

ANXIETY

‘When a person is uneasy or troubled, often caused by fear of underperforming’.

All performers experience some degree of anxiety before or during a performance. The level of anxiety will depend on the nature of the activity (if the stakes are high or if the crowd is large) and the personality of the individual.

One of these emotions is anxiety, which he defines as “facing uncertain, existential threat”.

- How do you feel before competing for your team?
- When competing for the school?
- If you were competing for the county?
- If you were representing the country?

TYPES OF ANXIETY

Anxiety is multidimensional in different ways –

- 1) State Anxiety** – It is an immediate emotional state that characterized by apprehension, fear, tension and an increase physiological arousal.
- 2) Trait anxiety** – it is pre-disposition to perceive certain environmental situations as threatening and to respond to these situations with increased state anxiety. Trait anxiety is a long process. Trait anxiety is a part of personality.
- 3) Cognitive anxiety** – it is the mental component of anxiety caused by such things as a fear of negative social evaluation, fear of failure, and loss of self-esteem.
- 4) Somatic anxiety** – it is the physical component of anxiety and reflects the perception of physiological responses as increased heart rate, respiration and muscular tension.
- 5) Competitive state anxiety** – (explained by Endler) prior to competition.

COMPETITIVE STATE ANXIETY

Competition anxiety is the term for when an athlete experiences anxiety symptoms when faced with what they consider high-stakes competition. In these situations, they might show the physical manifestations of anxiety, such as sweaty palms, shallow breathing, pounding heart, and negative mind chatter.

MEASURING OF ANXIETY

Trait Anxiety Scale (T-Anxiety)

State Anxiety Scale (S-Anxiety)

Sports Competition anxiety Test (SCAT)

Sports Anxiety Scale (SAS)

ANXIETY AND SPORTS PERFORMANCE

