



Influence of Eating Disorder Risk on Sports Players Anxiety and Confidence

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ABSTRACT

Eating disorder risk is significant to assess not only concerning possible influence on the performance ability of an athlete, but also for the health risks athletes could experience. The purpose of this study is to evaluate eating disorder risk and Influence of Eating Disorder Risk on Sports Players Anxiety and Confidence student-athletes. The outcomes were based off of the Eating Attitudes Risk-26 Questionnaire to examine eating disorder risk, the Sport Anxiety Scale to examine trait anxiety in sport settings, and the Sources of Sport Confidence Questionnaire to study sources of sport confidence. The methodology included an informed sanction form, demographics questionnaire, Eating Attitudes Risk-26 Questionnaire, Sport Anxiety Scale and the Sources of Sport Confidence Questionnaire. Analyses were completed utilizing bivariate correlations and regression analysis. The outcome of this study showed that eating disorder risk was significantly correlated with only one variable of sports confidence, labeled as physical self-presentation, and no variables of sports anxiety. Sports departments, athletic trainers and sports coaching staffs can utilize these findings to effectively work with student-athletes in a preventative manner.

Key Words: Eating Disorder Risk, Sports Anxiety, Sports Self-Confidence

INTRODUCTION

College sports players experience stress not only in performance environments, but also while transitioning into a college situation and attaining socio cultural acceptance. The increased stress, anxiety, and academic demands have been correlated with body image dissatisfaction and

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disordered eating behaviours, which can impact physical health and psychosocial morbidity .Eating disorders, such as anorexia nervosa and bulimia nervosa, have been correlated with mood and anxiety disorders, perfectionism, and impulsivity .The rate of eating disorders among college students has continued to increase every decade . Although players may fall victim to eating disorders, women have been found to account for 95% of these disorders. Female athletes experience a higher likelihood of eating disorder risk as compared college students that do not participate in athletics. This may be due to factors within the sport environment, the drive to be lean and thin, and body dissatisfaction. Dissatisfaction has also been found to increase the likelihood of developing behaviours associated with disordered eating. The harmful influence of disordered eating, low weight, and low energy can be associated with the female athlete triad classified as disorder in menstruation, osteoporosis, and eating disorders.

Anxiety and self-confidence are both important aspects of sports performance. Athletes with high levels of anxiety are likely to experience negative effects on performance. Although anxiety may improve sports performance, if an athlete has negative thoughts and self-doubts that decrease self-confidence, performance will be debilitated. Results show that sports person with increased levels of self-confidence and both somatic and cognitive anxiety has elevated levels of performance. The capability for a sports person to believe in abilities is monumental. Athletes possessing self-discipline were establishing to have increased self-confidence and perceived performance would be enhanced. The relationship between self-confidence and performance is apparent. Self-confidence oblige an sport player in using coping strategies to assist with controlling anxiety through sport performance.

Sport player undergo eating disorders are likely to have inhibited sport performance due to the psychological and psychopathology features. While some may hold the faith that losing weight and restricting calories will get better sports performance, results found to deteriorate performance due to reasons such as glycogen depletion and dehydration. Some athletes may also turn towards bulimia in an effort to lose weight, but bulimia has also been found to be detrimental to sports performance due to dehydration and negative caloric balance. Research shows how sport performance is influenced when eating disorders are present, but there is a need of research examining how sports performance is influence with eating disorder risk among

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female athletes regarding anxiety and confidence levels. **ANOVA:** Analysis of variance. by Ronald Fisher. **EAT-26:** The Eating Attitudes Test. by David Garner

CONCLUSIONS

In an attempt to determine if anxiety levels differed among respondents, the Sports Anxiety Scale questionnaire was utilized. At least overall mean scores resulted with the anxious variable, followed by somatic variable and concentration disruption, respectively. Results indicated no significance regarding these three variables of anxiety as indicated by the repeated measures ANOVA. In addition, no significant correlations were found among EAT scores and anxiety variables based on a vicariate correlation. Basis on physical presentation, followed by vicarious experiences, as a marker of sports confidence could be at an elevated risk of eating disorders.

APPLICATIONS IN SPORT

This research study contributes to the area activity of sport psychology. The data gathered in this study will help sports departments, sports player trainers and coaching staffs by providing information that can be utilized to proactively work with female student-athletes in an attempt to decrease eating disorder risks. The results of this study provided insight regarding the sport anxiety variables such as somatic, worry, and concentration disruption, and sport confidence variables that influence eating disorder risk. Future research of the impact on female student-athletes participating in sports, other than what was conducted in this study, and also other divisions of female student-athletes seems apparent. Physical self-presentation was the only variable of sport confidence significantly correlated to EAT-26 scores. These results showed that female student-athletes focusing on physical self-presentation are more likely to be at risk of developing eating disorders as compared to female student-athletes that do not stress as much emphasis on this sport confidence variable.

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