



SACRAMENTO STATE
HORNETS

Using Peer Athlete Podcasts to Develop and Strengthen Resilience in Student-Athletes

Dr. Joyce Mikal-Flynn, Ed. D., FNP,
BSN, MSN - Project Director

Bethany Crouch, Student-Athlete
Development - Project Coordinator

Dr. Michelle Dang, Ph.D., BSN, MSN
Research Professional & Statistician

Frederick Adams, Undergraduate
Accounting - Student Assistant

Lauren Wong, Undergraduate
Psychology - Research Assistant

Project Outline



- Create **(6) podcasts** interviewing both **current and former student-athletes**
 - Speaking to themes that **impact** current student-athletes
- Measure **perceived social support, perception of stress and resiliency** of student-athlete participants
- Communicate details via **email and text** message via ARMS
- Discover findings as it **impacts student-athlete mental health**
- Create a **blueprint for program replication** at other institutions



Why Podcasts?

- **Technologically capable** students
- **Accessibility for creation and delivery**
- **Comfortability** for interviewees
- **Student-athlete time demands**
 - Ability to listen while completing other tasks
 - Subtlety of it --- as it relates to stigma



Project Methods



- **Recruit** athlete guests
- **Schedule & Record** interviews



- **Communicate** study details
- **Distribute** surveys
- **Deliver** podcasts



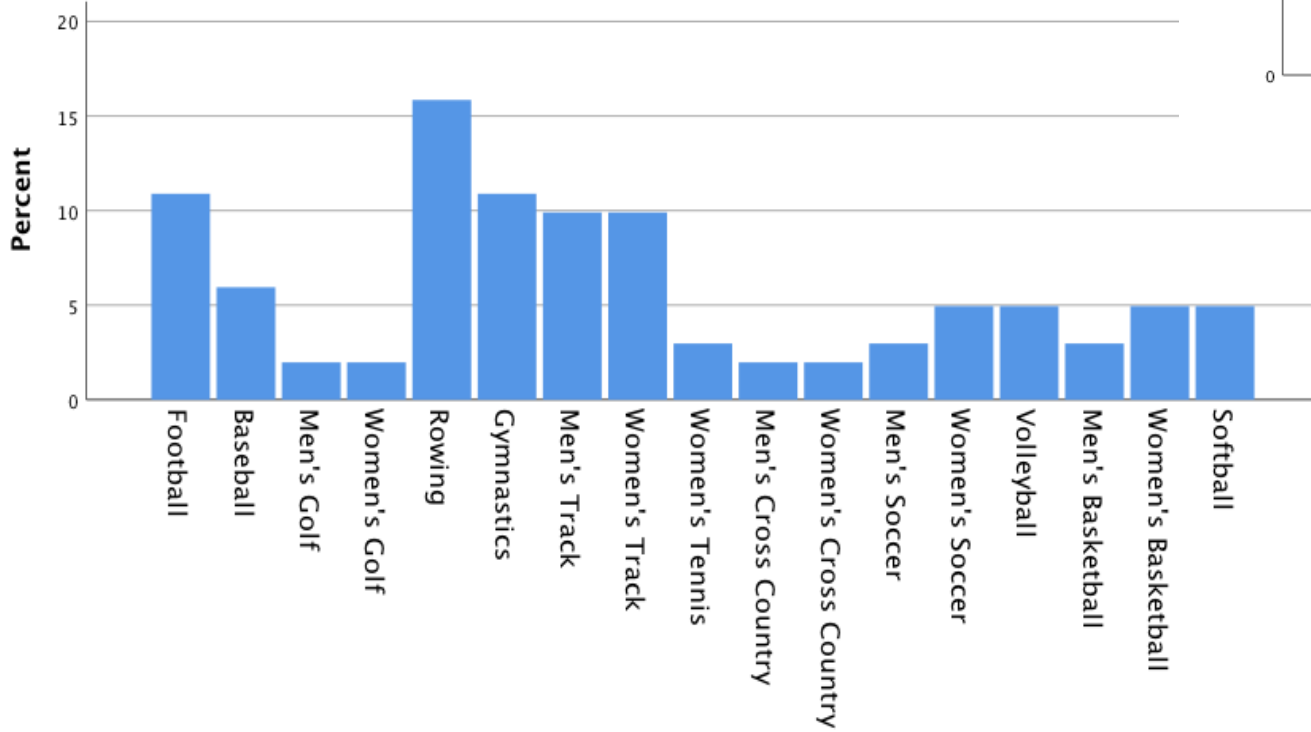
- **Follow-up** communication
- **Completion** = incentive
- **Gift Card pick-up survey**



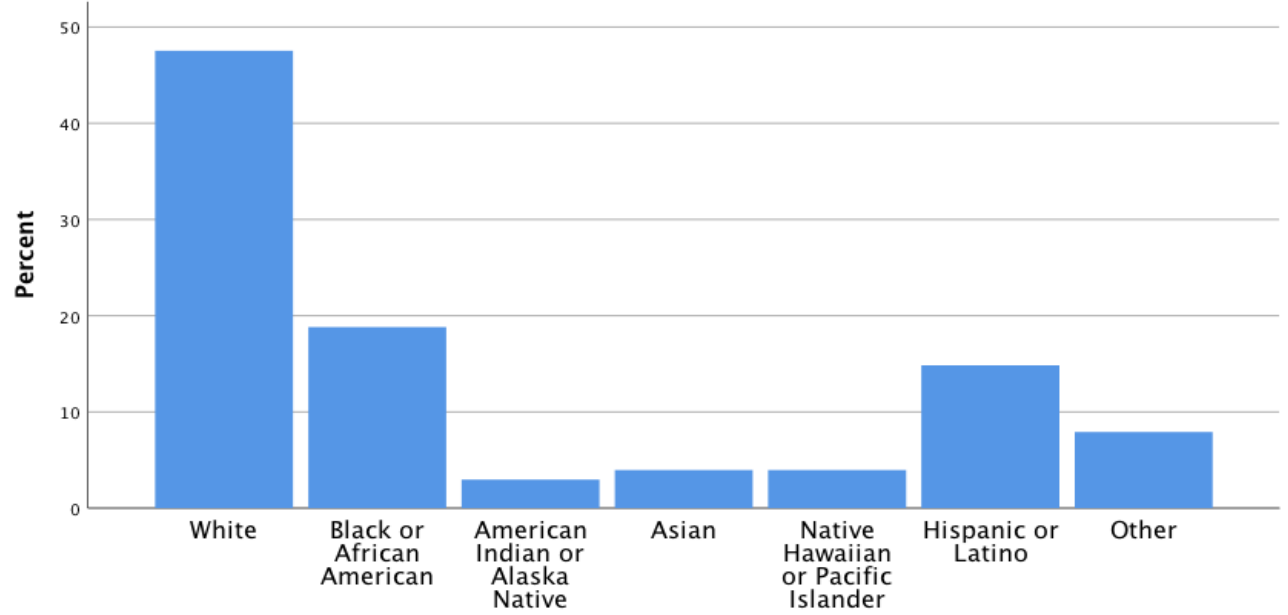
soundcloud.com/athletesinterrupted

Key Findings

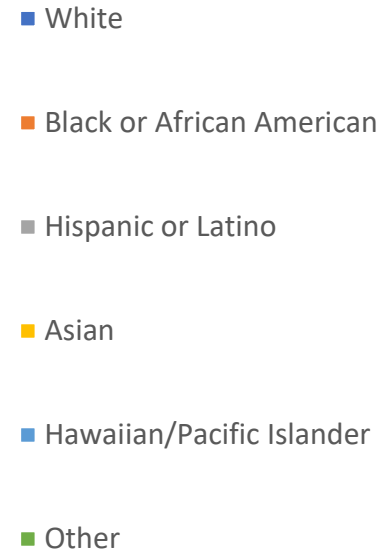
Select your Sport:



Ethnic origin: Please specify your ethnicity



Athlete Population Reported Ethnicity



Key Findings



Student-athletes perceive STRESS as mainly negative (*Stress Mindset Measure*)

Student-athletes scored lower in perceived resiliency (*CDRISC*)

Student-athletes scored moderate to high level in social support (*MSPSS*)

Shifting culture mindset that stress can be a positive

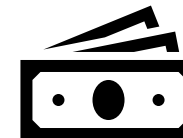
Expected stress – not IF but WHEN

How to address, navigate, and regulate stress

Campus Implementation



- Incoming Student-Athlete meetings
- **First-Year Seminar or Senior Seminar integration**
- Student-Athlete Professional Development, Leadership Program, & SAAC
- **Alumni Relations & Donor Development**



Adjustments



- **Platform & Technology considerations** (videos/YouTube)
- **Timeline awareness** (for study purposes)
- **Speaking to specific experiences** (intentional topics)
- **Group podcasts and student-athlete discussions**

