

DESCRIPTIVE STUDY OF ANXIETY LEVELS IN ATHLETES DEPENDING ON TYPE OF SPORT

ABSTRACT

Anxiety levels in athletes influence performance in training and competition situations. Therefore, this research has been developed having as main objective to analyse anxiety levels in a sample of athletes according to gender, age and modality sports practiced. This study has a sample of 372 athletes aged between 18 and 50 years. The main instruments are the Anxiety Questionnaire (STAI) and an automatic record sheet to measure the variables gender, age and sport practiced. The results indicate almost athletes have low or moderate levels of anxiety and state and anxiety, while only one of ten have high anxiety. Women obtain higher values of anxiety-state and anxiety-trait than men, without the need for an association between anxiety and the state. In the case of anxiety-trait, athletes between 20 and 22 years old are those with higher levels. The association between anxiety-state and sports modality is not found, but in trait-anxiety those who practice individual contact sports have greater anxiety.

KEY WORDS

Anxiety; sport; sport modality.

