

CSA anxiety coursework results section examples...

Summary of results (include within body of the assignment) to accompany the transcript (to be placed as an appendix at the end of the assignment).

Example 1:

This study aims to comprehend and evaluate an athlete's competitive state anxiety on their performance, through the utilisation of an interview method.

Results

An athlete has taken part in an interview to understand their relationship between anxiety and performance. Specifically looking at which how the anxiety effects the athlete in relation to intensity and direction of the perceived impact to the performance.

Table 1: The interpretation of the intensity and direction on somatic anxiety symptoms.

Symptoms	Intensity	Direction	Quotes
Nerves	7	+1	"I find it gets me psyched for the game" "In the right mind set"
Heart racing	7	+1	"I feel like it means I'm prepared and ready for the game" "...but sometimes if I feel this too much I sometimes get a bit light headed"
Body feeling tight	4	-1	"When I feel too tight or tense I feel like I need to stretch or loosen up all the time"
Jittery legs	5	-1	"I'd rather feel steady than jittery"
Stomach sinks	3	0	"It doesn't really affect me... just something that happens before a game"

Table 2: The interpretation of the intensity and direction on the cognitive anxiety symptoms.

Symptoms	Intensity	Direction	Quotes
Concerns about the competition	5	+1	"It makes me more focused on the game and not thinking about anything else"
Self-doubt	7	-3	"When I doubt myself I'm always second guessing myself which brings a lot of uncertainty in my head" "images in my head ... always negative outcomes"

Concerns about not doing as well as you could	6	-2	"I'd always beat myself up if I screwed up"
Concerns about losing	4	+1	"It's good because it makes you want to win more" "I don't find I'm too stuck on the score board"
Concerns about choking	6	-2	"I find the more I worry the more likely it is to happen"

Illustrated by the tables above are the athlete's perceptions of various anxiety symptoms, somatic (Table 1) and cognitive (Table 2), towards their competitive state anxiety on performance. Within the interview the athlete was asked to identify many somatic and cognitive anxiety symptoms prior to an important competition. Once identified they were asked to rate the intensity and direction of those symptoms with an explanation. Given to the athlete was a scale to rate both the intensity and direction of each anxiety symptom. Intensity scale was rated from 1 (very low) to 7 (very high) and the direction scale from -3 (negative) to +3 (positive). There have been five somatic and cognitive anxiety symptoms taken from the interview, placed and categorised into these tables above. Quotations from the athlete's interview have also been added into these tables to highlight their reasoning for the direction of the anxiety symptoms. Somatically there was no anxiety symptoms that were majorly negative or positive towards the athlete's competitive state anxiety on their performance.

Example 2:

Results

An interview was conducted to find the perceived intensity and direction of competitive state anxiety on performance. I interviewed a college student that participated in competitive rugby and cheerleading. The student played rugby at the college level but also competed in cheerleading at the national level. He has four years of competitive experience in rugby and six in cheerleading. When asked about any symptoms of somatic anxiety, the student listed that he felt nerves, butterflies in his stomach, dizziness, and in extreme situations, vomiting. The student revealed that they usually feel the symptoms only minutes before the competition whether it is rugby or cheerleading. The student also revealed that they do feel the symptoms earlier in the day if the competition is more important or has a bigger implication on their competitive career. The student recounted a story about his first time going to the national championships with his cheer team. He said the moment he woke up, he felt symptoms like "butterflies in his stomach" and "nerves", and throughout the day they grew more and more intense. He was feeling extreme anxiety before his competition and when it was about his team's turn to perform he panicked and ran to the nearest trashcan and vomited. But once he threw up

and took the stage with his team, all of the somatic anxiety symptoms went away and he ended up placing 8th best in the world. The student was asked how intense he felt the symptoms from 1 to 7, 7 being the most intense and 1 being the least. He stated that the butterflies in his stomach were about a 6 out of 7 and he felt the nerves a 7 out of 7. So although he does not feel many symptoms, the ones he does feel were extremely intense at their peak. For both symptoms, he felt they both positively and negatively affected his performance and mindset before his competitions. He said when he realizes he has butterflies or nerves he thinks he is “not at his best” and “won’t be able to preform his best.” But he also gets support from his teammates and coaches to help with the anxiety and he views that as the positive.

Along with somatic anxiety, the student also felt symptoms of cognitive anxiety, or mental manifestations of anxiety. For rugby, the student said he had no anxiety because although rugby is a team sport there are a lot of individual efforts so it made it easy for him to focus on himself. And since he is comfortable playing at college level, he is not straining himself too much with over training or unnecessary stresses to go to the next level. When it comes to cheerleading, he has concerns about his team or his own performance because he competes at a higher level. He says, “...even though you're supposed to trust your teammates fully and you do, just there’s always that doubt...” When asked about the crowd he said he acknowledges them, but never lets it have an effect on him since he like to preform in front of people. The student was asked how intensely his concerns about his team and teammates were and he rated them a 1 out of 7. He said, “although there are doubts, he trusts his team fully and the practice they put in.” He also said his concerns about the crowd were also a 1. The student’s enjoyment in preforming for others makes crowds almost irrelevant to him. When asked if his concerns were positively or negatively affecting his performance in competition, he said the crowds were a positive but his doubt in his team was a negative. The results of the interview show that this athlete feels somatic anxiety symptoms extremely intense but cognitive anxiety does not particularly affect him and his performance.

Example 3:

Interview results

To identify the perceived impact of intensity and direction of competitive state anxiety and performance, an interview was carried out to analyse if any symptoms or responses were felt for a 24-year-old male, currently playing football for a local team with over 15 years’ experience of playing football. Table 1 displays both the Somatic and Cognitive results mentioned by the participant during the interview. Intensity and direction were measured by the participant to express the severity and affect of the symptom on them as an individual and on performance.

Somatic results	<u>Intensity</u>	<u>Direction</u>	<u>Quotes</u>
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Butterflies	5	Positive +2	"I get butterflies normally if I'm excited for something. So, I would say if I was more excited to play a match, and I had butterflies before the match, it obviously means that I want to do well or want to play better"
Excitement	6	Positive +2	"I do get excited. Obviously before big games otherwise I wouldn't be playing football if you just got nervous all the time"
Feel tense	2	Negative -1	"You don't want to be going into a football match feeling tense, you play better if you are relaxed or you're excited for the game"
Cognitive results	<u>Intensity</u>	<u>Direction</u>	<u>Quotes</u>
Superstitious	6	Positive +2	"I've had examples when I've been playing really well, and I look to the side line and I see my mother or someone I told not to come and watch, because I get pressure"
Anxious	3	Neutral 0	"Just don't want to mess up. Especially with my new team"
Nervous	3	Negative -2	"If there's like a free kick in the last ten minutes, I don't think I'd put myself forward to take it. Even though I probably should. Because obviously the nerves"

Table 1. Somatic and Cognitive results of the interview