Introduction to the module

Factors that influence anxiety:
- Audience
- Fear of losing
- Significance of competition

Antecedents of cognitive anxiety and self-confidence;
- Factors include – environmental related to athlete expectations of success (own and opponent ability)

Antecedents of somatic anxiety;
- Non evaluative E.G. before an exam

CSAI-2
- Cognitive, somatic anxiety and self-confidence

Occupational and organisation stressors;
- Refereeing decisions
- Tournament organisation
- Management decisions
- Accommodation
- Transportation
- Food
- Financial and time pressures
- Relationship issues

Multidimensional anxiety theory (MAT)
- Drive theory (ZAJONC 1965)
- Arousal increase = increase performance

Inverted-U hypothesis
- Arousal increase = Increase anxiety (up then down in an inverted U shape)

Uni-dimensional anxiety
Multidimensional anxiety

State versus trait
State = here and now
Trait = General

- Sport competitive anxiety test (trait)
- CSAI = State

Multidimensional
- Both cognitive and somatic anxiety
- From this; the CSAI-2 was developed