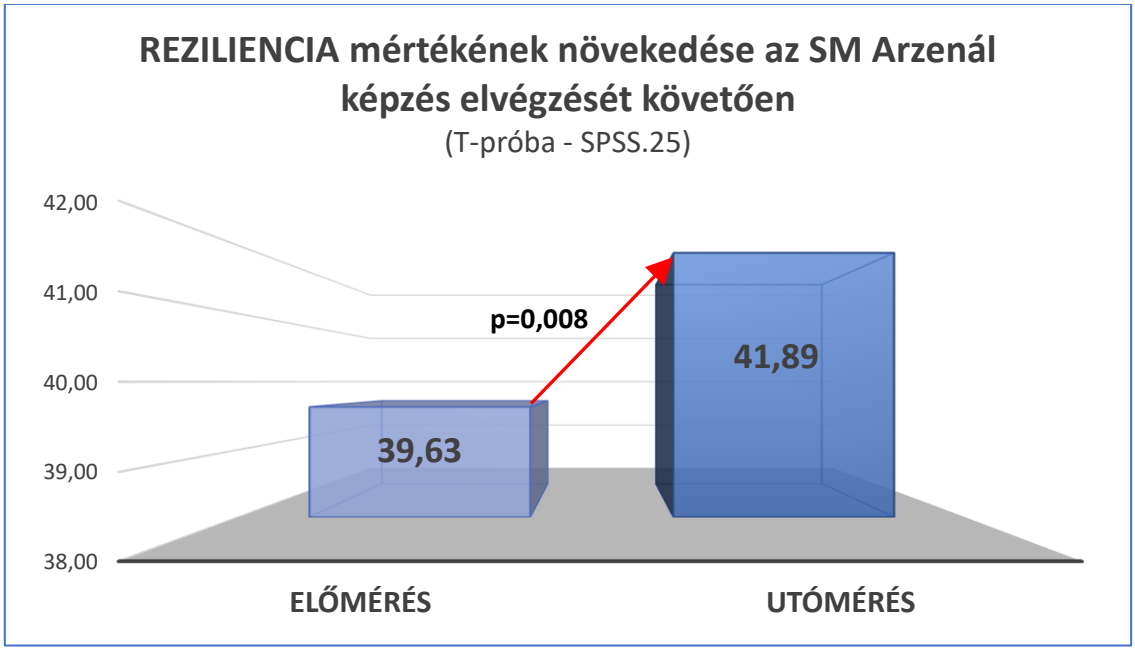
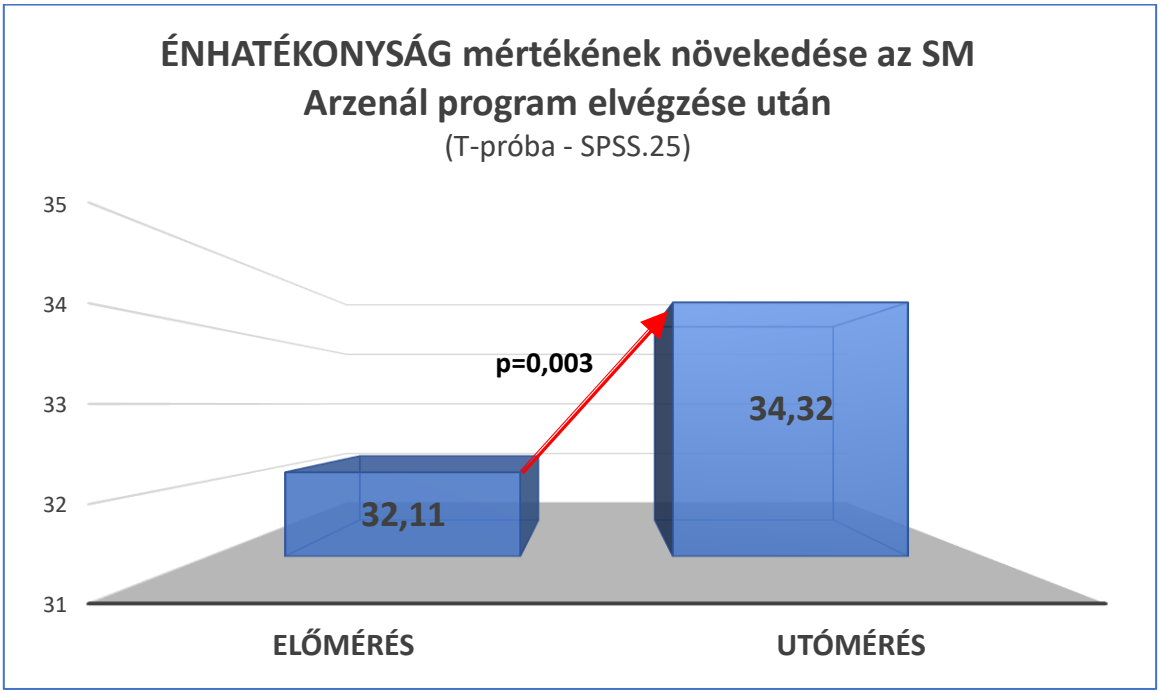
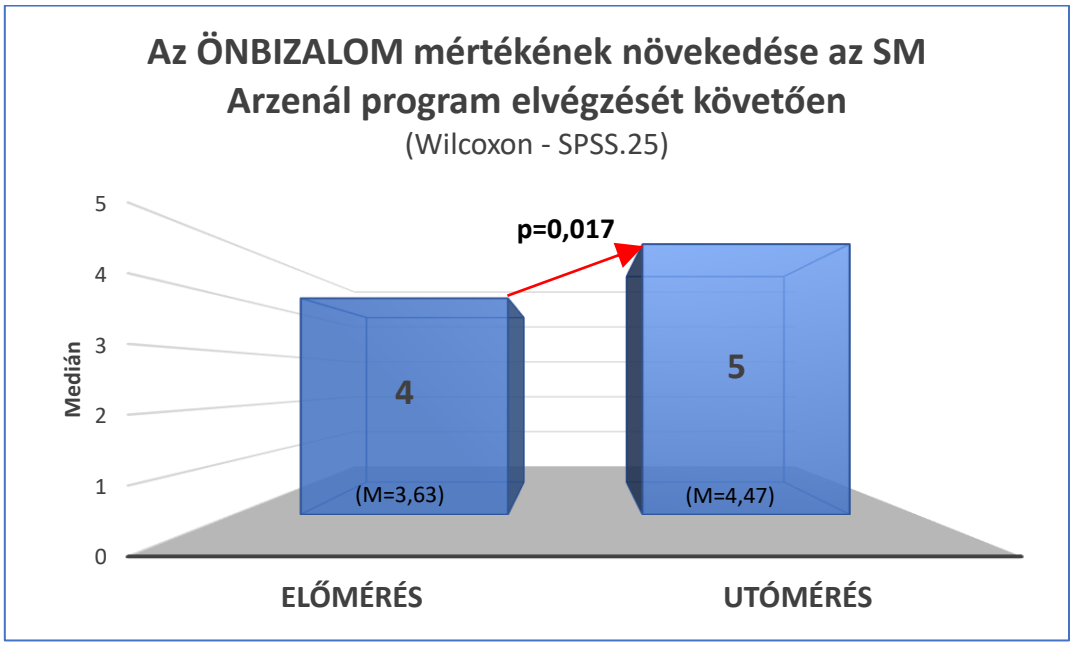
SPORT MENTÁL ARZENÁL E-LEARNING PROGRAM HATÉKONYSÁGI MUTATÓI



Reziliencia mérése: Connor-Davidson Resilience Scale (CD-RISC; Connor & Davidson, 2003)



Énhatékonyság mérése: General Self-Efficacy Scale (GSE; Chen, Gully & Eden, 2001)



Önbizalom mérése: Single Item Self-Esteem Scale (SISE; Robins, Hendin & Tresniewski, 2001)

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