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Moderating Effects of Self-Confidence and Sport Self-Efficacy on the Relationship between Competitive Anxiety and Sport Performance

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ABSTRACT

The aim of this study was to examine moderating effects of self-confidence and sport self-efficacy on the relationship between competitive anxiety and sport performance in a sample of Iranian athletes. A total of 246 volunteer athletes (149 males, 97 females) were included in this study. All participants were asked to complete Multidimensional Competitive Anxiety Questionnaire and Sport Self-Efficacy Scale. To measure the athletes' sport performance, their coaches were asked to complete the Sport Achievement Scale. The results revealed that self-confidence and sport self-efficacy moderated the relationship between competitive anxiety and sport performance. Analysis of the data revealed that moderating effects of self-confidence for the association of cognitive and somatic dimensions of competitive anxiety with sport performance were partial. On the other hand, the moderating effects of sport self-efficacy for the association of cognitive and somatic dimensions of competitive anxiety with sport performance were full.

KEYWORDS

Emotion, Stress, Anxiety, Self-Regulation

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