

THE RELATIONSHIPS BETWEEN PRE-COMPETITION ANXIETY, SELF-EFFICACY, AND FEAR OF INJURY IN ELITE TEAMGYM ATHLETES

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Translation: Are anxiety before a meet, belief in your own ability, and fear of injury related to one another in elite TeamGym athletes?

WHAT THEY DID



Figure 1: British TeamGym athletes at the 2022 European Championships held in Luxembourg. www.europeangymnastics.com/discipline/teamgym/

Fourteen (seven men and seven women) Italian TeamGym athletes filled out 4 questionnaires after warm-ups, but before competition at four meets: the First Italian Qualifying, Second Italian Qualifying, Italian Final Championship, and European Qualifying Championship competitions

WHAT THEY LOOKED AT

- Demographic Questionnaire - gender, age, and years of experience in TeamGym competition, athlete's perceptions of the most difficult and appreciated apparatus, as well as the occurrence of previous injuries during tumbling, trampette, and floor exercises.
- Gymnastics Fear Inventory - was used to assess the athletes' fear of getting injured during exercise.
- Self-efficacy for Physical Abilities Questionnaire - was used to measure the athletes' view of their own physical abilities.
- State-Trait Anxiety Inventory - was used to evaluate the athletes' state anxiety prior to competitions.

WHAT DID THEY FIND

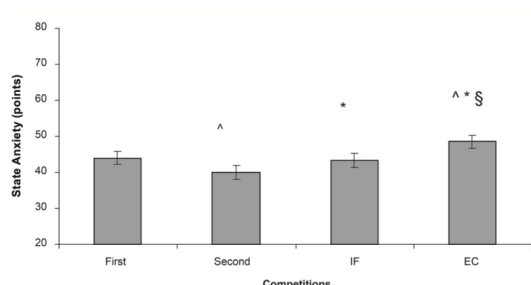


Figure 2: State Anxiety levels for the gymnasts just before each of the four competitions.

“The present findings indicate that self-efficacy dampens the anxiety level of TeamGym athletes and mediates the effects of fear of injury on anxiety prior to their competition, with athletes who experience less fear of being injured and are more confident in their technical abilities and therefore show a lesser degree of pre-competitive anxiety.”

AUTHORS' COMMENTS

“This sport differs from artistic gymnastics because it includes 6-12 members in female, male, and mixed teams and exhibits gymnastic skills in three different events: floor, tumbling and trampette. All the team members perform simultaneously a three-minute floor exercise, mainly consisting of choreographic elements such as jumps/leaps, balances, and body waves.”

GRI Takeaways:

The results indicate that the more someone believes in their own abilities (self-efficacy), the lower their anxiety levels were. Also, this study was performed with TeamGym athletes instead of artistic gymnasts. It would be interesting to look at how pre-competition anxiety and fear looks in artistic gymnastics as this is more of an individual sport as compared to TeamGym.



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SOURCE

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