



THEORETICAL CONCEPT OF ANXIETY AND SPORT PERFORMANCE: REVIEW BASED CONCEPT

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ABSTRACT

The purpose of this study was to investigate the correlation between performance and anxiety in sports. This study also includes a discussion of the theoretical concept of anxiety and its relationship with sports performance. This concept of research conducted on the correlation between performance and anxiety in sports is discussed. The anxiety has an effect on performance of athletes during a competition. A review of related literature of cognitive-behavioral treatments, is used for reduction of anxiety and increase the sports performance in sports. Athletes can achieve the top performance through psychological states i.e. depression, anger, fatigue, confusion, high levels of vigor and low level of tension. It is therefore necessary to consider all aspects of psychological functioning of an athlete if sport psychologies are to have a maximum impact.

During the symptoms like short of breath, sweating, shaking or high heart beat rate, an athlete can lose his concentration in his task in competition. Athlete can lose his confidence. He did not able to complete his task or for the success. During this moment, he will have to understand that how anxiety is affecting his performance and what is relationship between them. Anxiety can affect his performance in many ways i.e. physiological, cognitive and behavioural ways. When the body of an athlete is in tension and under high blood pressure, then he can not coordinate with his action of skill. In this situation movements may be jerky which will affect the performance in negative way.

Keywords: Anxiety, stress, tension, sport performance, psychological factors

1. INTRODUCTION

Hardy, Jones, & Gould, (1996) and Orlick & Partington, (1988) expressed that the capability to manage with pressure and anxiety is an integral part of sports, particularly among elite athletes

Experiments have reported that over 50 of consultations among athletes are related to stress or anxiety related problems. A great deal of exploration has been conducted examining the inter-relationship between sports performance and anxiety of athletes.

This paper will review the applicable exploration from a cognitive- behavioral perspective. A discussion of the exploration findings of correlation between the two constructs is included. In addition, the exploration that has examined the efficacy of cognitive- behavioral treatments is also bandied. So, it is very essential that conceptualization of anxiety should be examined at first.

2. THEORETICAL CONCEPT OF ANXIETY

Preliminarily numerous experimenter have conducted study relating to anxiety and performance in calisthenics which has been delicate to synthesize for a variety of reasons including methodological excrescencies similar as a lack of clear functional delineations and a clear theoretical construct. This section will establish functional delineations for the terms that will be used throughout the rest of this paper.

In addition, it'll give an overview of the concept of anxiety which has been used by experimenters who have tried to clarify the inter-relationship between performance and anxiety of an athlete.

The main problem of experimenters is to explore the inter-relationship between performance and anxiety that the adequately defined the construct of anxiety. rather, terms similar as stress, anxiety, thrill and activation have been used interchangeably. In this paper, the following functional delineations will be used for the terms anxiety and stress.

Jones, (1990) defined the stress as a state that results form the demands that are placed on the existent which bear that person to engage in some managing geste

Hardy etal., (1996) defined the arousal which is a signal to the existent of a stressful state which indicates the physiological symptoms

Anxiety -It is the results of individual doubts,when he.she manage the his/her capability with the present situation that create stress (Hardy et. al. 1996).

Spielberger, (1966) indicated an important point that the clarification about the difference between types of anxiety i.e. state anxiety and trait anxiety which is needed essentially. .

State anxiety-It is more situational in nature and associated with thrill of the body system i. e. Autonomic nervous system.

Trait anxiety- It can be allowed of as a world view that an individual uses when managing with situations in his or her terrain (Spielberger, 1966).

Particularity traits anxiety influences performances in that individualities with high particularity anxiety will attend further to information related to state anxiety (Hardy et.al., 1996).

Former exploration outside of sport psychology has indicated that individualities with high particularity trait anxiety who are state anxious attend to trouble affiliated information, while individualities with low particularity trait anxiety who are state anxious will attend down from trouble affiliated information(MacLeod, 1990). Within the environment of sports, those individualities who are low particularity anxious and witness high state anxiety would find it facilitative to a peak performance; but, those individualities with who are high particularity anxious and experience state anxiety will find it debilitating to athletic performance (Hardy et.al., 1996).

. In other words, as stress began to make an existent still felt confident in their capability to control it and performance would improve. still, once a stressor came so great that the existent started to misdoubt the capability to manage with, performance began to decline. When the individuals feels stress, inverted U-hypothesis model by Broadhurst and Hebb provided some facts that why the performances decreased. It didn't regard for the differences in the performance of athletes who are exposed to the same stressor.

Experimenters tried to regard for the in the performance differences of individuals through IZOFs. According to this theory, each existent has an optimal state of anxiety before performance resulted in highest performances. nonetheless, if the tension earlier than overall performance lies outdoor the region of the IZOF, whether or not too excessive or too low, additionally overall performance will deteriorate. IZOFs may be decided through continuously measuring tension and overall performance or via athlete's bear in mind of hysteria conditions preceding to top performances. Indeed, experimenters installation that IZOFs are higher predictors of overall performance additionally the reversed U- Hypothesis. Although that is a higher version additionally the reversed U- Hypothesis. thesis, it nonetheless fails to provide an explanation for the elements that regard for the man or woman variations in overall performance amongst athletes. The variations determined among a hit and unprofitable athletes can be the end result in their cognitive interpretation in their tension countries.

According to reversal theory, thrill is interpreted else depending on their present state. In telic countries athletes are concentrated on a thing and therefore interpret their thrill as anxiety. still, in paratelic countries players are concentrated on their geste and thus interpret their thrill as excitement. individualities can flip from one state to another quickly and thus change their interpretation of the thrill that they witness which in turn affects their performance(Hardy et.al., 1996). This proposition attempts to incorporate both physiological and cognitive factors in its explanation of the relationship between performance and anxiety but fails to explain their relationship with performance adequately.

Multidimensional anxiety theory (Burton,1988) expanded the cognitive and physiological factors. In this version, cognitive tension has been installation to have a poor direct courting with

overall performance. Burton, (1988) is additionally . defined that the self- self belief is a separate cognitive element, has been installation to have an instantaneous courting undoubtedly with overall performance. Eventually, bodily tension(physiological symptoms) has been installation to have an inverted- U formed courting with overall performance(Burton, 1988). Although this version includes severa rudiments of hysteria. The coming version that arose checked out the interplay among of those 3 factors.

The catastrophe model of anxiety and overall performance appears on the interactive items of physiological thrill and cognitive tension upon overall performance(Fazey & Hardy, 1988; Hardy, 1990). Physiological thrill can effect overall performance because of existent's interpretation in their physiological symptoms. According to the model as cognitive anxiety increases it'll be salutary to performance at low situations of physiological thrill but a mischievous effect at high situations of physiological thrill (Hardy et. al. 1996). likewise, when cognitive anxiety is at a low position, changes in physiological thrill have little effect upon performance. still, as cognitive anxiety increases physiological thrill can have either a positive or negative effect on performance depending on how important thrill there's(Hardy etal., 1996). Once physiological thrill situations are too high there's a steep drop in performance which can only be reversed by a reduction in physiological thrill (Hardy etal., 1996). Although the model fails to include a tone- confidence variable, its interactive approach seems to be the stylish explanation for observed facts.

Now that we've a good understanding of the commerce of these variables, the question still remains, how do you operationalize these constructs? Two scales have been developed for this purpose. The CSAI- 2 developed Martens, et.al, (1990) seems to be the most extensively used. It consists of three subscales cognitive anxiety (fear of anxiety and negative prospects), physical anxiety(comprehensions of physiological thrill) and tone- confidence. Although tone- confidences not included in the catastrophe model, it has been set up to be a separate reality from cognitive anxiety and will be bandied latterly in this paper. The Sport Anxiety Test was developed by Smith, Smoll, and Ptacek(1990). It measures particularity cognitive anxiety, physical anxiety, and attention dislocation. Although it isn't used as frequently, it's still a dependable instrument that also fits within the catastrophe model of anxiety and performance. Use of either of these scales by experimenters would be a step in the right direction towards creating applicable functional delineations. Let us now turn our attention to the exploration conducted on the correlation between anxiety and performance.

3. RELATED LITERATURE REVIEW

Simon & Martens find out the effect of nervousness on athletic performance. Experimenters found that the state anxiety during competition is advanced for beginner players in individual games compared with players in team games.

Lowe & McGrath indicated that players in individual non-contact sports reported lower situations of state anxiety than players in individual contact sports.

Krane, Joyce, & Rafeld described that the cognitive anxiety has an important influence on performance. This statement holds true anyhow of the existent's skill level. Players in a college level softball event were found in high anxiety situation or low anxiety situation . While physical anxiety didn't differ in the two situations, those athletes in the high criticality condition had significantly advanced situations of cognitive- anxiety.

Jones, Hanton, & Swain investigated that athletes of elite group are successful interpret arousal to be facilitative. The subjects who interpreted their anxiety as weaken than being advantageous The same findings were reported among gymnasts as well as basketball players.

Gould, et.al. reported that the strongest predictor of cognitive anxiety was times of experience similar that the further experience an existent had the lower the state of cognitive anxiety. This was supported by exploration conducted with a group of tennis players. Advanced subjects reported further facilitative interpretations of their anxiety than beginners. The similar results were observed among a group of elite players (Jones et,al, 1994). It May be due to former experience with arousal and its management. This tudy is supported by Jones, et.al.1990).

Perry & Williams reported that quantum of self- confidence differed among nobility and neophyte athletes. exploration with a group of players in the game of tennis indicated that the elite players had significantly more in self - confidence which was true in case of gymnasts (Bejek & Hagyet, 1996) as well as insensibility (Jones, Hanton, & Swain, 1994). The predictors of self- confidence linked by exploration are perception of preparedness, and external conditions (Jones, et.al. 1990).

Wiggins & Brustad focused on cognitive anxiety and self- confidence provides some sapience into their effect on athletic performance, the commerce of these variables in confluence with physical anxiety provides a better understanding of the anxiety among 91 athletes from in the game of soccer, swimming, and track and field, age ranging from 14- 36 years The individuals with advanced scores on self- confidence and lower scores on cognitive anxiety and somatic anxiety perceived their overall anxiety situations for further enhance athletic performance.

Kirby & Liu compared basketball athletes and track and field, athletes. The subjects contending in individual sports athletes reported significantly lower self- confidence and more somatic anxiety than team sport athletes.

Martin and Hall's demonstrated that skaters endured grater cognitive and physical anxiety in an individual event than team event during competition. It may be due to a responsibility occurs in the team sport event but not in an individual sport event. Gender differences were obtained in the relationship between cognitive anxiety, self- confidence, and somatic anxiety. Females had lower self- confidence and advanced physical anxiety scores than males on the CSAI-2 (Thuot, Kavouras, &Kenefick., 1998).

Thuot et al. found that the adolescents, endured significantly advanced state of cognitive and physical anxiety and lower state of self-reliance as the capability of opponents increased. This is incompletely supported on the factors of anxiety as well as gender. The cognitive and

physical anxiety was more explosively affected among males, by their perception of opponent's capability and probability of winning. Female's cognitive nervousness and self-reliance is antecedent by readiness to perform and the significance they personally placed on doing well (Jones, Swain, & Cale, 1991).

4. THERAPY OF ANXIETY IN SPORTS

Butler clearly indicated that it is important for athletes to be able to control their anxiety if they are to produce peak performances at important times. A large discrepancy between performance in practice and in competition is indicative that the athlete is having a hard time achieving an appropriate level of arousal or may over aroused .

Advances in the field of anxiety reduction in general have transferred over into athletics. Research in the field has identified the following strategies used by elite performers to control their anxiety: goal setting; though control strategies such as positive thinking, progressive Muscle relaxation techniques, diaphragmatic breathing, imagery, and muscle relaxation; and focusing on the task at hand (Gould et.al., 1993; Jones & Hardy, 1990; Orlick & Partington, 1988).

Applied treatments for anxiety reduction

In the past,. Early research in the field was based on work for anxiety reduction in clinical settings. Research conducted with two female collegiate basketball players who received training in relaxation, imagery, and cognitive restructuring had significant improvements in concentration problems and in-game anxiety. (Meyers, Schleser, & Okwumabua, 1982).

Holm, Beckwith, Ehde, & Tinius indicated that the treatment group showed decreases in anxiety .

Savoy demonstrated that after a cognitive-behavioral intervention there was a significant decrease in cognitive and somatic anxiety as well as an increase in self-confidence. This is supported by other research conducted with collegiate basketball players who were treated in either a group or a combination group/individualized program. Although there was a decrease in cognitive and somatic anxiety for all athletes, (Savoy & Beitel, 1997). This indicates that an individualized treatment program may be most beneficial for athletes who are having difficulties with self-confidence, but that treatment of cognitive and somatic anxiety can take place in a group format.

Terry, Coakley, & Karageorghis suggested that any intervention regardless of content was beneficial in reducing anxiety. Tennis players in one of four interventions (imagery, relaxation, relaxation and imagery, and concentration) showed significant reductions in somatic and cognitive anxiety and an improvement in self-confidence.

However, research conducted with field hockey players has concluded that anxiety reduction techniques that are directed at the individual's dominant anxiety type (cognitive or somatic) is more effective (Maynard & Cotton, 1993).

Butler recommended the progressive muscle relaxation is for the purpose to reduce anxiety and may be beneficial for athletes who have difficulty sleeping the night before a big competition. Although both of these interventions are beneficial for the purposes of anxiety reduction.

Hardy et al. Imagery and mental rehearsal of tasks is also beneficial for the individual seeking to improve athletic performance. This intervention has been proven to be effective with collegiate athletes in all sports. Results of research indicate that individuals who were in the imagery intervention had significantly greater increases in sport performance and sport competition anxiety than did the delayed training control group (Lohr & Scogin, 1998).

Visual imagery ability was also predictive of somatic state anxiety and motivational mastery imagery was predictive of self-confidence. The researchers also found that imagery ability was significantly related to imagery use such that as ability increased so did use (Vadocz, Hall, & Moritz, 1997).

Cognitive restructuring is an important component of treatment since it allows individuals to have a different interpretation of the activation states they are experiencing and thus reduce cognitive anxiety. The goal setting is another important part of cognitive restructuring as well. The set goals may result in increases in state anxiety (Jones, Swain, & Cale, 1990) which in turn may result in impaired performance.

Gould et al. reported that the differences between medal winners and non-medal winners at an Olympic wrestling competition was the degree to which the individuals used these interventions automatically such that winners were more likely to use the interventions automatically. It is therefore unlikely that any one intervention will ever be able to be of benefit for everyone. Thorough assessment of the athlete's needs is therefore recommended.

5. PREVENTION FROM ANXIETY IN SPORTS

1. Diaphragmatic Breathing.
2. Relaxation Technique
3. Visualization-Visualizing Yourself, Visualizing Game, Visualizing Opponents
4. Muscle Relaxation
5. Focusing on What Can Be Controlled
6. Combat negative thoughts
7. Physical and mental preparation
8. Prepare diet Schedule
9. Be honest and truthful
10. utilization the services of a sports psychologist.

6. REASONS OF ANXIETY IN SPORTS

1. Fear of failure
2. Unable to Concentrate
3. Sweating.
4. Racing Heart
5. Dizziness
6. Shaking
7. Loss of appetite
8. Social anxiety

9. Struggling to get in the zone

5. CONCLUSION

The mentioned research study suggests that anxiety has a appreciable impact on performance. Early research was limited due to a lack of clear operational definitions for the construct of anxiety. The development of the catastrophe model provides future researchers with a theoretical framework for better understanding the relationship between cognitive anxiety and somatic anxiety and their effect on performance. Furthermore, we now have the tools for better understanding the components of anxiety in the athletic context. The development of the CSAI-2 and the SAS allows researchers to reliably measure the following constructs: cognitive anxiety, somatic anxiety, self-confidence, and concentration disruption.

Furthermore, the development and increased popularity of multiple baseline research designs provide a method for examining anxiety reduction interventions through cognitive-behavioral interventions with small sample sizes. Today's managed care environment has led to the manual development treatments for many anxiety disorders in clinical populations. Future investigators must give attention on the manual development treatments within the athletic environment. However, this should be done with a consideration for the athlete's needs if our interventions as sport psychologists are to have their maximum impact. Although stress and anxiousness can have a reasonable impact on performance, which is also important functioning for an athlete. The mental health model prepared and developed by Morgan, (1985) by utilizing the account of mood State (McNair, Lorr, & Droppelman, 1971).

Accordance with the model, top efficiencies are accomplished by people that positions mental specifies with high degrees of anxiety, rage, tiredness, reduced degrees of stress, and complication. This technique for distinguishing in between effective and not successful entertainers. Although some research study has suggested that this account can't be utilized to distinguish in between effective and non-successful professional athletes, proof from Terry's meta evaluation (1995) suggests that there's some credibility to this account if the example is homogenous in capability and the sporting activity they take part in. Do It's necessary to think about entire elements of mental performance of a person, if treatments in sporting activity psychology are to have an optimum effect.

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