findings suggest a psychologically homogeneous sample, with no meaningful gender-based differences across the measured variables

Graphical description of mean age

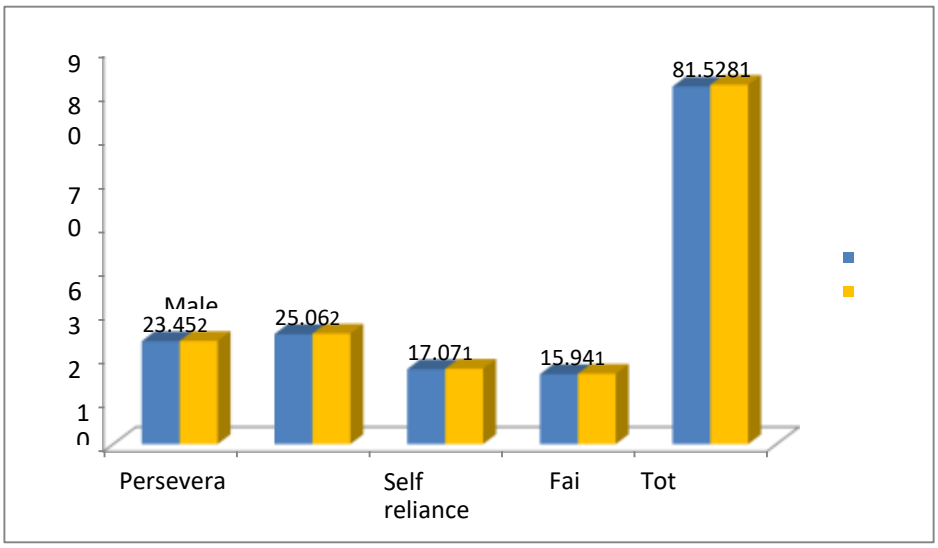
1. Bar graph showing nearly identical mean age of males (22.11 years) and females (22.01 years) participants, indicating age homogeneity across gender.



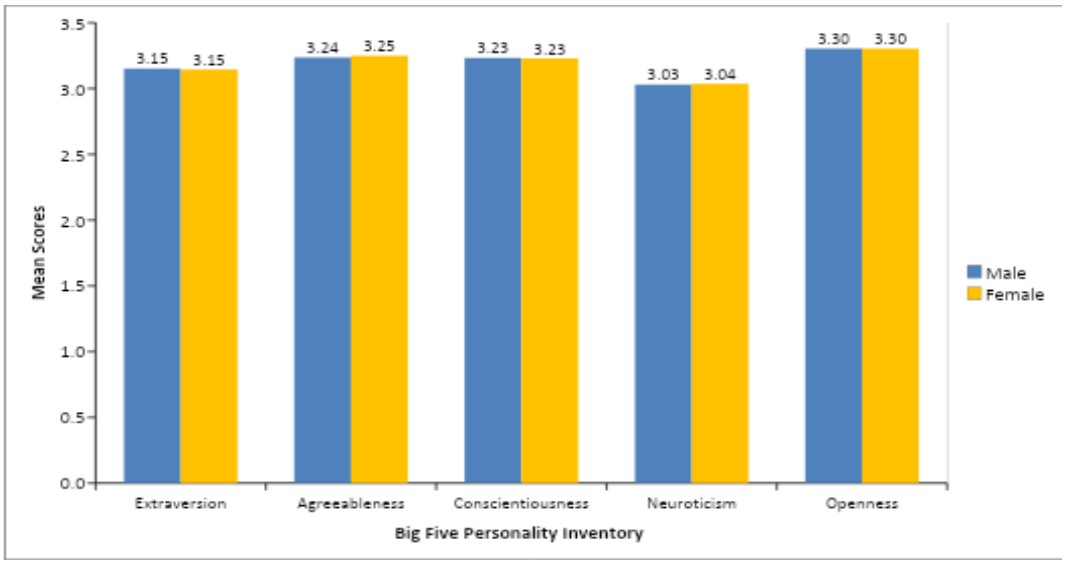
2. Gender-wise Comparison of Mean Scores on the Performance Failure Appraisal Inventory (PFAI) Dimensions : Graphical Description.



3. Gender-wise Comparison of Mean Scores on the Resilience Dimensions : Graphical Description.



4. Gender-wise Comparison of Mean Scores on the Big Five Personality : Graphical Description.



5. Correlation sheet

Correlations												
		Perseverance	Composure	Self reliance	Faith	Total Resilience	FSE	FDSE	FUF	FIOLI	FUIO	General Fear
Perseverance	Pearson Correlation	1	.710**	.544**	.731**	.856**	-0.004	.264**	.196*	.206**	.250**	.243**
	Sig. (2-tailed)		0	0	0	0	0.956	0.001	0.012	0.008	0.001	0.002
	N	164	164	164	164	164	164	164	164	164	164	164
Composure	Pearson Correlation	.710**	1	.486**	.882**	.929**	0.025	.305**	.251**	.208**	.219**	.271**
	Sig. (2-tailed)	0		0	0	0	0.75	0	0.001	0.007	0.005	0
	N	164	164	164	164	164	164	164	164	164	164	164
Self reliance	Pearson Correlation	.544**	.486**	1	.642**	.700**	-0.131	.190*	0.106	0.111	0.12	0.109
	Sig. (2-tailed)	0	0		0	0	0.093	0.015	0.178	0.157	0.126	0.166
	N	164	164	164	164	164	164	164	164	164	164	164
Faith	Pearson Correlation	.731**	.882**	.642**	1	.956**	-0.045	.295**	0.151	.214**	.159*	.209**
	Sig. (2-tailed)	0	0	0		0	0.565	0	0.054	0.006	0.042	0.007
	N	164	164	164	164	164	164	164	164	164	164	164
Total Resilience	Pearson Correlation	.856**	.929**	.700**	.956**	1	-0.028	.311**	.211**	.220**	.219**	.251**
	Sig. (2-tailed)	0	0	0	0		0.718	0	0.007	0.005	0.005	0.001
	N	164	164	164	164	164	164	164	164	164	164	164
FSE	Pearson Correlation	-0.004	0.025	-0.131	-0.045	-0.028	1	.599**	.509**	.552**	.523**	.830**
	Sig. (2-tailed)	0.956	0.75	0.093	0.565	0.718		0	0	0	0	0
	N	164	164	164	164	164	164	164	164	164	164	164

FDSE	**Pearson Correlation**	**.264****	**.305****	**.190***	**.295****	**.311****	**.599****	**1**	**.608****	**.312****	**.469****	**.773****
	Sig. (2-tailed)	**0.001**	**0**	**0.015**	**0**	**0**	**0**		**0**	**0**	**0**	**0**
	N	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**
FUF	**Pearson Correlation**	**.196***	**.251****	**0.106**	**0.151**	**.211****	**.509****	**.608****	**1**	**.412****	**.480****	**.775****
	Sig. (2-tailed)	**0.012**	**0.001**	**0.178**	**0.054**	**0.007**	**0**	**0**		**0**	**0**	**0**
	N	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**
FIOLI	**Pearson Correlation**	**.206****	**.208****	**0.111**	**.214****	**.220****	**.552****	**.312****	**.412****	**1**	**.391****	**.703****
	Sig. (2-tailed)	**0.008**	**0.007**	**0.157**	**0.006**	**0.005**	**0**	**0**	**0**		**0**	**0**
	N	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**
FUIO	**Pearson Correlation**	**.250****	**.219****	**0.12**	**.159***	**.219****	**.523****	**.469****	**.480****	**.391****	**1**	**.733****
	Sig. (2-tailed)	**0.001**	**0.005**	**0.126**	**0.042**	**0.005**	**0**	**0**	**0**	**0**		**0**
	N	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**
General Fear	**Pearson Correlation**	**.243****	**.271****	**0.109**	**.209****	**.251****	**.830****	**.773****	**.775****	**.703****	**.733****	**1**
	Sig. (2-tailed)	**0.002**	**0**	**0.166**	**0.007**	**0.001**	**0**	**0**	**0**	**0**	**0**	
	N	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**	**164**
****. Correlation is significant at the 0.01 level (2-tailed).**												
***. Correlation is significant at the 0.05 level (2-tailed).**												

		Perseverance	Composure	Self reliance	Faith	Total Resilience	Extraversion	Agreeableness	Conscientiousness	Neuroticism	Openness
Perseverance	Pearson Correlation	1	.710**	.544**	.731**	.856**	.247**	0.047	-.236**	-0.126	-.294**
	Sig. (2-tailed)		0	0	0	0	0.001	0.553	0.002	0.107	0
	N	164	164	164	164	164	164	164	164	164	164

Composure	Pearson Correlation	.710**	1	.486**	.882**	.929**	.374**	-0.065	-.371**	-0.081	-.194*
	Sig. (2-tailed)	0		0	0	0	0	0.407	0	0.304	0.013
	N	164	164	164	164	164	164	164	164	164	164
Self reliance	Pearson Correlation	.544**	.486**	1	.642**	.700**	-0.047	0.035	-0.096	-0.035	-.202**
	Sig. (2-tailed)	0	0		0	0	0.55	0.657	0.22	0.66	0.009
	N	164	164	164	164	164	164	164	164	164	164
Faith	Pearson Correlation	.731**	.882**	.642**	1	.956**	.294**	-0.024	-.347**	-0.086	-.275**
	Sig. (2-tailed)	0	0	0		0	0	0.759	0	0.275	0
	N	164	164	164	164	164	164	164	164	164	164
Total Resilience	Pearson Correlation	.856**	.929**	.700**	.956**	1	.293**	-0.014	-.330**	-0.097	-.273**
	Sig. (2-tailed)	0	0	0	0		0	0.854	0	0.217	0
	N	164	164	164	164	164	164	164	164	164	164
Extraversion	Pearson Correlation	.247**	.374**	-0.047	.294**	.293**	1	-0.153	-.210**	0.081	-0.136
	Sig. (2-tailed)	0.001	0	0.55	0	0		0.051	0.007	0.301	0.081
	N	164	164	164	164	164	164	164	164	164	164
Agreeableness	Pearson Correlation	0.047	-0.065	0.035	-0.024	-0.014	-0.153	1	0.098	.220**	.332**
	Sig. (2-tailed)	0.553	0.407	0.657	0.759	0.854	0.051		0.214	0.005	0
	N	164	164	164	164	164	164	164	164	164	164
Conscientiousness	Pearson Correlation	-.236**	-.371**	-0.096	-.347**	-.330**	-.210**	0.098	1	.219**	0.138
	Sig. (2-tailed)	0.002	0	0.22	0	0	0.007	0.214		0.005	0.077
	N	164	164	164	164	164	164	164	164	164	164
Neuroticism	Pearson Correlation	-0.126	-0.081	-0.035	-0.086	-0.097	0.081	.220**	.219**	1	.358**

	Sig. (2-tailed)	0.107	0.304	0.66	0.275	0.217	0.301	0.005	0.005		0
	N	164	164	164	164	164	164	164	164	164	164
Openness	Pearson Correlation	-.294**	-.194*	-.202**	-.275**	-.273**	-0.136	.332**	0.138	.358**	1
	Sig. (2-tailed)	0	0.013	0.009	0	0	0.081	0	0.077	0	
	N	164	164	164	164	164	164	164	164	164	164
**. Correlation is significant at the 0.01 level (2-tailed).											
*. Correlation is significant at the 0.05 level (2-tailed).											

DISCUSSION

Mean Age and Sample Demographic Characteristics

In the study's demographic profile, the average age is 22.06 years (Male = 22.11; Female = 22.01). This age uniformity has been theoretically significant since cricket players in the 19–25 age range have generally been in the transitional stage between late youth and early adulthood, which has been characterised by greater competitive activity and rising performance demands. This time frame has been linked to heightened exposure to performance reviews, job insecurity, and selection pressures.

The homogeneity of mean age has enhanced the internal validity by minimizing the potential confounding effect of age-related differences in psychological functioning. Prior study indicated that athletes competing at similar developmental stages displayed comparable psychological profiles due to similar training conditions and performance demands. This present study is supported by **Weinberg and Gould (2018)** who had conducted research on the same age group (collegiate athletes/ elite or professional athletes)

GenderDifferences

One of the objectives of the present research has been to examine gender differences across resilience, fear of failure, and personality traits. The independent samples t-test results have indicated no statistically significant gender differences across any one measured variable.This finding has been theoretically important and has supported the gender equality hypothesis proposed by Hyde (2005), which had argued that males and females are more alike than different across most psychological domains.

The absence of gender differences in the present study may have been explained by several sport-specific mechanism

- Equal exposure to competitive stress
- Similar selection pressures
- Comparable training environments
- Self-selection into high-performance cricket

The absence of gender differences in Indian cricket can be explained by the growing similarities between the performance requirements and competitive structures faced by male and female players. Female athletes are now subjected to similar levels of competitive stress at both the domestic and international levels due to the professionalisation of women's cricket under the Board of Control for Cricket in India. The intensity, attention, and performance standards typically associated with men's cricket are mirrored in domestic competitions like the Senior Women's One Day Trophy and tournaments like the Women's Premier League.

The inter-relationship between resilience and fear of failure:

One of the most theoretically significant findings of the present study has been the positive significant correlation between resilience and the sub-scale of fear of failure across both male and female cricketers. Resilience has been viewed as a protective characteristic that should lessen maladaptive emotional experiences such as fear of failure. The results have indicated that resilient cricketers are not characterized by the absence of fear but by their capacity to function effectively in the presence of evaluative concerns and performance pressure. More specifically, the present findings have revealed significant positive correlations between resilience components (perseverance, composure, and total resilience) and key fear of failure dimensions, particularly fear of devaluing self-esteem (FDSE), fear of upsetting important others (FUIO), and fear of important others losing interest (FIOLI). These findings support the grounded theory of Fletcher and Sarkar (Fletcher & Sarkar, 2012), which emphasises that elite athletes frequently deal with extreme pressure, high expectations, and a fear of failing; resilience has emerged from how athletes interpret and manage these stressors rather than from emotional coping strategies. Resilience is a dynamic adaptive mechanism that has developed as a result of experiencing adversity and psychological discomfort, claim Galli and Gonzalez(2015).

A. Perseverance → FDSE / FUIO / FIOLI :

The positive correlation suggests that people with high levels of perseverance have a strong commitment to their objectives and results. Failure becomes more significant due to this deep commitment, which raises the societal and personal value of performance. Because their perseverance is frequently associated with expectations from both themselves and others, such people may have a larger fear of reducing their self-esteem (FDSE), as well as a heightened anxiety about failing important others (FUIO) and losing their interest (FIOLI). Their fear is not weakness ,it reflects high personal and social investment

B. Composure → FDSE / FUIO / FIOLI

Composure is a reflection of emotional regulation under pressure. Even in difficult circumstances, people with great temper can maintain their composure despite being highly aware of performance standards and outcomes. This awareness can demonstrate a positive association with FDSE, FUIO, and FIOLI by raising sensitivity to the interpersonal and self-evaluative consequences of failure.

Resilience with Personality Factors (Conscientiousness and Openness)

Negative correlation between resilience and conscientiousness. Even though conscientiousness is typically associated with discipline, organization, and success, the current findings suggest that excessive conscientiousness may occasionally impair adaptive coping.

Maladaptive perfectionism in sports is associated with higher levels of performance pressure and self-criticism, according to **Hill et al. (2018)**. The present outcomes indicate that the more important resilience trait in cricket may be psychological flexibility rather than strict self-control.

Cricket is inherently uncertain and error-prone, requiring rapid psychological recovery following mistakes. Highly conscientious athletes may be more prone to:

- Perfectionistic self-evaluation
- Post-error reflection
- Excessive performance monitoring

Also, there is an inverse relationship between openness to experience and resilience. Openness is linked with creativity, curiosity, emotional awareness, and a readiness to try new things. High openness cricket players have a tendency to take in situations more fully and to react more emotionally to failures or uncertainties. Cricketers have frequently overanalyzed performance circumstances, thought deeply about their errors, or suffered from mental strain, because of this, they have had a harder time bouncing back from setbacks.

Didymus and Fletcher (2021), emphasised the significance of cognitive appraisal in shaping emotional responses in sport, cricket players who have viewed competitive situations as threatening rather than challenging have been more likely to experience maladaptive emotional outcomes. Because of their greater cognitive involvement and increased sensitivity to experiences, highly open athletes may have been more vulnerable to risky evaluations and over-analysis , which have hampered successful coping and recovery

Fear of Failure with personality traits (extraversion and neuroticism)

A strong positive relationship between extraversion and fear of failure variables. Although extraversion is often linked to confidence and positive affect, the current study has shown its more complicated significance in team sports circumstances.

Weinberg and Gould (2019) highlighted that situations involving public assessment and interpersonal effects, which are particularly prominent in cricket, increase fear of failure. Extraverted athletes have been exposed to more evaluations because of their increased social interaction.

Several mechanisms have explained this relationship:

- Increased social visibility
- Greater interpersonal investment
- Heightened sensitivity to team evaluation
- Dependence on social approval

Neuroticism has been positively correlated with fear of failure, especially the fear of significant others losing interest (FIOLI).

Zuckerman and Neeb (2019), people with high levels of neuroticism have shown increased fear reactions, especially when under pressure to perform well. This data has been extended to competitive cricket by the current findings, which show that emotionally sensitive players have been more vulnerable to interpersonal evaluative anxieties.

Implication of the integrated theoretical model in the present study

The current findings are supported by a Coexistence Model of psychological functioning in cricket by (Fletcher & Sarkar, 2012; Galli & Gonzalez, 2015), which suggests that fear of failure and resilience may operate simultaneously rather than as competing constructs.

- Resilience and fear of failure are positively linked in elite athletes. Evidence suggests that high-performing athletes often experience fear of failure alongside strong resilience capacities rather than in its absence **(Galli & Gonzalez, 2015; Fletcher & Sarkar, 2012).**
- There are motivational and attentional benefits to being afraid of failing.When seen positively, moderate fear can increase job involvement and indicate how important achievement is to oneself. **(Covington, 1992; Hanton et al., 2008).**
- Personality traits shape fear intensity and regulation pathways.Dispositional factors, particularly neuroticism and conscientiousness, influence how athletes experience and manage evaluative stress **(Allen et al., 2013; Judge et al., 1999).**
- An important resilience mechanism is psychological flexibility.Resilient sport performance is based on the ability to maintain behavioural effectiveness in the face of stress and anxiety. **(Kashdan & Rottenberg, 2010).**
- Male and female cricketers show functional psychological equivalence.Gender similarities research indicates that athletes at comparable competitive levels display largely similar psychological patterns **(Hyde, 2005; Weinberg & Gould, 2018).**

Conclusion

This study looked at how fear of failure, resilience, and personality traits are connected in athletes, with a close look at any differences between men and women.

First off, age wasn't really an issue here—the male and female athletes were about the same age, so age didn't skew the results. When you dig into the results from the Performance Failure Appraisal Inventory, both men and women ended up with pretty similar average scores all around. Sure, women scored a bit higher on things like fear of shame, embarrassment, and worrying about upsetting others, while men edged higher in fears like self-devaluation and uncertainty about the future. But honestly, these differences weren't significant, so it looks like both genders experience fear of failure in similar ways.

Then there's resilience. On every resilience measure—stuff like perseverance, keeping composure, being self-reliant, having faith, and overall resilience—there was almost no difference between men and women. The t-tests backed this up: gender doesn't seem to affect how resilient these athletes are. Basically, both groups seem to have the same mental tools for handling the pressures that come with sports.

When it comes to personality, things stayed pretty steady, too. Both men and women scored moderate and similar levels across the Big Five traits. They were both most open to experience and less neurotic than anything else. Again, no real gender gap here, which says personality traits among these athletes are mostly gender-neutral.

In the bigger picture, the results reinforce something important: resilience doesn't mean athletes never feel fear. It's more about how they manage to keep going and perform even with those feelings in the background. In sports like cricket, where everyone sees your mistakes, having some fear is natural, but resilient athletes find a way to move past it and do their job anyway.

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