

Need another word that means the same as “stamina”? Find 17 synonyms and 30 related words for “stamina” in this overview.

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**The synonyms of “Stamina” are: staying power, toughness, endurance, indefatigability, tirelessness, resistance, resilience, fortitude, strength, vigour, energy, staunchness, steadfastness, robustness, determination, tenacity, perseverance**

## Stamina as a Noun

### Definitions of "Stamina" as a noun

According to the [Oxford Dictionary of English](#), “stamina” as a noun can have the following definitions:

- *Enduring strength and energy.*
- *The ability to sustain prolonged physical or mental effort.*



## Synonyms of "Stamina" as a noun (17 Words)

- determination** The act of determining the properties of something, usually by research or calculation.  
*Those who succeed because of sheer grit and **determination**.*
- endurance** The capacity of something to last or to withstand wear and tear.  
*She was close to the limit of her **endurance**.*
- energy** A thermodynamic quantity equivalent to the capacity of a physical system to do work the units of energy are joules or ergs.  
*The DOE is responsible for maintaining the **energy** policy.*
- fortitude** Strength of mind that enables one to endure adversity with courage.  
*She endured her illness with great **fortitude**.*
- indefatigability** Tireless determination.
- perseverance** Persistent determination.  
*His **perseverance** with the technique illustrates his single mindedness.*

<b>resilience</b>	An occurrence of rebounding or springing back. <i>The often remarkable <b>resilience</b> of so many British institutions.</i>
<b>resistance</b>	The degree to which a substance or device opposes the passage of an electric current causing energy dissipation By Ohm s law resistance measured in ohms is equal to the voltage divided by the current. <i>They displayed a narrow minded <b>resistance</b> to change.</i>
<b>robustness</b>	The characteristic of being strong enough to withstand intellectual challenge. <i>We can examine the <b>robustness</b> of our results.</i>
<b>staunchness</b>	Loyalty in the face of trouble and difficulty.
<b>staying power</b>	Brace consisting of a heavy rope or wire cable used as a support for a mast or spar.
<b>steadfastness</b>	The quality of being resolutely or dutifully firm and unwavering. <i>No side wins without <b>steadfastness</b> in the face of adversity.</i>
<b>strength</b>	The power to induce the taking of a course of action or the embracing of a point of view by means of argument or entreaty. <i>Street protests demonstrated the <b>strength</b> of feeling against the president.</i>
<b><u>tenacity</u></b>	Persistent determination. <i>The <b>tenacity</b> of certain myths within the historical record.</i>
<b>tirelessness</b>	Tireless determination.
<b>toughness</b>	The property of being big and strong. <i>They showed great mental <b>toughness</b> to keep going.</i>
<b>vigour</b>	Active strength of body or mind. <i>They set about the new task with <b>vigour</b>.</i>



## Usage Examples of "Stamina" as a noun

- *Their secret is stamina rather than speed.*





## Associations of "Stamina" (30 Words)

- alive** Possessing life.  
*Doctors are working hard to keep him **alive**.*
- animate** Give lifelike qualities to.  
*Prometheus stole fire from heaven to **animate** his clay men.*
- courage** A quality of spirit that enables you to face danger or pain without showing fear.  
*He fought his illness with great **courage**.*
- digestive** A food, drink, or medicine that aids or promotes the digestion of food.  
***Digestive** disorders.*
- durability** Permanence by virtue of the power to resist stress or force.  
*They advertised the **durability** of their products.*

<b><u>endurance</u></b>	Denoting or relating to a race or other sporting event that takes place over a long distance or otherwise demands great physical stamina. <i>The marathon tests a runner's <b>endurance</b>.</i>
<b>energy</b>	The federal department responsible for maintaining a national energy policy of the United States created in 1977. <i>Changes in the levels of vitamins can affect <b>energy</b> and well being.</i>
<b>fitness</b>	Fitness to traverse the seas. <i>Disease and lack of <b>fitness</b> are closely related.</i>
<b>fortitude</b>	Courage in pain or adversity. <i>She endured her illness with great <b>fortitude</b>.</i>
<b>frolicsome</b>	Given to merry frolicking. <i><b>Frolicsome</b> students celebrated their graduation with parties and practical jokes.</i>
<b><u>invigorate</u></b>	Give strength or energy to. <i>The shower had <b>invigorated</b> her.</i>
<b>leverage</b>	Provide with leverage. <i>My spade hit something solid that wouldn't respond to <b>leverage</b>.</i>
<b>manliness</b>	The trait of being manly; having the characteristics of an adult male. <i>Men accustomed to proving their <b>manliness</b> on the streets.</i>
<b>metabolism</b>	The organic processes (in a cell or organism) that are necessary for life. <i>Abnormalities in protein <b>metabolism</b>.</i>
<b>mettle</b>	A person's ability to cope well with difficulties; spirit and resilience. <i>The team showed their true <b>mettle</b> in the second half.</i>
<b>momentum</b>	The impetus and driving force gained by the development of a process or course of events. <i>The car's <b>momentum</b> carried it off the road.</i>
<b><u>muscular</u></b>	Having a robust muscular body build characterized by predominance of structures bone and muscle and connective tissue developed from the embryonic mesodermal layer. <i>A <b>muscular</b> boxer.</i>
<b>overtax</b>	Tax excessively. <i>Don't <b>overtax</b> my constituents.</i>
<b>physical</b>	Impelled by physical force especially against resistance. <i>Was sloppy about everything but her <b>physical</b> appearance.</i>
<b><u>physique</u></b>	Alternative names for the body of a human being. <i>A sturdy muscular <b>physique</b>.</i>
<b>revive</b>	Cause to regain consciousness. <i>She was beginning to <b>revive</b> from her faint.</i>

- strength** The extent to which an argument or case is sound or convincing.  
*City were under **strength** yet put up a creditable performance.*
- synergy** The working together of two things (muscles or drugs for example) to produce an effect greater than the sum of their individual effects.  
*The **synergy** between artist and record company.*
- vibrant** Of sounds that are strong and resonating.  
*His **vibrant** voice.*
- vigor** Forceful exertion.
- vim** An imaginative lively style (especially style of writing).  
*In his youth he was full of **vim** and vigour.*
- virility** (in a man) the quality of having strength, energy, and a strong sex drive; manliness.  
*Great importance is placed on a man s **virility**.*
- vitality** (biology) a hypothetical force (not physical or chemical) once thought by Henri Bergson to cause the evolution and development of organisms.  
*The **vitality** of seeds.*
- vivacity** Characterized by high spirits and animation.  
*He was struck by her **vivacity** humour and charm.*



