

RELATIONS BETWEEN COMPETITIVE ANXIETY AND SELF-CONFIDENCE STATES AND SITUATIONAL ACHIEVEMENT OF ELITE EUROPEAN JUNIOR FEMALE VOLLEYBALL PLAYERS

Abstract

Four volleyball teams (N=48) filled the Revised Competitive State Anxiety Inventory – 2 (CSAI-2R) by Cox, Martens and Russel (2003), used in measuring somatic and cognitive anxiety and self-confidence. The questionnaire was filled immediately before the teams played their first match at the European junior championship, with the aim of determining does the pre-competitive anxiety influence the situational success in elite junior female volleyball players. Application of one-way ANOVA and Scheffe post-hoc test revealed the existence of significant differences in the state anxiety components in elite junior teams with different group placement at the European volleyball championship. The players of more successful teams showed lower levels of somatic and cognitive anxiety than the players of less successful teams. The findings of this research partially support the findings present in the literature, but nevertheless, further research on anxiety and competitive success is recommended.

Key words: anxiety, self-confidence, situational efficacy, CSAI-2R
