

Impact of Music Therapy on Athletes' Health Sustainability: The Role of Positive Coaching and Health Literacy in Post COVID-19 Environment

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Objective: This research is conducted to determine the relationship between music therapy and athletes' health sustainability, while also determining the moderating role of positive coaching and the mediating role of mental health literacy. **Methods:** The final sample size of this research comprised 356 respondents, and data was collected from domestic-level soccer players in China. This research used Smart PLS for measurement model assessment and structural model assessment and determine the validity and reliability of the collected data. **Results:** The research highlights a significant and direct and indirect relationship between music therapy and athletes' sustainable health. Mental health literacy is also seen positively mediating the relationship between music therapy and athletes' health sustainability. Furthermore, this research also demonstrates that the moderating role of positive coaching is significant and strengthens the relationship between music therapy and athletes' sustainable health. **Conclusion:** The research concludes that the relationship between music therapy and athletes' mental health improves with the mental health literacy of athletes. The findings of this research are appropriate to enhance the body of knowledge. Furthermore, the study has some implications and recommendations for increased, health and performance.

Keywords: Mental Health Literacy, Music Therapy, Health Sustainability, Positive Coaching, Athlete Performance

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Among the athletes, mental health concerns include feelings of exhaustion, anxiety, and depression. Besides academic and financial worries, the most commonly reported stressors among athletes, are performance anxiety and depression. These concerns are highest among women, people of color, and athletes in the LGBTQIA+ community^{1,2} Student-athletes experience mostly emotional and mental burn out, if they sustain injuries, resulting in serious mental health crisis. Most athletes also feel sports anxiety or performance anxiety due to the pressure to perform usually before competitions. Such athletes with performance anxiety often experience panic attacks, with psychosomatic symptoms such as shortness of breath, jitters, rapid heartbeat, and sweating. They also suffer from mood disorders, eating disorders, etc. turning themselves paranoid and body dysmorphic, a very common mental health disorder in post-traumatic situations, if a trauma has resulted from a non-performance in the sport.

However, modern game dynamics has changed the athletes' mindset. With the help of health information and training, they are not only improving their performance in the game but also proving themselves to be good team players. Such athletes get full support from their team management and co-players, while others who fail to overcome stress and anxiety get less support from their coaches and their performance also deteriorates gradually.³ Such athletes are also not motivated for better team performance; therefore, they face challenges in their productive work. Yang et al.⁴ rightly asserted that motivation of athletes for their health improvement can be a significant factor in improving their performance. It is found that many athletes are stressed regarding their performance. This stress is responsible for their poor performance at both individual and team levels.⁵

It is evident that better mental health is required for athletes to perform well in a game. The availability of a player free from stress can be a significant factor

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in the success of the game.⁶ Players can perform and show reliable team work only when they do not have any kind of stress as stress limits the players' performance. Players can improve their performance only when they have an appropriate working attitude.⁷ Hence, sustainability of physical and mental health is required to ensure a good performance of players.⁸ When players are free from stress, it also improves their relationship with their coaches. There is an element of positivism between the coach and players which provide a better direction for the players' performance at both individual and team levels. Ahessy⁹ asserts that a positive and a productive approach of players towards their game can advance their performance.

COVID-19 greatly impacted the performance of athletes.¹⁰⁻¹² The athletes were stressed due to the pandemic, and they also faced mental health issues due to the pandemic related stressors.¹³ They faced mental stress due to several limitations, which adversely affected their performance on the ground. At the same time, these problems also reduced their approach towards success and good performance. The situation worsened when most athletes did not have access to medical and health facilities.¹⁴ It was also difficult to get sports coaches and counsellors who could instill positivism and motivate them to fight the stress and revert to the game. These problems led the athletes to have greater mental issues that were not appropriate for them. This led to a continual deterioration of their productivity and performance in their respective games. These athletes who were motivated to perform well were facing critical issues in the way of their performance improvement.

Music therapy is proven to have been a good treatment for stress, depression, hypertension, and anxiety, making a positive impact on individuals' mood, helping them improve cognitive functions, and overall mental and emotional development. Music therapy is not only accepted as a treatment for a wide range of physical and mental ailments, but research has proved that music evokes feelings;^{15,16} music impacts those parts of the brain that are involved in emotion, cognition, sensory experiences, and movement. Medical practitioners have been using music therapy as a therapeutic aid for mental health illnesses. Listening, singing, playing instruments, and producing music are examples of music therapy activities. Chinese medicine has recognized music as a therapy, along with other remedies.¹⁷

It is important that when athletes participate in sports, they must experience low stress levels because excessive emotional and cognitive stimulation can

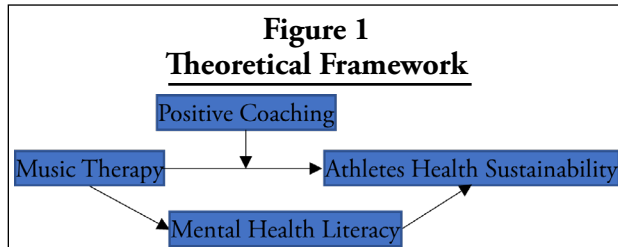
increase their exertion, physical and mental, leading to greater injury risk.¹⁴ In such stages, the brain must be kept away from harmful stimuli. Music increases athletes' motivation to perform; music boosts their focus and helps them cross over mental and physical barriers. Coaches use music before competitions and during training sessions to improve the quality of athletes' workout and increase their stamina. When music is synchronized with physical exercise, it has a dual effect, physical and psychological. For athletes, music keeps their mental state in the right place by controlling their brain waves.

There is no dearth of studies that have discussed different aspects of athletes' performance at individual and team levels, but these studies have paid less attention to the mental health issues of the players from the perspective of music therapy. To address this gap in the literature, the current research was conducted to determine the relationship between music therapy and athletes' health sustainability. This study also determined the moderating role of positive coaching and the mediating role of mental health literacy. The findings of this research are appropriate to support the body of knowledge. This research used the partial least squares methodology to determine its findings and test the hypotheses. Furthermore, the study witnesses a few theoretical and practical implications to contribute to the domain and introduce its recommendations for athletes to improve their health and performance. The limitations of this research are required to be addressed by scholars in future studies.

Review of Literature and Hypotheses Development

Self-determination theory highlights that human thoughts are changed over time for any kind of positive work.¹⁸ This theory further highlights that self-determination is the key to achieving sustainability in health. According to this theory, when people have self-determination, they will value themselves to get a better living standard.¹⁹ On the other hand, this theory highlights that motivation and autonomy are the key factors that can facilitate sustainable health behavior. By considering this theory as the grounding for this research framework, this study considered athletes' health sustainability as the dependent variable and the final influencer. However, this research considered music therapy as an independent variable and an external factor. This research introduced the mediating role of mental health literacy and the moderating role of positive coaching in the relationship between

music therapy and athletes' health sustainability. The theoretical framework developed for this research, representing the relationship between different variables, is presented in Figure 1.



Music Aherapy and Athletes' Health Sustainability

The sustainability of health is associated with athletes' performance and higher standards. When athletes are motivated to improve their performance productively, they sustain health required for better performance. Health sustainability issues are common in modern times, and people are required to work hard to manage their health properly, which requires effective health sustainability strategies.²⁰ Furthermore, health sustainability is also required to be tackled with mental health, which is necessary for productive performance.³ Many athletes are motivated to get better health sustainability because they want a better standard of living, which is based on the reliability of the measures adopted by the athletes to improve the health standard.²¹ The health sustainability can also be maintained through better learning and following appropriate health behavior. The relationship between athletes and their performance depends largely on their health sustainability. Athletes who manage to get better health sustainability are significantly motivated; they improve their performance, and also work together as a team.⁵ The athletes' health awareness is necessary to improve their training.

When athletes listen to music, it makes a profound effect on their brain. The brain comprehends both physiological and cognitive functioning. It elicits emotions, improves focus, reduces stress, and improves overall performance.^{15,22} Music therapy is accepted as a closely affiliated profession with sports medicine.²³ Music therapists use innovation, receptive listening, lyric discussion, imagery, and learning through music to assess an athlete's emotional well-being. Music therapy motivates athletes to improve their performance in a standard way. Many athletes are highly motivated to improve their performance as health awareness is critical for athletes to improve their learning performance.

Several people have recovered from mental disorders by making use of music therapy.²⁴ However, a great challenge is that appropriate health facilities are not potentially good and reliable for athletes to improve their performance with sustainability. This lack of sustainability makes it difficult for them to work in an appropriate and a better way. If there is health sustainability, athletes can be motivated to improve their mental health because they do not have to deal with stress from their routine issues. Based on this literature, the following hypothesis is developed;

Hypothesis 1: *There is a relationship between music therapy and health sustainability.*

Role of Mental Health Literacy

It is important for athletes to possess information about mental health, to keep them motivated and to improve their performance productively.⁴ By having an access to health information, athletes are motivated and can maintain their performance in a better way, and work in a better direction. Hence, the mental health issues of athletes should be maintained positively.⁶ Health literacy is a key factor in helping athletes improve their performance in a productive way. Health issues should not be a restriction on athletes' performance. They should always be motivated to achieve their goals and improve their performance, so as to ensure their availability for the team. The reliability of athletes working, and their improved performance can help them achieve their team goals.⁷ Access to good health information is a motivation for athletes to understand their mental problems and reduce their stress during the game, and perform smartly to achieve their goals. The team performance of athletes is also necessary to support them in achieving better goals, but these capabilities all depend on the achievement of their goals.²⁵ Many players who are not motivated to improve their health have less productive attitudes towards improving their mental health. Improvement in mental health is necessary for athletes to improve their performance. Moreover, the reliability of athletes' health can also be determined by different mental tests to examine their mental health literacy and also to make available the facility of music therapy, which is necessary for improving the standard of their performance with a productive approach.²⁶ It has been observed that when athletes do not take music therapy, they fail to perform well in their game and experience stress, anxiety different

kinds of mental issues.⁸ Hence, mental health literacy can motivate athletes to improve their performance, but they should also have a positive motivation towards achieving their goals sustainably. Based on this scenario, the following hypothesis is developed:

Hypothesis 2: *There is a mediation of mental health literacy between music therapy and athletes' health sustainability.*

Role of Positive Coaching

Studies have shown a relationship between positive coaching, music therapy and athletes' health sustainability.¹¹ The health literacy among athletes motivates them to have positive feelings towards their game. The accessibility of athletes' mental health with the coach is a positive factor that motivates the coaches to improve the mental health of athletes.²⁷ Athletes who have a productive attitude towards the game are always seeking support from their coaches to perform well. The relationship between athletes and coaches is therefore based on the idea that coaches are required to support the athletes achieve their goals. Moreover, the information received from the coaches can provide players with a direction to perform better.¹³ Those coaches who support athletes always take care of their mental health. These coaches ensure that the mental health issues of athletes should be corrected on time, and they should get better health facilities. Athletes who are motivated not only perform well, but they also have a positive approach for team performance.²⁸

Mental health issues in athletes are common when they face stress, anxiety or depression. These health issues reduce their active participation and performance at both individual and team levels. In such a state, the coaches are required to provide a positive motivation for the better performance of athletes. They should recommend treatment plans to the athletes in their time of need.²⁹ Access to health information is the fundamental way to improve the performance of athletes, but they should go for effective medical treatment when they are required to improve their mental health. Health issues can affect the performance of players in a negative direction, and players should have different kinds of motivation for their performance.¹⁴ Many athletes have proven that their work for better mental health is appropriate to advance their working approach in any place. When they have a reliable performance, they do not need any kind of therapy for their health improvement. Furthermore, the health standard for athletes is required to be improved, and they should have a

positive approach to working in a team to achieve their goals. Last, but not the least, the relationship between athletes and coaches should not only be positive, but they should also encourage athletes to develop a habit of listening to music to improve their performance productively. The influence of music therapy is critical for athletes to improve their performance in a positive way to achieve their major goals. Based on this discussion, the following hypothesis is developed:

Hypothesis 3: *There is a moderation of positive coaching between music therapy and athletes' health sustainability.*

Research Methodology

Measurement Items

This research adopted a quantitative research design, for which the data was collected through a Likert scale questionnaire. This research proved confirmatory in nature, since the relationship between different existing variables was confirmed. The questionnaire for this research was based on reflective measurement items, that were adapted from existing studies. The measurement items for athletes' health sustainability were taken from the study Solleveld et al.³⁰, after determining validity and reliability with Cronbach alpha > 0.71 and composite reliability > 0.75. Furthermore, the measurement items for music therapy were taken from the study Włodarczyk³¹, after determining validity and reliability with Cronbach alpha > 0.88 and composite reliability > 0.72. However, the measurement items for mental health literacy were taken from a study by Nejatian et al.³², after determining validity and reliability with Cronbach alpha > 0.85 and composite reliability > 0.81. Finally, the measurement items for positive coaching were taken from the study, Yu et al.³³, after determining validity and reliability with Cronbach alpha > 0.78 and composite reliability > 0.76. The face validity of these research items was also confirmed by expert researchers, who approved the final measurement items.

Sampling and Data Collection Method

The sample size of this study comprised respondents numbering 356 in total. Out of them, 72% (256) respondents were male and 28% (100) respondents were female. All respondents were full-time players in domestic level teams of soccer in different regions of China. The sample was identified using a simple random sampling method, without making any discrimination against any respondents. Since the respondents were Chinese football players, the researchers sought the support of Chinese Football Association and the team

management, to help gather data and gain access to the athletes. A printed questionnaire was distributed among the athletes. Prior to that, all athletes were informed about the aim and objective of the research, and informed consent was taken from the athletes as well as appropriate authorities. The data was gathered in a cross-sectional manner, with an emphasis on recognized and accessible players from domestic teams. The respondents were ensured about the anonymity and a complete confidentiality; hence they were asked to fill the questionnaire without any hesitation. It was also optional to share their personal information, and later the section on demographic information was also eliminated from the questionnaire. This study collected 363 responses for data analysis, but seven responses were not appropriate, so they were eliminated. The final sample size of this research was therefore 356 respondents finalized for this research.

Data Analysis

Smart PLS was utilized for measurement model and structural model assessments of the findings. SmartPLS is suited for analyzing complicated models

with reflective and formative elements and managing non-normal data while still getting reliable findings from small samples. Additionally, it enables the simultaneous evaluation of measurement and structural models.³⁴ The data analysis for this research started with the test of data normality, which is necessary to be determined for reporting appropriate findings and arrive at actual research results. The data normality is determined in different ways, but in this research kurtosis and skewness testing methods were used. These methods are highly recommended for social science studies. The skewness and kurtosis findings were tested, and values were ensured between -1 and +1 to achieve the significant threshold.³⁵ The overall results of this research highlighted that all findings were achieved significantly. Furthermore, the missing values were also tested to determine their normality.

Results and Findings

The normality test data is highlighted in Table 1, which demonstrates that there were no missing values in the data and thus this study achieved significant normality.

Table 1
Normality of Data

No.	Items	Missing	Mean	Median	Min	Max	Standard Deviation	Excess Kurtosis	Skewness
1	MT1	0	4.099	4	1	5	1.036	0.908	-0.168
2	MT2	0	3.591	4	1	5	1.127	-0.158	-0.621
3	MT3	0	3.996	4	1	5	1.038	0.094	-0.840
4	MT4	0	3.964	4	1	5	0.985	0.080	-0.757
5	MT5	0	3.453	4	1	5	1.127	-0.411	-0.420
6	AHS1	0	3.588	4	1	5	1.121	-0.448	-0.494
7	AHS2	0	3.595	4	1	5	1.187	-0.512	-0.543
8	AHS3	0	4.474	5	1	5	0.925	0.095	-0.888
9	AHS4	0	4.219	5	1	5	1.041	0.940	-0.288
10	AHS5	0	3.996	4	1	5	1.164	0.430	-0.111
11	AHS6	0	4.069	4	1	5	1.168	0.522	-0.186
12	PC1	0	3.931	4	1	5	1.146	0.057	-0.932
13	PC2	0	4.066	4	1	5	1.125	0.531	-0.150
14	PC3	0	4.124	4	1	5	1.077	0.873	-0.236
15	PC4	0	3.785	4	1	5	1.262	-0.403	-0.782
16	PC5	0	3.668	4	1	5	1.191	-0.455	-0.624
17	PC6	0	3.989	4	1	5	1.038	0.261	-0.885
18	MHL1	0	4.047	4	1	5	1.001	0.610	-0.996
19	MHL2	0	4.018	4	1	5	1.020	0.742	-0.033
20	MHL3	0	4.047	4	1	5	1.047	0.643	-0.074
21	MHL4	0	3.964	4	1	5	1.113	0.435	-0.013
22	MHL5	0	3.792	4	1	5	1.119	0.076	-0.823
23	MHL6	0	3.872	4	1	5	1.121	0.289	-0.948

Note: AHS: Athletes Health Sustainability; MHL: Mental Health Literacy; MT: Music Therapy; PC: Positive Coaching

The measurement model assessment was used to determine the validity and reliability. The validity and reliability in any study are achieved when Cronbach alpha

> 0.70,³⁶ composite reliability > 0.70,³⁷ average variance extracted > 0.50³⁸ and factor loadings > 0.60.³⁹ All these were significantly achieved. The factor loading values were

also tested to determine the study's measurement and each items' reliability at the individual level. It was necessary to delete the items that had fewer factor loadings below the recommended threshold. Furthermore, the findings of Cronbach alpha were used to confirm the validity of research data. The findings of composite reliability

were used to determine the reliability of research data. Finally, the findings of the average variance extracted were used to determine the variance between the research data. The highlighted results in Table 2 and Figure 2 demonstrate that this research had significantly achieved the appropriate convergent validity.

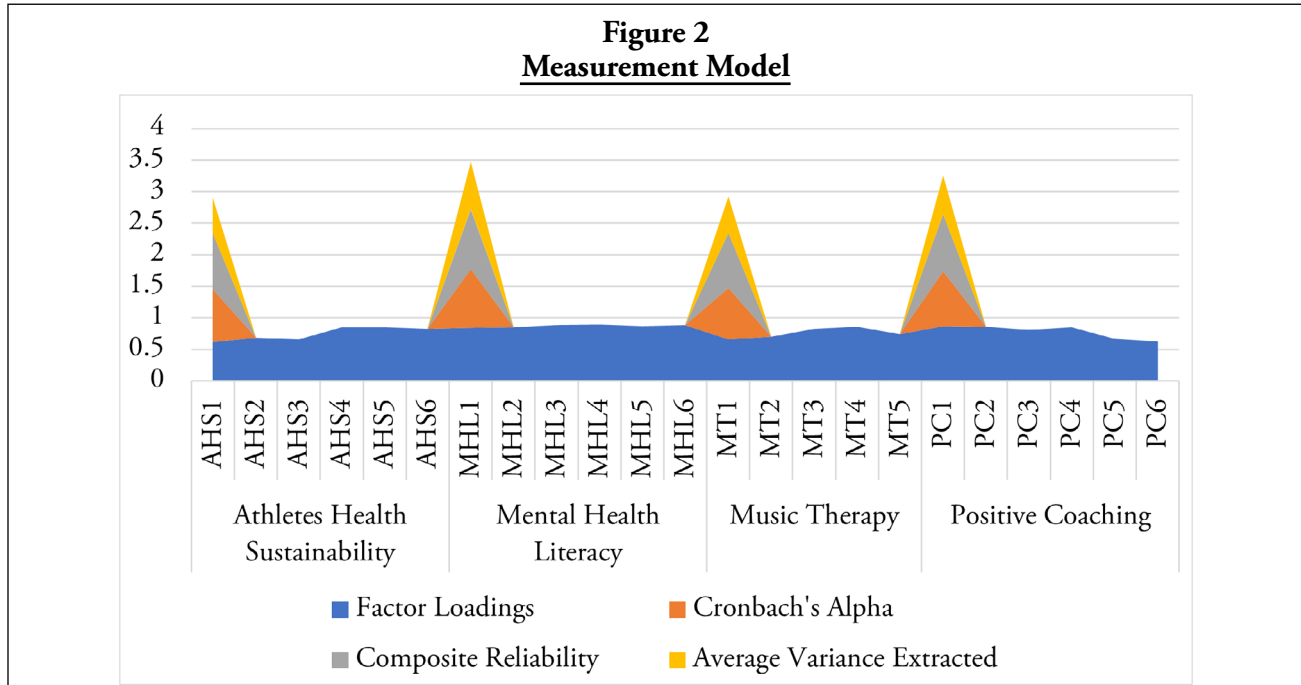


Table 2
Convergent Validity

Variables	Items	Factor Loadings	Cronbach's Alpha	Composite Reliability	Average Variance Extracted
Athletes Health Sustainability (AHS)	AHS1	0.614	0.841	0.884	0.564
	AHS2	0.683			
	AHS3	0.655			
	AHS4	0.847			
	AHS5	0.848			
	AHS6	0.821			
Mental Health Literacy (MHL)	MHL1	0.837	0.934	0.948	0.751
	MHL2	0.849			
	MHL3	0.879			
	MHL4	0.888			
	MHL5	0.866			
	MHL6	0.880			
Music Therapy (MT)	MT1	0.661	0.813	0.871	0.576
	MT2	0.702			
	MT3	0.821			
	MT4	0.857			
	MT5	0.737			
Positive Coaching (PC)	PC1	0.863	0.873	0.904	0.614
	PC2	0.856			
	PC3	0.806			
	PC4	0.847			
	PC5	0.668			
	PC6	0.628			

The findings of the measurement model assessment were also used to determine the discriminant validity between the research data. There are two well-known methods to determine discriminant validity. The first method is the cross-loadings method, which wherein it is ensured that the values of one construct' items are above the values of other items representing different

constructs that are correlated with it.⁴⁰ Table 3 and Figure 3 highlight significant cross-loadings. The second method to determine discriminant validity is the Heteritrait-Monotrait (HTMT) method. It is a well-known method wherein discriminant validity is achieved when the HTMT matrices are below 0.90.⁴¹ Table 4 shows that this research had significantly achieved HTMT discriminant validity.

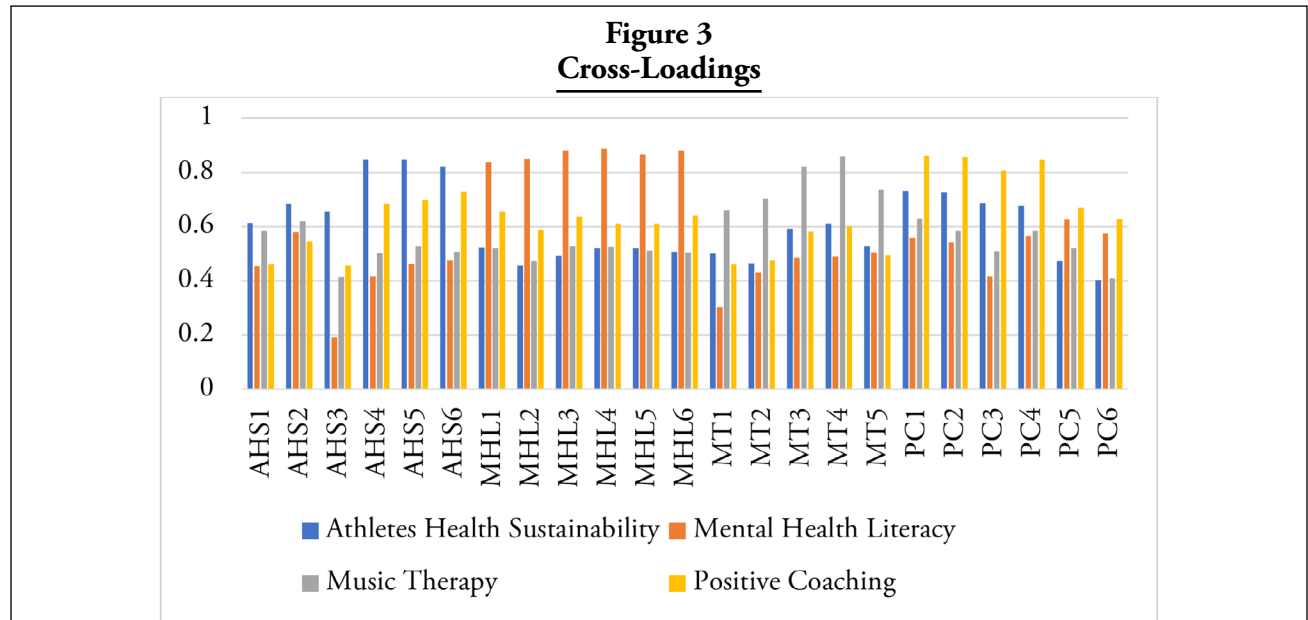


Table 3
Cross Loadings

Items	Athletes Health Sustainability	Mental Health Literacy	Music Therapy	Positive Coaching
AHS1	0.614	0.455	0.584	0.461
AHS2	0.683	0.579	0.619	0.546
AHS3	0.655	0.193	0.414	0.456
AHS4	0.847	0.416	0.502	0.684
AHS5	0.848	0.462	0.529	0.698
AHS6	0.821	0.476	0.508	0.729
MHL1	0.523	0.837	0.521	0.656
MHL2	0.457	0.849	0.473	0.588
MHL3	0.493	0.879	0.529	0.636
MHL4	0.520	0.888	0.527	0.611
MHL5	0.521	0.866	0.511	0.612
MHL6	0.508	0.880	0.505	0.641
MT1	0.500	0.303	0.661	0.460
MT2	0.465	0.431	0.702	0.476
MT3	0.592	0.485	0.821	0.582
MT4	0.612	0.490	0.857	0.600
MT5	0.528	0.506	0.737	0.495
PC1	0.731	0.558	0.630	0.863
PC2	0.726	0.541	0.584	0.856
PC3	0.686	0.415	0.510	0.806
PC4	0.678	0.564	0.583	0.847
PC5	0.474	0.627	0.519	0.668
PC6	0.403	0.576	0.410	0.628

Note: AHS: Athletes Health Sustainability; MHL: Mental Health Literacy; MT: Music Therapy; PC: Positive Coaching

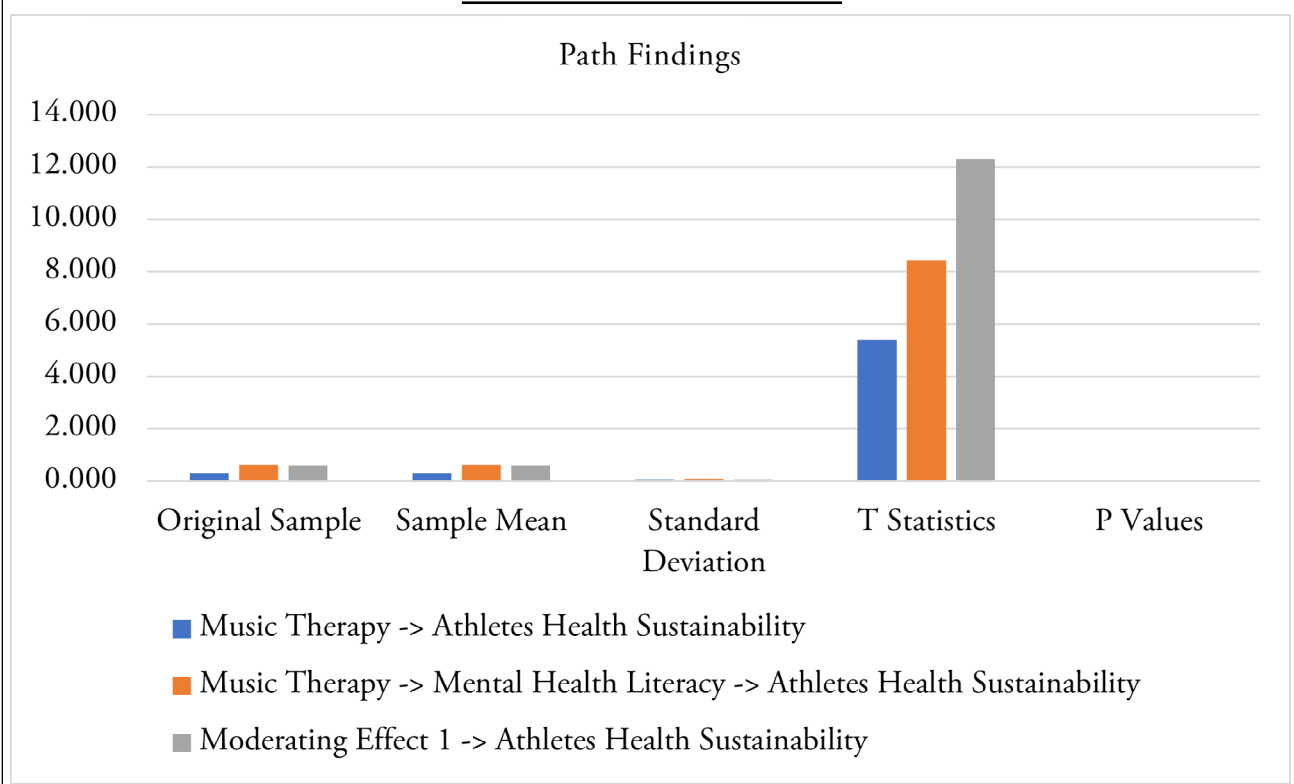
Table 4
HTMT

Variables	Athletes Health Sustainability	Mental Health Literacy	Music Therapy	Positive Coaching
Athletes Health Sustainability				
Mental Health Literacy	0.650			
Music Therapy	0.670	0.671		
Positive Coaching	0.610	0.844	0.815	

This study also determined the path-finding values for testing the hypotheses. The hypotheses were tested with t-values based on Ramayah et al.'s⁴² recommendations. The t-values of more than 1.96 are acceptable as significant if the hypothesis is not directional. The findings of the first hypothesis reported that the impact of music therapy was significant on athletes' health sustainability. The findings of the second hypothesis reported

that the impact of music therapy on athletes' health sustainability was positively mediated by mental health literacy. The findings of the third hypothesis reported that the impact of music therapy on athletes' health sustainability was positively moderated by positive coaching. All three hypotheses were accepted, and the findings are reported in Table 5 and Figure 4.

Figure 4
Structural Model Assessment



The findings of moderating relationship reported that the moderation of positive coaching was strengthening the relationship between music therapy and athletes' health sustainability. In

the same way, the direction of this moderating relationship was positive. The relationship between moderating hypotheses is highlighted in Figure 5.

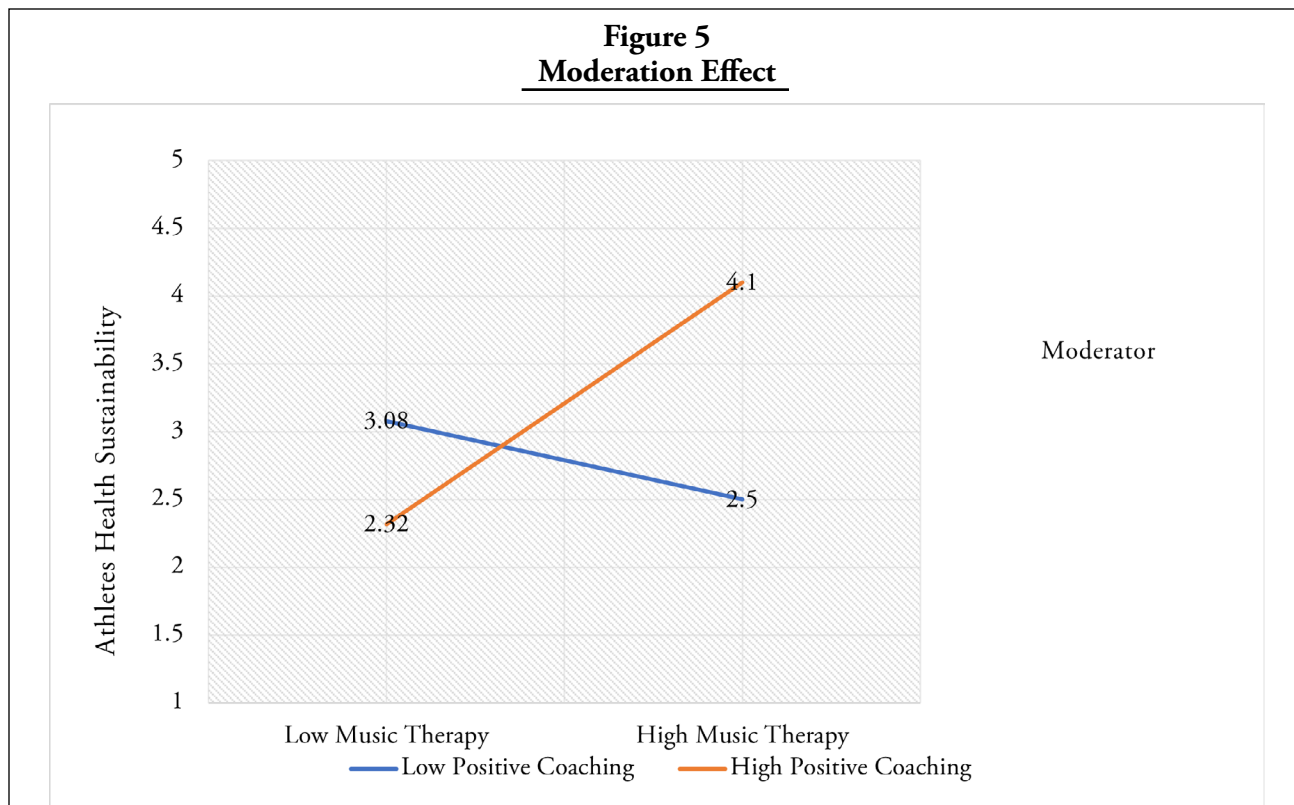


Table 5
Path Findings

Hypotheses	Original Sample	Sample Mean	Standard Deviation	T Statistics	P Values
Music Therapy -> Athletes Health Sustainability	0.300	0.301	0.056	5.402	0
Music Therapy -> Mental Health Literacy -> Athletes Health Sustainability	0.620	0.617	0.074	8.437	0
Moderating Effect -> Athletes' Health Sustainability	0.590	0.592	0.048	12.289	0

Furthermore, the findings on predictive relevance were also tested. These findings were checked to determine the relevance of variables in the research model. The findings of predictive relevance are

determined in Q^2 . Koban et al.⁴³ reported that predictive relevance values greater than 0 are acceptable. The research results highlighted in Table 6 report that significant predictive relevance was achieved.

Table 6
Predictive Relevance

Variables	SSO	SSE	$Q^2 (=1-SSE/SSO)$
Athletes Health Sustainability	1644	1020.202	0.379
Mental Health Literacy	1644	1218.31	0.259
Music Therapy	1370	1370	
Positive Coaching	1644	1644	

Discussion and Conclusion

The findings of this research are empirically important, as all relationships developed for this research were supported by the findings. All three

hypotheses developed in this research were significantly and positively accepted. The findings of the first hypothesis reported that the impact of music therapy was significant on athletes' health sustainability.

Indeed, these empirical findings are comprehensive and improve the literary domain significantly. The existing studies also confirmed these findings. According to Patiyal et al.³, in the present era, health problems are widespread, and people must work hard to take care of their health effectively. The key to improving people's performance is to ensure that they receive timely, effective therapy. Maintaining one's health is important for good learning and healthy behavior in everyone, even athletes. Depending on their health, the athletes' abilities might either increase or decrease. Yang et al.⁴, too, asserted that athletes who can improve their health are nevertheless having difficulty maintaining their current level of health. The athletes' healthy habits undoubtedly spur them on to compete successfully. They work as a team when they are intensely motivated to increase their efficiency.

Terry and Parsons-Smith²¹ opine that the awareness of psychological wellness is inspiring athletes to constructively improve the way they perform. Furthermore, the team's players function better when they are aware of their health status and want to improve it. Athletes must maintain their health since it is necessary for them to work more effectively when they are driven to improve their performance. The findings of the research are consistent with that of Mao⁶, which emphasize that when athletes have good mental health, their performance is also good, but if they lack good mental health, their performance suffers. These studies reiterate that athletes' mental health difficulties should be managed appropriately. Many athletes have a strong desire to enhance their abilities conventionally. For athletes to significantly increase their learning performance, health knowledge is essential. Many people have overcome mental illnesses when confronted with medical problems. Athletes can improve their abilities and durability if they use the right health facilities. According to Nejatian et al.³², athletes can work more effectively and appropriately if they practice sustainability in their work. Although they do not have to deal with stress from everyday problems, plenty of athletes have the drive to enhance their mental health. To improve their training, athletes must be more aware of their health. However, the advancement of health and higher standards are also related to the sustainability of health.

The findings of the second hypothesis report that the impact of music therapy on athletes' health sustainability is positively mediated by mental health literacy. These positive relationships about mediating

role of mental health literacy are comprehensive and contribute to the existing body of literature. These findings are consistent with a few previous studies. For instance, Rice et al.²⁸ also affirm that players must have better health to perform better when they are driven to do so in a positive way. The use of music as therapy encourages athletes to raise their levels of performance. Additionally, it is important to address mental health issues because they are related to physical health and require it for effective performance. Likewise, Gouttebauge et al.¹³ also confirm that athletes can improve their standard of living through better health facilities, and a number of athletes are motivated to do so. The knowledge that athletes seek from their coaches might give them direction for their future efforts. The athletes' mental health is always taken care of by the coaches, who are trying to support them.

According to Purcell et al.²⁷, athletes must have access to improved medical facilities, and instructors' mental health problems must be promptly addressed. The instructors' awareness that they are participating in a game may inspire them to work harder. However, for the squad to perform effectively, those athletes who are driven to do well must adopt a positive working attitude. Bissett et al.¹¹ opine that athletes frequently have mental health problems when under any form of stress or tension. Instructors' performance and active participation in the team may suffer due to their stress levels. The availability of public health services encourages athletes to address their mental health issues and provides a path forward. The athletes' mental illnesses affect their performance in the game because they must play intelligently to achieve their goals.

Włodarczyk³¹, too, believe that athletes' performance on the team is important to help them reach higher goals, but all of these abilities depend on their having a good health. Many athletes who are unmotivated to get healthier have a less effective approach to getting healthier mentally. For athletes to increase their performance, their mental health must improve. This is consistent with Şenışık et al.⁸, who recommended various mental tests to evaluate an athlete's health. Athletes from various teams are encouraged to participate in music therapy since it is vital to raising their expectations of themselves positively. Many athletes who do not receive music therapy struggle to perform effectively in their games as a result of various mental health difficulties. Players' performance is crucial, but it is

also strongly impacted by their psychological health. The importance of health issues for footballers means that they must enhance their quality of health through better work practices.

Finally, the findings of the third hypothesis report that the impact of music therapy on athletes' health sustainability is positively moderated by positive coaching. This relationship is also positive and comprehensively contributes to literature, which is also confirmed by previous studies. Sollefeld et al.³⁰, for instance, find that athletes can increase their performance by focusing on their mental health as well as through positive coaching. Both athletes and coaches should have a good working connection and a productive attitude towards their tasks. Athletes might be inspired to feel good about their profession by being aware of their health. Reardon et al.²⁶ assert that coaches are encouraged to improve the mental health of their athletes with the knowledge that the players' mental health is accessible to them. Athletes who are productive team members constantly seek the assistance of their coaches to succeed. Different concepts underlie the interaction between coaches and performers, and coaches are expected to help the athletes accomplish their objectives. Henriksen et al.²⁵, too, reiterate that instructors must be enthusiastic about improving the performance of the athletes, and they must provide treatment regimens as necessary.

Athletes can fundamentally improve their performance by having access to health information, but when it comes to enhance their mental health, they should seek out efficient medical care. According to Kievisiene et al.²⁰, players should have several kinds of motivation for their success because health difficulties can negatively impact their performance. Numerous athletes have demonstrated that improving one's mental health is ideal for advancing one's working style, wherever they are. Players who consistently deliver quality play do not require any sort of therapy to improve their health. Liu et al.⁷, athletes should have a good working connection, and they should both listen to music regularly to boost their performance. Athletes must have access to coaches if they want to improve their performance. The consistency of athletes' efforts is a suitable strategy for raising health standards.

This study also made evident that athletes' access to health information can significantly enhance the way they perform. Welch et al.²⁴ believed that athletes should have good mental health literacy which helps them improve their performance. Health problems should

not be a hindrance to an athlete's ability to perform. To increase the team's availability, athletes should be encouraged to set higher goals and perform better. Ettenberger et al.⁵ assert that athletes' dependability at work and effectiveness can show them the path to the team performance. Athletes' health standards must also be raised, and they must have a good attitude towards cooperating to achieve common objectives. For athletes to achieve the key objectives for a significant improvement in their health, the influence of music therapy and positive coaching is crucial.

Implications and Future Directions

The findings of this study relate to both theoretical and practical implications. Theoretically, this research contributes appropriately to the domain of mental health, a few of which are novel to this field. For instance, the study reported significantly that sustainability in athletes' health is possible through music therapy, which is a novel contribution to literature, as the existing studies have not comprehensively addressed this relationship. Furthermore, another novel finding indicates that the relationship between music therapy and athletes' sustainable health is positively mediated by mental health literacy. In this way, athletes are motivated to improve their health literacy to get better health facilities with the goal of sustainability. On the other hand, this research also highlights that there is a significant moderating role for positive coaching between music therapy and mental health literacy. These findings are new to the existing body of literature, and are productive to improve the body of literature significantly. Last, but not the least, there also lies novelty in the fact that this study introduced mediating and moderating variables that are also novel in literature, and still in infancy stage. These theoretical implications are going to benefit researchers find appropriate relationship never so far addressed in literature.

The current research also reached some practical findings that too are novel and useful for improving the literature and knowledge. This research demonstrates that sustainability in the athletes' health is very essential, which can be achieved by keeping themselves away from stress, anxiety and depression. It required, they can get music therapy which is highly recommended even for team management and coaches. Positive music therapy can improve athletes' performance and provide them with appropriate health facilities. When athletes are highly motivated to receive music therapy, they are able to reduce

the impact of stress on their mental health, and ultimately improve their performance. The coaches of these athletes, too, should have a positive attitude towards eradicating the source of mental health issues and resort to musical therapy when required. Coaches play a critical role in improving athletes' game and keeping their motivation level high to ensure a high productivity and high performance. Coaches should facilitate athletes to get better health facilities. Such a close association between coaches and athletes will also improve their relationship, which will be reflected in the athletes' improved performance. Lastly, the access to mental health information increases mental health literacy, which also proves an effective approach to improve athletes' mental health.

Despite appropriate findings and useful implications, the study faced certain limitations, which are required to be addressed in future studies. First, it recommended to collect data from different sets of populations to bring a diversity and a wider applicability of the findings. The data can be collected from athletes and teams at international levels to determine the impact of music therapy on the performance of athletes. Second, it is also required to test the moderating role of medical insurance between music therapy and athletes' mental health. Third, future studies can also determine the mediating role of players' psychological well-being between their performance and the support of team management. Last, but not the least, future studies can also examine the present findings to study the impact of mental well-being on athletes' performance on teams, as this research has not considered this relationship.

Ethics Statement

This study adheres to the guidelines of the declaration of Helsinki and was approved by the ethics committee of the associated institute, and consent was obtained before data collection. (Approval no: PC23-014)

Conflicts of Interest

The author declares no conflict of interest.

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