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» **Journal Abstract**

The effects of cognitive anxiety on the biomechanical characteristics of the golf swing

MBA De Ste Croix, M Nute

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The aim of this study was to examine the effect of cognitive anxiety (CA) on the biomechanical characteristics of the golf swing. Written informed consent was obtained from 9 subjects, with a range of golf experience (handicap range 4-23). Each subject was filmed under a low anxiety condition (during practice), and a high anxiety condition (during competition) and completed a revised version of the Competitive State Anxiety Inventory-2 (CSAI-2). Human movement analysis (Hu-m-an) software package was used to identify the clubhead speeds during the backswing, downswing, and impact time, along with the completion times for each phase. The absolute angle of the club to the vertical, and the relative angle of the forearm, wrist, and club hinge, at the completion of the backswing stage were also examined. CA intensity scores were significantly lower during practice than competition ($p < 0.05$). CA interpretation scores indicate that anxiety symptoms during practice were significantly more facilitative to performance ($p < 0.05$). The time taken to complete the downswing phase was significantly lower during competition ($p < 0.05$). The combined backswing and downswing times were significantly lower during the competition trial ($p < 0.05$). There were no significant differences between the practice and competition trials on any of the remaining swing variables measured.

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