Methodology

Research Tools and Apparatus:

- To measure Level of Stress; Zung Online Stress test is used.
- To measure Level of Competition Anxiety; Sport Competition Anxiety Test (SCAT) by (Martens et al. 1990)¹ is used.
- Performance is measured from their individual competition score.

By analyzing an archer's responses to a series of statements about how she/he feels in a competitive situation it is possible to determine their level of anxiety. A test that provides such functionality is the Sport Competition Anxiety Test (SCAT) (Martens et al. 1990)

Required Resources

To undertake this test we will require: to conduct the test

The assistant explains the test protocol to the archers

Read each statement below, decide if you "Rarely", "Sometimes" or "Often" feel this way when competing in your sport, and tick the appropriate box to indicate your response.

The archers respond to the 15 questions on the questionnaire below - no time limit

The assistant determines and records the archer’s SCAT score