

## Study Resume ( Abstract )

**Name of researcher** : Hamdi Awais Aly Gomaa  
**Title of research** : " Relationship Between Sport competition Anxiety and Test Anxiety Among juniors In Some Selected Sport Activities."  
**Direction of Research** : Department of sport Psychology. Faculty of Physical Education for Men - Cairo - Helwan-University .

The above study conducted by Hamdi Awais Aly Gomaa seeks to examine the relationship between sport competition. Anxiety and test anxiety in terms of intensity and direction, the study sample was composed of 250 subjects of fresh men and sophomore students at the physical education faculty. Whose age ranged from 16 to 19 years. The researcher used two instruments for measuring sports competition anxiety and the other for measuring test anxiety the results of the study revealed that : There is a negative relationship of statistical significance between in tensity and direction of sports competition anxiety dimensions and intensity & direction of test anxiety dimensions . There is a positive relationship of statistical significance between sports competition anxiety dimensional intensity and that of test anxiety , while the same applies to direction among Juniors of some selected sport activities.

## Summary of the research

### • Problem of research and its importance :

Anxiety has received such great attention either in psychology or sport psychology in particular due to the direct impact it has on Psychological and physical Performance as well .

Studies focused on anxiety in the sport area date back to the 1970 's and have taken anxiety measures as trait and condition of Spielbrger , anxiety trait measures and anxiety state in sport competitions of Martens, et. al . as patterns of examination . However , in 1980 's new trends began to develop seeing anxiety as of relevance to A certain situation (i. e ) taking characteristic traits dominating the individual reaction towards certain situations Which can be defined as : Situation – Specific- personality Trait .

On the other hand other studies revealed that anxiety includes some subdimensions after being viewed as an entire phenomenon sporting matches and tests reflect human activity as they mobilize the individual's capacity , Psychological capability, besides physical abilities and skills summoned to achieve excellence particularly in pressing situations when evaluation is connected with stressful reactions varying in Intensity or strength . Therefore , intensity and direction of anxiety are of extreme importance to both athletes and researchers as the majority of players experience anxiety problem which affects athletic performance based on the comprehensive conception of athletes being humans eventually , the researcher has focused the present study on the relationship between sport competition anxiety and test anxiety among juniors in some selected sport activities .

The Current study is considered- to the best of the researcher's Knowledge – the first study in the sport area using multiple – dimension anxiety measures, which is absolutely new in terms of application to the

Egyptian environment with a view to providing support to research conducted in sport and physical education alike .

The researcher also seeks to examine the validity of the multiple dimension anxiety theory . On the other hand most previous studies in this area , focused on identification of anxiety dimension syndrome frequencies experienced before or sought to determine anxiety dimension syndrome level with failure to explain how players interpret such syndromes in terms of debilitating or facilitative effect on performance (that is to say directional perceptions of anxiety ) But the current study shall contribute an additional element (i. e) direction of anxiety as it entails great importance to identify impact of anxiety dimension syndrome intensity on the individual performance .

Studies by Jones, et.al. and al may support the above view repeatedly as Future research should seek to examine the players inter pretations of anxiety syndromes experienced by them in terms of potential effects on performance since there is little research conducted in this regard .Theoretical support has been meager in this area as research centers on small samples in certain sport activities lacking due variation. Thus , there is a dire need to under take a study like this to fill in this scientific gap providing a logical explanation of one important aspect of the psychological phenomena experienced in the sport area.

#### • Research purposes :

This research investigates to identify :

- 1- Relationship between intensity and direction of a sporting event among Juniors of selected sport activities (total sample ) .
- 2- Relationship between intensity and direction of test anxiety dimensions experienced by subjects of selected sport activities (total sample ) .
- 3- Relationship between a sport competition anxiety dimension intensity and test anxiety dimension intensity among Juniors of the selected sports activities (total sample ) .
- 4- Relationship between sport competition anxiety dimension direction and test anxiety dimension direction among Juniors selected sport activities (total sample ) .

### • Research hypotheses:

- 1- There is negative relationship of statistical significance between intensity and direction of sport activity competition among the selected Juniors (total sample).
- 2- There is negative relationship of statistical significance between intensity and direction of test anxiety among Juniors of selected sport activities (total sample).
- 3- There is a positive relationship of statistical significance between sport Competition anxiety dimension intensity and the test anxiety dimensional intensity among Juniors of selected sport activities (total sample).
- 4- There is a positive relationship of statistical significance between sport competition anxiety dimensional direction and test anxiety dimensional direction among Juniors of selected sport activities (total sample).

### • Research Subjects :

Subjects of the study were randomly chosen from among freshmen and sophomores of male faculty of physical education in Cairo, they aged 16 To 19 years. Levels of selected sport activities ranged from international. First class league to subdivision competitions. The sample comprised of 250 players ( students ) of Cairo , Giza , Kalubiya , Beni Seouf, and Fayioum sporting Clubs .

### • Dependent Measures :

Two measures Were selected to determine multi-dimensional anxiety during a sport Competition , they were :

- Anxiety Competitive State Inventory -2 (CSAI – 2 ) by Martins, et. al.
- Sport Competition anxiety Scale, Allaway : With a single inventory
- Used to measure multiple – dimensional anxiety during test situations (i. e) -Test anxiety inventory (TAI)

### • Statistical method used :

- Descriptive statistical method, it includes the mean, standard Deviations , range , standard error , skewness , and kurtosis
- Pearson correlation coefficient from raw scores

- Multiple correlation coefficients to examine multiple correlations among research variables
- In addition , the multiple correlation was used to determine criterion related validity .
- Pearson Correlation coefficient was used to determine internal consistency
- Reliability was assessed by using "Alpha" coefficient as adjusted by "Kornbak" in "kuder - Richardson" equation. Statistical treatments were conducted For study samples by aspecialized agency using the statistical view II program on computers of "Apple Mackintoushe"

• **Conclusions :**

- 1- There is negative correlation (inverse ) of statistical significance between sport competition intensity and direction among Juniors of the selected activities (total sample ) .
- 2- There is negative Correlation (inverse ) of statistical significance between intensity and direction of test anxiety , among Juniors of selected sport activities (total sample )
- 3- There is positive relationship (direct ) of statistical significance between sport competition anxiety dimensional intensity and test anxiety dimension intensity among Juniors of selected activities (total sample )
- 4- There is positive relationship (direct ) of statistical significance between test anxiety dimensional direction and sport competition anxiety dimensional direction among Juniors of the selected activities (total sample ) .

• **Recommendations :**

- 1- Further research is needed to examine relationships between intensity and direction experienced by study subjects as each study sample has its unique characteristics thus making results vary . In addition a careful examination of the nature of relation ship between intensity and direction for each sport activity selected .
- 2- Greater attention is needed for intensity and direction variations whether within a certain competition or test situation by athletes in the selected activities variations among study groups deserve closer examination too .

- 3- Examination of the relationship between intensity and direction (interms of unilateral evaluation of anxiety intensity on the individual performance ) for each dimension of a sport competition with reference to absolute performance (by converting absolute performance in too percentage ) without reliance on intensity and direction alone .
- 4- Conduct Similar studies to cover samples of both sexes at different ages with variable cultural and mental abilities to identify similarities or dissimilarities.
- 5- Conduct Comparative studies of anxiety state prior to and in the middle and at the termination of sport competition as pre competition anxiety is not limited to the game situation only , but there are post match anxiety state measures These are the different settings targeted by most of the western studies
- 6- Under take various types of research to determine actual causes of environment or personal Variations to avoid them in future studies as an ounce of prevention is worth a pound of cure .
- 7- Conduct comparative studies between physiological anxiety measures and paper & pencil test anxiety situations. Eimphasis should be placed on increasing physiological arousal as a requirement for better performance (in athletics and swimming competitions) along with physical anxiety intensity syndromes during such activities. The resulting increases may be interpreted as physical anxiety experienced and subjected to measurement by anxiety instruments
- 8- Researchers and coaches should desing mental relaxation programs when detecting physical anxiety arousal or tailor similar in terference programs based on a single technique (physical relaxation, mental imagination for knowledge or physical anxiety , then conduct comparative studies to examine difference in impact for individual programs, the researcher may conduct similar programs simultaneously (i. e ) physical relaxation instruction for the knowledge , physical anxiety with ease of isolation from a pressing situation practices.
- 9- Researchers and trainers are to pay closer attention to the anxiety state of relevance to sport activities practiced, and determine whether such anxiety activates or

discourages the juniors during a sports competition for stimulating desirable states.

- 10- Nature of competitions and objective conditions existed during these events must be thoroughly examined to assess syndromes experienced by the players as knowledge or physical syndromes may be more visible during certain competitions with the researchers or trainers there on the scene to determine correlations or exclude irrelevant syndromes .... etc.

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