

Mindfulness, Reinvestment, and Rowing under Pressure: Evidence for Moderated Moderation of the Anxiety-Performance Relationship

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Abstract : This study aimed to investigate whether dispositional sport-specific mindfulness moderated the moderation effect of conscious processing on the relationship between anxiety and rowing race performance. Using a sport-specific (Rowing-Specific) Reinvestment Scale (RSRS) to measure state conscious processing, we examined the effects of trait sport-related mindfulness on the conscious processes of rowers under competitive racing pressure at a number of UK regattas. 276 rowers completed a survey post competitive race. The survey included the RSRS, mindfulness, a perceived performance rating scale, demographic and race information to identify and record the rower's actual race performance. Results from the research demonstrated that high levels of dispositional mindfulness are associated with a superior performance under pressure. In relation to the moderating moderation effect, conscious processing amplifies the detrimental effects of anxiety on performance. However, mindfulness, mindful awareness, and mindful non-judgement all proved to attenuate this amplification effect by moderating the conscious processing moderation on the anxiety-performance relationship. Therefore, this study provides initial support for the speculation that dispositional mindfulness can help prevent the deleterious effects of rowing-specific reinvestment under pressure.

Keywords : mindful, reinvestment, under pressure, performance, rowing

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