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**IMPACT OF AROUSAL AND ANXIETY ON THE PERFORMANCE
OF TEENAGE SOCCER PLAYERS AT CHRISTIAN BROTHERS'
COLLEGE -BULAWAYO.**

BY

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**A Research Project Submitted in Partial Fulfillment for the
Requirements for the Bachelor of Science (Honours) Degree in Sports
Science and Coaching**

Department of Sports Science and Coaching

Faculty of Applied Sciences

September 2009

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DATE	ACCESSION	CLASS No
29/03/10	SC 091/135	



Abstract

The main objective of this study was to investigate the impact of arousal and anxiety on the performance of teenage soccer players at Christian Brothers College –Bulawayo. The Competitive State Anxiety Inventory -2 was used to find anxiety levels, whilst the heart rate and the Checklist of Performance States was used to measure arousal levels. The Player Critique Form was employed to come up with percentage performances of the players. Subjects were 11 first team teenage Soccer players. The descriptive correlational design was utilized, whilst data were drawn from eight soccer matches played at Christian Brothers College. Purposive sampling, time and event sampling were utilized in this study. Data were analysed by use of Pearson product moment correlation. Results showed a positive linear relationship between anxiety and arousal in teenage soccer. Therefore if a positive relationship exists among the two variables, this means that as arousal increases, so too does anxiety. The Person product moment correlation coefficient was calculated to be 0.631. The results show that high levels of arousal and anxiety are debilitating to performance in teenage soccer and are associated with psychological and physiological changes that hinder performance. However, more than high arousal levels are necessary for optimal performance in teenage soccer. Moderate levels of both arousal and anxiety are recommended for optimal performance in soccer. It is recommended that coaches utilize anxiety and arousal regulatory mechanisms in training teenage soccer players in order to optimize performance.