



Keywords

Word	Definition
Anxiety	A level of nerves and irrational thinking
Competitive trait anxiety	A disposition to suffer from nervousness in most sporting situations
Competitive state anxiety	A nervous response to a specific sporting situation
Questionnaire	A set of questions to measure or assess something, in this case anxiety
Sports Competition Anxiety Test (SCAT)	A questionnaire used by sports psychologists to measure anxiety
Competitive State Anxiety Inventory (CSAI)	A questionnaire used by sports psychologists to measure anxiety
Observation	Gaining a measure of anxiety simply by watching the performer

Key skills

- Discuss the part that anxiety plays in affecting performance by identifying the types of anxiety that exist when playing sport.
- Evaluate and understand the use of anxiety measures to see how coaches can use data to examine performance.

Anxiety in Sport

Anxiety is defined as a state of nervousness and worry, a negative response to a threatening sporting situation. It often arises as a result of the players perception of the situation.

Competitive **trait** anxiety - If you are in a situation where you are competing against others the **outcome is often uncertain** ie. It could be **favourable** (win) or **unfavourable** (lose). You may worry about your ability to cope with the demands of the situation.

This uncertainty about the outcome of the competition often leads to anxiety being experienced because many people have a **fear of failure**. This is a **personality** trait.

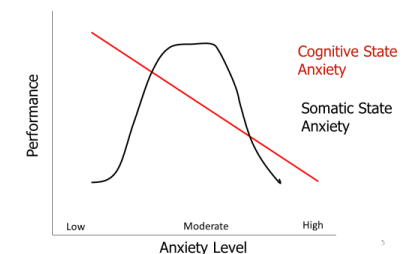
If you feel tense, apprehensive and nervous before a race, before you compete or as you are about to take a penalty, you are experiencing Competitive **state** anxiety. State Anxiety is a temporary response to a situation that you **perceive** as being threatening. The intensity of this reaction will vary between individuals (people who have high Competitive trait anxiety may often experience higher levels of state anxiety.)

Anxiety can be cognitive or somatic.

Cognitive = psychological

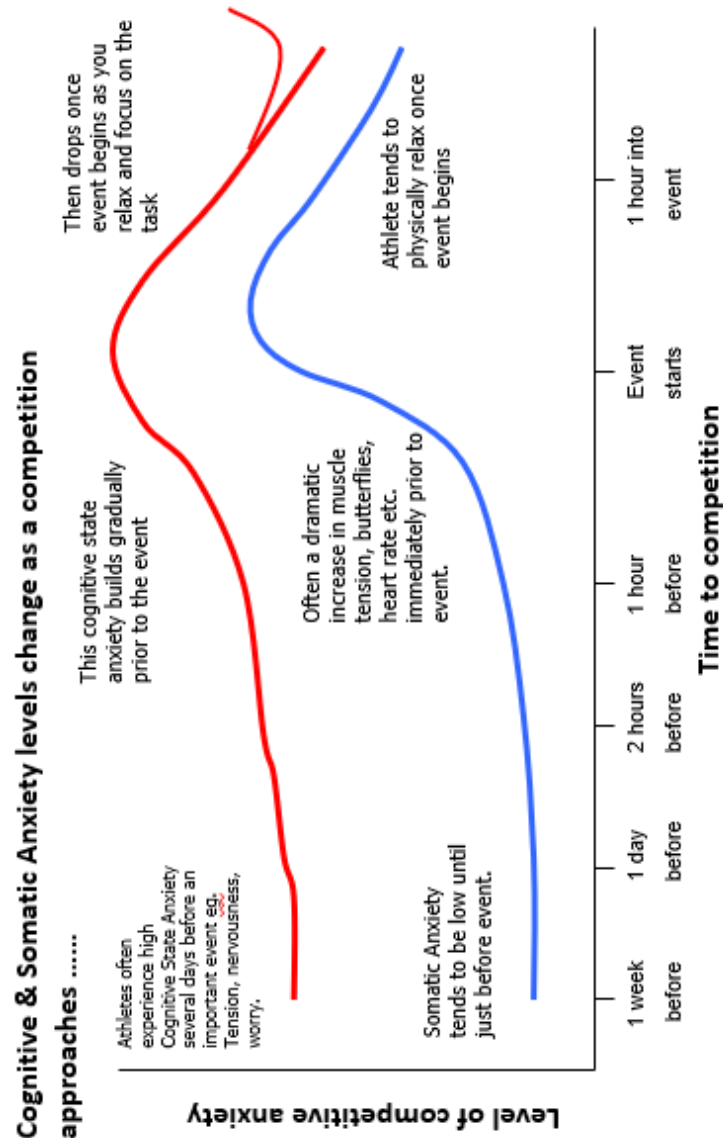
Somatic = physiological

Cognitive / Somatic Anxiety Effects on Performance



The relationship between cognitive anxiety, somatic anxiety and performance

The relationship between anxiety and time to competition



Anxiety measures

There are three methods of measuring anxiety in sport:

Questionnaires

Sports Psychologists regularly use questionnaires to assess anxiety levels in performers. A series of questions are asked about how a performer feels.

Observation

Watching sports people, either in their familiar training environment or during the game. Realistic approach but results are based on the opinion of the observer making the results highly subjective.

Physiological measures

Measuring physical responses such as increased heart rate, increased levels of sweating, increases in the rate of respiration, and levels of hormone secretion.

Pathway

Previous knowledge: Personality, attitude, achievement motivation, confidence and self-efficacy, attribution, social facilitation and inhibition, arousal.

Future links: Stress management, aggression, leadership, group dynamics, goal setting.

Careers: from curriculum narratives

Cross curricular links

