

Abstract:

Title: Competitive anxiety in female gymnasts: Association with age and length of sports career

Objectives: The main aim of the diploma thesis is to describe levels of competitive anxiety and its association to age and length of sports career in young female gymnasts from Prague.

Methods: The thesis has a character of empirical and theoretical research and includes elements of quantitative research with an application of a survey. Specifically the thesis represents a cross-sectional study. A multidimensional questionnaire, the Competitive state anxiety inventory-2 was administered to a sample of $N = 18$ female gymnasts. The questionnaire consists of three subscales measuring: somatic anxiety, cognitive anxiety, self-confidence. Data were analyzed using basic descriptive statistics, and the Pearson correlation coefficient was used to examine the hypotheses about relationships.

Results: The results have shown that age is related to somatic and cognitive anxiety, whereas both components of competitive anxiety increase with increasing age. On the other hand age was not associated with self-confidence. The length of sports career was positively associated with somatic anxiety and self-confidence, however was not related to cognitive anxiety.

Keywords: activation, emotions, cognitive anxiety, somatic anxiety, self-confidence, artistic gymnastics, Competitive state anxiety inventory-2