

## Comparative Analysis of Competitive State Anxiety among Team Sport and Individual Sport Athletes in Iran

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**Abstract :** Anxiety levels before and during competition are not clear due to conflicting findings; various athletes have reported different levels of anxiety from much too low. With respect to the fact that every sport field has its own special nature, and the lack of a comprehensive theory in this field made the author to compare competitive state anxiety among team sport and individual sport athletes in Iran. The sample included 120 male athletes, 60 athletes in individual sports (taekwondo, karate, and wrestling) and 60 athletes in team sports (volleyball, basketball, futsal). All participants in this study were regularly competing at the super leagues and regional level. The research instrument employed was the Persian version of the Competitive State Anxiety Inventory-2. This inventory was distributed among the subjects about 30 minutes before the first competition. Finally, using one-way ANOVA data was analyzed. The results indicated that the mean score of cognitive and somatic anxiety among individual sport athletes was higher than that of team sport athletes ( $P < 0.05$ ). Self-confidence levels of individual sports athletes was higher than that of team sports athletes but the difference was not significant ( $P > 0.05$ ). It seems the being part of a team alleviates some of the pressure experienced by those who compete alone. Conclusion: Individual sport athletes may be more exposed to evaluation and more engaged in their own skills and abilities than team sport athletes given that responsibility for performance is not distributed across several performers.

**Keywords :** competitive state anxiety, cognitive anxiety, somatic anxiety, team sports, individual sports

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