

This is a comprehensive review that focuses on the complex association between anxiety and performance in sports literature traces from both Indian as well as international studies. Cognitive, somatic, trait and state anxiety are introduced as the predominant psychological aspects that directly determine athletes' performance results. Some of the key themes are related to sex differences in anxiety levels, role psychosocial interventions and influence of bio-psychosociocultural stress on Indian scenario. The article emphasizes that athletes performing poorly due to an inability to concentrate, lack of coordination and the absence of emotional regulation are some symptoms when anxiety is not being taken care of properly. On the other hand, interventions with organised psychological help, e.g. mindfulness, autogenic training and respiratory techniques lead to a higher mental robustness and competitive achievements. This review serves as a cornerstone for the development of athlete orientated mental health tactics within sports psychology.

Keywords: Anxiety, Athletic Performance, Psychological Intervention, Competitive Stress, Sports Psychology

takes are high for one's performance and results remain unpredictable (Debnath & Sharma,

bate symptoms of anxiety. Indian scholars have written that while cultural specific pressures is adding in the anxiety level, it's theatrical mode could not let player to focus on games (Hajam,

orary defenses against anxiety, but not maintain consistent performance. Mindfulness, cognitive-behavioral treatment and even formal sports psychology counseling are gradually

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finding acceptance in coaching programs—though access is confined to urban areas and elitist

Jadhav (2018) investigated the impact of pranayama on competitive anxiety in district level sports-person and found that the effects were both psychological and physiological. Following a month-long breathing exercise, athletes described enhanced self-awareness and reduced agitation. Daily breathing exercises may have benefits for competitive runners, too. The study found that athletes who learned daily breathing techniques ran better under time pressure.

Fernandes, Nunes, Raposo, Fernandes and Brustad (2019) studied the effect of cognitive anxiety on soccer players' in-game decisions. Anxious athletes performed more slowly and with far less dexterity in key high-pressure events. The study supports training the athletes to cope with anxiety in scenario-based exercises.

Mishra (2019) investigated the combined influence of academic stress and sports competition on anxiety among school level athletes. Students from private schools in urban area reported higher levels of anxiety relating to the issue of performance of performance pressure on academic and sports than their rural counterparts. Both balanced scheduling and parent-teacher-athlete meetings were recommended.

Roy (2019) investigated the impact of mindfulness training on anxiety level in national-level kabaddi players. Eight weeks following a training programme, participants experienced less stress and more concentration during matches. The study recommended mindfulness as a scalable, non-invasive intervention to promote mental health in sports.

Kumar (2020) investigated the impact of anxiety on shot accuracy with under-17 basketball players from Delhi. Regarding consistency of scoring, athletes with high anxiety showed lower results, particularly in the final quarters across games. Deep breathing and visualization exercises were recommended as fast habits to control in-game anxiety.

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Sharma and Chawla (2021) targeted on pre-competition anxiety in university athletes. Time reaction and confidence diminished because of inappropriate attitudes and lack in mental practice, as the research showed. It highlighted that mental warm-ups are as important as physical warm-ups prior to matches.

Gucciardi and Dimmock (2021) studied team norms and perceived judgment as anxiety triggers in collective sports. Athletes were under great pressure to perform with unclear or punishing expectations from the team. And the researchers recommended that coaches create a "supportive environment" to lower instances of mental blocks.

Nicholls, Taylor, Carroll, and Perry (2022), in a meta-analysis of world class sport psychology research, posited that acceptance and mindfulness-based techniques are more successful in lowering anxiety than forms of avoidance. Such technique enhanced emotional regulation and competitive performance of athletes in all sports.

Adhikari and Mukherjee (2022) discussed perfectionism as an antecedent of anxiety in athletes. The authors noted that athletes with excessive self-standards also tended to dwell on minor mistakes, which caused performance concerns and a loss of confidence. It suggested mental training strategies that promote acceptance and compassion toward oneself when faced with failure.

Hajam (2022) has identified various anxiety stressors amongst Indian adolescent athletes. Primary stressors were parental pressure, academic overload, unclear coach expectations. Prevalence of stage fright was higher before selection trials. The study recommended the inclusion of a sports counselling package as well as stress management workshops with organised provision.

Sharma (2022) studied the role of anxiety and other psychological variables on athletes in the high-stakes inter-university competitive scenario. High trait anxious athletes were poor performers, and less amenable to coaching. The research recommended that institutions should introduce measures to identify and help alleviate the performance-related stress suffered by these skaters, via ongoing evaluation and support of sports psychologists.

Singh (2023) investigated the psychological defense mechanisms, and performance anxiety. The research demonstrated that athletes coping strategies often involve avoidance, such as denial, which resulted in short term relief but at cost to long term focus and stamina. Singh

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pressed the need for providing healthy emotional outlets and incorporating psychological training in sports.

Gurjar and Solanki (2023) investigated the sports anxiety among male and female athletics players of Madhya Pradesh. Results indicated that female athletes exhibited greater levels of cognitive anxiety and, in contrast, males experienced more bodily symptoms such as muscle tension. The study called for the creation of gender-specific anxiety regulation interventions.

Debnath and Sharma (2024) investigated by the effect of autogenic training—a self-relaxation skill—on young athletes. They found that regular practices noticeably decreased physiological anxiety symptoms, such as increased heart rate and shallow breaths. Participants also described that they were able to get a better focus and emotional control at competitions.

Chavan (2024) presented a qualitative study on anxiety and stress in Indian athletes, indicating that those with psychological unpreparedness consistently under perform during competitions. The research concluded that self-critique and outside pressure leads to even more stress, which results in a loss of focus and energy. Psychological counseling and stress-relieving techniques were proposed as regular training.

Significance of the Study

ight also serve to increase athletic performance, lower psychological burnout and forge mental resilience – 3 factors very important for on-going sports exerting success and the general well-

1. **To examine** the existing body of national and international literature on the impact of anxiety—cognitive, somatic, trait, and state on athletic performance across various sports disciplines.
2. **To identify** common psychological patterns, coping strategies, and intervention methods that influence the performance outcomes of athletes experiencing anxiety.

H₁: Anxiety negatively influences athletic performance, with varying effects based on its type (trait/state; cognitive/somatic).

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H₂: The presence of structured psychological interventions in the reviewed studies correlates with better athletic performance outcomes among athletes facing anxiety.

into training and competition. Calloused palms don't clench as tightly, so it turns out that anxiety isn't simply a mental affliction — it's seminal to performance. They suggest the

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