Mindfulness-Based Intervention Program to Reduce Anxiety Levels in Martial Arts Athletes

Trujillo-Torrealva, D., Reyes-Bossio, M.
Universidad Peruana de Ciencias Aplicadas – UPC (Lima, Perú)
daniel.cdt@gmail.com, marb2383@gmail.com

INTRODUCTION

Anxiety Pre Competitive State: Phenomenon that occurs in the time before a competitive situation (Cox, 2009). It usually rises and stays stable as the sporting event approaches. It is influenced by factors such as fear of failure in performance, fear of physical damage, feelings of incompetence and imperfection, and pressure for victory or achievement of goals (Días, Cruz & Fonseca, 2011). It is composed of three components: somatic anxiety, cognitive anxiety and self-confidence (Cox, 2009; Jaenes, Peñaloza, Naravarte, & Bohorquez, 2012).

Mindfulness: Awareness that arises from paying attention, intentionally, to the present experience as it is. It is third generation cognitive behavioral technique (Moreno, 2012), and represents a way of relating to physical and mental phenomena in a contemplative way (Palmi & Solé, 2016). It also implies a mental state and a psychological capacity that can be practiced and improved (Garcia Campayo & Demarzo, 2015).

AIM

To determine the effect of a mindfulness based intervention program, in reducing the levels of precompetitive anxiety in sporting athletes.

METHOD

Design: Quasi-experimental Non-Experiment Groups Design (Ato & Vallejo, 2015)
Sample: 33 martial arts athletes between 17 and 23 years old (M= 18.87, DE= 1.64)
69.7% male and 30.3% female


- Reliability – Somatic Anxiety: .77
- Reliability – Cognitive Anxiety: .80
- Reliability – Self-confidence: .74

Program “MFAW”: 12 sessions, 2 time per week, 60 minutes.

Data Analysis: Exploratory and descriptive analysis of CSAI-2R scores.
One-way ANOVA (p> .05)
 Shapiro-Wilk Test of Normality (n <50)
Wilcoxon signed-rank Test

RESULTS

Student t-test for related samples
Self-confidence factor (EG)

<table>
<thead>
<tr>
<th>Media</th>
<th>DE</th>
<th>t</th>
<th>Sig.</th>
<th>d</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.75</td>
<td>2.59</td>
<td>5.78</td>
<td>.00</td>
<td>1.09</td>
</tr>
</tbody>
</table>

Wilcoxon signed-rank Test (EG)

Cognitive Anxiety Difference | Somatic Anxiety Difference

-3.828 | -3.526 | .000 | .000 | .88 | .76 |

Student t-test for related samples (CG)

<table>
<thead>
<tr>
<th>Media</th>
<th>DE</th>
<th>t</th>
<th>Sig.</th>
<th>d</th>
</tr>
</thead>
<tbody>
<tr>
<td>-0.823</td>
<td>3.339</td>
<td>-1.017</td>
<td>.324</td>
<td>.23</td>
</tr>
<tr>
<td>-1.235</td>
<td>2.513</td>
<td>-2.027</td>
<td>.060</td>
<td>.35</td>
</tr>
<tr>
<td>0.117</td>
<td>2.204</td>
<td>.220</td>
<td>.829</td>
<td>.04</td>
</tr>
</tbody>
</table>

CONCLUSIONS

- The program with component mindfulness demonstrated its effectiveness in the reduction of the precompetitive anxiety in the intervened population. Significant changes in EG.
- The large size of the effect is striking because in other studies these were moderate (Scott-Hamilton, Schutte & Brown, 2016).
- Possible factors that led to the result: the personality type of the participants and the type of sport (Lee & Bowen, 2015).
- Mindful Yoga: possible facilitating factor in the learning and acquisition of mindfulness techniques (Briegel-Jones et al., 2013).
- Self-confidence, a factor that reduces anxious symptoms (Campayo & Demarzo, 2015).