

# An Examination of the Factors Influencing Sports Related Anxiety in Adolescent Girls

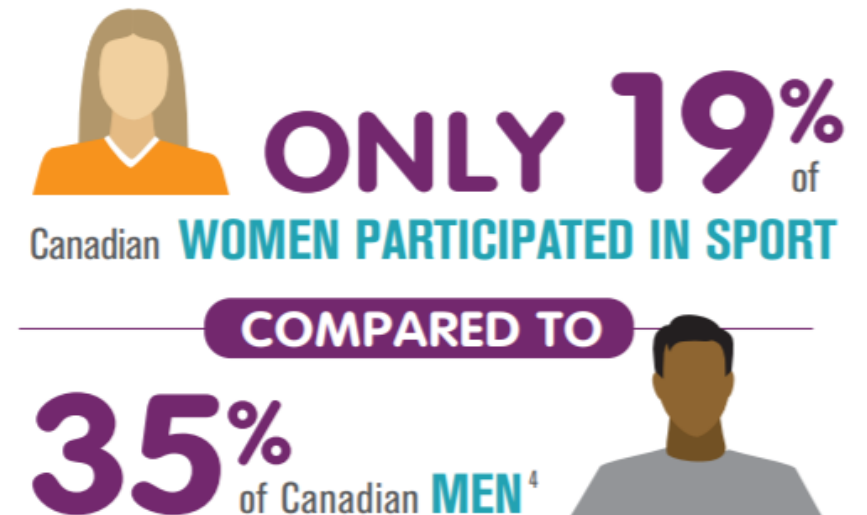
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# Why This Topic

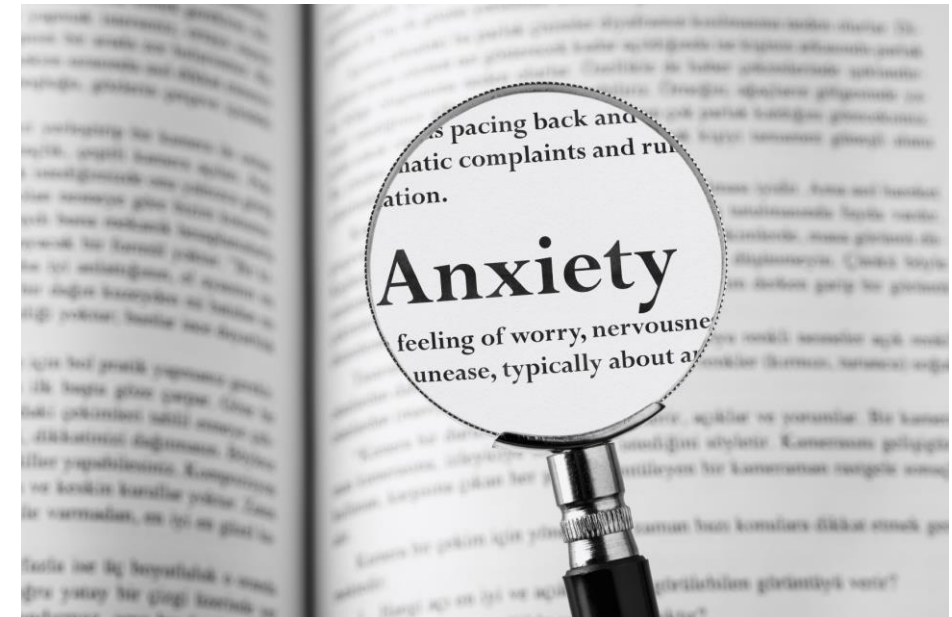
- ▶ Female athlete myself/ coach
- ▶ High drop-out rates of female athletes in adolescence

Girls drop out of sport at a rate 2x high than boys



# What is Sports Related Anxiety/Other Types

- ▶ “perceived environmental demands and the perceived response capability of the athlete” (Patel, 2010)
- ▶ Multidimensional
  - ▶ Social Anxiety
  - ▶ Social Physique Anxiety
  - ▶ Cognitive Anxiety
  - ▶ Somatic Anxiety



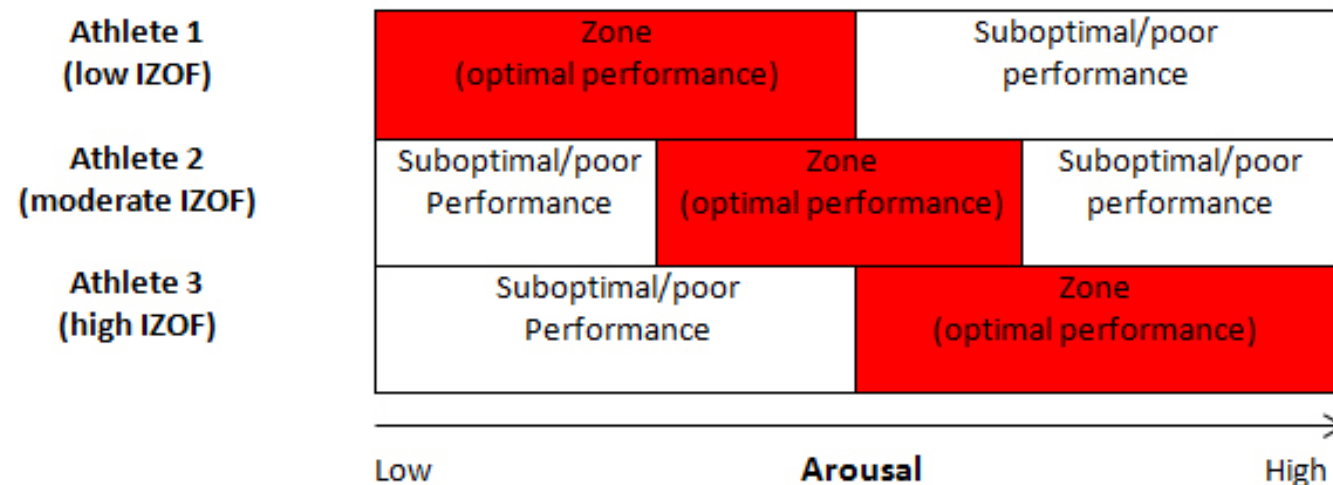
# Child Studies Approach: Methods

- ▶ What is Child Studies?
  - ▶ Understands children through an interdisciplinary approach
- ▶ Child-Centric Approach
- ▶ Interviews
  - ▶ 6 semi structured
  - ▶ Participants – 13-17 years old
  - ▶ Ex. What factors influence how you feel about competition?



# Sports Psychology: Method

- ▶ What is Sports Psychology?
- ▶ Zone of Optimal Functioning (Ruiz, Raglin & Hanin, 2017)
  - ▶ Individual levels of Anxiety



# Methods

- ▶ Survey
  - ▶ Use of Inventories
    - ▶ Competitive State Anxiety Inventory (CSAI-2)
    - ▶ Sport Competition Anxiety Test (SCAT)
    - ▶ Researcher made Questions



**Cross Country  
Ski Ontario**

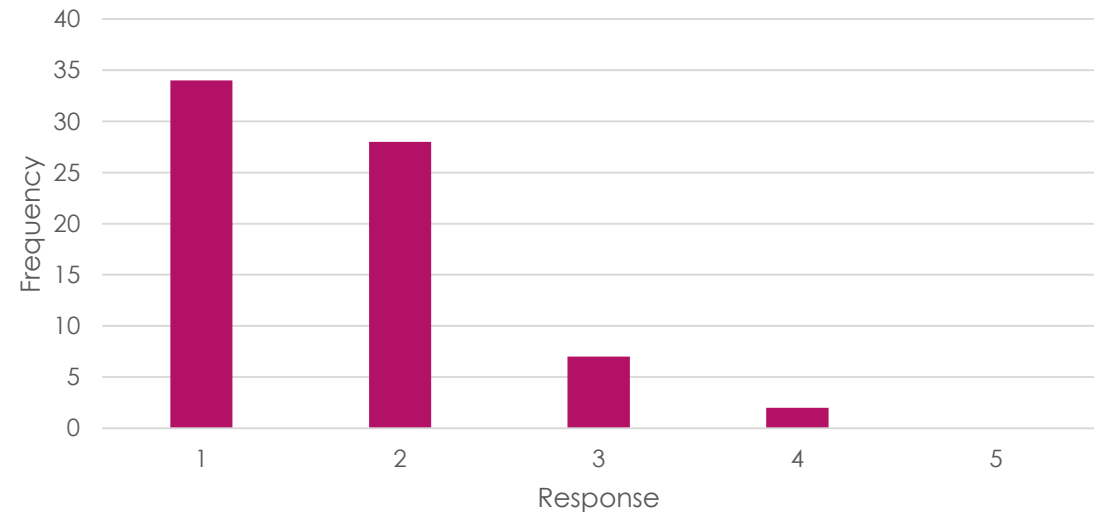


# Findings

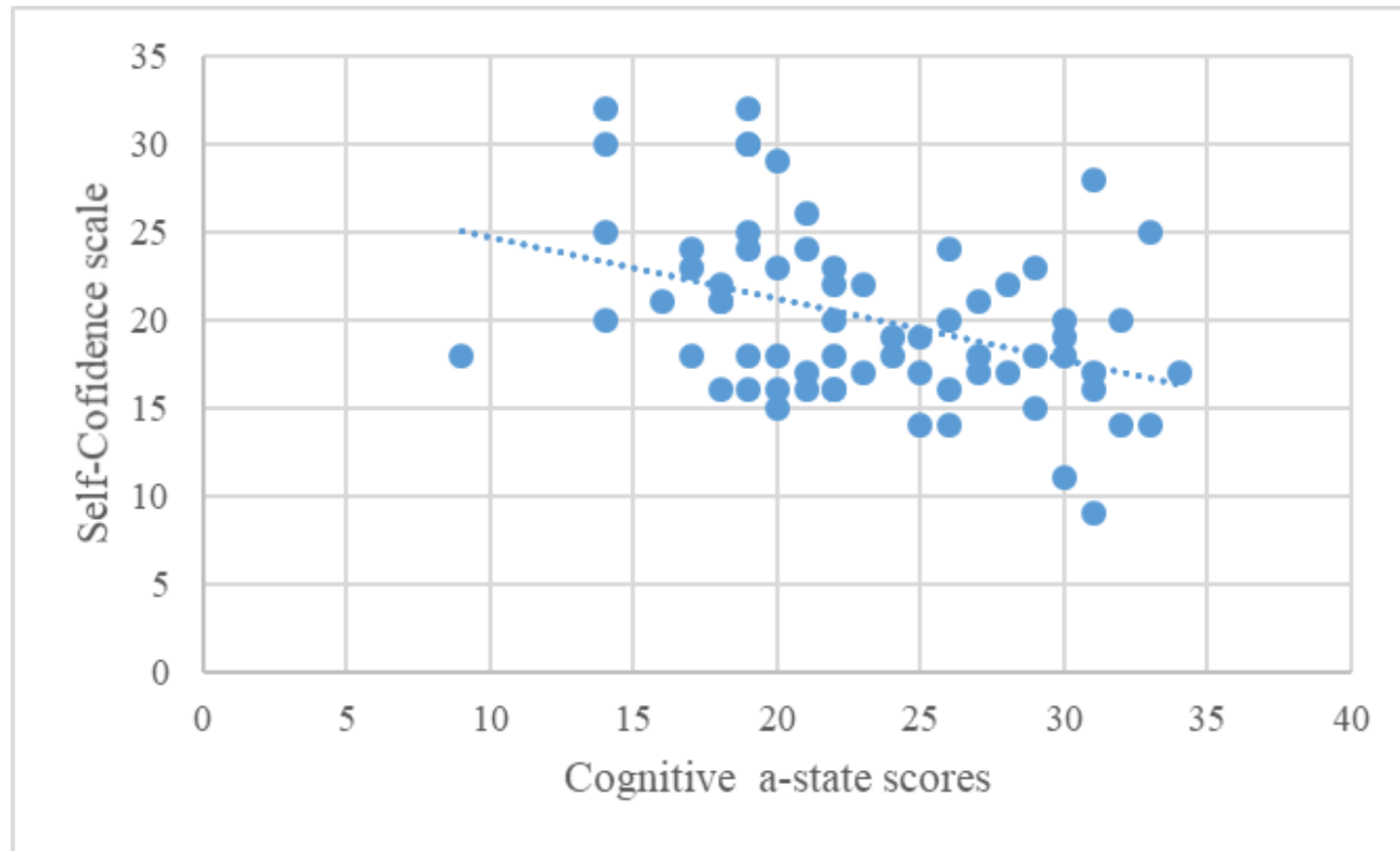
## ► The Self

- On the survey, 87% of participants said that they always or usually feel pressure from themselves in their performance

Do you feel pressure from yourself in the way you perform?



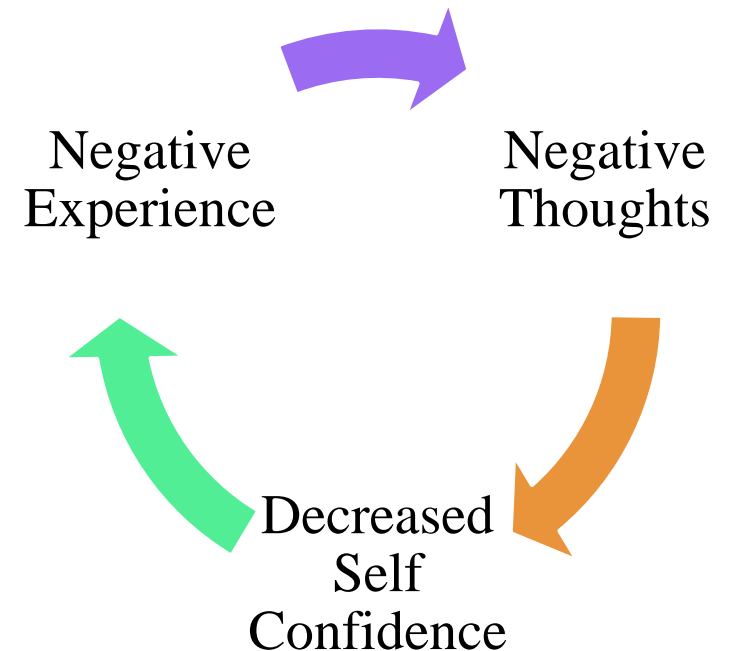
# Findings – The Self





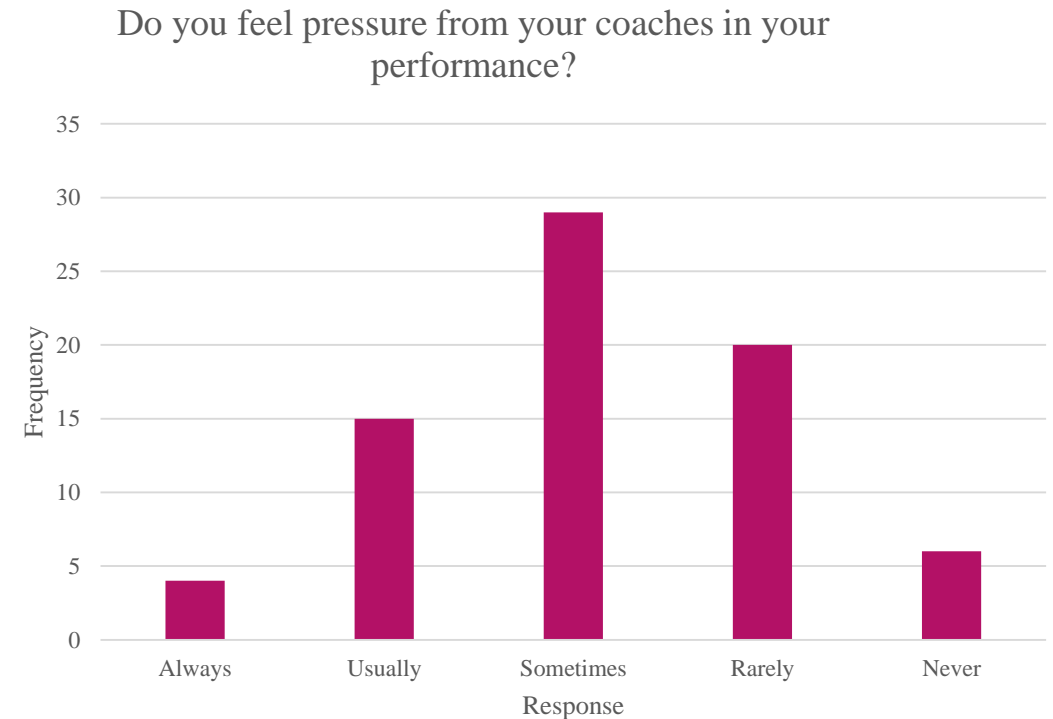
# The Self – Cycle

- ▶ “If it’s going well, easy for it to be considered fun. It’s when it goes badly, then I’m fighting my mind to go and I think that plays a big role in confidence” - Charlotte Giles
- ▶ I just think if I have a tough time in my competition than I think oh I’m not good at this, do other people think I’m not good at this, why am I doing it if I’m actually not...cause if I have a tough competition I sometimes I think why am I even doing this, I don’t even actually like this, I’m not good at it, I think it makes me doubt why I am even doing this” - Pink Moose



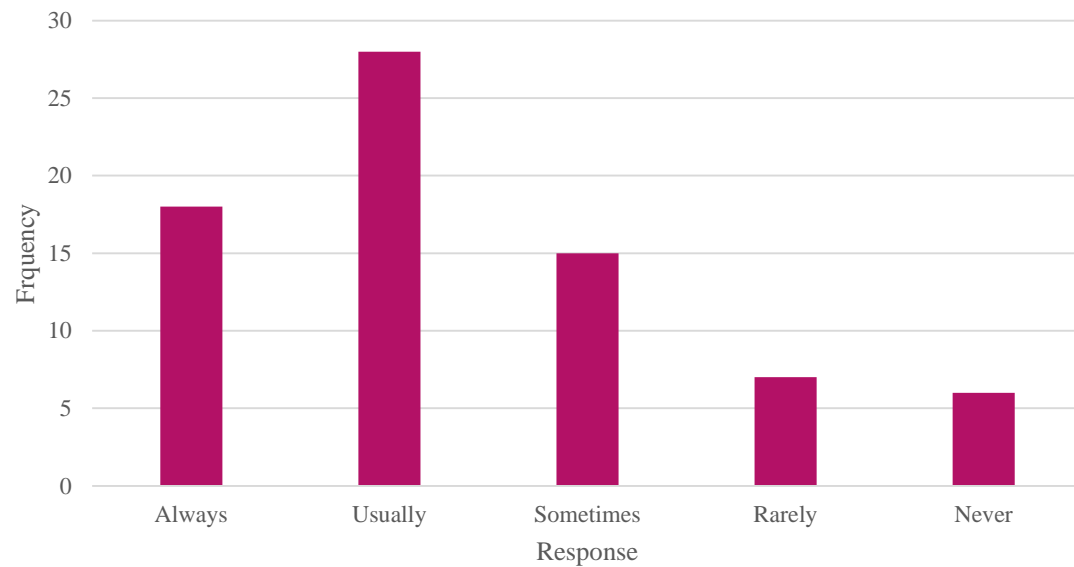
# Findings - Coaches

- ▶ Coaches and Mentors
  - ▶ Majority of participants said sometimes
- ▶ “No one usually makes me feel nervous but usually I’m kind of thinking about... like I have been working on double poling in practice so if I have a bad classic race like what are the coaches going to think I’m not trying hard to fix my double pole.” – Carolyn Robson

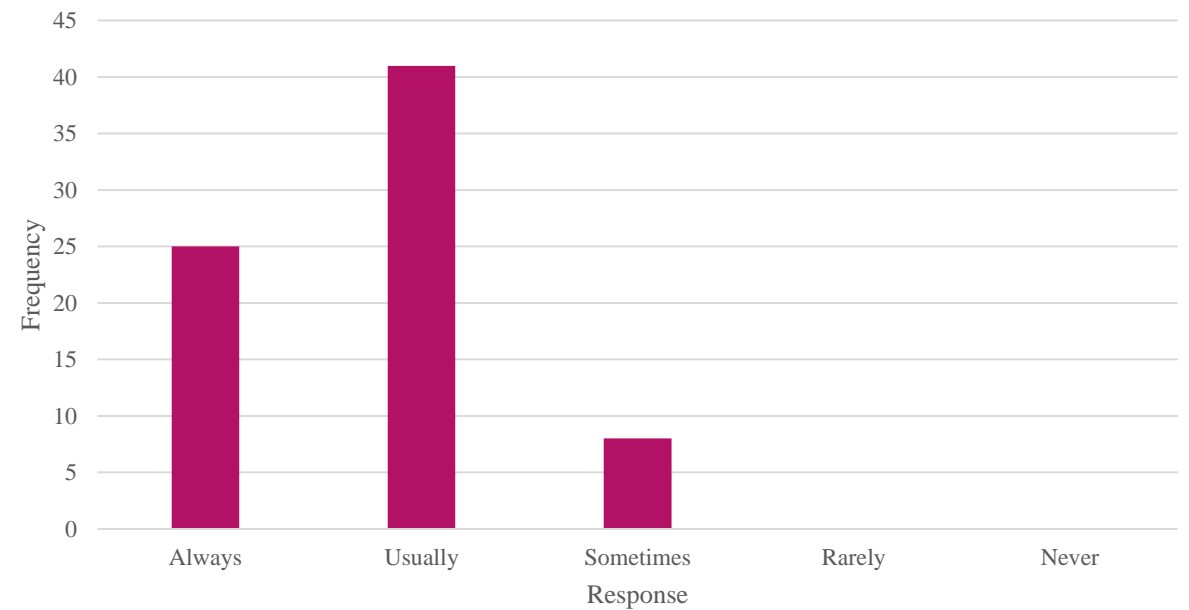


# Findings - Coaches

Do you feel comfortable to talk to your coaches about how you are feeling?



Your coach's support and guidance is helpful and positive?



# Findings - Peers

- ▶ Peer Relationships
  - ▶ Internal conflict
    - ▶ “I start to feel really nervous because I start to see the other people and my friends, like being with my friends sometimes calms me but also makes me nervous because I’m competing against them and I’m like oh my god there are other people here” – Jessy Smith



# Findings - Peers

- ▶ Social comparison
  - ▶ “I think it’s what other people will think of you if you don’t do well, especially for me that’s a main thing. It comparing myself to everyone else, like that person is so fast, that person is so pretty, that person is so strong, that person is so fit, that person is so dedicated, etc.” –Pink Moose



# Findings - Peers

- ▶ Exclusion and inclusion
  - ▶ “I do have a lots of friends but the main thing is making friends. It’s not just like the athletic performance factor, it’s also the social factor. You don’t want to be the one without a partner, you don’t want to be the one that’s last or alone” – Pink Moose





# Findings – Social Aspect

- ▶ “I really value the friendship I make, so like I think that is the most important thing for me. Because like I’ve made such good friends and it’s nice to have a support network through sports. And also like if something’s going poorly at school I can always fall back on skiing, or something is going poorly at skiing, I have school friends. And so it’s good for me to have two groups of friends, there’s always someone there for me.” – Carolyn Robson



# Recommendations

- ▶ “I figured you were going to ask a lot about “the stress you out a little bit”, which I was happy you asked that because it’s good for me also to like ‘cause, I think about it in my head but saying it out loud. It’s like oh my God, I really do need to stop comparing myself to other people, so I think it’s a positive thing to talk about it out loud to someone else that I know, like I know you a little bit but I don’t know you as well as like some other people, like if I was talking to my parents it would be a different conversation” – Meredith Gray

