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Competitive anxiety in grassroots sport in the Balearic Islands

David Pulido, Pere Antoni Borrás, Miquel Salom and F. Javier Ponseti.

University of the Balearic Islands

Correspondence: F. Javier Ponseti Verdaguer. Universitat de les Illes Balears. Ctra.
Valldemossa, km 7,5. 07122, Palma (IB), Spain.

+34 656427519

xponseti@uib.es

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Nowadays, young people who practice sport show higher levels of self-esteem, emotional regulation, competences of problems resolution, aims realisation and social abilities in comparison with young people who don't practice any organised sport (Holt and Neely, 2011). These activities make possible that young people learn how to compete and cooperate one another. Furthermore, these promote the development of the capacity to live together with the victory and the defeat (Smith and Smoll, 1996; Vilela and Gomes, 2015).

Nevertheless, anxiety is one of the most common emotional states that can be observed in competitive sport. This phenomenon is understood like an inadequate adaptation of an individual and specific situation, which increases the activation's level and modifies the working of the emotions (Urrea, 2014). The anxious reaction is referred to a negative emotional state that is characterized by a high activation of nervous system's levels, stress, worries and self-orientation; which are cognitions that can alter the attention processes and other cognitive functions (Cervantes, Rhodes and Capdevila, 2009).

Different investigations conducted in the field of the competitive anxiety, have determined the existence of personal and situational elements related with the appearance of the previous competition anxiety. These studies about competitive anxiety demonstrate that not only exist personal elements related to the appearance of the anxiety around the achievements, but that also could come occasioned by different situations; such as the type of sport or the complexity of that activity (Cervello, Santos-Rosa Jiménez, Nerea and Garcia, 2010).

Exploring the sportive ambit, is important to emphasize that have been established two levels of response for the anxiety concept. Such levels are called somatic anxiety and cognitive anxiety (Molina, Sandín and Chorot, 2014; Ramis, Torregrosa, Viladrich and Cruz, 2010). The somatic anxiety is formed by changes created in the autonomic nervous system, as for example the acceleration of cardiac and breathiness rhythm, sweating, gastric movements and muscle hypertension. This physical aspect of the anxiety is the result occasioned by the increase of the physiologic excitation (Cheng, Hardy and Markland, 2009).

Equally important is to talk about the various psychological manifestations such as fear, panic, restiveness, obsessions, changes referred to the concentration and attention, catastrophic intrusive thoughts or dread which form the cognitive anxiety (Cervello, Santos-Rosa Jimenez, Nerea and Garcia, 2002). As was mentioned by Smith, Smoll and Schutz (1990), the cognitive anxiety remains divided into two components. The first one is the worry associated with a low performance. The second component is the lack of attention; like, for instance, the difficulty that implies to an athlete to pay attention to a concrete task, which prevents to clean the thought during the competition (Grossbard, Smith, Smoll and Cumming, 2009; Ponseti, Vidal, Cantalops and García-Mas, 2017;).

Moreover, it becomes relevant to highlight that the directional component of anxiety depends on various factors, as it happens with all the previous and temporal response patrons to the anxiety, the competition's nature (Hanton, Jones and Mullen, 2000; Ponseti, Sesé and García-Mas, 2016) and the anxiety's nature treated like a

function of gender and the technical abilities of the athlete (Ponseti, Sesé and García-Mas, 2016; Tsopani, Dallas and Skordilis, 2011). Additionally, it would like crucial to mention that athletes who practice contact sports, individual sports and those who are judged subjectively have more cognitive anxiety than athletes who practice sports where sportsmen are judged objectively, practice team sports or sports with inexistent contact (Ponseti, Sesé and García-Mas, 2016). On the other hand, there are some investigations, which haven't found significant differences based on gender, age or different sportive modalities (Hanton, Cropley and Lee, 2009).

Focusing on the youngest athletes, it's important to underline that those children who present high competitive anxiety levels are more often worried about committing fails, don't play well or lose matches than those young athletes who have lower anxiety levels. These kids are also more worried about how will they be evaluated by their coaches, their teammates and their parents (Ponseti, Sesé and Garcia-Mas, 2016).

The investigations performed about competitive anxiety are significantly relevant due to its impact on the athletes' performance and success beliefs (Dorsch, Smith and Dotterer, 2016; Neil, Hanton, Mellalieu and Fletcher, 2011; Ramis, Torregrosa, Viladrich and Cruz, 2010; Ponseti, Vidal, Cantallops and García-Mas, 2017; Ramis, Torregrosa, Viladrich and Cruz, 2010).

Method

The main aim of this study is to analyse the competitive anxiety of youth footballers of the Balearic Islands. The sample is formed by one hundred and seventy-six young football players who belonged to the 2nd division league of cadets in Mallorca, with an average age of 14.26 years, ($SD = 0.48$). These teenagers have participated in this study during the official competitions of 2016-17 season. To analyse the psychologist variables, the adapted Spanish version of *Sport Anxiety Scale* (SAS-2) was given to the athletes; and the *Parental Involvement in Sport Questionnaire* (PISQ) as well.

Results

In conclusion, anxiety concerns presents the highest values and global anxiety is at low levels. Parental support behaviours gain greater punctuation along with the managerial behaviour, parental involvement and pressure are at a lower level.

The directive behaviours are positively related to perceived pressure and this in turn correlates positively with somatic anxiety and anxiety deconcentration. The active involvement of parents correlates positively with managerial behaviour.

Discussion

Considering the objectives of this study, the results obtained in this work, show that worry anxiety is the one that scores higher, if this concern means getting more involved and does not negatively affect its performance we can consider it positive.

In the present study, there is no evidence that parental pressure produces negative effects on the performance or performance of athletes, as opposed with previous studies on the same topic.

Key Words: Competitive anxiety, Grassroots sport, Parental involvement, Performance.

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