The effects of a psychological intervention upon pre-competition multidimensional state anxiety in volleyball players

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The purpose of this study was to investigate the effectiveness of three psychological intervention strategies (plus a control group) in reducing the multidimensional state anxiety among volleyball players with matching hypothesis. The CSAI-2R was employed to examine the pre-competition temporal patterning of its three components during the time leading up to competition (Cox et al., 2003). Subjects were the Youth State Volleyball Players (N=96; boys = 48, girls = 48; Age: M=16.35 yr., SD = .89 yr.) competing in the Under 18 National School Sport Council of Malaysia Volleyball Tournament 2008. The group with the highest group mean scores in cognitive anxiety component was assigned to a cognitive intervention group (n=24) in which subjects going through the breathing technique & autogenic relaxation with music lasting for 30 minutes per session; the group reported with the highest group mean scores in somatic anxiety component (n=24) completed the somatic intervention with progressive muscular relaxation lasting for 30 minutes; the self-confidence intervention group which rated the lowest mean group scores in self-confidence component followed the intervention with positive self-talk & goal setting exercises lasting 30 minutes; and the control group (n=24) completed the concentration grid exercise. Results from the ANOVA test revealed that there was a significant difference [F(3,92) = 17.48, p < .05] in cognitive anxiety level between groups one day before competition; the somatic anxiety level also reported significant difference [F(3,92)=71.06, p < .05] between groups one day before competition; and on the other hand, results of this study revealed that there was a significant different [F(3,92) = 13.70, p < .05] of self-confidence level between groups one day before competition. The findings in this study with the Malaysian volleyball players supported the matching hypothesis which recommended that intervention strategies to reduce state anxiety should be matched to the target modality of the anxiety.

Keywords: matching hypothesis, multidimensional anxiety, psychological intervention

About the author

Lim Boon Hooi currently pursuing his PhD in University of Malaya, Kuala Lumpur, Malaysia. He is interested in Applied Sport Psychology to help the athletes on enhancing sport performance. His research mainly focused on the psychological intervention in reducing anxiety.
A062 Progressive Muscular Relaxation & Autogenic Relaxation methods in reducing anxiety

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Introduction of two relaxation methods to reduce anxiety. Workshop will be carried out progressively, step by step to make sure everybody know the correct way to implement these methods after the workshop.

Keywords: autogenic relaxation, progressive muscular relaxation,

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