Coaching Behavrious and the Impacts on Sports Anxiety

Xiaoyu Dong

Department of Psychology, Neuroscience & Behaviours, McMaster University

Introduction

- Sports performance is affected by sports anxiety
- Coaching behaviours are critical to improve athletes' performance by reducing athletes' anxiety levels.
- Coach Effectiveness Training (CET) and Sports Anxiety Scales-2 (SAS-2)
(Smith and Smoll, 1995; Smith et al., 2006)

Hypothesis

- Null hypothesis (H0): no significant difference in anxiety levels between experimental and control groups across the season.
- Alternative hypothesis (H1): significant decrease in anxiety levels over the season in the experimental group compared to the control group.
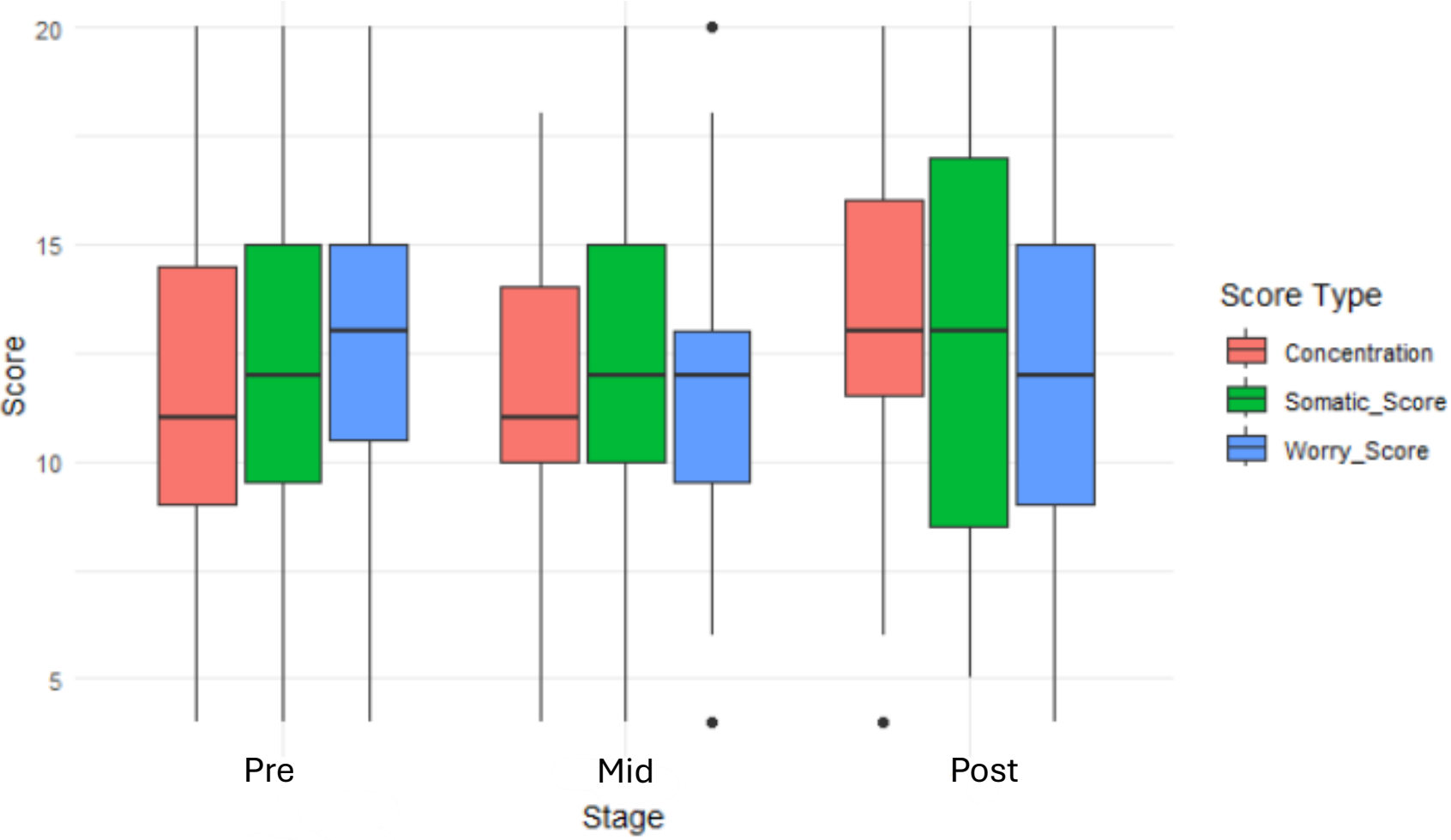
Methods
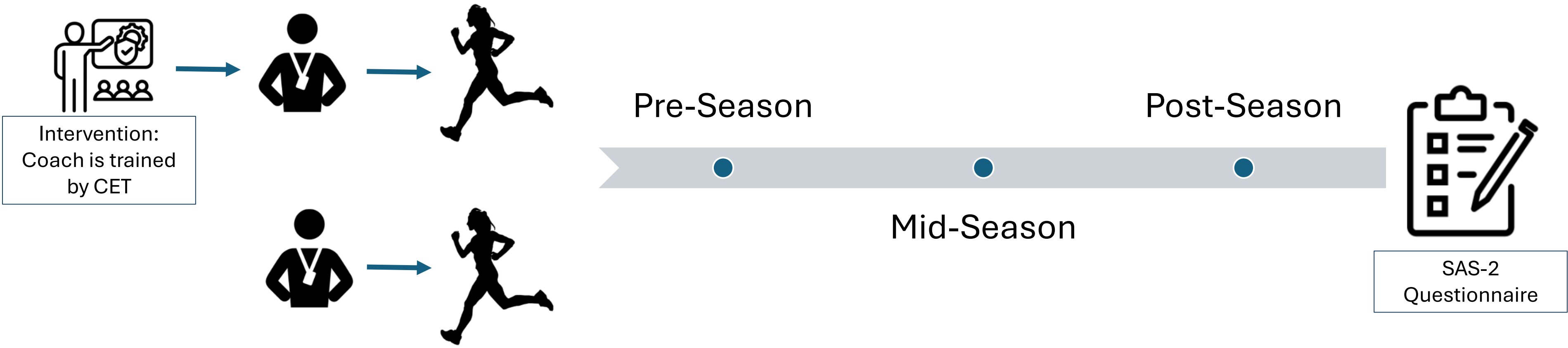
Results

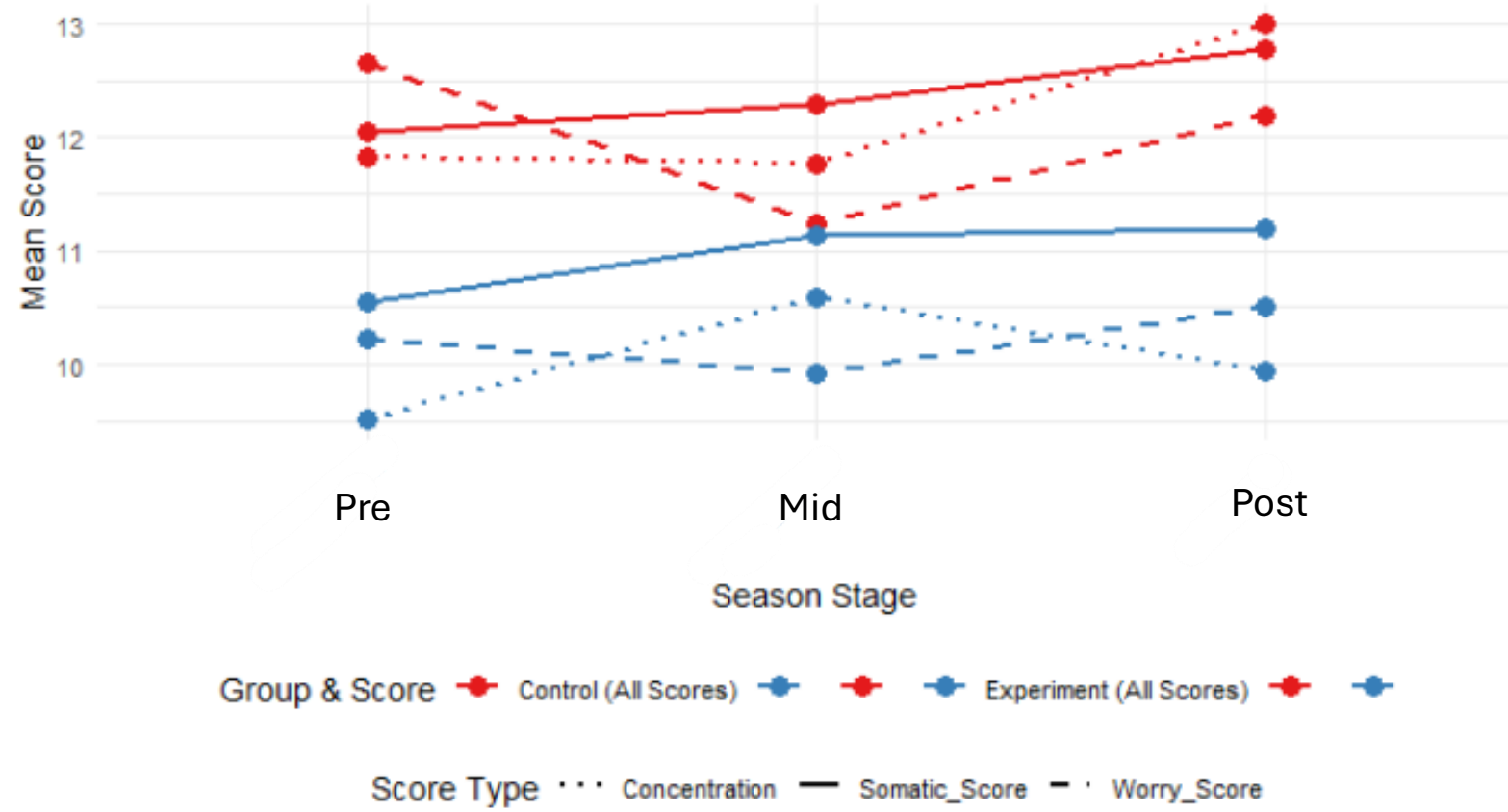**Figure 1**. 3 kinds of anxiety scores across the season of **control group**

Figure 2. 3 kinds of anxiety scores across the season of **experimental group**

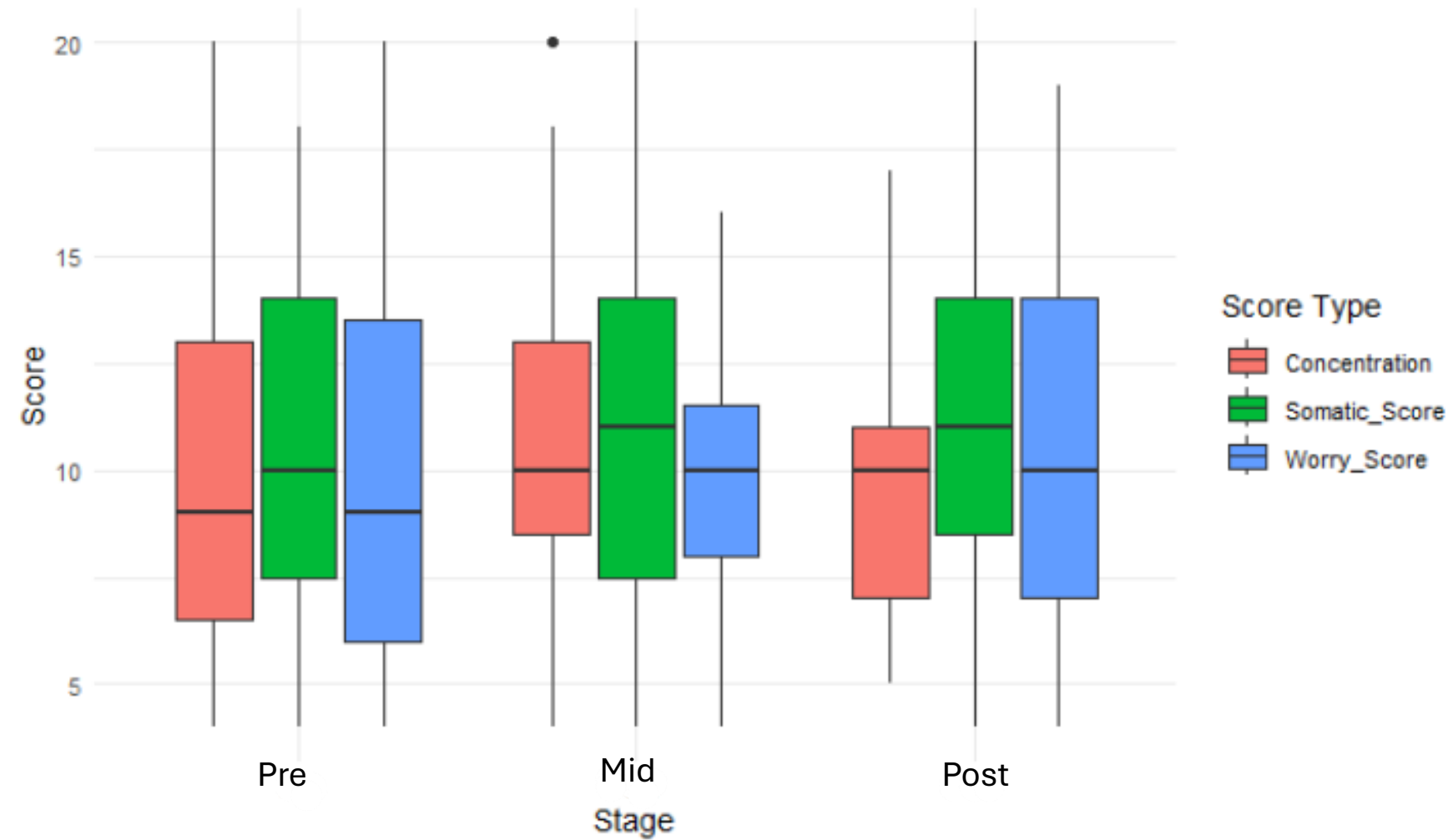**Figure 3**. Comparison of the change of anxiety scores across the season
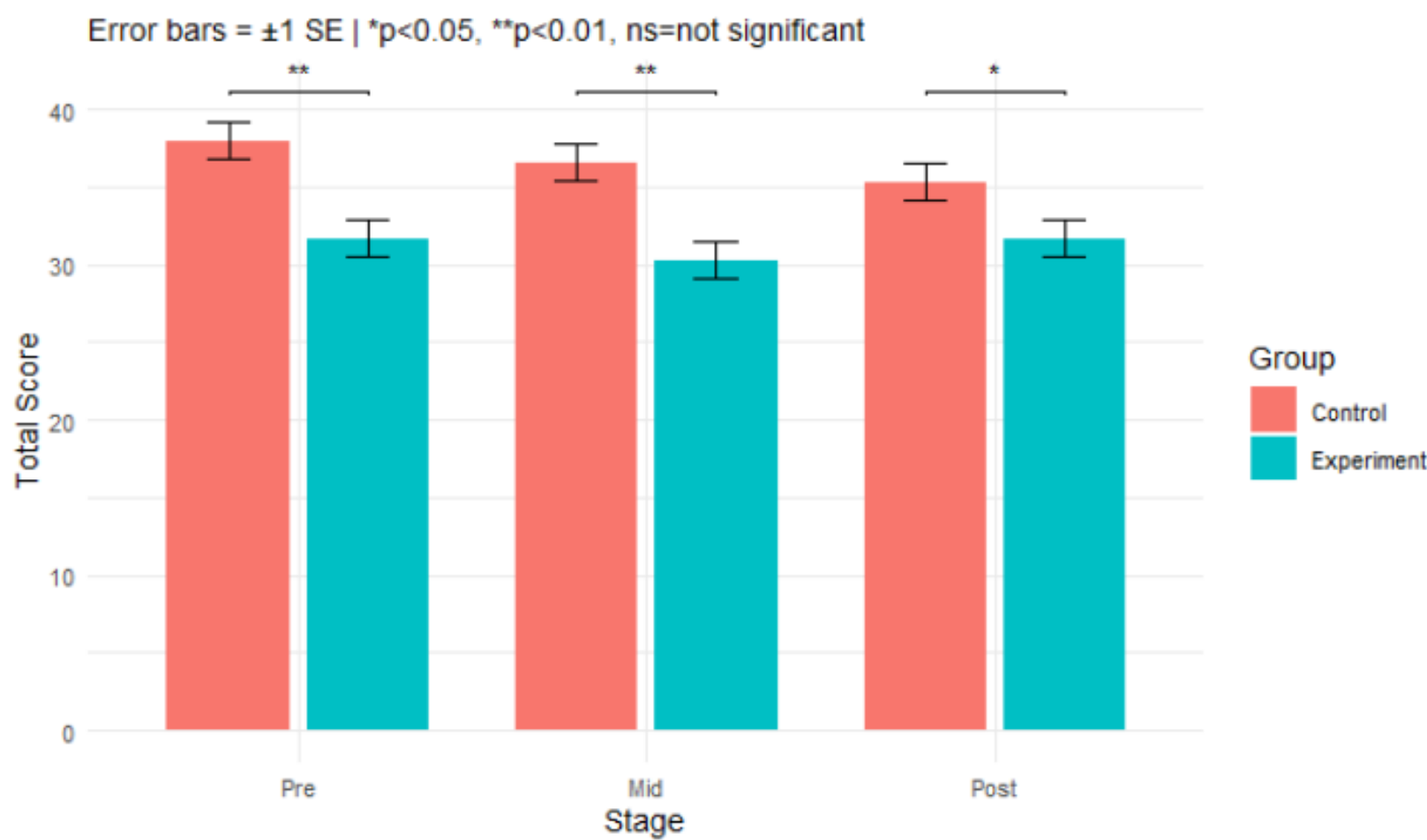

Figure 4. Significance of overall anxiety scores across the season (Repeated ANOVA and LSD test)

Conclusion

- Athletes whose coaches underwent CET showed a greater decrease in SAS-2 scores.
- The intervention appears to have positively influenced coaching behaviours, contributing to a supportive team environment.

Limitations

- Diversity: sport types, competition level, sport cultures
- How coaches apply: effectiveness depends on how well coaches adopt and apply
- Demographic factors: coach-athlete relationships, gender, age, personality

References