

A Literature Review on Anxiety of the Athletes Performance

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Abstract

In this era of modernization, performance is one of the stress factors that often trigger affective reactions of anxiety, as well as psychophysiological changes in the human autonomic nervous system. In the context of sports performance assessment, athletes experience high levels of anxiety which often have a negative influence on their performance as anxiety tend to be a typical phenomenon experienced by athletes across various sports disciplines. Anxiety can be understood as a negative affective variable associated with a low level of performance (Gómez-Íñiguez, Rodríguez, & Cantero, 2021). Present study applied narrative review on the previous studies as the research method to examine the factors and effects of the anxiety on the athletes' performance. By synthesizing the findings from multiple previous studies, this study also aims to provide a deeper understanding of anxiety in athletes' performance and offer insights for future researchers and all other parties who involved in sports. Present study concluded that internal factors are the crucial elements that contribute to the anxiety on the athletes' performance, and anxiety level tend to be able to increase or decrease the athletes' performance. In order to ensure the positive effects of anxiety, athletes have to aware and stay in their optimal intensity zone for them to maximize their performance. More research, interventions and application of technology in anxiety awareness and management are recommended for the future researchers.

Keywords: Anxiety, Athletes, Performance, Sport, Athletes' performance.

Introduction

Anxiety tends to be a complex psychological state of the human that characterized with feelings of worry, tension, and apprehension. In the context of sports, anxiety can significantly impact athletes' performance in many ways such as leading to decreased attention during the sports, impaired decision-making of the athletes during the sports or affected their physical abilities. Liang and colleagues (2021) stated that competitive state anxiety exists in different phases of the sports included the pre-competition context. Hence, examine and understanding the factors and effects of anxiety in athletes is one of the important elements for coaches, sports psychologists, athletes and the other relevant parties. However, Palazzolo (2020) suggested that there are different perspectives among the researchers in which some of the researchers believe that anxiety affected and reduce the athletes' performance, while some researchers view the anxiety as a driver for athletes to perform well. Therefore, there is still no single model that being agreed by all the researchers on the study between anxiety and the performance. Garit, Surita, Domínguez, Moya, and Castellanos (2021) also agreed that numerous theoretical concepts are being discussed among the previous researchers. To examine and fill in the theoretical gaps that existed,

present study applied narrative review to synthesize and discuss in details on the factors and effects of anxiety on the Athletes' performance.

Objectives

1. To determine the potential factors of the anxiety on the athletes' performance.
2. To determine the potential effects of the anxiety on the athletes' performance.

Methodology

To reach the objectives of this study, literature review of previous studies is carried out to get an overview (Lim, Kumar, & Ali, 2022). This study uses the non-systematic narrative review method to examine the potential factors and effects of the anxiety on the athletes' performance. Narrative reviews allow researchers to describe what is known about a topic while conducting a review and critique of the entire literature. Therefore, such a method is very useful for all types of studies including those topics of study that less researched by researchers or to gain new insights for research topics that have been studied by other researchers (Sukhera, 2022). In this study, the researchers have conducted data collection through search methods in databases such as Google Scholar, Scopus, and Emeralds with keywords and terms related to this study. The keywords of this study are Anxiety, Athletes, Performance, Sport, Athletes' performance. Besides, the other terms such as sportsman, sportswoman, sportsmen, sportswomen, competition and competitive are used in the searching process too.

Findings And Discussion

Athletes may experience a variety of anxiety symptoms and disorders similar with the non-athletes' individuals (Reardon et al., 2021). During the sports, there are many potential factors such as personal factor, situational factor and more that can contribute to the existence of the anxiety in athletes. For example, the study by Garit, Surita, Domínguez, Moya, and Castellanos (2021) concluded that the athletes with lower psychological preparation such as lower self-confidence and limited skills in attention and emotion control tend to be consist of greater anxiety and higher probability to get injuries during the sports. Another study by Bukhari, Fahd, Tahira, and Yaseen, (2021) in Pakistan also consist of consistent result in which the study provided result that sports anxiety increase lead to the reduce of the performance of the athletes and vice versa. Additionally, the study on football players at Bazwaya Sports Club in Iraq by Weli and Abbas (2023) also concluded that there is an inverse relationship between anxiety and achievement in which the subjects of the study have low level of anxiety and better athletes' performance. On the other hand, there are inconsistent result reported by some of the studies. For instance, the study on judo athletes in Taiwan by Lee, Wang, Huang, Hsu, and Chien (2022) founded that sport anxiety can enhance the athletes' performance by concern on the psychological capital of the athletes, and the training plans for the athletes focus on enhancing the athletes' mental skills are recommended as a strategy to improve the athletes' performance. Moreover, in the study of Mercader-Rubio, Gutiérrez Ángel, Silva, Moisés, and Brito-Costa (2023) on the relationships between somatic anxiety, cognitive anxiety, self-efficacy, and emotional intelligence in a public university in Spain reported that higher emotional attention led to lower level of cognitive anxiety and somatic anxiety along with higher level of self-confidence. Obviously, internal factors tend to be more likely to influence the performance of the athletes as the previous studies discussed and review in this study are provide the consistent report in which athletes' performance is affected by their own cognitive, emotion,

and perspectives. Ehrlenspiel and Mesagno (2023) also suggested that understanding on the processes involved in the experience of anxiety allows the athletes and relevant parties to development and figure out various strategies to regulate and deal with the anxiety. Hence, Individual Zones of Optimal Functioning (IZOF) model will examine and explain in this study after the synthesise of the previous studies above.

Individual Zones of Optimal Functioning (IZOF) model

In this study, the IZOF model used to explaining the physiological and psychological state that affects the athletes' performance. Anxiety causes the changing in both the physiological and psychological state, and ultimately influence the performance of the athletes. According to Ruiz, Raglin, and Hanin (2015), IZOF model is a sport-specific framework that defines the relationship between emotional experiences and relative success in sports.

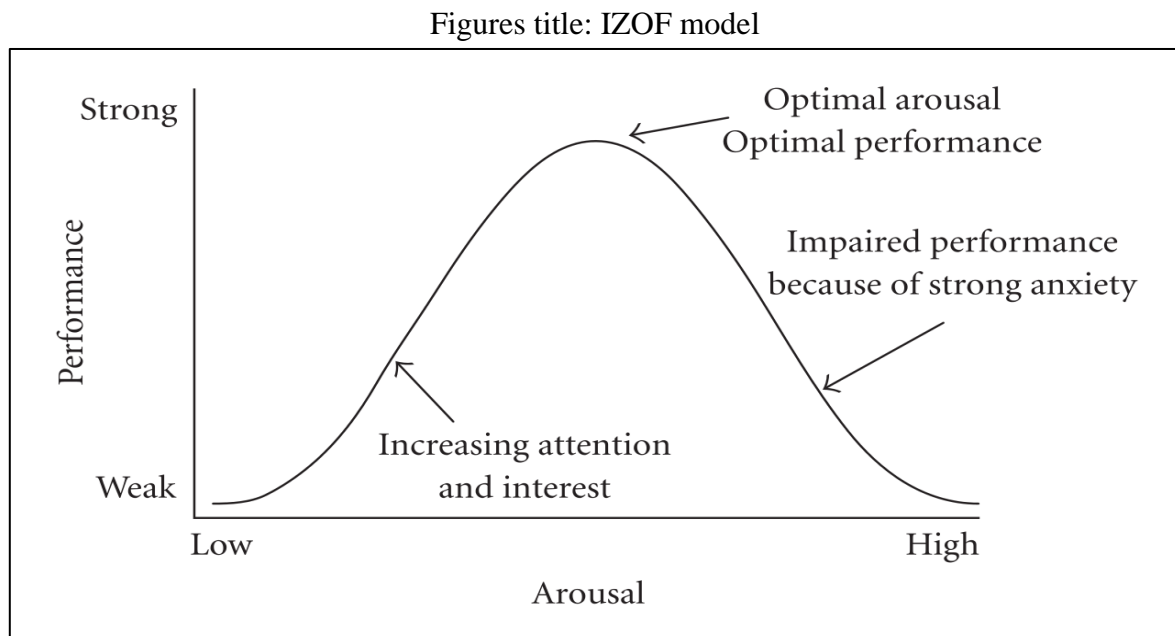


Figure 1. Individual Zone of Functioning (IZOF) model (Ruiz et al., 2015).

The IZOF model suggested the prediction on the relationship between biological, psychological, sociological states and performance. Firstly, prediction of performance is based on the in-out of zone principle. In short, higher probability of successful performance occurs when the intensity of optimal states is higher and the intensity of non-optimal states is lower. On the other hand, unsuccessful performance tends to be highly occurred with the non-optimal state is higher and optimal state is lower. In order to improve athletes' performance, athletes and the relevant parties need to be aware of their optimal intensity zone and non-optimal intensity zone, and learn to develop the ability to maintain within the optimal zone of intensity as the way to maximize their performance.

Conclusion

This study highlights the significant effects of anxiety on athletes' performance and identifies numerous potential factors contributing to anxiety in athletes with the synthesise on the previous studies. In short, internal factors such as psychological preparation and self-confidence tend to be the crucial factors that

contribute to the anxiety on the athletes' performance according to the review of this study. Besides, researcher of present study also concluded with the IZOF model in which athletes have to aware and stay in their optimal intensity zone for them to maximize their performance. Therefore, future researchers and relevant parties can focus on developing interventions for the athletes to maximize their performance along with the exploration on the long-term effects of anxiety on athletes' well-being. Athletes who joined the interventions reported increased in well-being and typical daily life (Hut et al., 2023). Besides, future researchers and relevant parties are recommended to concern on the role of technology in anxiety management ought to be emphasize as technology play crucial role in humanity. For instance, the study by Ahmad, Adib, and Txi (2022) on anxiety monitoring system among athletes in Malaysia suggested that the improve of devices for the anxiety monitoring system can help in athletes' performance as the relevant parties such as coaches, trainers, and policymakers operational in the field of sports are able to learn and understand more accurately regard the relationship between anxiety and the performance through the implementation of technology.

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