



ELSEVIER

Psychology of Sport and Exercise 5 (2004) 201–212

Psychology
OF SPORT AND EXERCISE

www.elsevier.com/locate/psychsport

Responses to the Competitive State Anxiety Inventory-2(d) by athletes in anxious and excited scenarios

M.V. Jones *, M. Uphill

Sport Health and Exercise, School of Health, Staffordshire University, Stoke-on-Trent ST4 2DF, UK

Received 12 December 2001; received in revised form 24 April 2002; accepted 21 October 2002

Abstract

Objectives: Given recent concerns regarding its validity the aim of the present study was to examine the capability of the Competitive State Anxiety Inventory-2(d) (CSAI-2(d)) in distinguishing between anxious and excited states.

Design and Methods: British university athletes ($n = 188$) were randomly assigned to one of two groups and asked to complete the CSAI-2(d) as if they were either excited (excited group) or anxious (anxious group) prior to the most important competition of the season.

Results: Participants ($n = 18$) who indicated that they were unable to complete the task with any degree of accuracy were removed from the analysis. Data were initially analysed using Multivariate Analyses of Covariance, with gender as the covariate. Participants in the anxious group reported higher scores on the cognitive and somatic anxiety intensity subscales, while the participants in the excited group reported a more facilitative perception of their symptoms on the somatic anxiety subscale. A logistic regression correctly classified 62.9% of the participants as belonging to either the anxious or excited group on the basis of the scores from the CSAI-2(d).

Conclusions: It is possible to observe differences in scores on the CSAI-2(d) from participants asked to complete the inventory as if they were either excited or anxious. However, differences in scores were typically small with 37.1% of participants incorrectly classified on the basis of these scores. Accordingly, caution is advised in interpreting the results of the CSAI-2(d) in research and applied settings.

© 2003 Elsevier Ltd. All rights reserved.

Keywords: Competitive State Anxiety Inventory-2; Excitement; Anxiety; Facilitative; Debilitative

* Corresponding author. Tel.: +44-1782-295-985.

E-mail address: Marc.Jones@staffs.ac.uk (M.V. Jones).

Introduction

Research has demonstrated that the ability to cope with intense anxiety is integral to success in competitive sport, particularly at the highest levels (Gould, Eklund, & Jackson, 1992a,b; Scanlan, Stein, & Ravizza, 1991). Accordingly, a great deal of research has been directed towards the study of anxiety in sport, much of it utilising the Competitive State Anxiety Inventory-2 (CSAI-2; Martens, Burton, Vealey, Bump, & Smith, 1990). The CSAI-2 assesses the intensity of cognitive anxiety (characterised by negative expectancies and self-doubts), and somatic anxiety (typified by symptoms such as increased heart rate and muscular tension), along with a third component, self-confidence. However, recently a number of authors have questioned the validity of the CSAI-2, arguing that the words used in both the cognitive and somatic anxiety subscales may be representative of other affective states (e.g. Burton & Naylor, 1997; Kerr, 1997; Lane, Sewell, Terry, Bartram, & Nesti, 1999).

Somatic anxiety is defined by Martens et al. (1990, p. 121) as the "...physiological and affective elements of the anxiety experience that develop directly from autonomic arousal". However, Kerr (1997) suggested that such a definition is problematic given that an increase in physiological arousal may accompany other emotions, such as excitement or anger. Therefore, if items in the somatic anxiety subscale describe symptoms of physiological arousal a high score may not necessarily reflect anxiety. Indeed, Schachter (1964) has proposed that emotion is the product of an individual's cognitive appraisal of physiological arousal, and similar levels of arousal may accompany different emotions. For example, an individual with a racing heart and butterflies in their stomach may interpret that arousal as excitement if they are about to play in an important tournament, but may interpret the same symptoms as fear if they were about to do a parachute jump for the first time. Similarly, research on reversal theory (Apter, 1982) by Kerr and colleagues (see Kerr, 1997 for a review) suggests that under different metamotivational states (frames of mind) an individual could interpret their arousal levels differently. For example, in a telic state high arousal will be interpreted as anxiety and low arousal as relaxation, while in a paratelic state high arousal will be interpreted as excitement and low arousal as boredom.

Concerns have also been raised regarding the validity of the cognitive anxiety subscale of the CSAI-2. While Martens et al. (1990) define cognitive anxiety as reflecting negative expectations about performance, Lane et al. (1999) have suggested that only one item ('I have self-doubts') in the cognitive anxiety subscale genuinely assesses cognitive anxiety. The remaining items assess a rather different construct where the competitor is "acknowledging the importance and difficulty of the challenge and is attempting to mobilize resources to cope." (Lane et al., pp 510–511). Thus, according to Lane et al. there is a possibility that a high score on the cognitive anxiety subscale may not necessarily reflect negative expectations about performance (i.e. cognitive anxiety).

The possibility that the CSAI-2 does not discriminate between performers experiencing different affective states is clearly a concern. Indeed, several researchers have advocated using a modified version of the CSAI-2 that incorporates a directional subscale, the CSAI-2(d), that measures not only the intensity of symptoms (as assessed by the original CSAI-2) but also considers the perception of these symptoms (e.g. Jones, 1995; Jones & Swain, 1992). This directional subscale provides a measure of whether the symptoms reported on the cognitive and somatic anxiety subscales are perceived as being facilitative or debilitating to performance. Jones (1995) suggested that

متن کامل مقاله

دریافت فوری ←

ISIArticles

مرجع مقالات تخصصی ایران

- ✓ امکان دانلود نسخه تمام متن مقالات انگلیسی
- ✓ امکان دانلود نسخه ترجمه شده مقالات
- ✓ پذیرش سفارش ترجمه تخصصی
- ✓ امکان جستجو در آرشیو جامعی از صدها موضوع و هزاران مقاله
- ✓ امکان دانلود رایگان ۲ صفحه اول هر مقاله
- ✓ امکان پرداخت اینترنتی با کلیه کارت های عضو شتاب
- ✓ دانلود فوری مقاله پس از پرداخت آنلاین
- ✓ پشتیبانی کامل خرید با بهره مندی از سیستم هوشمند رهگیری سفارشات