

Cognitive Behavioral Training to Enhance Performance And Well-Being in Collegiate Athletes

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Abstract : This study looks into how cognitive behavioral training (CBT) techniques affect collegiate track and field athletes' anxiety related to performance, with a focus on distance runners. The goal of the research is to discover whether consistent use of cognitive behavioral therapy (CBT) methods, such as progressive muscle relaxation, yoga (Y-CBT), visualization, relaxed breathing, and meditation, can reduce performance anxiety and improve sports performance. Six runners from the Rider Track & Field team, aged eighteen to twenty-three, participated in the quantitative research design used in the technique. Prior to employing CBT techniques every day for two weeks, including before competitions or on race day, participants conducted baseline assessments using the Sport Anxiety Scale-2 (SAS-2). The SAS-2 was used in post-competition evaluations to track alterations in performance anxiety. The findings show that participants' total trait anxiety levels significantly decreased after utilizing CBT techniques for one week. However, after two weeks, a few participants' anxiety levels slightly increased, pointing to the need for more research and regular practice. The study indicates that CBT approaches can effectively reduce performance anxiety and increase athletic performance in collegiate track and field athletes, despite constraints related to participant motivation and potential confounding variables. Future areas for research could entail examining the precise impacts of worry, interruption of attention, and bodily anxiety on performance, as well as adding more controls. Overall, by providing insights into evidence-based strategies to maximize mental states and athletic performance in collegiate athletes, this study advances the area of sports psychology.

Keywords : cognitive behavioral training, performance, athletes, anxiety, well-being, SAS-2, Sport, trait anxiety, somatic anxiety

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