

## **The mental toughness concept for South East Asia athletes**

### **Abstract**

The purpose of this paper is to critically analysing the mental toughness concept among athletes, especially in South East Asia. Some of what athletes thought were good, but would be best if we could re-analyzed again for improvement. Thus, this paper suggested four mental toughness issues need to be re-structured which seldom realized by coaches and athletes. The four are: 1) To improve mental toughness, one should improve their self-awareness, 2) To improve mental toughness, one should incorporate psychological skills together with physical and tactical skills, 3) To improve mental toughness, one should remained positive, 4) To improve mental toughness, research and development (R & D) consortium of South East Asia should be formed. Recommendations are also suggested in this paper