



AN ANALYSIS OF THE RELATIONSHIP BETWEEN ANXIETY AND COACHING BEHAVIOUR OF NATIONAL LEVEL CONTACT AND NON-CONTACT SPORTS MALE ATHLETES IN SRI LANKA

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Abstract

Anxiety and Coaching Behaviour can be explored as one of most important psychological factors that impact sports performance. Most coaches in the field may not be entirely aware of their behaviour. Coaches' behaviour affects players' anxiety level to rise or drop. Thus, the main objective of the study was to compare and contrast the Coaches' Behaviour and Anxiety of contact sports and non-contact sports male athletes in the Sri Lankan context. Contact sports are the sports in which physical contact occurs and non-contact sports are the sports in which no contact occurs among contestants during a competition. Athletes were selected by using Stratified Random Sampling Method. Selected athletes were instructed to complete Competitive State Anxiety Inventory-2 Questionnaire and Coaching Behaviour Questionnaire (CBQ). Independent Sample T-Test and Pearson correlation test were used to analyse data. The results concluded that there was a significant difference between contact sports and non-contact sports on Cognitive Anxiety, Self-Confidence and Supportiveness of coaches' Behaviour ($P < 0.05$). There was no significant difference between contact and non-contact sports on Somatic Anxiety and Negative Activation ($P > 0.05$). There was a positive significant relationship between Cognitive Anxiety and Somatic Anxiety ($P < 0.05$) of both sports athletes. Further, a negative significant relationship was found between Somatic Anxiety and Self-Confidence ($P < 0.05$) of both contact and non-contact sports athletes. Furthermore, a positive significant relationship was found between Somatic Anxiety and Negative Activation ($P < 0.05$) of contact sports athletes. Findings highlighted the need of all coaches to understand their athlete's cognition and eliminate the harmful effects of Pre-Competitive Anxiety and help in optimize their performance.

Keywords: Cognitive Anxiety, Somatic Anxiety, Self-Confidence, Supportiveness, Negative Activation of Coaching Behaviour