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## A Comparative Analysis of Pre-Competition Anxiety (somatic anxiety) in Female Inter College Badminton and Volleyball Participants: A Case Study of District Sargodha, Pakistan.

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**Abstract:** *This research focuses on the comparison of the level of pre-competition anxiety (somatic anxiety) between intercollegiate women's badminton as well as volleyball players in district Sargodha. The 300 female players who participated consisted of 150 badminton female players and 150 volleyball female players chosen within the age range of 16 to 21 years where  $M=18.5$  and  $SD=1.87$ . This empirical research was delimited to the teams of women colleges of District Sargodha who took part in the Sports Events 2015-2016 of PASBAN (Pakistan Army Sports Base Achievement Network) which were held in the District Sargodha. The comparison of the level of their pre-competitive anxiety in two different games was performed with the help of Revised Competitive State Anxiety Inventory-2 (CSAI-2R). The method of inferential statistics is performed on the collected data with the help of Independent Samples *t*/test for getting the desired result. The result depicts that no major variation is found in the level of pre-competitive somatic anxiety of the inter-collegiate female badminton and volleyball players. However, the outcome demonstrated that the level of anxiety in the girls who played badminton is higher than the girls who played volleyball. Overall, the outcome of this research will be beneficial for the athletes, other researchers, and coaches of badminton and volleyball because of the detailed review of the complex idea of competitive sport anxiety, and compared the badminton and volleyball girl players somatic state of anxiety.*

**Key Words:** Anxiety, Somatic Anxiety, Volleyball, Badminton, Sargodha, Pakistan, Players

### Introduction

No one can deny the importance of Pre-Competitive anxiety in fear of failure before any Sports Event (Iizuka, 2005). The research of Maron (2004) concluded that pre-competitive anxiety is the reason behind the hesitation and unpleasant feelings of the players prior to the sporting event. The positive sports performance might also be reduced due to the pre-competitive anxiety of the players (Esfahani & Sofia, 2010). It is necessary for a good athlete to fulfilling the requirements of the event as well as

show better performance throughout the event (Craft, Magyar, Becker & Feltz, 2003). The study of Cox (2002) focused on the occurrence of pre-competitive sports anxiety before sports competitive situations. Pre-competitive sports anxiety began in players during different intervals of the sports competition but mostly it began the night before an event and in the morning of the sports competition. There are many symptoms of somatic anxiety such as a fast heartbeat, excessive sweating, increase in blood pressure, breathlessness, or a feeling of

suffocation, stiffness of muscles, and shivering. Cognitive anxiety also has some symptoms such as depression, restiveness, uneasy feelings, as well as feelings of fear and fright (Weinberg & Gould, 2015). Hanton and Connaughton (2002) classified the pre-competitive anxiety symbol into three parts which are as follows: pre-competitive cognitive anxiety, pre-competitive somatic anxiety as well as pre-competitive self-confidence. Cognitive anxiety is also known as a psychological subcomponent, that is used to distinguish with the help of pessimistic expectations to calculate success in the decision, badmouth, feelings of negativity, lack of concentration, lack of attention, feelings of avoidance as well as descriptions of fear in relation (Jarvis, 2002). The sound effects on the mental readiness of girls volleyball players are due to pre-competitive anxiety (Jackson, 2007). The main hindrances to the performance of badminton players are competitive anxiety and feelings of nervousness. The role of pre-competitive anxiety is very important in the performance of badminton players and performance reduces because of competitive anxiety (Quinn, 2010). Somatic anxiety is associated with autonomic anxiety as a component. There are many somatic symbols such as muscle stiffness, rise in heartbeat, rapid respiratory rate, increase in blood pressure, nervousness, vague vision, dryness in the mouth as well as the need to urinate more often than usual (Jarvis, 2002). The momentum, range, performance, and power, as well as the intensity of energy of a volleyball player, reduces due to pre-competition anxiety. The fitness of a badminton player can be determined on basis of his/her level of skill, agility as well as power. Although, every time player must be overstating psychologically after the occurrence of pre-competition anxiety (Craft, Magyar, Becker & Feltz, 2003). Sports psychologists elaborate self-confidence as the term in which someone can do anything according to his/her own desire and skill (Weinberg & Gould, 2007). Similarly, self-confidence plus anxiety can be treated both ways as a trait as well as a state. However, self-doubt is also known as low self-confidence and there are many causes of self-doubt such as onychophagia (nail biting), covering the face using arms, betting safe, and eye contact avoidance (Weinberg & Gould, 2007). There is a variety in the level of competitive anxiety before the start of an event in the players of

badminton and volleyball because of shy behavior and self-doubt. Badminton and volleyball players can get positive influence from self-confidence and as a result, their concentration, performance, power, psychological momentum, and effort in the game increase (Weinberg & Gould, 2007). The strength level of the player is disturbed because of the existence of pre-competition anxiety. Moreover, the ability of players to stay relaxed and calm decreases due to the existence of pre-competitive anxiety. In addition, it is difficult for a nervous player to continue spotlighting the goal in the event. The levels of competitive anxiety that exist in Elite players are low because of their advanced skill level and high confidence.

### Statement of the Problem

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There is not much research found on the topic of pre-competitive anxiety among girls players of volleyball and badminton in the Sargodha district. The investigation of competitive anxiety is very important in competitive sports because female players have more competitive anxiety. Self-confidence and somatic anxiety are the main two issues discussed in this research. The problem statement of this research is to measure the competitive anxiety in the volleyball and badminton players of women colleges of the Sargodha district and also analyzed the result that whether the competitive anxiety remains the same in players or it differs from each other. In initial research, it is concluded that the stoppage to monitor competitive anxiety is the reason behind the failure of sports teams increase (Weinberg & Gould, 2007).

### The Objective of the Study

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The comparative study is done between players of women colleges of Sargodha district to measure the difference between self-confidence and the levels of pre-competitive somatic anxiety.

### Review of Literature

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The role of anxiety is very important in any competition and no one can deny the importance of anxiety in any sports competition (Lizuka, Marinovic, Machado & Vilani, 2005). In the modern era, anxiety is considered a critical dilemma (Athan & Sampson, 2013). The search for pre-competitive

anxiety is performed on the basis of a set of keywords such as competition cognitive anxiety, level of state anxiety, competition anxiety, simple anxiety as well as pre-competition anxiety. The psychological changes in the body occurred because of anxiety and Anxiety can be defined as a displeasing condition of emotion due to stress, feeling of nervousness, tension, fatigue as well as a disturbance (Nolen-Hoeksema, 2014).

According to the (Weinberg &Gould, 2007) definition of anxiety, it is a negative emotional condition because of shy behavior, worries as well mental stress. In addition, it also affected the performance of the players before the start of the sporting competition. The positive sports performance might also be reduced due to the pre-competitive anxiety of the players (Esfahani & Sofia, 2010). Similarly, Cox (2007) stated in his study that the level of pre-competitive sports anxiety remains high as well as stable before the start of the sporting event. Further, Hanin (2000) also concluded that the high values of competitive anxiety for the duration of competition are dangerous.

Therefore, identification of the level of competition anxiety as well as cognitive anxiety is very important and identification plays a vital role in the reduction of these anxieties. The study by Cox (2002) aimed at the occurrence of pre-competitive sports anxiety before sports competitive situations. According to the research outcomes and analysis of (Wilson,2008), the level of worry is related to the state of pre-competitive anxiety and it occurs just before the start of a match as well a game. There are many distractions that play a vital role in the contribution and development of pre-competitive anxiety among players before the competition which is as follows: demand for perfectionism, high expectations, low self-esteem, tiredness as well as fear of imperfection(Maron,2004).

Thus, anxiety is divided into two categories such as trait anxiety as well as state anxiety (Cox, 2002). According to the definition of trait anxiety, trait anxiety explained how fearful a person is in his daily life in general. Further, the definition of state anxiety explained it as an inconsistent and non-permanent mood. State anxiety is also called multidimensional because of the involvement of somatic as well as cognitive factors. In addition, the psychological transformation in the body of a person

into the phase of nervousness is observed in somatic anxiety. The negative feelings plus levels of worry are observed in cognitive anxiety with respect to a certain competitive event (Weinberg &Gould, 2007). Therefore, anxiety is also known as a negative arousing condition differentiated with respect to higher foundation worry levels, auto-oriented cognition as well as fatigue plus tension which can be changed the attentional processes (Cervantes, Rhodes & Capdevilla, 2009; Smith,2008; Smith, Smoll & Passer, 2002). According to the outcome of the research (Anshel & Delany, 2001), there are many latent sources of pre-competition anxiety present which include distress, aggressiveness as well as a negative response that enhances the anxiety among male as well as female players. According to the results of (Peden, 2007) research, an athlete turns into an anxious person in specific circumstances due to negative thoughts becoming more negative, which can affect confidence as well as performance very badly. There are many distractions that play a vital role in the contribution and development of pre-competitive anxiety among players before the competition which is as follows: demand for perfectionism, high expectations, low self-esteem, tiredness as well as fear of imperfection, and it plays an important role in mitigating the performance of player(Maron,2004). The definition of anxiety on the basis of multidimensional theory explained the effect of a singular component of anxiety manipulating performance which is known as psychological arousal, anxiety as well as self-confidence influences sports performance in a different way (Weinberg &Gould, 2010). The main focus of the multidimensional theory of anxiety was on pre-competition anxiety developed by Martens, Burton, Vealey, Bump, and Smith (1990). Multidimensional anxiety theory elaborated, that state anxiety is a condition particularly related to competition anxiety well informed before any secluded sports event (Tilon, 2008). Sports psychologists elaborate self-confidence as the term in which someone can do anything according to his/her own desire and skill (Weinberg &Gould, 2007). Similarly, self-confidence plus anxiety can be treated both ways as a trait as well as a state. However, self-doubt is also known as low self-confidence and there are many causes of self-doubt such as onychophagia (nail biting), covering the face using arms, betting safe, and eye contact

avoidance (Weinberg & Gould, 2007). The excess use of CSA1-2 which stands for Competitive State Anxiety Inventory-2 is the reason for increasing support for the multidimensional theory of anxiety (Craft, Magyar, Becker & Feltz, 2003; Woodman & Hardy, 2003). According to the meta-analysis performed by (Craft, Magyar, Becker & Feltz (2003) on twenty-nine types of research, they concluded that somatic anxiety as well as cognitive anxiety has not a strong association with the performance of players in any sporting event. But they found that self-confidence was reasonably strongly associated with performance. According to the meta-analysis performed by Woodman and Hardy (2003) on 48 types of research, they concluded that cognitive anxiety as well as self-confidence has a strong analytical association with respect to performance, and also for measuring anxiety twenty-two scales are available and published. Although, the scale known as the Competitive State Anxiety Inventory 2 (CSAL-2) is developed by 5 people in the year 1990 (Martens, Burton, Vealey, Bump & Smith, 1990). In addition, this is used as a tool to measure the competitive anxiety in any game. The survey base questionnaire is included in the CSAL-2 and it implemented the structure which is used in the multidimensional anxiety theory by Martens. This questionnaire provides the three values after the analysis which include self-confidence, cognitive anxiety as well as somatic anxiety which exists in players mostly before start on any game. The outcome of this questionnaire is based on three values that provide information about the multidimensional behavior of anxiety. This questionnaire consists of twenty-seven questions and questions are divided equally into three categories according to the three values. The player has the option to choose any score for each item from the given four options such as 1, 2, 3 or 4. This scoring system of CSA1-2 is used to calculate the total scores of each component of pre-competitive anxiety. According to the conclusion from the previous research on the topic of sports psychology (Cox, 2007), it is stated that psychological variables are associated analytically with the performance of an athlete. Sports psychologists focus on understanding stress for providing the detail of associative behavior

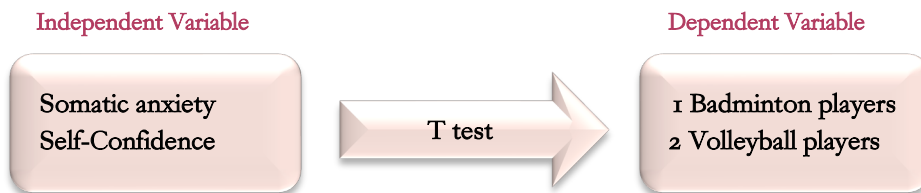
of competitive anxiety with performance in sports. That research provides descriptions that play a vital role in the improvement process of numerous theories which are based on competitive anxiety. However, the theory named Drive Theory shows consistent performance which also shows little correlation with fine motor tasks (Weinberg & Gould, 2007). Hence, the presence of error in the Drive Theory diverted the interest of many researchers toward the Inverted U-Hypothesis. According to the conclusion (Landers & Arent, 2001), the Inverted-U Hypothesis provide an explanation of the association between pre-competitive anxiety as well as performance in sports. According to the conclusion of Weinberg and Gould (2007), it is stated in the Catastrophe model that the over-arousal, as well as anxiety, plays a vital role in a sudden decrease in performance as compared to Inverted-U which provides the fixed drop in the rate of performance. According to the demonstration of the Catastrophe model, the performance of athletes decreases with an increase in state anxiety. To manage competitive anxiety, various techniques such as imagery, relaxation, goal setting, and positive self-talk have been developed (Mamassis & Doganis, 2004). These mental skills are used in mental skills training to help athletes maximize their potential and control their performance (Balague, 2000). Numerous research studies have investigated the impact of competitive sports on athletes. One strategy that has been shown to enhance athletic performance is positive self-talk, which addresses psychological, behavioral, and emotional obstacles (Tod, Hardy & Oliver, 2011). Additionally, positive self-talk can counteract negative thought patterns (Thelwell & Greenless, 2003). This technique involves adopting a positive perspective on the entire competition process, from preparation to results (Peden, 2007).

### Research Hypothesis

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Whether a notable difference is present in the girls players of badminton as well as volleyball on the basis of the levels of their pre-competitive anxiety (somatic anxiety) plus self-confidence.

## The Procedural Framework of the Study



## Method and Material

The current study was performed for the comparison of the level of pre-competitive anxiety between inter-collegiate girls players of volleyball as well as badminton (a case study of district Sargodha). There are many methods such as Data Collection Tools, Data Collection methods plus Analysis of Data as well as Sampling plus Population adopted by researchers for the calculation of certain results. This empirical research population was delimited to the teams of women colleges of District Sargodha who took part in the Sports Events 2015-2016 of PASBAN (Pakistan Army Sports Base Achievement Network) which were held in the District Sargodha. This case study sample frame consists of 150 girls volleyball players (Where N=150) as well as 150 girl players in badminton (Where N=150) from women s colleges of Sargodha. The participants are chosen on the basis of age parameters and the age range of this research lies between 16-21years old. The data collection is performed on the twenty-one institutions which took part in the Sports Events 2015-2016 of PASBAN (Pakistan Army Sports Base Achievement Network) which were held in the District Sargodha and the set of samples is collected for this research. Random Sampling technique was used for the current study. The process of data collection is done

with the help of the CSAI-2R (Revised Competitive State Anxiety Inventory-2). There are two main parts such as somatic anxiety and self-confidence exist in the scale. The comparison process among the level of pre-competition anxiety in the girl players of volleyball, as well as badminton, is held by using independent samples t-tests. The SPSS version 19(Statistical Package for Social Sciences) is used for performing and completing the analysis phase on the samples. The value of the level of Significance is fixed at 0.05 which is also known as (priori alpha p). Therefore, the calculated outcomes of the independent samples t-test represent the statistical significance as well as the non-significance of each variable used in the Revised Competitive State Anxiety Inventory-2(CSAI-2R).

## Analysis of the Study

SPSS version 19 was adopted to tabulate and analyze the collected data. Inferential and descriptive analyses were used to test the hypotheses. The hypotheses were tested through compression. All the ethical consideration was taken during the data analysis. All the respondents were informed that their data will remain secret and will be used for the academic record.

**Table 1.** Table of the age of girl players of Badminton where N =150.

Age of Participants	Frequency	Percentage %
16	2	1.33%
17	17	11.33%
18	54	36.00%
19	38	25.51%
20	22	14.50%
21	17	11.33%
Total	150	100%

Table. No.01: The girls badminton players age distribution ratio with respect to age is elaborated in this table. There were 1.33% of girls badminton players with age 16 years, 11.33% of female players

with age 17 years, 36% of female players with age 18 years, 25.51% of female players with age 19 years, 14.50% of female players with age 20 years plus 11.33% of female players with age 21 years.

**Table 2.** Table for the age of girl players of volleyball where N =150.

Age of Participant	Frequency	Percentage %
16	2	1.33%
17	13	8.66%
18	49	32.66%
19	44	29.33%
20	25	16.66%
21	17	11.36%
Total	150	100%

Table. No.02: The girls volleyball players age distribution ratio with respect to age is elaborated in this table. There were 1.33% of girls badminton players with age 16 years, 8.66% of female players

with age 17 years, 32.66% of female players with age 18 years, 29.33% of female players with age 19 years, 16.06% of female players with age 20 years plus 11.36% of female players with age 21 years.

**Table 3.** Differentiation among girl players of badminton plus volleyball on the basis of the scale of pre-competitive anxiety

Variables	Badminton players (N=150)		Volleyball players (N=150)		t	p	95%CI Lower Level	Upper level	
	M	SD	M	SD					
	32.04	5.38	32.78	5.09	-1.23	0.21	-1.93	0.44	
	28.00	5.51	26.82	5.58	1.82	0.06	37.5	-0.09	2.43

**"Statically significant difference at 0.05 levels**

The table given above elaborates on the values of the mean difference that exist among the girls players of badminton as well as volleyball with respect to pre-competitive anxiety plus its construction scales. The value of the mean difference is (t (298) = 1.82, where p>0.05) calculated which is notable with respect to somatic anxiety. Moreover, the value of the mean difference is (t (298) = -1.23, where p>0.05) calculated which is notable with respect to self-confidence. According to the results, it is found during comparison that the level of somatic anxiety is higher in the girls players of badminton instead in girls players of volleyball.

**Discussion**

The aim of the discussion section is to compare the result of the existing study with already existing results. The existing research focuses on the

comparison of the level of pre-competitive anxiety (somatic anxiety) present in the inter-collegiate girls players of volleyball as well as badminton (a case study of district Sargodha). The current study used a self-developed closed-ended questionnaire for the purpose of data collection. Frequency and percentage were also applied. Compression was also done on the collected data. On the basis of collected data, it was found that the value of the mean difference is (t (298) = 1.82, where p>0.05) calculated which is notable with respect to somatic anxiety. Moreover, the value of the mean difference is (t (298) = -1.23, where p>0.05) calculated which is notable with respect to self-confidence. According to the results, it is found during comparison that the level of somatic anxiety is higher in the girls players of badminton instead in girls players of volleyball. Similarly, the result supported by Cox (2007), the level of pre-competitive sports anxiety remains high as well as stable before the start of the sporting event.



Moreover, Hanin (2000) also concluded that the high values of competitive anxiety for the duration of competition are dangerous. Thus, identification of the level of competition anxiety as well as cognitive anxiety is very important and identification plays a vital role in the reduction of these anxieties. The study of Cox (2002) focused on the occurrence of pre-competitive sports anxiety before sports competitive situations. According to the (Wilson, 2008) research conclusion, the level of worry is related to the state of pre-competitive anxiety and it occurs just before the start of a match as well as a game. There are many distractions that play a vital role in the contribution and development of pre-competitive anxiety among players before the competition which is as follows: demand for perfectionism, high expectations, low self-esteem, tiredness as well as fear of imperfection (Maron, 2004). Finally, anxiety is divided into two categories such as trait anxiety as well as state anxiety (Cox, 2002). According to the definition of trait anxiety, trait anxiety explained how fearful a person is in his daily life in general. Further, the definition of state anxiety explained it as an inconsistent and non-permanent mood. State anxiety is also called multidimensional because of the involvement of somatic as well as cognitive factors. In addition, the psychological transformation in the body of a person into the phase of nervousness is observed in somatic anxiety. The negative feelings plus levels of worry are observed in cognitive anxiety with respect to a certain competitive event (Weinberg & Gould, 2007). Therefore, anxiety is also known as a negative arousing condition differentiated with respect to higher foundation worry levels, auto-oriented cognition as well as fatigue plus tension which can be changed the attentional processes (Cervantes, Rhodes & Capdevilla, 2009; Smith, 2008; Smith, Smoll & Passer, 2002).

## **Conclusion**

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The conclusion is made and developed on the basis

of the objective. The present study was aimed at the comparison of the level of pre-competitive anxiety (level of somatic anxiety) between inter-collegiate girls players of volleyball as well as badminton (a case study of district Sargodha). Therefore, on the basis of collected data, it was found that the value of the mean difference is  $(t(298) = 1.82, \text{ where } p > 0.05)$  calculated which is notable with respect to somatic anxiety. Moreover, the value of the mean difference is  $(t(298) = -1.23, \text{ where } p > 0.05)$  calculated which is notable with respect to self-confidence. According to the results, it is found during comparison that the level of somatic anxiety is higher in the girls players of badminton instead in girls players of volleyball.

## **Recommendations and Future Suggestions of the Research**

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There are some suggestions made on the basis of the conclusion and results of the current research which can be considered for future research on the same topic. The future suggestions which were derived with respect to the conclusion of the present research are given below:

1. There is a dire need for a valid measuring process for anxiety plus pre-competitive anxiety because the CSAI-2R (Revised Competitive State Anxiety Inventory-2) is not effectively accepting the effects of anxiety on any sports event.
2. There is a dire need to perform more research on the game of volleyball as well as badminton.
3. There is a need to consider the environmental factors as well as the pressure of the coach on the performance of athletes before starting any event to measure the level of pre-competition anxiety.
4. Moreover, the players of various games such as cycling, cricket, basketball as well as football must be examined on the basis of the same process.

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