

ISSN: 2392-5442 ESSN : 2602-540X		Sport system journal
V/10 N/01 Year/2023		International scientific journal published by: ZianeAchour –Djelfa- Algeria
P 87 - 105		Received: 19/07/2022 A ccepted: 02/03/2023

Sports competition anxiety and its effects on senior basketball players' skill performance (Case of study Annaba Statebasketball teams, over 21 years old)

Bourekab Rania^{1*}, Maiassi Chihab Eddine², Mefti Mohamed³

¹University of Algiers 3 (Algeria), Institute of physical education and sports, Laboratory of science and technology of physical and sports activities,

bourekab.rania@univ-alger3.dz

² University BADJI Mokhtar-Annaba (Algeria), zineu2324@gmail.com

³University BADJI Mokhtar-Annaba (Algeria), Laboratory of social and human studies and analysis of physical and sports activities, mohamed.mefti@univ-annaba.dz

Abstract:

This study used the appropriate descriptive approach for this kind of research in order to determine the impact of sports competition anxiety on the skill performance of senior basketball players. Three teams of (10) players each made up the sample, which was chosen at random from a total of (30) players. We used the questionnaire as a tool to gather information and data, and we processed the data statistically using percentage and k^2 , with the following outcomes:

- If the level of anxiety during a sporting event increases too much, it will negatively impact skill performance.
- When anxiety levels reach a certain point during a sporting event, skill performance is positively impacted.

Keywords: Sports competition anxiety; skill performance; basketball.

**Corresponding author*

1. INTRODUCTION

There is no doubt that the acceleration occurring in all fields and levels, particularly economic and social change as well as sports, contributed significantly to the increase in the complexity of various ways of life, which constituted an additional burden for the individual during competition and striving to keep pace with the difficulty of life and the development that occurred, which contributed to the increase in life pressures. Because of the difficult life problems it contains, many researchers have nicknamed the twenty-first century the "era of psychological pressure" as well as the "age of anxiety" (Talaat , 1998).

The difficulty of obtaining what a person desires during competition between individuals, on the other hand, may constitute a psychological barrier and a heavy burden for him due to his failure to achieve his goal, which may constitute incompatibility and balance in life, resulting in negative effects that would stop human movements and render him unable to perform his tasks. It may have an impact not only on the individual's psychological state, but also on their physical state (Hassan Allawi M. , 1998)

On the other hand, anxiety is present to varying degrees in each individual, and continuous exposure to acute stress has a negative impact on the individual and leads to the emergence of physical and psychological symptoms (Hassan Allawi M. , 1987, p. 59)

Psychology is one of the most important sciences related to sports activities because it helps in solving many problems related to skill performance during training hours or matches, and while no individual can stop worrying completely, some anxiety and concern are necessary for the safety of life and to maintain the determination to face obstacles and difficulties, because it leads us to the existence of difficulties so that we can work to overcome them. Exaggerated anxiety, which does not motivate energy as much as it frustrates and paralyzes movement, must be fought and reduced, implying that calm anxiety is not only required but also necessary for the individual's progress and survival (Almubayadayn & Easilat , 2018, p. 15).

According to the researchers, when exaggerated anxiety reaches a certain level, the player's psychological and physiological disturbance and physiological and psychological collapse begin, resulting in a lack of efficiency in the level of skill performance. According to Allawi (1998), anxiety is a combination of internal tension, fear, and the anticipation of danger, which is unpleasant



Sports competition anxiety and its effects on senior basketball players' skill performance (Case of study Annaba State basketball teams, over 21 years old)

emotional news that the individual perceives in something that emanates from within him.(Hassan, 1998)

The problem of this study can be formulated in the following main question:

Does senior basketball players' skill performance suffer as a result of sports competition anxiety?

The following sub-questions fall under this problem:

- Does sports competition anxiety negatively affect the skill performance of senior basketball players?
- Does sports competition anxiety positively affect the skill performance of senior basketball players?

1.1Study Hypothesis:

This study main Hypothesis formulated:

Sports competition anxiety greatly affects the skill performance of senior basketball players

- The following sub- hypothesis fall under this Hypothesis:
- Sports competition anxiety negatively affects the skill performance of senior basketball players.
- Sports competition anxiety positively affects the skill performance of senior basketball players.

1.2Study Objectives:

- Determine whether sports competition anxiety has a negative impact on basketball players.
- Determine whether sports competition anxiety has a negative impact on basketball players.
- Educating athletes on how to manage sports competition anxiety so that it does not negatively impact their performance.
- Knowing the most important reasons that increase sports competition anxiety so that it has a positive impact on basketball players' skill performance.

2. Defining concepts and terms:

2.1 Anxiety definition:

2.1.1Idiomatically:

It is a fear-based emotion that arises from a personal threat from within or without, and many researchers believe it serves as a signal to mobilise all of the

individual's psychological and physical forces for the self-defense equation(Mustafa , 2008, p. 80).

2.1.2Procedurally:

An emotion characterized by internal tension, fear, and apprehension of danger, which is a negative emotional experience that the individual perceives as coming from within him

2.2 Sports competition definition:

2.2.1Idiomatically:

Athletic competition is an individual or group combat situation governed by rules that govern behaviour, in which the athlete deals with all of his physical, mental, and emotional abilities in order to confirm his possession of these abilities and distinguish them from those of those with whom he competes(Fawzi , 2003, p. 211).

2.2.2Procedurally:

It is a struggle between two people or a group of people who enter for the sake of competition, fame, gaining a position in society, and achieving the desired goal.

2.3 Defining sports competition anxiety:

2.3.1Idiomatically:

It is a subjective threat feeling accompanied by intense psychological stimulation(Qassar Mahi & et al, 2021, p. 319).

2.3.2Procedurally:

It is the anxiety caused by an individual athlete's participation in various sports competitions.

2.4Skill definition

2.4.1Idiomatically:

A skill is a motor response to brain instructions(Mrabet , 2022, p. 744).

2.4.2Procedurally:

The skill is defined as a method of being creative and bringing out the techniques of each player in order to demonstrate superiority and gain the respect of the opponent. Thus, the player can protect himself from anxiety during the sporting event by not making skill mistakes that put him at risk of losing control and declining his performance when faced with a stronger opponent.

2.5 Basketball definition:

2.5.1Idiomatically:



Sports competition anxiety and its effects on senior basketball players' skill performance (Case of study Annaba State basketball teams, over 21 years old)

It is a team sport for both sexes in which two teams compete, with each team consisting of (12) players, with only (5) players on the field at any given time, with the option of switching available throughout the match period, and during these periods, each team tries to enter the ball into the opponent's basket from the top, with the team that scored the most points in the match considered the winning team (Mrabet, 2022, p. 743).

2.5.2 Procedurally:

It is a sport that is characterised by high pressure during sports competition and necessitates great control over anxiety and dealing with the pressures placed on the players, whether from the opponent or the public.

3. Literary review:

3.1 First study:

- Study: Nouredine Mazari (2007-2008); The title of the research: *"The impact of anxiety on the level of football players' performance in sports competition"*.
- Study level: master's degree
- Study objective: The research aims to reach a set of points, which are: Knowing the main causes of this problem and how to treat it is crucial. Knowing the impact of anxiety on the level of performance of the players.
- Study approach: The descriptive approach was employed in this study.
- Study Sample: The study was carried out at the level of three clubs from the state of M'sila for the honorary division "cubs category", and they are, respectively, (Al-Wefaq Sports Club of Hammam Al-Dalaa Municipality, Tarmon Amateur Sports Club, and M'Sila Olympic).
- Study Tools: Questionnaire
- Study suggestions: the necessity of good management during sports competitions by giving responsibility to specialists and experts in running structures and organising competitions and tournaments.

3.2 Second study:

- Study: Mansouri Mustafa (2012-2013) conducted research titled *"Psychological stress and its impact on athlete performance during competition among football players."*
- Study Level: a master's degree.

- Study objective: Determine the impact of psychological stress on athlete performance. Explain the role of psychological preparation in the field of mathematics.
- Study approach: The descriptive approach was used in this study, and the researcher conducted a survey study.
- Study Sample: A survey of football players was conducted among the associations, which were classified by the largest in the West, the Youth of Al-Mashriah Union of Al-Mashriah.
- Study Tools: This study relied on a questionnaire to collect information.
- Study suggestions: Involve young players in official matches to gain experience.

4. Study field procedures:

4.1 The survey:

The exploratory experiment is regarded as a practical training for the researcher in identifying the negatives and positives encountered during the tests in order to avoid them (Al-Mandalawi et al, 1999, p. 155).

The exploratory study was applied to a sample of (30) players from three teams (Sraidi Adventure Club, Amal Club Annaba University, and Al Ittihad Sports Club of Annaba Police), and the sample taken corresponds to the age conditions of the research sample, as it was done to take into account some points responsible for conducting field work, which are:

- Collect scientific and theoretical material and browse studies related to the topic.
- Determine the individuals to be studied.

4.2 Study Approach:

The method is defined as a set of processes and steps taken by the researcher to complete his research (Zroati, 2007). From this perspective, and given the nature of our topic of determining the impact of sports competition anxiety on the skill performance of senior basketball players, we wanted to rely on the descriptive approach due to its relevance to the nature of the current study.

4.3 Study Community:

It is represented in Annaba by four local teams. (Sraidi Adventure Club, Hope of Annaba University, Hilal Hope of Annaba's Future, Annaba Police Sports Federation)

4.4 Study Sample:



Sports competition anxiety and its effects on senior basketball players' skill performance (Case of study Annaba State basketball teams, over 21 years old)

We chose three teams and recruited (50%) of the players from the community, i.e. (30) players from three teams (Sraidi Adventure Club, Amal Club Annaba University, and Al Ittihad Sports Club of Annaba Police), i.e. (10) players from each team.

4.5 Research Fields:

4.5.1 Human Field:

Our research community's human field consisted of 60 players, and we took 50% of the sample community. We looked for (30) players from three teams, with (10) players from each.

4.5.2 Spatial Field:

Our investigation was restricted to the state of Annaba. We divided the participants into three groups for this study: (Sraidi Adventure Club, Amal Club of Annaba University, AlIttihad Sports Club of Annaba Police).

4.5.3 Time range:

The study began in early February 2022 and ended at the end of May 2022. During this time, we gathered the necessary information from the questionnaire.

4.6 Study Tools:

- Theoretical studies (bibliographic analysis): books, previous research, Arab and foreign references.
- Questionnaire: As judged by our professors at the Institute of Science and Technology of Physical and Sports Activities, we relied on a form that includes a set of closed questions directed to the players.

4.7 Statistical tools

- Percentage
- Celsius degree
- ka square (k^2)
- EXCEL

5. Presentation, analysis, and discussion of the study's findings

5.1 Presentation and analysis of the first axis's research questions which look: at how basketball players' skill performance is negatively impacted by competition anxiety.

❖ **Question No. 1:** Does anxiety cause you to perform less skillfully?

The purpose of the question is to determine whether players' performance suffers as a result of anxiety.

Table 1. Shows whether anxiety deteriorates players' performance

Answer	Repetitions	%	Calculated K^2	Tabulated K^2	Df	Statistical significance
yes	12	40 %	13.4	5.99	2	significance
no	1	3.33 %				
Sometimes	17	56.66 %				
Total	30	100 %				

Source: author, 2022

Analysis and discussion of the results:

According to Table No. 1's findings, 56.66% of players' performance occasionally suffers when they are anxious, 40% of players' performance suffers when they are anxious, and 3.33 % of players' performance is unaffected by anxiety. By calculating the value of K^2 for the survey, we discovered that it was estimated to be greater than its tabular value estimated to be 5.99 and was estimated to be 13.4 at the degree of freedom (02), which indicates that this claim is statistically significant.

According to the theory of motivation, this is because many experts contend that the relationship between anxiety and performance (motor skill) is curved rather than linear, with performance increasing gradually as athletes' levels of anxiety rise up to a certain point. Performance is hampered and the level is decreased if anxiety levels exceed that.

❖ Question No. 2: Have you ever experienced confidence issues?

The purpose of the question is to determine whether anxiety causes a decrease in confidence.

Table 2. Indicates whether any players experience a loss of confidence when under stress



Sports competition anxiety and its effects on senior basketball players' skill performance (Case of study Annaba State basketball teams, over 21 years old)

Answer	Repetitions	%	Calculated K ²	Tabulated K ²	Df	Statistical significance
yes	9	30 %	11.4	5.99	2	significance
no	3	10 %				
Sometimes	18	60 %				
Total	30	100 %				

Source: author, 2022

Analysis and discussion of the results:

According to Table No. 2's findings, 60% of players occasionally experience a loss of confidence when feeling anxious, 30% confirm such a loss, and the remaining 10% do not experience such a loss. We determined the value of Ka2 for the survey and discovered that it was this claim is statistically significant because the calculated value, which was estimated to be 11.4 at the degree of freedom (02), was higher than the estimated value for the tabular data, which was estimated to be 5.99.

This is a result of the players' skill performance during the games, where their frequent errors raise their anxiety levels and make them feel less confident in themselves, both of which have a negative impact on their skill performance.

❖ **Question No. 3:** Is your team's communication suffering as a result of your competition anxiety?

The purpose of the question is Check to see if anxiety interferes with team members' ability to communicate.

Table 3.Indicates whether anxiety interferes with team members' ability to communicate

Answer	Repetitions	%	Calculated K ²	Tabulated K ²	Df	Statistical significance
yes	15	50 %	3.8	5.99	2	not significant
no	7	23.34 %				
Sometimes	8	26.66 %				
Total	30	100 %				

Source: author, 2022

Analysis and discussion of the results:

Table No. 3's findings show that 50% of the respondents' anxiety prevents them from communicating with team members, while 22.3% say it doesn't stop them from worrying about it, and 26.6% say anxiety occasionally prevents them from doing so, according to calculations made to determine the χ^2 value for the questionnaire phrase. We discovered that this statement's calculated value, which was estimated to be 3.8 at the degree of freedom (02), and significance level (0.05), is less than its estimated tabular value of 5.99, indicating that it is not statistically significant.

This is because of each player's relationship with his or her teammate; when there is a strong bond between teammates, anxiety does not affect them, and vice versa. This is also because some players are envious of one another, especially when it comes to skill performance.

❖ **Question No. 4:** Does your pre-competition stress have an impact on your lack of competition desire?

The purpose of the question Check to see if the desire to compete is diminished by anxiety.

Table 4. Demonstrates whether the participant loses interest in competing



Sports competition anxiety and its effects on senior basketball players' skill performance (Case of study Annaba State basketball teams, over 21 years old)

Answer	Repetitions	%	Calculated K ²	Tabulated K ²	Df	Statistical significance
yes	4	13.34 %	8.6	5.99	2	significance
no	17	56.66 %				
Sometimes	9	30 %				
Total	30	100 %				

Source: author, 2022

Analysis and discussion of the results:

Table No. 4's findings show that 56.66% of players do not lose their desire to participate, compared to 30% who occasionally do so, and 13.33% who do so. We also determined the value of K2 for the questionnaire and discovered that 13.33% of players lose their desire to compete. This statement is statistically significant because its calculated value, estimated at 8.6, at the degree of freedom (02), and significance level (0.05), is higher than its estimated tabular value, estimated at 5.99.

This is because of the nature and significance of the competition, the player's psychological preparation, and his relationship with the coach.

❖ **Question No. 5:** Have you ever experienced a health issue as a result of your anxiety during an athletic competition?

The purpose of the question Identify any physical symptoms of anxiety.

Table 5. Determines whether anxiety has any physical symptoms

Answer	Repetitions	%	Calculated K ²	Tabulated K ²	Df	Statistical significance
yes	1	3.34 %	38.6	5.99	2	significance
no	26	86.66 %				
Sometimes	3	10 %				
Total	30	100 %				

Source: author, 2022

Analysis and discussion of the results:

Table No. 5's results show that 86.66 percent of the players do not experience health problems when they are anxious, while 10 percent experience health problems occasionally and a very small percentage (3.33 percent) experience health problems. We also discovered that when we calculated the value of Ka2 for the questionnaire phrase, the calculated value of Ka2 was higher than the actual value. This statement is statistically significant because it was estimated at 38.6 at the degree of freedom (02), significance level (0.05), and higher than its estimated tabular value of 5.99.

The majority of players do not experience health issues when they are anxious because their anxiety does not significantly impair their health, and those who do experience health issues primarily do so because of their psychological and physical weakness.

5.2 Presentation and analysis of the second axis's research questions, which look at how competition anxiety improves basketball players' skill performance.

❖ **Question No. 6:** Is your desire to win fueled by your anxiety?

The purpose of the question Find out if a player's anxiety causes them to get excited about winning.



Sports competition anxiety and its effects on senior basketball players' skill performance (Case of study Annaba State basketball teams, over 21 years old)

Table 6.Determines whether anxiety fuels desire to win

Answer	Repetitions	%	Calculated K^2	Tabulated K^2	Df	Statistical significance
yes	26	86.66 %	38.6	5.99	2	significance
no	3	10 %				
Sometimes	1	3.34 %				
Total	30	100 %				

Source: author, 2022

Analysis and discussion of the results:

According to the results of Table No. (6), 86.66 percent of their feelings of anxiety drive them to be excited about winning, 10% of their feelings of anxiety do not drive them to be excited about winning, and 3.33 percent occasionally get excited about winning when they are anxious, and we discovered this by calculating the $Ka2$ value of the questionnaire. Its calculated value of 38.6 at the degree of freedom (02) and significance level (0.05) is greater than its tabular value of 5.99, indicating that this statement is statistically significant.

This is due to the players' love for and desire to win and qualify; who among us does not want to win, and players who do not want to win are abnormal people.

❖ **Question No. 7:**Is your anxiety motivating you to exercise more in order to succeed?

The purpose of the question Determine whether the player's anxiety motivates him or her to exercise more.

Table 7.Determines whether anxiety causes people to exercise more

Answer	Repetitions	%	Calculated K ²	Tabulated K ²	Df	Statistical significance
yes	28	93.33 %	22.5	3.84	1	significance
no	2	6.67 %				
Total	30	100 %				

Source: author, 2022

Analysis and discussion of the results:

According to the results of Table No. (7), 93.33 percent of the players are anxious to exercise more, while 6.66 percent are not anxious to exercise more in order to succeed, and we discovered that the calculated value of Ka2 for the questionnaire was estimated at 22.5, which is greater than its value. At the degree of freedom (02) and the significance level (0.05), the tabular value is estimated to be 3.84, indicating that this statement is statistically significant.

This is due to the nature of the human being. He loves, wants, and aspires to success in various ways, especially when the situation is sensitive and the anxiety is mild and the person has not reached the degree of anger, and we always say that a person who does not like success and winning is an extraordinary person and can be mentally ill.

❖ **Question No. 8:**Is your anxiety motivating you to learn new skills?

The purpose of the question Determine whether anxiety motivates players to learn new skills.

Table 8.Determines whether players' anxiety causes them to learn new skills

Answer	Repetitions	%	Calculated K ²	Tabulated K ²	Df	Statistical significance
yes	21	70 %	4.8	3.84	1	significance
no	9	30 %				
Total	30	100 %				

Source: author, 2022



Sports competition anxiety and its effects on senior basketball players' skill performance (Case of study Annaba State basketball teams, over 21 years old)

Analysis and discussion of the results:

According to the results of Table No. (8), 70% of the players are motivated by a sense of anxiety to learn new skills, while 30% are not motivated by a sense of anxiety to learn new skills. We discovered that the calculated value of Ka^2 for the questionnaire phrase was estimated at 4.8 at the degree of freedom (02) and significance level (0.05), which is greater than the tabular value estimated at 3.84, indicating that this statement is statistically significant.

This is due to each player's future desires and ambitions, as the player who wants to reach the top and the world of stardom will find himself striving regardless of the difficulties and obstacles and dedicating his life to training and learning new skills and mastering them, whereas the player who lacks ambitions gives up and does not strive at all, but rather declines his level.

❖ **Question No. 9:** Did your skill performance improve as a result of your anxiety during competition?

The purpose of the question Find out if anxiety helps players improve their skill performance.

Table 9. Determines whether anxiety helps players improve their skill performance

Answer	Repetitions	%	Calculated K^2	Tabulated K^2	Df	Statistical significance
yes	11	36.66 %	0.6	5.99	2	not significant
no	8	26.66 %				
Sometimes	11	36.66 %				
Total	30	100 %				

Source: author, 2022

Analysis and discussion of the results:

According to the findings of Table No. 9, 36.66 percent of the players' anxiety contributes to improved skill performance, 26.33 percent of their anxiety does not contribute to improved skill performance, and 36.66 percent of the players occasionally worry about improving their skill performance. We

discovered that the calculated value of Ka_2 for the questionnaire phrase was estimated at 0.6 at the degree of freedom (02) and significance level (0.05), which is less than the tabular value estimated at 5.99, indicating that this statement is not statistically significant.

This is due to the level of anxiety felt by each player. As previously stated, the relationship between anxiety and skill performance is not a straight line, but rather a curved one. Performance gradually improves as athletes' anxiety levels rise to a certain point. If the anxiety level exceeds that, performance suffers and the level is reduced.

❖ **Question No. 10:** Is your anxiety assisting you in persevering until the end of the competition?

The purpose of the question See if anxiety motivates players to fight to the bitter end.

Table 10. Determines whether anxiety causes players to struggle until the end of the game

Answer	Repetitions	%	Calculated K^2	Tabulated K^2	Df	Statistical significance
yes	18	60 %	10.4	5.99	2	significance
no	4	13.34 %				
Sometimes	8	26.66 %				
Total	30	100 %				

Source: author, 2022

Analysis and discussion of the results:

We can see from the results of Table No. (10), that 60% of the players' anxiety helps them to struggle permanently until the end of the competition, 13.33% of the players' anxiety does not help them to struggle permanently until the end of the competition, and the remaining 26.66% of the players' anxiety sometimes helps them to struggle permanently until the end of the competition, and by calculating the value of Ka_2 for the questionnaire. We discovered that its calculated value was estimated at 10.4 at the degree of freedom (02) and level of significance (0.05), which is higher than its tabular value of 5.99, indicating that this phrase is statistically significant.



Sports competition anxiety and its effects on senior basketball players' skill performance (Case of study Annaba State basketball teams, over 21 years old)

6. Discussing the findings in relation to the study's hypotheses:

After emptying and presenting the questionnaire's content, we will discuss the results obtained in light of the hypotheses that we established, and in order to make the process more accurate and objective, we will try to summarize the answers from the players and coaches. This is what we will be exposed to by presenting the current study's findings in light of its hypothesis, attempting to draw broad conclusions as well as recommendations and suggestions in support of the current study:

6.1 Discussing the results with the first sub-hypothesis:

The second hypothesis says that competitive anxiety negatively affects the skill performance of basketball players. After analyzing the results of the first axis, especially question No. 1, the results were as follows:

According to motivation theory, many specialists believe that the relationship between anxiety and performance (motor skill) is not a straight line, but rather a curve, with performance improving gradually as anxiety levels rise among athletes until a certain point. If the anxiety level exceeds that, performance suffers and the level is reduced.

The results of question number three:

This is due to the players' skill performance during the matches, where frequent mistakes increase their level of anxiety and the players lose some self-confidence. This has a negative impact on their skill performance, and we can conclude that the second hypothesis has been met.

6.2 Discussing the findings in relation to the second sub-hypothesis:

According to the third hypothesis, competitive anxiety improves basketball players' skill performance. After analysing the results of the second axis, particularly question No. 7, the following conclusions were reached:

This is because of the human condition. He loves, desires, and aspires to success in a variety of ways, especially when the situation is sensitive, the anxiety is mild, and the person has not reached the level of rage, and we always say that a person who does not like success and winning is an exceptional person who may be mentally ill.

And here are the results of question number eight: Players who increase their focus understand the nature of their anxiety and have the ability to control themselves to use anxiety as a way and outlet to focus during matches, as opposed to other players who focus less during matches to understand what is going on. As a result, we can say that the third hypothesis has been confirmed.

6.3 Discuss the results with the general main hypothesis:

By discussing the two partial hypotheses (1) and (2), as well as statistically analysing the results of the questionnaire questions and checking the validity of

each statement and whether it answers the questions raised in the study problem, we can conclude that the hypothesis that states "the concern of sports competition greatly affects performance" is correct. Basketball players in the senior class have developed skills that can be relied on to provide answers to the study's questions.

7. CONCLUSION

Our goal in conducting this study was to highlight the importance of psychological aspects in the sports field because of their importance in advancing athletes' physical and skill levels in order to maximize results. In our study, we looked at one of these aspects, competitive anxiety, and how it affects basketball players' skill performance.

After conducting theoretical research, conducting a field study, and using questionnaires, we were able to prove the hypotheses presented at the start of the study: a high rate of competitive anxiety in the athlete causes a severe emotional response, resulting in his inability to play at a high skill level and thus negative adaptation, whereas a low percentage of competitive anxiety to moderate and ideal levels causes the athlete to positively adapt.

8. BibliographyList:

1. Al-Mandalawi et al, Q. (1999). *Tests and measurements in physical education and physical education*. Mosul: higher education printing.
2. Almubayadayn , M., & Easilat , M. (2018). The reality of sports competition anxiety and its relationship to achievement motivation among handball players in the fifteenth Asian Youth Championship. *Sports Creativity Journal*.
3. Fawzi , A. A. (2003). *Principles of sports psychology*. Cairo: Arab Thought House.
4. Hassan Allawi , M. (1987). *Skill and technical tests in the sports field*. Cairo: Arab Thought House.
5. Hassan Allawi , M. (1998). *The psychology of combustion for the athlete and coach*. Cairo: Book Center for Publishing.
6. Hassan, A. M. (1998). *Encyclopedia of Psychological Tests for Athletes*. Book Center for Publishing and Distribution: Cairo, Egypt.
7. Mrabet , M. (2022). The effect of using the reciprocal interconnection method in teaching the skills of chest passing, kicking and dribbling in basketball among middle school students. *Sports System Journl*.



Sports competition anxiety and its effects on senior basketball players' skill performance (Case of study Annaba State basketball teams, over 21 years old)

8. Mustafa , I. (2008). *Physiology of sports competition anxiety*. Sports World Publishing Corporation.
9. Qassar Mahi, & et al. (2021). The effect of relaxation training to reduce competition anxiety in freestyle swimming among the middle class. *Sports System Magazine*.
10. Talaat , M. (1998). *List of psychological stress*. Cairo: Anglo-Egyptian Library.
11. Zroati , R. (2007). *Training on the methodology of social scientific research*. Algeria.