The Relation Between Performance Anxiety, Perceived Family Support and Mental Toughness.

Lois Page
Faculty Mentor: Dr. Catherine Massey
Department of Psychology

Introduction

- Anxiety can affect any athlete, ranging from amateurs to professionals, and can negatively influence performance (Woodman & Hardy, 2003).
- Athletes reported that parents were perceived as the most important figures and supporters of their career (Fitriana & Xin, 2019).
- 'However, parents can also have a negative impact on the nature and quality of young athletes' sport experiences depending on the goal priorities they set, the attitudes and values they transmit, and the nature of their interactions' (Smoll et al., 2007).
- There is a negative correlation between mental toughness and anxiety, higher mental toughness is related to lower anxiety (Jannah et al., 2018).
- Athletes who compete in individual sports experience less anxiety compared to athletes who compete in team sports, due to a stronger sense of control and accomplishment (Van de Pol, 2012).

Research Questions

1. Is there a relationship between performance anxiety in athletes and perceived family support?

2. Is mental toughness related to performance anxiety?

3. Is there a difference between team vs individual sports regarding performance anxiety?

Data Collection Instruments

- Background information form
- Sport Anxiety Scale 2 (SAS-2; Smith et al., 2006)

The three subscales of the SAS-2 (somatic anxiety, worry and concentration disruption) were combined to create a Performance Anxiety score.

- Parental Involvement in Sport Questionnaire (PISQ; Lee & MacLean, 1997)

The PISQ included 3 subscales; Directive Behavior, Praise and Understanding, and Active Involvement.

- Mental Toughness Scale (MTS; Madrigal et al., 2013)

Total scale score was used to assess mental toughness.

- Team vs individual sport variables were coded based on the participant's answer to the question 'how would you classify the sport?'

Method

Sample

Participants were 82 varsity student athletes from Slippery Rock University that were recruited via an email sent to all SRU varsity athletes.

Demographics:

Gender
- Men: 16
- Women: 66

- Individual sport: 16
- Team sport: 66

- Average age: 20.02 yrs
- College level:
  Sr: 22
  Jr: 19
  Soph: 21
  Fresh: 20

Discussion

- No significant correlation was found between performance anxiety in athletes and perceived family support.
- The more mental toughness reported, the lower the performance anxiety.
- The more perceived praise and understanding from parents, the stronger the mental toughness reported from athletes.
- No significant correlation was found between team or individual sports with performance anxiety or mental toughness.
- Directive behavior and perceived family support in men may be significantly correlated in a larger sample size of men.
- In addition, using a larger sample size, future research could examine whether mental toughness is a mediating factor between perceived parental support and performance anxiety. Especially relating to praise and understanding.

Results

Correlations

		Anxiety for Athletes	Total Mental Toughness Score	Directive Behavior from Parents	Praise and Understanding from Parents	Active Involvement by Parents	How would you classify the sport?
Anxiety for Athletes	Pearson Correlation	1	-.395**	.063	.050	.123	.021
	Sig. (2-tailed)		.000	.574	.658	.272	.853
	N	82	82	82	82	82	82
Total Mental Toughness Score	Pearson Correlation	-.395**	1	.083	.221*	.212	-.009
	Sig. (2-tailed)	.000		.461	.046	.056	.939
	N	82	82	82	82	82	82
Directive Behavior from Parents	Pearson Correlation	.063	.083	1	.203	.376**	-.052
	Sig. (2-tailed)	.574	.461		.067	.001	.643
	N	82	82	82	82	82	82
Praise and Understanding from Parents	Pearson Correlation	.050	.221*	.203	1	.430**	-.024
	Sig. (2-tailed)	.658	.046	.067		.000	.834
	N	82	82	82	82	82	82
Active Involvement by Parents	Pearson Correlation	.123	.212	.376**	.430**	1	-.066
	Sig. (2-tailed)	.272	.056	.001	.000		.555
	N	82	82	82	82	82	82
How would you classify the sport?	Pearson Correlation	.021	-.009	-.052	-.024	-.066	1
	Sig. (2-tailed)	.853	.939	.643	.834	.555	
	N	82	82	82	82	82	82

**. Correlation is significant at the 0.01 level (2-tailed).
*. Correlation is significant at the 0.05 level (2-tailed).

Acknowledgements

www.PosterPresentations.com