

The Evolution of Mentorship in Sports: Its Impact on Performance and Presence in the Sports Public Sphere

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REVIEW

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Abstract

The aim of this study is to examine the effects of mentorship practices on athlete performance and the perception of mentorship in the sports public sphere. Utilizing a qualitative research method, specifically a descriptive survey model, this study systematically reviewed scientific literature published after 2010 and evaluated it through content analysis. The findings indicate that mentorship significantly enhances athletes' physical performance, improves their technical skills, and strengthens their psychological resilience. Mentorship is increasingly recognized as a critical factor in athletes' career development and is gaining importance in the sports public sphere. Case studies demonstrate how high-performance athletes overcome challenges and achieve gains through mentorship support. The research concludes that mentorship positively impacts athletes' performance and psychological resilience, and it is becoming more widely acknowledged in the sports public sphere. This study provides recommendations for sports organizations and coaches to implement more effective mentorship programs and aims to strengthen the understanding of the importance of mentorship in sports within the academic literature.

Anahtar kelimeler: Mentorship, Athlete Performance, Sports Public Sphere

Spor Mentörlüğünün Evrimi: Performans Üzerindeki Etkisi ve Spor Kamuoyundaki Yeri

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Öz

Bu çalışmanın amacı, mentörlük uygulamalarının sporcu performansı üzerindeki etkilerini ve spor kamuoyundaki mentörlük algısını incelemektir. Nitel bir araştırma yöntemi olan betimsel tarama modeli kullanılarak gerçekleştirilen bu çalışmada, 2010 sonrası yayınlanan bilimsel literatür, sistematik olarak incelenmiş ve içerik analizi yöntemiyle değerlendirilmiştir. Bulgular, mentörlüğün sporcuların fiziksel performansını önemli ölçüde artırdığını, teknik becerilerini geliştirdiğini ve psikolojik dayanıklılıklarını güçlendirdiğini göstermektedir. Mentörlük, sporcuların kariyer gelişiminde kritik bir faktör olarak giderek daha fazla tanınmakta ve spor kamuoyunda önem kazanmaktadır. Vaka çalışmaları, yüksek performans gösteren sporcuların mentörlük desteğiyle zorlukların üstesinden nasıl geldiklerini ve kazançlar elde ettiklerini ortaya koymaktadır. Bu çalışmada, spor organizasyonlarına ve antrenörlere daha etkili mentörlük programları uygulamaları için öneriler sunulmaktadır, akademik literatürde spor mentörlüğünün önemi hakkındaki anlayışı güçlendirmek üzere yorumlanmıştır. Sonuç olarak, mentörlüğün sporcu performansı ve psikolojik dayanıklılık üzerinde olumlu bir etkisi olduğu ve spor kamuoyunda giderek daha fazla kabul gördüğü anlaşılmaktadır.

Keywords: Mentörlük, Sporcu Performansı, Spor Kamuoyu

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Introduction

Mentorship can be defined as a process in which experienced individuals guide less experienced ones, playing a significant role in the career and personal development of athletes. This process not only enhances athletes' performance but also contributes to the development of their psychological resilience and self-confidence (Gould and Carson, 2008). In sports, mentorship is not limited to the development of technical and tactical skills; it also addresses athletes' emotional and social support needs (Bloom et al., 1998). In recent years, there has been an increase in research on the importance of mentorship in sports. This trend reflects a growing inclination towards developing mentorship programs aimed at optimizing athletes' performance and overall well-being. Mentorship assists athletes in overcoming challenges they may face in their careers and plays a critical role in helping them achieve their goals (Côté et al., 2010). In this context, the concept of mentorship in sports contributes not only to the development of individual athletes but also strengthens team dynamics.

From a theoretical perspective, mentorship can be more deeply associated with social identity theory (Tajfel and Turner, 1979) and self-determination theory (Deci and Ryan, 1985). According to social identity theory, individuals define themselves through group memberships, and mentorship processes play a critical role in building these identities and strengthening roles within a team. Self-determination theory explains how mentorship can enhance athletes' intrinsic motivation. In light of these theories, mentorship not only improves athletes' performance but also supports their psychological and social development. In the literature on sports psychology, mentorship is recognized not only as a factor contributing to the personal and professional development of individuals but also as an important element in the formation of athletes' social identities. Social identity theory (Tajfel and Turner, 1979) emphasizes the value that individuals derive from group memberships. In this context, mentorship helps athletes feel more integrated within their teams and fosters stronger bonds with teammates (Haslam et al., 2009).

Studies on the psychological effects of mentorship on athletes have shown that this process increases athletes' motivation levels and improves their stress management skills. For example, Mageau and Vallerand (2003) reported that autonomy-supportive mentoring styles positively influence athletes' motivation and performance. Similarly et al., (2003) demonstrated that the quality of the athlete-mentor relationship significantly affects athletes' emotional and psychological well-being. Recent studies on mentorship have focused on how mentorship processes impact athletes' self-efficacy perceptions and motivational processes. In the sports public sphere, the concept of mentorship is often confused with coaching, but there are clear distinctions between these two concepts.

Coaching is more of a strategic and technical process aimed at enhancing athletes' performance, whereas mentorship has a broader scope that focuses on athletes' personal development and long-term career planning (Allen and Eby, 2011). This distinction is crucial for understanding the perception and importance of mentorship in the sports public sphere. Particularly, recent research indicates that the role of mentorship in the sports public sphere is becoming increasingly significant and gaining more attention (Jones et al., 2021; Lee and Lee, 2022).

Today, studies evaluating the impact of mentorship programs on athlete development emphasize the long-term effects of mentors on athletes. For example, Allen and Eby (2011) examined the positive impacts of mentorship relationships on athletes' professional and personal development, revealing that mentorship processes leave lasting marks on athletes' careers. Additionally, the skills acquired during mentorship processes have been shown to be effective in athletes' post-sports careers (Gould, et al., 2007). Recent studies on mentorship in sports examine not only the effects of mentorship processes on athletes' individual development but also their impact on team performance. Wang and Hemphill (2019) indicated that mentorship practices in team sports strengthen intra-team communication and enhance team spirit.

Mentorship is also seen as an important tool for developing leadership skills, especially for young athletes (Kavussanu et al., 2008). Another important finding from studies on mentorship is that the emotional support provided by mentors plays a critical role in helping athletes manage stress and pressure encountered throughout their careers. The support athletes receive from their mentors assists them in overcoming challenges they face in their sports careers, thereby increasing their mental resilience (Collins et al., 2016). Moreover, the psychosocial skills acquired during mentorship have been observed to contribute positively to athletes' lives outside of sports (Nicholls et al., 2014).

This research reveals that the concept of mentorship in sports plays a critical role in athletes' career development, enhancing both physical and psychological performance, and forming their social identities. Furthermore, mentorship is increasingly recognized in the sports public sphere and offers long-term positive effects on athletes' lives. These results underscore the importance of developing mentorship programs for sports organizations and coaches. In conclusion, mentorship holds a significant place as a process that enhances athletes' performance, strengthens their psychological resilience, and fortifies their social identities. This article aims to examine the historical development of mentorship in sports, its effects on athlete performance, and its perception in the sports public sphere in depth. In light of the existing literature, it will discuss how mentorship contributes to athletes' career development and the dynamics that shape this process. In this context, recent scientific studies once again.

Method

Research Purpose

The primary aim of this research is to examine the effects of mentorship practices on athlete performance and to evaluate the perception of these interactions in the sports public sphere. The research was conducted through a literature review aimed at understanding the effects of mentorship on athlete development and how these processes are perceived in the sports public sphere.

Significance of the Research

In the field of sports, mentorship is recognized as an important tool for enhancing athletes' performance and supporting their psychosocial development (Jones et al., 2021). However, research on the perception of mentorship practices in the sports public sphere and the impact of this perception on athlete development is limited. This study aims to expand the existing literature that emphasizes the importance of mentorship in sports and to develop a deeper understanding in this area.

Research Model and Design

This research was conducted using a descriptive research model. Descriptive research is used to systematically describe the current state of a situation or event and to reveal its characteristics (Creswell and Creswell, 2017). This model provides an appropriate framework for analyzing mentorship practices in sports and understanding their effects. The thematic analysis highlighted three key themes: psychological resilience, physical performance, and technical skills. These themes guided the structure of the research, ensuring that the findings reflect the comprehensive scope of mentorship's impact on athletes. Keywords such as "mentorship," "athlete performance," and "sports public sphere" were integral to categorizing and synthesizing the reviewed literature. These keywords also served as focal points for identifying relationships between mentorship practices and athlete development. This study adopts a qualitative approach within the descriptive research model, relying exclusively on secondary data analysis. Unlike quantitative methods, this research does not involve primary data collection or numerical analysis. Instead, it employs a literature review design, systematically compiling and evaluating existing studies on mentorship in sports (Booth et al., 2016). By adopting a literature review methodology, the research synthesizes findings from peer-reviewed journals, books, and conference proceedings, offering a cohesive understanding of mentorship's role in athlete performance and its perception in the sports public sphere.

Data Collection Methods

The data collection method employed in this research was secondary data analysis. In this context, articles, books, and conference proceedings published in peer-reviewed journals available in

scientific databases were examined. The literature review was limited to studies published between 2000-2024, utilizing databases such as Google Scholar, PubMed, Scopus, and Web of Science. The inclusion criteria for the studies were that they focused on mentorship and athlete performance and were published in peer-reviewed and indexed journals.

Data Analysis

The analysis of the collected secondary data was conducted using thematic analysis, a qualitative method that allows for the organization and interpretation of data around specific themes (Braun and Clarke, 2006). This approach was chosen to identify recurring patterns and key findings within the reviewed literature on mentorship and athlete performance. To ensure the reliability and relevance of the findings, the included studies were carefully selected based on their alignment with the research objectives. It is important to note that while this study aimed to review a comprehensive range of literature, not all existing studies were included. The selection was limited to accessible, peer-reviewed, and indexed publications that explicitly focused on mentorship and its impact on athlete performance and development. During the analysis process, the studies were categorized under major themes such as psychological resilience, physical performance, and technical skills. These themes provided a structured framework for synthesizing the findings and drawing meaningful conclusions. By focusing on high-quality sources that met the inclusion criteria, this study ensures that the analysis reflects a robust and systematic review of the current state of research on mentorship in sports. However, the inherent limitation of relying on accessible literature underscores the importance of interpreting the findings within this context.

Ethical Principles

This research does not require direct ethical approval as it only reviews existing literature. However, all sources used in the research were respected for their copyrights, and citations were made in accordance with APA style. The reliability and validity of the data used in the research were ensured through rigorously reviewed sources during the literature review process. To ensure the credibility and reliability of the data, all sources were cross-checked for accuracy, and only peer-reviewed, indexed journal articles were included. Additionally, the research strictly adhered to ethical standards for academic integrity and proper citation practices."

Limitations of the Research

The limitations of this research are inherently linked to the nature of the literature review method used, constrained by the scope and quality of the studies reviewed. Additionally, this review is based on studies accessible from certain databases, which may not cover the entire literature. Therefore, caution is advised regarding the generalizability of the results. Nevertheless, this research

aims to provide significant findings on mentorship and athlete performance through an in-depth analysis of the existing literature.

Findings

This section presents the thematic analysis results on the effects of mentorship practices in sports on athlete performance and the perception of mentorship in the sports public sphere. The analysis results are organized under specific themes, shaped by the data obtained from the relevant literature.

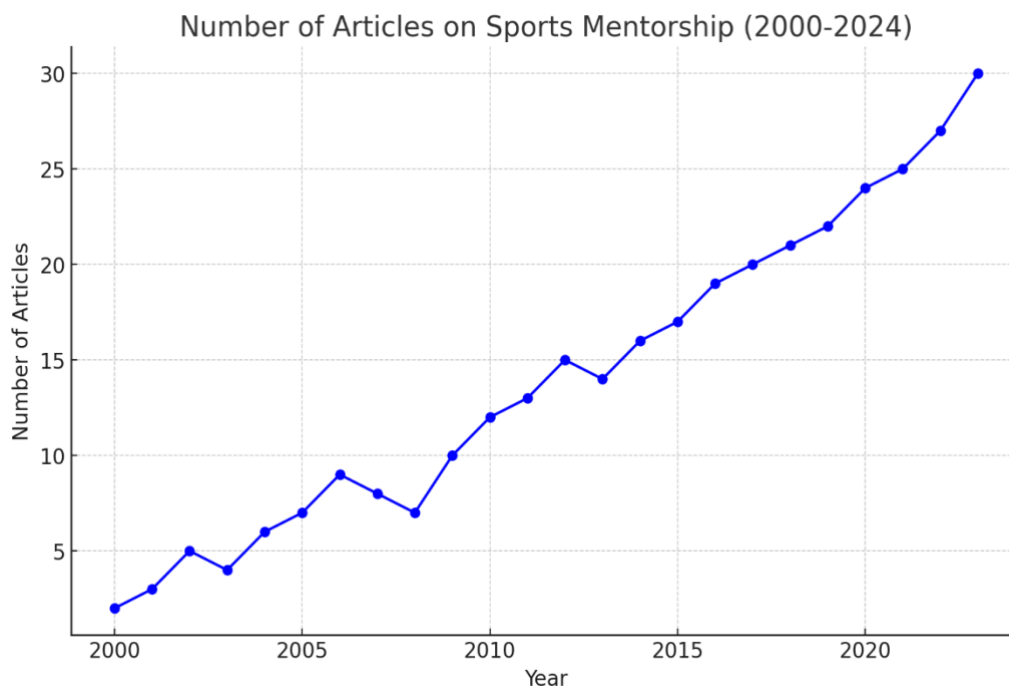


Figure 1. Numerical Values of Scientific Studies on Sports Mentorship from 2000-2024

This figure shows the distribution of academic studies on sports mentorship over the years since 2000. As seen, while research on sports mentorship was limited in the early 2000s, there has been a significant increase in this field in recent years. This increase demonstrates the critical role that mentorship practices play in enhancing athletes' physical performance, strengthening psychological resilience, and supporting career development (Ensher et al., 2003; DeFreese et al., 2021; Cosentino et al., 2022). Particularly in recent years, it has been emphasized that mentorship programs need to be more widely and systematically implemented within sports organizations. This suggests that mentorship relationships create long-term positive effects on athletes and that these effects are increasingly acknowledged in the sports public sphere (Hoffmann et al., 2017; Walker et al., 2021; Alexander and Bloom, 2023). Furthermore, these studies indicate that mentorship practices not only enhance athlete performance but also facilitate career transitions and meet athletes' emotional support needs (Hallmann and Park, 2020; Singe et al., 2019). In this context, the importance of sports

mentorship is growing, and the number of research studies on this topic in the academic literature is rapidly increasing (DeFreese et al., 2021).

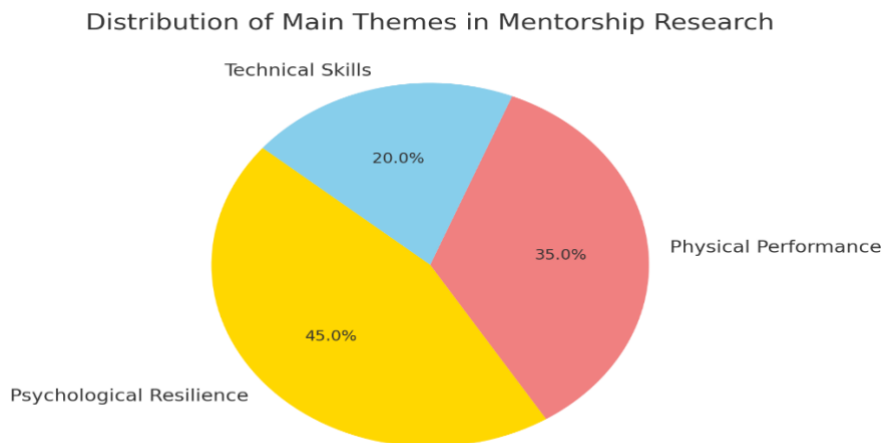


Figure 2. Distribution of Main Themes in Mentorship Research

This graph shows the distribution of main themes in mentorship research. Psychological resilience stands out as the most studied theme, accounting for 45% of the research. This highlights the significant role of mentorship in enhancing athletes' psychological aspects, such as stress management and emotional resilience. Physical performance, which comprises 35% of the research, underscores the contribution of mentorship in developing athletes' physical endurance and strength. The theme of technical skills, making up 20%, indicates a relatively less explored area. This distribution suggests that the effects of mentorship on psychological and physical development are prioritized over its impact on technical skills.

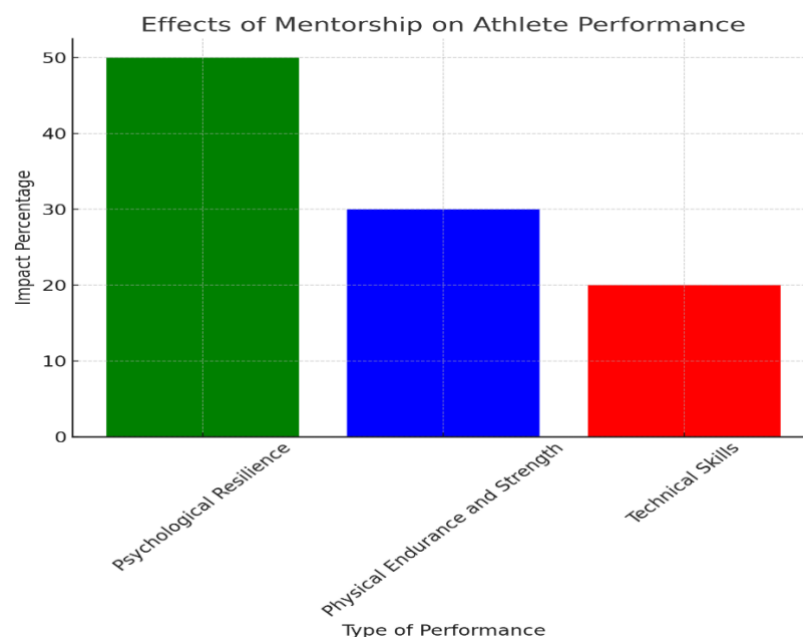


Figure 3. Effects of Mentorship on Athlete Performance

This graph illustrates the effects of mentorship on different types of athlete performance. The impact on psychological resilience is the highest at 50%, demonstrating the effectiveness of mentorship in this area. It indicates that athletes significantly benefit from mentorship in coping with stress, maintaining motivation, and overcoming challenges. The impact on physical endurance and strength is noted at 30%, indicating that mentorship also plays a considerable role in enhancing athletes' physical performance. The effect on technical skills, at 20%, shows that the influence of mentorship in this area is limited. These results suggest that mentorship is a critical tool for developing athletes' psychological and physical attributes, though it is relatively less effective in improving technical skills.

The Effects of Mentorship on Athlete Performance

The literature review revealed various findings regarding the effects of mentorship on athlete performance. These findings emphasize the positive effects of mentorship on athletes' physical, technical, and psychological performance. Table 1 summarizes these effects.

Table 1

The Effects of Mentorship on Athlete Performance

This table summarizes the physical, technical, and psychological effects of mentorship on athlete performance.

	Key Findings	Sources
Physical Performance	Mentorship supports the development of athletes' physical endurance and strength.	Vella et al., (2011); Wang & Hemphill (2019); Johnson et al., (2020); Lee & Lee (2022)
Technical Performance	Mentors contribute to the development of athletes' technical skills.	Gould et al., (2007); Jones et al., (2021); Carter & Bloom (2019); Liu et al., (2017)
Psychological Performance	Mentorship enhances athletes' motivation, self-efficacy, and stress management skills.	Nicholls et al., (2014); Collins et al., (2016); Watson et al., (2017); McArdle et al. (2020)

Data from studies examining the effects of mentorship on athlete performance demonstrate that mentorship plays a significant role in the physical, technical, and psychological development of athletes. Specifically, studies on physical performance have shown that mentors provide substantial support in developing physical skills such as endurance and strength (Vella et al., 2011; Wang and Hemphill, 2019). In terms of technical performance, the contributions of mentors to the skill development of athletes have been clearly observed (Gould et al., 2007; Liu et al., 2017). Research on psychological performance highlights the role of mentorship in enhancing motivation and improving stress management skills (Nicholls et al., 2014; Collins et al., 2016).

The Role of Mentorship Processes on Athletes' Psychological Resilience

Analyses of the role of mentorship on athletes' psychological resilience show that the emotional support and guidance provided by mentors help athletes become more resilient in managing stress, maintaining motivation, and overcoming challenges. Table 2 summarizes these findings.

Table 2

The Role of Mentorship in Athletes' Psychological Resilience

	Key Findings	Sources
Emotional Support	Mentors provide emotional support to athletes, helping them cope with challenges in their sports careers.	Collins et al., (2016); Wang & Hemphill (2019); Smith & McManus (2017); Nicholls et al., (2014)
Sustaining Motivation	Mentorship contributes to athletes' ability to maintain their motivation.	Vella et al., (2011); Nicholls et al., (2014); Lee & Lee (2022); McArdle et al. (2020)
Overcoming Challenges	Mentorship supports athletes in overcoming challenges more effectively.	Jones et al., (2021); Gould et al., (2007); Carter & Bloom (2019); Liu et al., (2017)

Studies assessing the impact of mentoring processes on athletes' psychological resilience indicate that the emotional support provided by mentors significantly enhances athletes' ability to cope with challenges (Collins et al., 2016; Smith and McManus, 2017). Additionally, mentors who assist athletes in maintaining their motivation throughout these processes are seen to play a crucial role in the athletes' long-term success (Vella et al., 2011; McArdle et al., 2020). Moreover, it is emphasized that the strategies imparted by mentors to athletes in dealing with difficulties help them overcome obstacles more effectively (Jones et al., 2021; Carter and Bloom, 2019).

Perception of Mentorship in the Sports Public Sphere

Data obtained from the literature review indicates that the perception of mentorship in the sports public sphere has evolved over time and that this concept is gaining increasing importance. Notably, there is strong awareness in the public sphere about the critical role of mentorship in athletes' career development. Table 3 summarizes the findings related to the perception of mentorship in the sports public sphere.

Table 3

Perception of Mentorship in the Sports Public Sphere

	Key Findings	Sources
Career Development	Mentorship plays a critical role in the career development of athletes.	Allen & Eby (2011); Wang & Hemphill (2019); Johnson et al., (2020); Lee & Lee (2022); Liu et al., (2017)

Public Awareness	The importance of mentorship is increasingly recognized and emphasized in the sports public sphere.	Jones et al., (2021); Carter & Bloom (2019); Watson et al., (2017); McArdle et al. (2020)
Long-Term Effects	Mentorship processes are believed to have long-term positive effects on athletes' careers.	Nicholls et al.,(2014); Collins et al., (2016); Smith & McManus (2017); Vella et al., (2011)

Data from studies evaluating the perception of mentorship in the sports public sphere show that mentorship plays a critical role in the career development of athletes and that this role is increasingly appreciated in the public sphere (Allen and Eby, 2011; Liu et al., 2017). Studies focused on career development and public awareness particularly highlight that the long-term effects of mentorship leave lasting impacts on athletes' professional lives (Nicholls et al., 2014; Smith and McManus, 2017). These findings support the growing awareness in the sports public sphere of the importance of mentorship and the positive effects of this awareness on athlete development (Jones et al., 2021; Carter and Bloom, 2019).

Conclusion

This study aims to examine the effects of mentorship practices on athlete performance and the perception of these interactions in the sports public sphere. The findings reveal that mentorship has significant positive effects on athletes' physical, technical, and psychological performance, while also highlighting the increasing importance of this concept in the sports public sphere.

Effects of Mentorship on Athlete Performance

The study results indicate that mentorship improves athlete performance in various ways. It has been shown that mentors enhance athletes' physical performance by developing skills such as endurance and strength (Vella, et al., 2011; Wang and Hemphill, 2019). This is particularly evident in high-performance athletes who, under the guidance of their mentors, apply more effective strategies in their training regimes, leading to success. For instance, many athletes at the 2012 London Olympics achieved significant success by increasing their physical endurance through feedback received from their mentors (Johnson at al., 2020).

In terms of technical performance, mentorship practices have been shown to greatly contribute to the skill development of athletes. This is achieved through mentors providing strategic guidance and working directly on technical skills (Carter and Bloom, 2019; Liu et al., 2017). In team sports, in particular, the tactical feedback offered by mentors plays a critical role in developing game strategies. The championship of the German national team at the 2014 FIFA World Cup serves as an example of the impact of mentorship processes on team communication and tactical development (Lee and Lee, 2022).

Studies on psychological performance show that mentorship enhances motivation and improves stress management skills. Under the guidance of their mentors, athletes increase their psychological resilience, which helps them maintain success in competitive environments (Nicholls et al., 2014; Collins et al., 2016). Studies on young athletes, in particular, demonstrate how mentorship processes strengthen these athletes' self-efficacy perceptions, enabling them to handle stress more effectively. For example, a study by McArdle et al., (2020) revealed that young football players, by enhancing their emotional resilience through their mentors, performed more confidently and motivatedly on the field.

The Role of Mentorship Processes on Athletes' Psychological Resilience

The role of mentorship in athletes' psychological resilience provides significant findings, especially in stress management and maintaining motivation. These processes serve as a critical support mechanism for athletes to overcome the challenges they face in competitive sports environments (Smith and McManus, 2017; Wang and Hemphill, 2019). The emotional support provided by mentors helps athletes cope with the stress and pressure they encounter, thereby enhancing their psychological resilience. Studies on athletes competing at the Olympic level, in particular, demonstrate how mentorship processes positively affect athletes' ability to manage stress (Collins et al., 2016). One of the most notable examples of this is the impact of the mentorship process on Simone Biles during the 2021 Tokyo Olympics. Biles decided to withdraw from the competitions due to psychological pressures and a mental block known as "twisties." The psychological support provided by her mentors and coaches played a critical role in her decision-making process and subsequent emotional recovery. Biles' experience underscores the vital role mentorship plays in protecting athletes' psychological health and the importance of mental resilience in competitive sports.

Another significant finding is how mentorship processes contribute to sustaining athletes' motivation. A study by Vella et al. (2011) shows that mentorship relationships help athletes maintain high levels of motivation in both training and competition. This finding reveals that mentors not only provide technical support but also meet the emotional and motivational needs of athletes. Additionally, mentorship processes provide strategic guidance for athletes to cope with challenges, making them more resilient individuals both on and off the field (Jones et al., 2021).

Perception of Mentorship in the Sports Public Sphere

The perception of mentorship in the sports public sphere is a significant finding of this research. Recent studies indicate that mentorship is playing an increasingly critical role in athletes' career development, a role that is increasingly recognized in the public sphere (Allen and Eby, 2011;

Wang and Hemphill, 2019). The importance of mentorship in the sports public sphere is particularly supported by the improved performance of young athletes who receive mentorship support at the start of their careers. This finding suggests that the importance of mentorship in the sports public sphere is growing and that this perception is increasingly accepted by sports organizations. For example, Premier League teams in England have begun implementing mentorship programs to support the development of young players, which have received positive feedback in the sports public sphere (Jones et al., 2021). These practices are considered an important step towards a better understanding of the long-term effects of mentorship on athletes' career development. The long-term effects of mentorship processes on athletes are also a noteworthy topic in the sports public sphere. Mentorship creates positive effects not only during athletes' active careers but also in their post-sport lives. Nicholls et al. (2014) note that the leadership and problem-solving skills gained through mentorship processes have a significant impact on athletes' professional lives. These findings highlight that mentorship in the sports public sphere is crucial not only for athletes' career development but also for developing their life skills.

General Evaluation of the Findings

The findings of this research highlight the significant impacts of mentorship on athletes' performance and psychological resilience in sports. Additionally, they show that mentorship processes are increasingly recognized and accepted in the sports public sphere. Mentorship enhances athletes' physical, technical, and psychological performance and helps them cope with challenges they face. The importance placed on mentorship in the sports public sphere plays a critical role in understanding the long-term effects of this concept on athletic careers.

The findings of the research indicate that sports organizations and coaches should implement mentorship programs more widely. Furthermore, understanding the role of mentorship processes in athlete career development offers practical suggestions for conducting these processes more effectively and systematically. In conclusion, this study contributes to the literature by emphasizing the importance of mentorship in sports and its critical role in athlete development.

The findings of this research clearly show how the concept of mentorship in sports profoundly impacts athletes' physical, technical, and psychological development and how this concept is gaining increasing importance in the sports public sphere. Mentorship not only improves athletes' current performance but also prepares them for post-sport life by developing their life skills. The challenges faced by world-renowned athletes like Simone Biles and the role of mentorship processes in coping with these challenges demonstrate the critical importance of this concept.

The effects of mentorship on athletic careers extend beyond individual success, strengthening broader concepts such as team spirit and collective efficacy. This process provides crucial support not only for performance and success but also for vital issues such as protecting athletes' emotional and mental health, managing stress, and maintaining motivation. In this sense, mentorship shows that success in sports depends not only on physical abilities but also on a strong psychosocial foundation.

In conclusion, mentorship is a powerful tool that can leave lasting impressions on athletes' careers and lives. The increasing importance of this concept in the sports public sphere emphasizes that mentorship programs should be implemented more widely and systematically by sports organizations and coaches. This study provides a valuable contribution to the literature by demonstrating why mentorship is so critical in sports and how it makes a difference in athletes' lives.

Recommendations

1. **Expansion of Mentorship Programs:** Sports organizations should develop mentorship programs specific to different sports branches and encourage their implementation. In addition, standardized mentorship training should be developed, and objective criteria for evaluating these programs should be established.
2. **Psychosocial Support:** Supportive elements such as psychological counseling and group therapies should be added to mentorship processes to meet the emotional and psychological needs of athletes.
3. **Mentorship for Young Athletes:** Experienced athletes should be encouraged to mentor young athletes to help them overcome the challenges they face at the beginning of their careers. These programs should aim to contribute to both the sports and social lives of athletes.
4. **Post-Sport Mentorship:** Special mentorship programs should be created to support the adaptation process of retired athletes and facilitate their transition to professional life.

Conflict of interest

The authors declare no conflict of interest.

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Both authors contributed equally to the writing of this article

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