Three common themes I have found throughout the findings of my six research articles include moral and mental development, the influence of personality, and the influence and development of personal values.

 Some of the articles highlight the role that sports have in moral and mental development among young athletes. Bronikowska et al. (2020) look into the role of sports practice on moral development, attempting to analyze how sports can influence moral development. The results of the study showed little difference between students and their training, so it was stated that with these results, we can assume that for the age group of 15-17-year-olds, “the type of sports and level of engagement do not modify the ways it affects moral competence” (Bronikowska et al., 2020. Para. 34). Shao et al. (2022) looked into individual characteristics related to physical and mental development in the context of sports, specifically basketball. In this article, Shao et al. (2022), provide a section on the psychological aspect of team sports and states “Despite popular belief, confidence can be built, and basketball is the perfect way to help young people boost their self-esteem and self-confidence” (Psychological Aspects., para. 2 ). His research shows that playing basketball increases the release of dopamine, improves sleep, and reduces stress, while also helping with decision-making and critical thinking. Finally, Spruit et al. (2019) investigate the relationship between the moral climate of sports and the moral behavior of young athletes. They emphasize how participation in sports can encourage moral decision-making and promote ethical values, demonstrating that a positive moral climate in sports settings influences athletes' behavior.

 When exploring the influence of personality, we see Greitemeyer (2022), Shao et al. (2022), and Caliskan and Özer (2019) discuss this theme most in their findings. Greitemeyer (2022) examines the darker aspects of sports, focusing on personality, values, and athletic aggression, highlighting how certain personality traits can put athletes at risk of aggressive behaviors. There were two studies conducted on the Dark Tetrad facets, narcissism, machiavellianism, psychopathy, and everyday sadism. Both of the studies conducted “showed positive relationships between all facets of the Dark Tetrad and engagement in athletic aggression” except narcissism, showing that “of the Dark Tetrad traits narcissism can be considered to be the least dark” (Greitmeyer, 2020 para. 1). Shao et el. (2022) primarily focuses on mental development, but they also touch on individual characteristics, which include personality traits that may influence athletes' experiences and development. Caliskan and Özer (2019) also explore the relationship between dark triad personality traits but also look farther into the work values among athletes, examining how these traits influence behavior and values in sports settings. Their examination into personality traits showed that “leaders displaying Machiavellian and psychopathic behaviors negatively affect the career achievements of their subordinates and that narcissist leaders support the achievements of their employees” (Caliskan and Özer, 2019, para. 20).

 Finally, the influence and development of personal values was highly discussed by Castillo et al. (2018), Caliskan and Özer (2019), and Bronikowska et al. (2020). Castillo et al. (2018) examines the relationships between personal values and leadership behaviors in basketball coaches, emphasizing how these values influence coaching styles and team dynamics. They stated “our results indicate that coaches attributed greater importance to self-transcendence and openness to change values, and this is reflected through transformational behaviors” (Castillo et al., 2018, para. 35). Caliskan and Özer (2019) discussed values as well as personality traits and found that “displaying Machiavellian and psychopathic behaviors toward using every situation for their own interests, … may be the reason why they do not give importance to achievement and creative behaviors that may be beneficial to others” (Caliskan & Özer, 2019, para. 20). Lastly, Bronikowska et al. (2020) address the role of sports practice in the development of morals among young athletes, suggesting that participation in sports helps shape their personal and moral values. Bronikowska et al. (2020) believe that “PE teachers and coaches must understand their role modeling potential and as a matter-of-fact social need to develop instructional methods and delivery teaching styles that will produce effective learning outcomes in the Millennial student in terms of their moral qualities” (Conclusion, para. 1).

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