

COMPARISON OF SPORT COMPETITIVE ANXIETY LEVELS OF SAUDI ARABIAN
NATIONAL TEAM ATHLETES WITH AND WITHOUT DISABILITIES IN
COMPETITIONS

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A dissertation submitted in partial fulfillment
of the requirements for the degree of
Doctor of Philosophy in Kinesiology

By

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ABSTRACT

Anxiety in sport is complex and can lead to a number of undesirable consequences such as burnout, performance difficulties, interpersonal problems, and injury. The purpose of this study was to compare whether significant differences existed in the levels of somatic anxiety, worry, and concentration disruption between individuals of the Saudi Arabian national team with and without disabilities in competitions. In addition, differences in somatic anxiety, worry, and concentration disruption were examined between athletes in an individual or team sport. The Sport Anxiety Scale (SAS-2, Smith et. al, 2006) was employed to measure the subscales of somatic anxiety, worry, and consternation disruption.

Participants were 120 Saudi Arabian national team athletes with and without disabilities who participated in competitions during the 2010 competitive season. Sixty Saudi Arabian national team athletes with disabilities from four different sports (track and field, table tennis, wheelchair basketball and volleyball) were surveyed. Another 60 Saudi Arabian national team athletes without disabilities who competed in the same four sports were also surveyed. Athletes' ages ranged from 18-35 years. Furthermore, athletes varied in their level of competitive experience.

Results of the multivariate analysis indicated that there were no statistically significant differences between athletes with and without disabilities or between individual and team sport participants in their levels of somatic anxiety, worry, and concentration disruption.

This dissertation is approved for recommendation
to the Graduate Council

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DEDICATION

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