

**STUDY OF THE INFLUENCE OF PSYCHOLOGICAL FACTORS SUCH AS CONFIDENCE, AGGRESSION AND MENTAL TOUGHNESS ON HANDBALL PLAYER'S PERFORMANCE BEFORE COMPETITION**

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**DOI: 10.5958/2249-7137.2026.00010.2**

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**ABSTRACT**

*The present study investigates the influence of psychological factors confidence, aggression and mental toughness on the performance of handball players during the pre-competition phase. Psychological preparedness is considered a critical determinant of success in high-intensity sports like handball, where players must perform under pressure and make rapid decisions. A quantitative research design was employed and data were collected from handball players using standardized psychological assessment tools. Performance levels were evaluated through relevant performance indicators and coach assessments. Statistical analysis including correlation and regression techniques was used to examine the relationship between psychological variables and performance outcomes. The findings indicate that higher levels of confidence and mental toughness significantly enhance performance while controlled aggression positively contributes to competitive effectiveness. The study highlights the importance of mental training in sports and suggests that psychological conditioning should be integrated into regular coaching practices to optimize player's pre-competition readiness.*

**KEYWORDS:** Confidence, Aggression, Mental Toughness, Handball Performance, Pre-Competition Anxiety.

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