

## Introduction to the module

### Factors that influence anxiety;

- Audience
- Fear of losing
- Significance of competition

### Antecedants of cognitive anxiety and self-confidence;

- Factors include – environmental related to athlete expectations of success (own and opponent ability)

### Antecedants 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 (MUT)

- Drive theory (AJM 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

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