

## ANXIETY AMONG EGYPTIAN ATHLETES AS MEASURED BY THE 'ARABIC PRECOMPETITIVE STATE ANXIETY INVENTORY'

### **Abstract**

*The importance of anxiety in competitive sport situations has been recognized for many years, and its effects on performance has been investigated in a number of studies. The author conducted a series of studies about anxiety among Egyptian athletes using the Arabic Precompetitive State Anxiety Inventory (A-PSAI). In study I the results showed reliability and validity of the A-PSAI as indicated by test-retest, internal consistency and construct validity. In study II the results indicated that female athletes had significantly higher in both cognitive and somatic precompetitive anxiety than male athletes. Male and female athletes participating in gymnastics, swimming and track and field events had significantly higher in both cognitive and somatic precompetitive anxiety than athletes participating in basketball, volleyball and table tennis. The mean of the volleyball and basketball athletes showed the less propensity to experience precompetitive cognitive and somatic anxiety and the group of gymnastic seemed to be the most anxious group. It was concluded that there were differences in precompetitive cognitive and somatic state anxiety among Egyptian athletes with regard to sex and type of sport activity. The author suggests that in future research more attention to precompetitive state anxiety must be considered.*

**Key words:** *sport, psychology, cognitive and somatic anxiety, precompetitive state anxiety, measure*

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