

Exploring the Emotional Lives of Adolescent Athletes Under Competitive Pressure

Sophia. Lee¹, Brian. Matthews^{2*}

¹ Department of Psychology and Counseling, Stanford University, Stanford, USA

² Department of Health Psychology, University of Michigan, Ann Arbor, USA

* Corresponding author email address: bmatthews@umich.edu

E d i t o r	R e v i e w e r s
Salahadin Lotfi ^{id} PhD in Cognitive Psychology & Neuroscience, UWM & Rogers Behavioral Health Verified, Lecturer at University of Wisconsin slotfi@uwm.edu	Reviewer 1: Mahdi Khanjani Associate Professor, Department of Psychology, Allameh Tabataba'i University, Tehran, Iran. Email: khanjani_m@atu.ac.ir Reviewer 2: Abotaleb Saadati Shamir ^{id} Assistant Professor, Department of Educational Sciences, University of Science and Research, Tehran, Iran. Email: psychology@iau.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence "Still, a complex interplay exists between motivation, emotional regulation, and context-dependent stressors..." is theoretically compelling. However, referencing a specific psychological theory (e.g., Self-Determination Theory) could deepen the theoretical grounding.

The term "performance anxiety" is used descriptively, but not defined or differentiated from related constructs like pre-competition nerves or general anxiety. Consider clarifying the conceptual boundaries used during analysis.

The notion of "emotional suppression" is emphasized, but it would be beneficial to note whether this theme varied by gender, sport type, or cultural background, particularly given the literature on gendered emotional expression.

The statement "Everyone's posting wins and medals..." could be linked more explicitly to theoretical constructs such as "social comparison theory" or "impression management," strengthening conceptual rigor.

The sentence "It's hard to give 100% to both school and sports." warrants more reflection in the discussion, particularly around time management and institutional support structures.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

The discussion of "emotional suppression" could be enhanced by specifying whether the study examines suppression as a coping strategy or as a dispositional tendency (e.g., alexithymia or repressive coping).

The statement "The gendered experience of emotion in youth sports is also noteworthy." introduces a critical dimension. However, this issue is not sufficiently explored in the findings or discussion. Consider incorporating gender-specific results or reflections to align with this introductory claim.

The statement "Participants described oscillating between emotional highs... and emotional lows..." would benefit from linking to existing emotion regulation frameworks (e.g., Gross's model of emotion regulation) for theoretical integration.

The concept of "emotional fatigue" is mentioned but not clearly distinguished from burnout. Consider defining the two terms and explaining how they were differentiated in participant narratives.

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.