



# Investigation of the Relationship Between Anxiety in Sport and Psychological Resilience in Amateur Football Players

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*Conflicts of Interest: The author(s) has no conflict of interest to declare.*

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*Ethical Statement: It is declared that scientific and ethical principles have been followed while carrying out and writing this study and that all the sources used have been properly cited.*

(Date Of Received): 16.08.2024 (Date of Acceptance): 28.04.2025 (Date of Publication): 30.04.2025

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## Abstract

The aim of this study was to investigate the relationship between football players' anxiety and psychological resilience levels in sports. The data of the study were obtained from 108 football players who played active football in the amateur league of the Mediterranean Region in the 2022-2023 season. The data were collected with demographic information form, Sports Anxiety Scale-2 and Connor-Davidson Psychological Resilience Scale. In the analysis of the data, normality test, t-test in pairwise comparisons, ANOVA in multiple comparisons, correlation analysis and regression analysis were used to determine the relationship between two variables. When the results of the analyses were examined, a significant difference was found between the total score of anxiety in sport and the sub-dimension of concentration distraction with the variable of educational status of the athletes. In the same analyses, a significant difference was found between the position played by the football players and somatic anxiety. No significant difference was found between the psychological resilience and sport anxiety scores according to age, marital status variables. There was no linear relationship between athletes' perceived sport anxiety and their perceptions of psychological resilience. Finally, when the results regarding whether sport anxiety perceptions are predictive of psychological resilience perceptions are analysed ( $p=0,269$ ), it is understood that there is no predictor at the level of significance ( $R^2=0,011$ ,  $p>0,05$ ). In this context, it can be said that ~1% of the variance explained for psychological resilience is due to sport anxiety perceptions. As a result, no relationship was found between sports anxiety and psychological resilience, but a difference was found according to the educational status and the position played by the athletes. According to these results, it can be said that anxiety and psychological resilience levels of athletes are affected according to their demographic characteristics. It is recommended that this study be applied to athletes in different age categories and in different sports branches and with a large data input.

**Keywords:** Anxiety in sport, footballer, psychological resilience.

Note: The abstract of this publication was presented at the ERPA International Education Congress on September 08-10, 2023.

## Özet

### Amatör Futbolcularda Sporda Kaygı ve Psikolojik Sağlamlık Arasındaki İlişkinin İncelenmesi

Bu çalışmanın amacı futbolcuların sporda kaygı ve psikolojik sağlamlık düzeyleri arasındaki ilişkinin incelenmesidir. Çalışmanın verileri, 2022-2023 sezonu Akdeniz Bölgesi amatör liginde faal futbol oynayan 108 futbolcudan elde edilmiştir. Araştırmanın verileri demografik bilgi formu, Spor Kaygı Ölçeği-2 ve Connor-Davidson Psikolojik Sağlamlık Ölçeği ile toplanmıştır. Verilerin analizinde normallik testi, İkili karşılaştırmalarda T- testi çoklu karşılaştırmalarda ise ANOVA, iki değişken arasındaki ilişkiyi belirlemek amacıyla korelasyon analizi ve etkiyi belirlemek için regresyon analizi kullanılmıştır. Analiz sonuçları incelendiğinde, sporcuların eğitim durumu değişkeni ile sporda kaygı toplam puanı ve eğitim değişkeni ile konsantrasyon dağınıklığı alt boyutu arasında anlamlı bir fark tespit edilmiştir. Futbolcuların oynadıkları mevki değişkeni ile somatik kaygı arasında anlamlı bir farklılık görülmüştür. Yaş, medeni durum değişkenlerine göre psikolojik sağlamlık ve sporda kaygı puanları arasında anlamlı farklılığa rastlanmamıştır. Sporcuların algıladıkları spor kaygı ile psikolojik sağlamlık algılamaları arasında doğrusal bir ilişki tespit edilmemiştir. Son olarak spor kaygı algılamalarının psikolojik sağlamlık algılamalarını yordayıcısı olup olmadığına ilişkin sonuçlar incelendiğinde ( $p=0,269$ ) anlamlılık düzeyinde yordayıcısı olmadığı anlaşılmaktadır ( $R^2=0,011$ ,  $p>0,05$ ). Bu bağlamda psikolojik sağlamlık için açıklanan varyansın % ~1'ini spor kaygı algılamalarından kaynaklı olduğu söylenebilir. Sonuç olarak spor kaygı ve psikolojik sağlamlık arasında bir ilişki bulunmamış olup sporcuların eğitim durumu ve oynadıkları mevki değişkenlerine göre farklılık bulunmuştur. Bu sonuçlara göre sporcuların demografik özelliklerine göre kaygı ve psikolojik sağlamlık düzeylerinde farklılık olduğu tespit edilmiştir. Bu çalışmanın farklı yaş kategorisinde bulunan sporculara ve farklı spor dallarında ve geniş bir örneklem gurubuyla uygulanması önerilmektedir.

**Anahtar Kelimeler:** Sporda Kaygı, Futbolcu, Psikolojik Dayanıklılık.

Not: Bu yayının özeti 08-10 Eylül 2023 ERPA Uluslararası Eğitim Kongresi'nde sunulmuştur.

## INTRODUCTION

Sports psychologists believe that high levels of competitive situations before and during competition cause anxiety, and that persistent anxiety is detrimental, affecting performance badly and even leading to expulsion from the event. Anxiety in sport is the most common and is mostly caused by stress in competitive environments (12). Anxiety and stress in sport are more complex and thorny issues, so they have been difficult to accurately define by experts. However, (15). define sport anxiety as a trait or reaction to stressful exercise situations. Most sport psychology research focuses on the impact of sport anxiety on athletes' performance. At the same time, sport anxiety is recognized as one of the most studied areas in sport psychology (25). Previous studies by academics show that sport anxiety will affect sport performance or goal orientation and can cause mental health problems for athletes and even increase the risk of sport injuries (4,15,27,40). It consists of a wide variety of stress activities in the elite sports environment. These stressors can negatively affect athletes' mental health and increase the risk of mental disorders (31). Many athletes start training when they are young, and the prevalence of mental health problems among athletes appears to be high. If their mental health problems are not managed effectively, the pressures of the sport environment can cause anxiety and affect their sport performance. The literature also indicates that sports anxiety is particularly important in sports and can be a complementing factor in the outcomes of sports competitions (7). Therefore, the problem of sport anxiety is currently emerging as an important element in sport psychology. One of the critical determinants of success and performance in sport is psychological resilience. Athletes and coaches attribute their success to their psychological resilience (14). For example, Vince Lombardi, one of the best coaches of all time, stated that what is necessary for success is psychological resilience (23). Resilience is essential for winning and achieving success in sport, and therefore the characteristics and process of resilience should be well understood in order to increase resilience.

Researchers are also making efforts in this direction (14). Considering the detrimental effects of turbulent times on an individual's emotional and physical experience, this alarming and stressful situation has negative effects on athletes' emotional experience and mental state as well as their performance. In addition to the loss of daily exercise routines, a general uncertainty and anxiety about the future can cause or worsen some mental health symptoms (38,36). Jimmy Connors, a former tennis player, stated that 95% of the tennis game depends on the mental state. When a person feels anxiety, their mind and body react in a natural way. In fact, the brain and body act like alarm devices when danger or threat is perceived by the individual. When the brain responds to the threat, there are physical manifestations of anxiety and, with it, psychological resilience. "A negative emotion has an impact on perceptions in sport competitions; most athletes perceive anxiety and psychological resilience to have a detrimental effect on performance, which can ultimately lead to reduced performance" (29, 39). Research has confirmed that an athlete is accustomed to managing their anxiety level throughout the game (18). In the field of psychology and sport, anxiety and psychological resilience are the most studied paradigm and have become the most researched variables that can affect athlete performance (6).

Since football appeals to a large audience, athletes often face significant pressure from the media, fans, and management. During a match, they must perform under immense pressure, cope with competition, manage stressful situations, and stay motivated for success. For this reason, it is seen as crucial for amateur football players to handle such pressures and manage the anxiety and resilience that arise before advancing to professional leagues, as these factors are essential for their performance. The results of this research are expected to contribute to the literature by revealing the causes of psychosocial behaviors that may negatively affect amateur football players.

This study was conducted on 108 football players who actively play football in amateur league. The aim of this study is to examine the relationship between anxiety and psychological resilience levels of soccer players in terms of demographic variables.

## METHOD

### Sample of the Study

This study was conducted to examine the relationship between anxiety and psychological resilience levels of soccer players. Using convenience sampling, the study was conducted with a total of 108 football players playing amateur active football in 2023.

#### Data collection tools

##### *Sport Anxiety Scale-2 (Sport AnxietyScale- 2; SAS-2)*

Among the scales we used in the research, the Sports Anxiety Scale- 2 (Sports Anxiety Scale- 2; SAS-2) was developed by Smith, Smoll, Cumming and Grossbard (34). It was adapted into Turkish by Akyol, Altıntaş, Sezer, and Aşçı (2), and validity and reliability analysis was performed. The scale data were scored with a 4-point Likert-type rating. The scale consists of 15 items and 3 factors. These factors are Somatic Anxiety, Worry and Concentration Disorganization. Akyol, Altıntaş, Sezer, and Aşçı (2) found the internal consistency values for the sub-dimensions of the scale as 0.74 for the somatic anxiety sub-dimension, 0.86 for the anxiety sub-dimension, and 0.77 for the concentration distraction sub-dimension. The results show that the Turkish version of the Sport Anxiety Scale 2 is a valid and reliable measurement tool that can be used to determine the anxiety levels of athletes. In the analysis conducted to test the reliability of the scale, Cronbach's Alpha value was determined as 0.86.

##### *Connor-Davidson Resilience Scale (CD-RISC)*

Connor-Davidson Resilience Scale (CD-RISC): The original form of the scale (Connor Davidson Resilience Scale, CD-RISC) was created by Conner and Davidson (5). Consisting of 25 items and 3 factors, the Turkish validity and reliability of the scale was conducted by Karairmak (19). These factors are perseverance and personal competence, tolerance to negative events and spiritual disposition. Scale data were scored on a 5-point Likert-type scale. Connor-Davidson Psychological Resilience Scale was conducted by Karairmak (19) and Cronbach's alpha internal consistency coefficient was determined as 0.92. The high score obtained from the scale indicates high psychological resilience and that it is a valid and reliable measurement tool. In the analysis conducted to test the reliability of the scale, Cronbach's Alpha value was determined as 0.90.

## Data Analysis

In the analysis of the data obtained as a result of the scales applied in the research,  $p \leq 0.05$  was taken as the significance level and SPSS 26.0 was used as a package program. With the program used, the data were tested with different analysis techniques appropriate to the problems. Normality test was performed to determine whether the research data showed normal distribution. By looking at the Kurtosis and Skewness values, it is possible to comment on the normal distribution of the data. If these skewness and kurtosis values take a value between (+1.5) and (-1.5), it can be said that the data set shows a normal distribution (34). Independent t test was used for pairwise comparisons. In the analysis of the data, ANOVA was used, and when differences were found, Tukey's multiple comparison test was conducted to determine the direction of the differences. Pearson correlation analysis was used to determine the relationship between two variables. At the same time, regression analysis was used to determine the effect between the variables.

## FINDINGS

Of the athletes participating in the study, 38% were aged 20-24 and 13.9% were aged 30 and over, 80.6% were single and 19.4% were married. 41.7% are defenders and 7.4% are goalkeepers, 42.6% are university graduates and 7.4% are secondary school graduates. Finally, it was concluded that 38% of them had been playing football for 11-15 years and 13.9% for 16 or more years.

**Table 1.** Normality and Reliability Test Results

Variables	Skewness	Kurtosis	Cronbach Alpha
Sport Anxiety Scale-2	,276	-,869	<b>0,869</b>
Psychological Resilience Scale	,080	-1,225	<b>0,902</b>

According to the analysis results in Table 1, it is seen that the data set is normally distributed in terms of skewness and kurtosis and parametric tests were used in the analysis. The reliability test of the obtained data was performed and as shown in Table 1, Cronbach's Alpha ( $\alpha$ ) values were found to be 0.869 for the Sport Anxiety Scale and 0.902 for the Psychological Resilience Scale. The results reveal that the scales are "highly reliable" measurement tools.

**Table 2.** ANOVA Test Analysis Results of The Sports Anxiety Scale According to the Age Variable of Football Players

	Age	N	X	Ss	df	F	P
<b>Somatic Anxiety sub dimension</b>	15-19 years old	27	7,48	2,045	3	0,445	0,52
	20-24 years old	41	7,61	2,189			
	25-29 years old	25	8,08	2,197			
	30 years and older	15	7,93	1,831			
<b>Concern sub dimension</b>	15-19 years old	27	8,59	2,422	3	0,889	0,72
	20-24 years old	41	8,39	2,333			
	25-29 years old	25	9,36	2,797			
	30 years and older	15	9,00	2,299			
<b>Difficulty Concentrating sub dimension</b>	15-19 years old	27	8,74	1,893	3	0,795	0,44
	20-24 years old	41	8,56	2,098			
	25-29 years old	25	9,32	1,930			
	30 years and older	15	8,73	1,792			
<b>Total Sport Anxiety Score</b>	15-19 years old	27	24,81	5,942	3	0,751	0,49
	20-24 years old	41	24,56	6,181			
	25-29 years old	25	26,76	6,424			
	30 years and older	15	25,67	5,627			

According to Table 2, no significant difference was found between the age variable and sports anxiety levels of soccer players ( $p > 0.05$ ). Looking at the rank averages, the averages of the athletes between the ages of 25-29 were found to be higher than the athletes in the other age range.

**Table 3.** ANOVA Test Analysis Results of the Psychological Resilience Scale According to the Age Variable of Football Players

Psychological Resilience sub dimension	Age	N	X	ss	df	F	p
Perseverance and Personal Competence sub dimension	15-19 years old	27	47,19	9,935	3	0,445	0,76
	20-24 years old	41	46,56	8,956			
	25-29 years old	25	45,44	8,578			
	30 years and older	15	48,47	7,900			
Tolerance for Negative Events	15-19 years old	27	16,96	3,848	3	0,648	0,58
	20-24 years old	41	16,32	3,416			
	25-29 years old	25	15,44	4,647			
	30 years and older	15	16,07	4,448			
Spiritual Inclination sub dimension	15-19 years old	27	10,56	2,309	3	0,306	0,82
	20-24 years old	41	10,88	2,857			
	25-29 years old	25	10,32	2,897			
	30 years and older	15	11,00	2,726			
Psychological Resilience Total Score	15-19 years old	27	74,70	14,339	3	0,404	0,75
	20-24 years old	41	73,76	13,572			
	25-29 years old	25	71,20	14,312			
	30 years and older	15	75,53	13,212			

According to Table 3, no significant difference was found between the age variable and psychological resilience levels of soccer players ( $p>0.05$ ). Looking at the rank averages, the averages of the athletes aged 30 years and above were found to be higher than the averages of the athletes in the other age range.

**Table 4.** Independent Sample T Test Analysis Results of the Sports Anxiety Scale According to the Marital Status Variable of Football Players

	Marital Status	N	X	Ss	df	F	p
Somatic Anxiety sub dimension	Single	87	7,80	2,123	1	0,030	0,46
	Married	21	7,43	1,989			
Concern sub dimension	Single	87	8,78	2,480	1	0,015	0,78
	Married	21	8,62	2,439			
Difficulty Concentrating sub dimension	Single	87	8,86	2,036	1	1,279	0,54
	Married	21	8,57	1,660			
Total Sport Anxiety Score	Single	87	25,45	6,192	1	0,283	0,57
	Married	21	24,62	5,723			

According to Table 4, there is no significant difference between the marital status variable and sport anxiety perceptions and sub-dimensions of soccer players ( $p>0.05$ ). As a result of the analyses, it was determined that single athletes had higher anxiety levels than married athletes.

**Table 5.** Independent Sample T Test Analysis Results of the Psychological Resilience Scale According to the Marital Status Variable of Football Players

Psychological Resilience sub dimension	Marital Status	N	X	Ss	df	F	p
Perseverance and Personal Competence sub dimension	Single	87	46,29	9,446	1	7,412	0,30
	Married	21	48,52	6,121			
Tolerance for Negative Events sub dimension	Single	87	16,38	3,969	1	0,025	0,46
	Married	21	15,67	3,967			
Spiritual Inclination sub dimension	Single	87	10,74	2,590	1	2,330	0,69
	Married	21	10,48	3,156			

Psychological Resilience	Single	87	73,40	14,249			
Total Score	Married	21	74,67	11,872	1	2,489	0,70

According to Table 5, there is no significant difference between the marital status variable and psychological resilience perceptions and sub-dimensions ( $p>0.05$ ). However, married athletes had higher levels of psychological resilience than single athletes.

**Table 6.** ANOVA Test Analysis Results Related to the Sport Anxiety Scale According to the Educational Status Variable of Football Players

	Education Status	N	X	Ss	df	F	p	Tukey
<b>Somatic Anxiety sub dimension</b>	a. Secondary Education	8	6,63	1,598	1	2,651	0,05	-
	b. High School	45	7,36	1,786				
	c. Bachelor's Degree	46	8,07	2,265				
	d. Postgraduate Degree	9	8,89	2,421				
<b>Concern sub dimension</b>	a. Secondary Education	8	7,38	1,685	1	1,922	0,13	-
	b. High School	45	8,58	2,379				
	c. Bachelor's Degree	46	8,89	2,452				
	d. Postgraduate Degree	9	10,11	3,060				
<b>Difficulty Concentrating sub dimension</b>	a. Secondary Education	8	7,50	1,512	1	3,067	<b>0,03*</b>	d>a
	b. High School	45	8,49	2,018				
	c. Bachelor's Degree	46	9,13	1,881				
	d. Postgraduate Degree	9	9,89	1,764				
<b>Total Sport Anxiety Score</b>	a. Secondary Education	8	21,50	4,629	1	2,783	<b>0,04*</b>	d>a
	b. High School	45	24,42	5,766				
	c. Bachelor's Degree	46	26,09	6,088				
	d. Postgraduate Degree	9	28,89	6,972				

According to Table 6, no significant difference was found between the level of education of the soccer players and somatic anxiety and anxiety, which are sub-dimensions of the sports anxiety scale ( $p>0.05$ ). However, there was a significant difference between the difficulty of concentrating dimension of sports anxiety and educational status ( $p<0.05$ ). The Tukey test result showed that there were differences between athletes with postgraduate education and secondary school students. There was a significant difference between the total score of anxiety in sports and educational status ( $p<0.05$ ). According to the Tukey test, the difference was between athletes with postgraduate education and secondary school students.

**Table 7.** ANOVA Test Analysis Results Related to the Psychological Resilience Scale According to the Education Level of Football Players

	Education Status	N	X	Ss	df	F	p
<b>Perseverance and Personal Competence sub dimension</b>	Secondary Education	8	49,50	9,274	3	0,451	0,71
	High School	45	46,07	9,379			
	Bachelor's Degree	46	46,54	9,035			
	Postgraduate Degree	9	48,44	5,615			
<b>Tolerance for Negative Events sub dimension</b>	Secondary Education	8	17,13	5,890	3	0,759	0,51
	High School	45	16,13	3,659			
	Bachelor's Degree	46	16,52	3,880			
	Postgraduate Degree	9	14,56	4,065			
<b>Spiritual Inclination sub dimension</b>	Secondary Education	8	10,63	3,159	3	0,150	0,92
	High School	45	10,76	2,732			
	Bachelor's Degree	46	10,74	2,611			
	Postgraduate Degree	9	10,11	2,934			
<b>Psychological Resilience Total Score</b>	Secondary Education	8	77,25	17,019	3	0,222	0,88
	High School	45	72,96	13,935			
	Bachelor's Degree	46	73,80	13,724			
	Postgraduate Degree	9	73,11	11,890			

According to Table 7, no significance was found between the perceptions of endurance and sub-values according to the variability of the education levels of the football players ( $p>0.05$ ). However, the

psychological endurance levels of the athletes in secondary education are higher than the athletes in other education levels. It provided the reduction of the decrease in the education level.

**Table 8.** Anova Test analysis results of the sport anxiety scale according to the position played by football players

	Location	N	X̄	ss	df	F	p	Tukey
<b>Somatic Anxiety</b>	a.Defense	45	7,13	2,222	4	2,512	0,04*	b>a
	b.Goalkeepe	8	9,38	1,847				
	c.Midfield	10	8,00	1,333				
	d.Wing	16	8,13	1,455				
	e.Striker	29	7,90	2,226				
<b>Concern</b>	a.Defense	45	8,22	2,540	4	1,573	0,18	-
	b.Goalkeepe	8	9,63	2,560				
	c.Midfield	10	9,50	2,224				
	d.Wing	16	9,63	2,247				
	e.Striker	29	8,59	2,398				
<b>Difficulty Concentrating</b>	a.Defense	45	8,44	1,878	4	2,018	0,09	-
	b.Goalkeepe	8	10,50	1,512				
	c.Midfield	10	8,60	2,011				
	d.Wing	16	8,81	1,870				
	e.Striker	29	8,97	2,096				
<b>Total Sport Anxiety Score</b>	a.Defense	45	23,80	6,156	4	1,919	0,11	-
	b.Goalkeepe	8	29,50	5,425				
	c.Midfield	10	26,10	5,259				
	d.Wing	16	26,56	5,215				
	e.Striker	29	25,45	6,434				

According to Table 8, there was no significant difference between the position played by the soccer players and the scores of anxiety, concentration distraction and total sport anxiety, which are sub-dimensions of the sport anxiety scale ( $p>0.05$ ). However, a significant difference was found in the perception of somatic anxiety according to the position variable of the athletes ( $p<0.05$ ). According to the Tukey test, the difference was seen between the athletes in the goalkeeper position and the athletes in the defense position.

**Table 9.** Anova Test analysis results related to the psychological resilience scale according to the position played by football players

Psychological Resilience	Location	N	X̄	ss	df	F	p
<b>Perseverance and Personal Competence</b>	Defense	45	47,62	8,052	4	0,787	0,53
	Goalkeeper	8	48,00	9,562			
	Midfield	10	48,20	8,417			
	Wing	16	47,13	9,556			
	Striker	29	44,24	9,920			
<b>Tolerance for Negative Events</b>	Defense	45	16,56	4,377	4	0,317	0,86
	Goalkeeper	8	16,88	4,454			
	Midfield	10	15,20	3,553			
	Wing	16	16,13	4,272			
	Striker	29	16,00	3,207			
<b>Spiritual Inclination</b>	Defense	45	10,47	2,546	4	0,158	0,95
	Goalkeeper	8	10,75	1,832			
	Midfield	10	10,80	2,394			
	Wing	16	11,06	2,955			
	Striker	29	10,76	3,170			

<b>Psychological Resilience Total Score</b>	Defense	45	74,64	13,592	4	0,372	0,82
	Goalkeeper	8	75,63	14,131			
	Midfield	10	74,20	12,237			
	Wing	16	74,31	15,050			
	Striker	29	71,00	14,325			

According to Table 9, no significance was found between the perceptions of psychological resilience and its sub-dimensions and the position played by the soccer players ( $p > 0.05$ ). However, the psychological resilience levels of the athletes playing in the goalkeeper position are higher than the athletes playing in other positions.

**Table 10.** Pearson Correlation Analysis Results Between Sports Anxiety and Psychological Resilience and Its Sub-Dimensions

Variables	1	2	3	4	5	6	7	8
<b>1.Sport Anxiety</b>	1	107	,946**	,938**	,915**	,136	-,001	,099
		269	,000	,000	,000	,160	,992	,308
<b>2.Psychologica Resilience</b>		1	,153	,073	,077	,945**	,827**	,768**
			,113	,453	,424	,000	,000	,000
<b>3.Somantic Anxiety</b>			1	,834**	,821**	,168	,057	,146
				,000	,000	,083	,555	,133
<b>4.Concern</b>				1	,765**	,116	-,035	,040
					,000	,232	,719	,680
<b>5.Distracted concentration</b>					1	,098	-,020	,101
						,314	,834	,297
<b>6.Perseverance and personal competence</b>						1	,634**	,592**
							,000	,000
<b>7.Tolerance for negative events</b>							1	,660**
								,000
<b>8.Spiritual disposition</b>								1

Pearson correlation analysis was performed to determine whether there is a significant relationship between Sport Anxiety and Psychological Resilience and their sub-dimensions. As a result of the analysis, it is seen that there is no significant relationship between the scores of sport anxiety and psychological resilience perceptions (Pearson  $R = 0.107$ ;  $p = 0.26 > 0.01$ ). When the sports anxiety levels of the soccer players were analyzed according to the sub-dimensions; there was no relationship for the sub-dimensions of somantic anxiety, anxiety and concentration distraction (Pearson  $R=0.153-0.073-0.077$ ;  $p = 0,11-0,45-0,42 > 0,0$ ). When soccer players were analyzed according to the sub-dimensions of psychological resilience; no relationship was found for the sub-dimensions of perseverance and personal competence, tolerance to negative events and spiritual disposition (Pearson  $R=0.136,-,-0.001-0.099$ ;  $p= 0,16-0,99-0,09 > 0,01$ ).

**Table 11.** Regression Analysis Results Between Sports Anxiety and Psychological Resilience

Dependent Variable	Independent Variable	R <sup>2</sup>	t	β	F	p
Psychologica Resilience	SportsAnxiety	0,011	1,110	0,107	1,233	0,26

When Table 11 regarding whether sport anxiety perceptions are predictors of psychological resilience perceptions is examined, it is understood that there is no predictor at the significance level of  $p = 0.26 > 0.001$  ( $R^2 = 0.011$ ). Accordingly, it can be said that ~1% of the variance explained for psychological resilience is due to sport anxiety perceptions.

## DISCUSSION AND CONCLUSION

Anxiety in sport is a psychological consequence of being under pressure or being exposed to stress. Since it is physiologically known that especially high anxiety has long-term physical effects on the body, this study aimed to examine the relationship between anxiety and psychological resilience in sport.

There is no significant difference between the age variable and anxiety and psychological resilience levels of the athletes participating in the study. In this context, the age of the athletes participating in our study does not affect their anxiety levels and psychological resilience levels. Özgün et al. (28) concluded that there was no significant difference between anxiety and age variable in their study. Akyıldırım (1) found that there was no difference between age and psychological resilience in his study conducted on university students. These results are similar to the results of our study.

There is no significant difference between the marital status variable and anxiety and psychological resilience levels of the athletes participating in the study. In this context, the marital status of the athletes participating in our study does not affect their anxiety levels and psychological resilience levels. Demir and Kabakçı (10) found that there was no significant difference between marital status and psychological resilience levels of canoe coaches in their study. This result is similar to the result of our study. Kartopu (20) examined the effect of marital status on state anxiety and trait anxiety and found that the anxiety level of single people was higher than married people. This result contains opposite findings to our study.

There is a significant difference between the education level variable of the football players in our study and the distribution of the sub-dimensions of sports anxiety performance, distraction and sports anxiety life. According to the change shown by the Anova analysis, the difference is between the athletes with postgraduate education and those with secondary education. We can say that as the level of education of athletes increases, their level of anxiety in sports increases. Doğan and Eygü (13) also found that there was no significant relationship between education level and anxiety as a result of their research with athletes interested in winter sports. According to education level variables, no differences was found the psychological resilience levels of football players. In the study conducted by Dinçer (11), a difference was found between the psychological resilience level of athletes whose branch is Taekwondo and their education level. In the study conducted by Wagstaff et al. (37), a significant difference was found between psychological resilience levels and education levels in athletes and coaches. The finding of the study contains contrasting results with our study in this respect.

There is a significant difference between the somatic anxiety levels of the athletes according to the position they play. The difference was in favor of the football players playing in the goalkeeper position. It can be said that soccer players playing in the goalkeeper position are more concerned about physical symptoms such as fatigue or pain. In their study, Çetindemir and Cihan (8) found no difference between the position played by young athletes and their anxiety levels. No difference was found between the position played by football players and their psychological resilience levels. Asamoah (3) concluded in his study that there was no significant difference between the position played by football players and mental toughness. This result is similar to the result of our study.

There is no significant difference between the year of playing soccer and anxiety and psychological resilience levels of the athletes participating in the study. In this context, the year of playing soccer does not affect the anxiety levels and psychological resilience levels of the athletes participating in our study. In a study conducted by Kuru and Atılğan (21) on professional football players, it was observed that individuals who have been doing sports for more than 10 years have low anxiety scores compared to individuals who have been engaged in 1-3 sports. This result contains findings contrary to our study. However, Garcia et al. (16) concluded that elite karate athletes had higher levels of trait anxiety depending on their sport age than amateur karate athletes. The results of the research conducted by Mancevska et al. (24) with the Macedonian karate national team also indicate that the level of trait anxiety decreases with increasing sports age. These results contain contrary findings to our study.

There is no relationship between anxiety and psychological resilience levels of the football players participating in the study. Çutuk et al. (9) found a negative and significant relationship between anxiety levels and psychological resilience of judo players in their study. This result contains contrary findings to our study. It was observed that endurance and anxiety capacity in sports were positively correlated and showed a higher correlation in uninjured athletes. The higher endurance capacity of non-injured athletes may be due to the fact that it is not reduced due to the frustration experienced by injured athletes when they cannot compete (32, 26). In previous resilience literature, it has been concluded that an individual with

strong resilience can overcome or cope with the negative effects of anxiety more easily (17, 33). These results contain contrasting findings to our study.

It is understood that sport anxiety perceptions are not predictive of psychological resilience perceptions ( $R^2 = 0.011$ ). Accordingly, it can be said that ~1% of the variance explained for psychological resilience is due to sport anxiety perceptions. Looking at the literature, there are studies that psychological disorganization predicts anxiety (22, 30). These results contain contrary findings to our study.

Based on the contribution of the study to the field, it is thought that stating that anxiety and psychological resilience levels of athletes have an effect on team performance will change the perspectives of players on this issue and increase the importance of this issue. In today's world where resources are scarce, this study, which is especially related to football players in teams, has made feedback with the thought that it will contribute by examining the anxiety and psychological resilience factors affecting the productivity of athletes. Some suggestions can be made in the light of the information obtained from our study.

1. Different awareness programs can be conducted on anxiety and psychological resilience.
2. Studies on anxiety and psychological resilience can be conducted in different sports branches.
3. Football players can be provided with training in sports psychology before and after the competition.
4. Individuals in sports teams can be informed about anxiety.
5. Furthermore, prospective and longitudinal studies using advanced statistical modeling techniques will allow researchers to explore the pathways and trajectories of resilience in sport. At the same time, qualitative research involving multiple points of contact and data collection methods will further illuminate the process of resilience in athletes.

It is recommended for researchers to adapt the research to Turkey in general and to conduct a more comprehensive examination. In this context, it is thought that with the data to be taken from different regions of Turkey, it will reveal the examinations in the levels of anxiety and psychological resilience in sports more clearly and will be beneficial in this way.

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