

Pre & Post Competitive Anxiety about sports of contact

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TFG – Psicología
Curso 2017-2018

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INTRODUCTION

Sports of contact are sports of competition in which two rivals face each other in a battle. In these sports, where the physical integrity is on risk, concentration is very important as is anxiety control. Anxiety is a subjective feeling of apprehension or threat, sometimes joint with an increase in physiological activation (Anshel et al., 1991). From a multidimensional approximation, anxiety can be differentiated between A.Cognitive (mental component which is referred to negative expectations, fear to fail and negative self-examination), A.Somatic (Physiological component directly related to the activation level) and Selfconfidence (believe which somebody has about getting that they really want to do) (Martens, Burton, Vealey, Bump & Smith, 1990). Precompetitive anxiety is a variable that can go directly in the performance and the perception that sports people have about their mood also goes in the performance (Lazarus, 2000; Ruiz y Hanin, 2004; Skinner y Brewer, 2002). Age can be an important variable at the moment of knowing the anxiety levels, in a released study with judokas some significant differences were found in A.Somatic and A.Cognitive (Montero, C., et al., 2012). By the other hand, studies have been found in which there were gender differences in the selfconfidence component of anxiety but no one of these studies were about sports of contact so that the study of this variable was considered important. In relation to how the number of practitioners' relatives or friends of sports of contact can go into the anxiety levels, nothing in literature was found but it has been considered an important variable at this study.

AIM & HYPOTHESIS

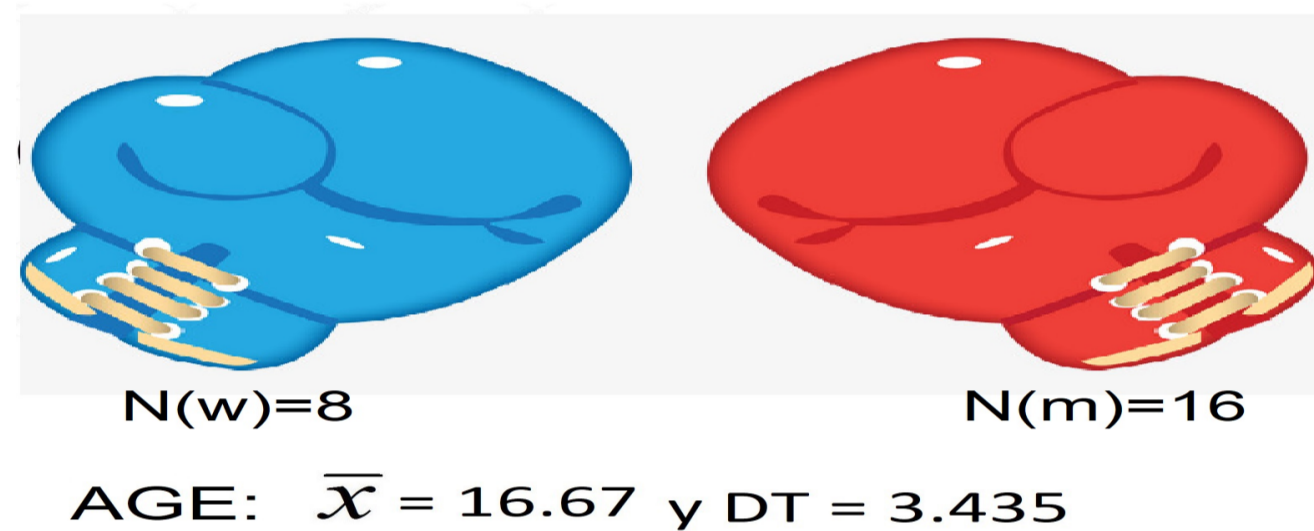
The aim is to recognize the level of anxiety before and after competing.

4 different hypotheses are established:

- 1) The precompetitive anxiety will be higher than the postcompetitive anxiety.
- 2) There will be a negative co-relation between the age and the anxiety (as precompetitive as postcompetitive).
- 3) Differences won't be found in the anxiety related to the gender.
- 4) There will be a negative co-relation between the number of relatives/friends that practice sports of contact and the anxiety of the subjects.

METHODOLOGY

SAMPLE

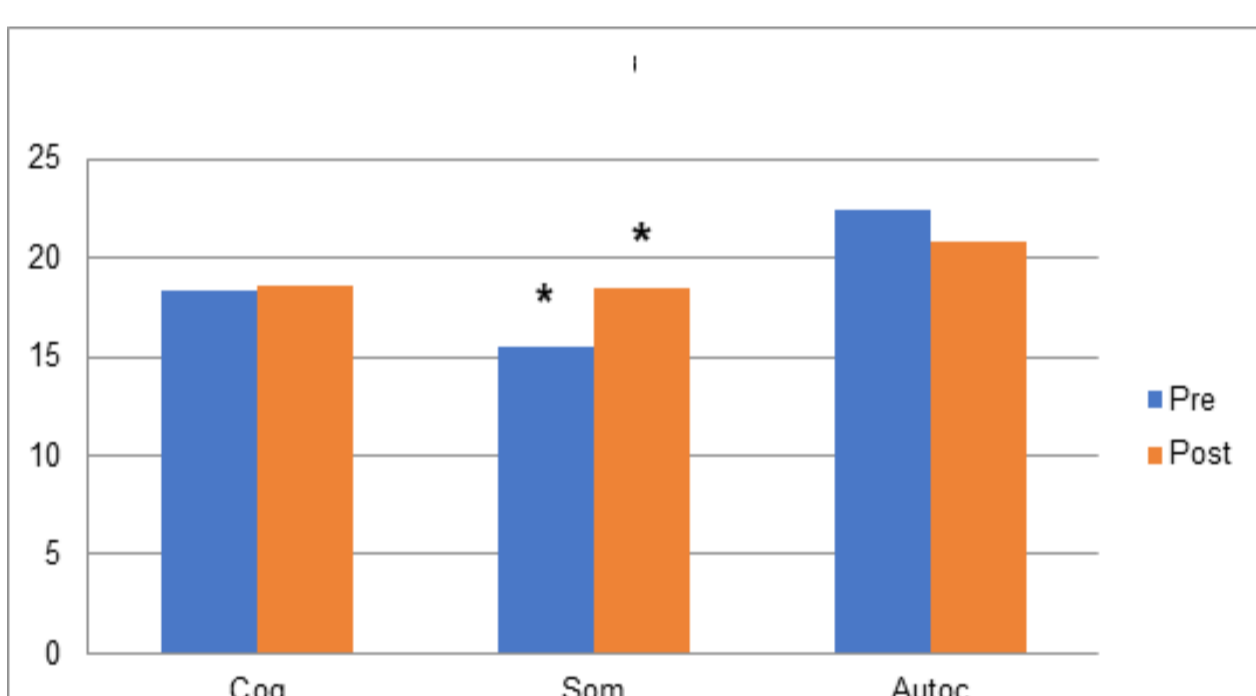


TOOLS & VARIABLES

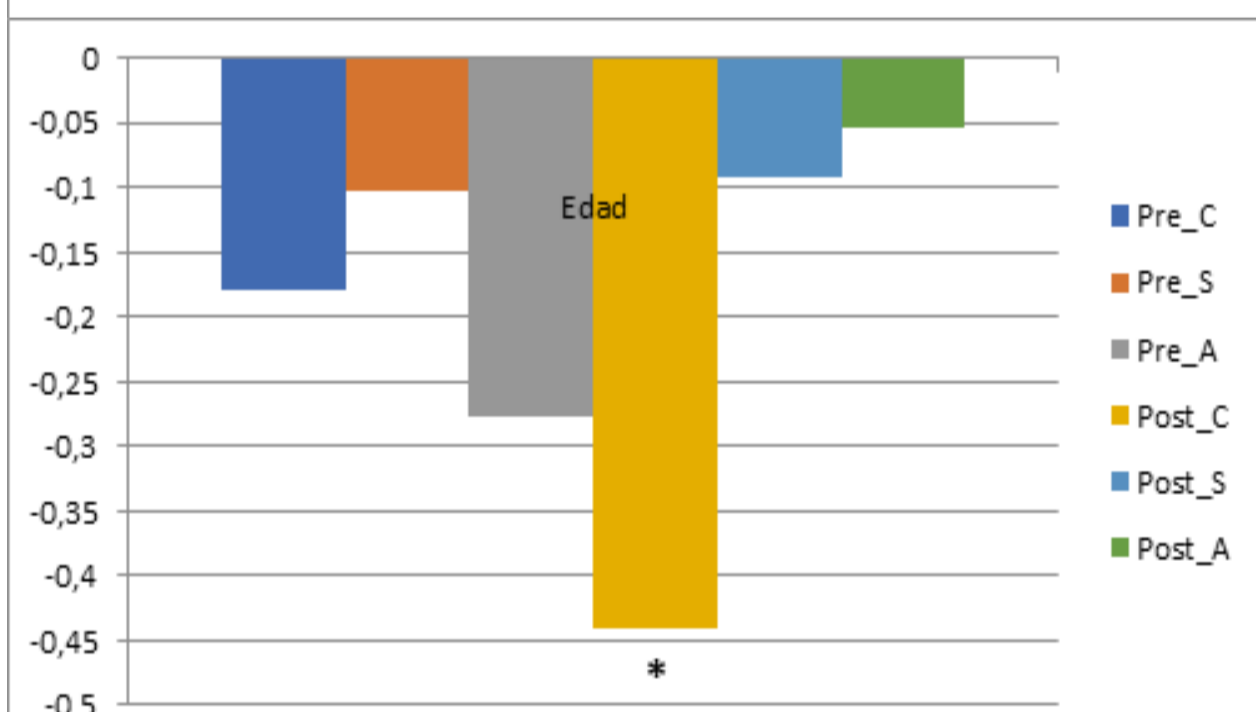
IBM
Competitive State Anxiety Inventory 2 (CSAI-2): Cognitive A., Somatic A. & Selfconfidence
Nº of FRIENDS who practise sports of contact
Nº of RELATIVES who practise sports of contact

KEYWORDS: Precompetitive anxiety, postcompetitive anxiety, Competition, Sports of contact.

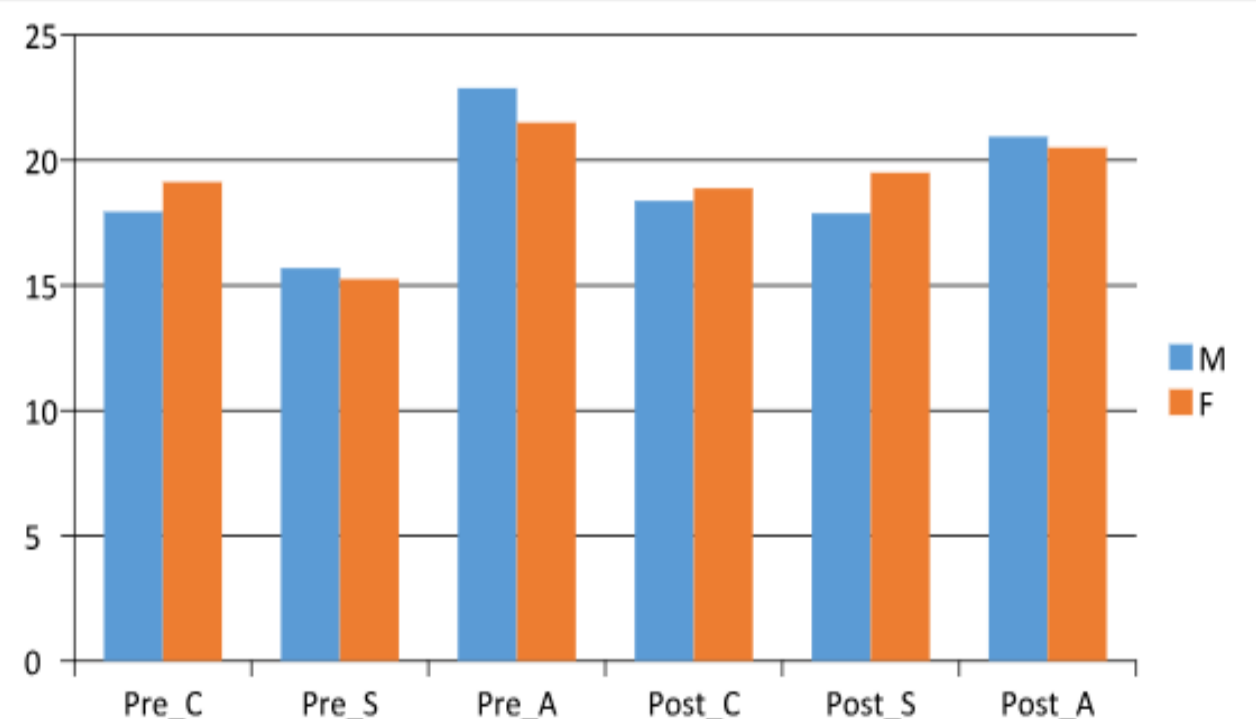
RESULTS



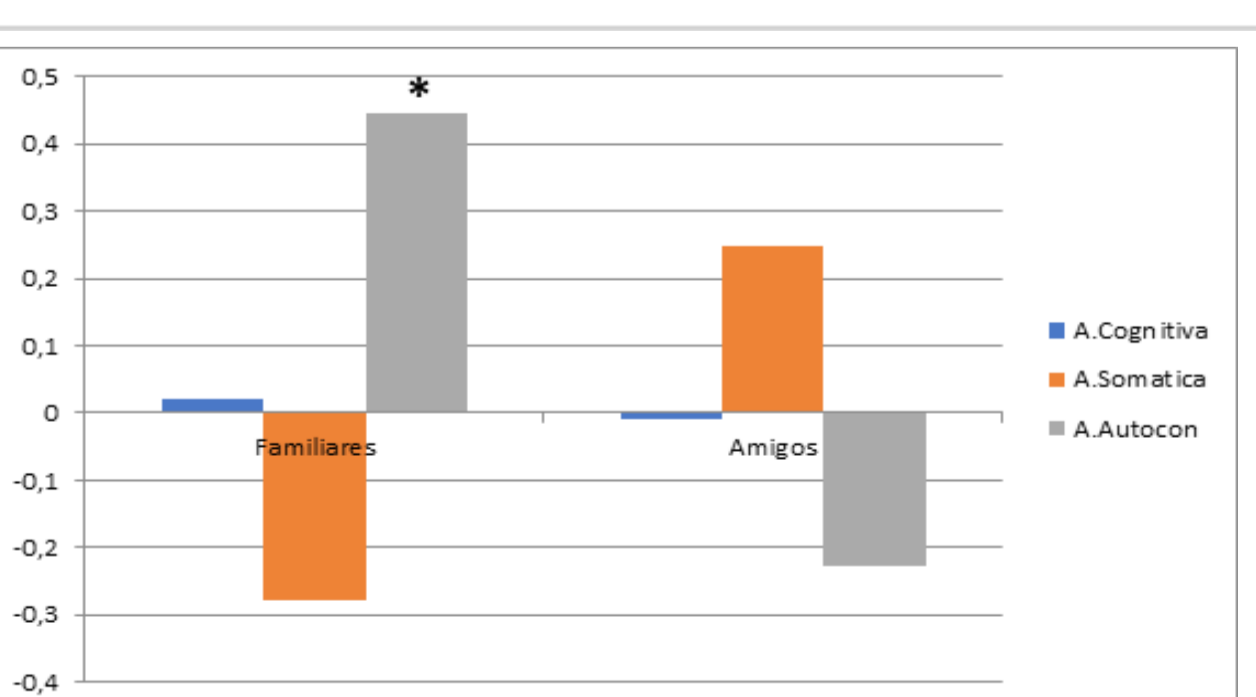
H1: In the somatic component of the anxiety some differences have been found (pre and post). Being higher the post levels, so that the hypothesis can't be confirmed.



H2: In the cognitive component of the anxiety has been found a higher level of anxiety in postcompetition. So that the hypothesis works but not in the whole.



H3: Such as is proposed in the hypothesis no one type of differences in the levels of anxiety in no one of its components in relation to the gender has been found.



H4: The levels of anxiety and its component of selfconfidence in those subjects whose relatives had to practice also sports of contact have been higher.

CONCLUSIONS

It's found that the first hypothesis doesn't accomplish at all because it was only found some differences in the somatic components of the anxiety, been higher in the postcompetitive; This can be due to the results obtained beyond the end of the competition, because a bad result can increase the levels of anxiety or because a good result put them on the next competitions and this can give them higher levels of anxiety. The second hypothesis accomplishes but not in the whole so that there are only differences in the cognitive component of the postcompetitive anxiety, this can be due to the subjects whose minor age tend to have higher levels of anxiety because of their little experience. In relation to the third hypothesis it can be concluded, it accomplishes because no one difference has been found between genders, it could be explained establishing that the anxiety in competition is related to different factors to the gender. The last but not the least, the hypothesis 4 accomplishes in partial way because there are only some significant differences in the selfconfidence of those whose relatives have, do practice. Although comparing the group of practitioners' relatives with the practitioners' friends it is seen that the results of the anxiety components are different, this can be due to the pressure that a family or rivalry can have with their friends.

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