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REVIEWER'S REPORT

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Title: THE PSYCHOLOGY OF STRENGTH: MENTAL TOUGHNESS ACROSS CONFLICT AND PERSONALITY DIMENSIONS.

Recommendation:

- Accept as it is
- Accept after minor revision.....**
- Accept after major revision
- Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality	Excellent			
Clarity	Excellent			
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

- 1. Mental toughness is the ability to maintain consistency, focus, and confidence under pressure, allowing individuals to persist through challenges, setbacks, and adversity. Key characteristics include high self-belief, emotional control, resilience, and goal-oriented motivation. It can be developed through intentional, consistent habits like stress exposure, meditation, and goal setting.**
- 2. Conflict is a perceived incompatibility of interests, needs, or goals between parties, creating friction, stress, or opposition. It occurs in stages—latent, conscience, action, and interaction—and can be interpersonal, intrapersonal, or group-based, often driven by diverging values, poor communication, or scarce resources. While causing tension, conflict can foster innovation and deeper relationships.**
- 3. Personality is the unique, relatively stable pattern of thoughts, feelings, and behaviors that define an individual and shape their interactions with the world. Shaped by genetics and environment, it includes traits like extraversion or conscientiousness. Major theories,**

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such as the Big Five or Freudian theory, analyze how these traits influence behavior and drive life choices.

4. Athletes are individuals trained in physical, strength, speed, or endurance sports, ranging from professionals like Michael Phelps and Simone Biles to amateurs. They serve as societal role models, promote health, and drive a multibillion-dollar industry, navigating intense training, physical injuries, and mental pressures to achieve elite performance.
5. The psychology of strength involves a holistic, multidisciplinary approach that combines physical training with mental, emotional, and spiritual resilience. It focuses on developing "mental toughness" or "mental strength"—defined as the ability to adapt, endure, and grow through adversity rather than simply suppressing emotions or pretending to be invulnerable.
6. Mental toughness in conflict is the ability to maintain composure, emotional regulation, and focus on constructive solutions, rather than reacting defensively or emotionally. It involves viewing conflict as a challenge to overcome rather than a threat, utilizing emotional intelligence to manage stress, and setting healthy boundaries to preserve mental health.
7. Dimensions of personality, most commonly recognized as the "Big Five" (OCEAN), comprise five core, stable traits that describe human behavior: Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Each exists on a continuum, and these dimensions predict behavior, job performance, and health outcomes
8. Key words are good.
9. Abstract, pictures and tables are awesome but need to give pie chart for tables.
10. Summary points also be added.
11. References are given good.
12. After a small changes good to publish in your journal.