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The Relationship Between Adolescent Athletes Imagery Use and Mental Toughness

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This study examined the relationship between adolescent athletes' imagery use and mental toughness. Participants ($N = 135$) included both male ($n = 37$) and female ($n = 89$) athletes ($M_{\text{age}} = 13.10$, $SD = 1.60$). They completed two questionnaires; one measuring the cognitive and motivational types of imagery, and the other assessing the 4 C's of mental toughness. Hierarchical multiple regressions revealed that imagery use significantly predicted all 4C's of mental toughness (Challenge, Commitment, Control, Confidence). Specifically, Motivational General-Mastery emerged as the strongest individual predictor of all 4C's followed by Cognitive General imagery.