Week 3

Catastrophe theory

Multidimensional anxiety

- Criticism; inconsistent support

E.G.
Cognitive anxiety and performance = Negative
Somatic anxiety and performance = Inverted-U
Self-confidence and performance = Positive

- Other studies show no significant relationships

Limitations

- Effects are additive not interactive
- Measurement issues (prior to performance)
- Limited units use (uses somatic anxiety as a factor, when it's based on physiological arousal)
- Says Cognitive anxiety always has a negative impact on competition.

CSAI -2

- Commonly used/analysed using linear regression
- Measures symptoms of anxiety
- Coping, confidence + perceptions may also influence performance

ANXIETY ISNT ALWAYS DETRIMENTAL TO PERFORMANCE

Cusp Catastrophe model

- Examines relationship between Physical anxiety and cognitive anxiety
- Physical anxiety is different to somatic anxiety as it's a direct influence E.G. Fatigue
- Performance influenced via interactions of physiological arousal

Catastrophe model predictions

1) When CA is low = PA + Performance is in an Inverted-U Shape.
- Too low PA, or too high = poor performance

2) When PA is high, there is a negative correlation between CA and Performance

3) When PA is low, elevated CA is associated with enhanced performance

4) When CA is high, the effects of PA can be positive or negative, depending on exactly how high CA and PA are.
   Once catastrophe occurs, a reduced PA or CA needs to occur in order to enhance performance once again.
- Suggests that CA is not always detrimental to our performance