

RELATIONSHIP AMONGST SPORTS CONFIDENCE AND SPORTS ANXIETY IN YOUNG ADULTS WITH COPING SKILLS AS MODERATOR

Syed Abis Ali

Well-being Counselor, Nixor College,
Karachi, Pakistan,
Email:jafriabisali@gmail.com

Dr. Noreen Jaffri

Assistant Professor, Institute of
Professional Psychology, Bahria
University, Karachi, Pakistan,
Email: noreenjaffri.ipp@bahria.edu.pk

Hira Abbas

Lecturer, Institute of Professional
Psychology, Bahria University,
Karachi, Pakistan,
Email: hiraabbas.ipp@bahria.edu.pk

ABSTRACT

This study investigated the relationship between sports anxiety and sports confidence among young adults, with coping skills as a moderating factor. A total of 280 participants of age 16-25 were assessed using The Sport Anxiety Scale-2 (Smith et al., 2006), The "Sources of Sport Confidence Inventory" (SSCI) is a tool designed by (R.S. Vealey et al., 1998), and The Athletic Coping Skills Inventory 28 ("ACSI-28"). Data analysis, conducted via SPSS, supported two of the three hypotheses. As results revealed that a weak and positive correlation exists between sports anxiety and sports confidence ($r = .08$), a weak negative correlation with sports anxiety ($r = -.27$), a moderate positive correlation between sports confidence and athletic coping ($r = .45$), and a significant moderately positive relationship between sports anxiety and sports confidence, with coping demonstrating a significant moderating effect ($p = .04$). These findings underscore the critical role of coping skills in managing sports anxiety and provide insights for mental health interventions and coaching strategies to support young athletes' development.

INTRODUCTION

In Pakistan, sports is one subject on which a whole generation can reunite, from children to adults to old citizens all can have a healthy conversation on sports.

Though the amount of anxiety the individual have to go through is beyond imaginable. As negligible importance is given to the mental peace of people indulging sports. With no sports psychologist allotted to them for their betterment though on the contrary any individual talking about mental health and its importance in our part of the world is unlooked and unheard. As anxiety being always there it not only causes a decrease in confidence but also hinders in the mind set of an individual on social level too. Though coping strategies and skills are useful tool to fight back with such anxiety but due to lack of focus only some if not all individuals have their coping skills strong. The following base is strongly established by the study conducted by (Mathur&Singh, 2024) as it looked upon the relationship between emotional intelligence and sports anxiety in athletes. It showed that performance has a huge impact in sports anxiety and identifying that coping skills such as positive self-talk is seen to be very beneficial in negating with the anxiety the athletes faces.

Another study that aimed reinforces the current study was done by (Gabrys & Wontorczyk, 2023) to identify factors influencing athlete's sensitivity to positive and negative supporter behaviors and their correlation with traits like anxiety and coping strategies. Its results showed that coping strategies such as coachability and confidence predicted sensitivity to positive behaviors, while fear of negative evaluation and worry predicted sensitivity to negative behaviors.

As per Sports insider, Sports anxiety is a multifaceted concept characterized by a negative emotional state triggered by physiological arousal. Despite its negative connotation, anxiety's influence on athletic performance can vary, with outcomes ranging from beneficial, detrimental, or neutral, contingent upon factors pertaining to both the athlete and the specific task at hand.

The study (Praveen et al., 2023) was conducted to investigate the relationship-between sports anxiety, emotional-intelligence and-quality of life among university athletes. Results showed that sports anxiety negatively effects quality of-life and-emotional intelligence positively affects quality of life. Emotional intelligence significantly predicts quality of life and sports anxiety inversely predicts-quality-of life among university athletes.

In order to excel in sports, athletes must prepare physically, technically, tactically, and mentally. Anxiety, a mental component of sports psychology, encompasses negative feelings like worry and tension, leading to decreased concentration and self-confidence. This study (Putrianingsih et al., 2024) aimed to assess the anxiety levels of female rugby athletes from DKI Jakarta prior to matches. Using a quantitative descriptive approach, data was collected from 15 athletes. Results indicate that 27% exhibited low anxiety, 60% moderate anxiety, and 13% high anxiety levels. Overall, DKI Jakarta's female rugby athletes generally lied into the moderate anxiety category before matches.

The (Mojtahedi et al., 2023) study examined competitive anxiety levels of combat sports athletes and determined whether self-reported scores were associated with mental toughness and Sportspersonship attitudes. A cross-sectional survey design was used whereby participants (N = 194) completed a battery of questionnaires measuring competitive combat sport experiences,

demographic details, Sportspersonship traits (compliance towards rules, respect for opponents, and game perspective), and competition anxiety (somatic, cognitive, and self-confidence; reported retrospectively). Results suggested that mentally tough athletes experience lower levels of cognitive and somatic anxiety, and higher self-confidence, prior to competitions. Findings also found that athletes endorsing more altruistic and respectful attitudes in sport (Sportspersonship) reported higher levels of competition anxiety.

Sports confidence, essentially, is synonymous with self-confidence, reflecting your belief in your capability to execute the physical skills or tasks demanded in your sport. While support from others may boost our confidence on occasion, it ultimately hinges on our own conviction in our abilities to deliver our best performance.

This research by (Scott & Punch, 2023) examined the experiences of elite-level bridge players through a phenomenological lens. The analysis of 52 interviews reveals the significance of kinesthetic sensations, physical presence in competition settings, and social interactions in shaping players' experiences. These insights suggest that mind sports involve complex sensory, emotional, and embodied elements, challenging conventional views and underscoring the role of physicality in these activities. Though

This study investigated (Comeig et al., 2016) how gender differences in the willingness to compete might contribute to the underrepresentation of women in high-ranking roles in fields like business, science, and politics. The research explored various conditions, including gender, that influence competition preferences and the decision to engage in competitive environments. Findings from economic experiments reveal that combinations of characteristics, rather than single factors, explain preferences for competition. Additionally, participation in competitive sports correlates with increased self-confidence and a greater willingness to engage in competitive settings. Notably, one Pathway to entering competition involves being a risk-averse woman with experience in competitive sports.

The methods a person uses to deal with stressful situations. These may help a person face a situation, take action, and be flexible and persistent in solving problems. Whereas in the following research this would imply on skills that a young adults use to deal with anxiety in sports. Endurance athletes face both physical and psychological stress during training and competition, which can harm performance and well-being if not managed properly. However, amateur endurance athletes have received limited attention regarding how they cope with this stress. This study (Rose et al., 2023) aimed to identify common coping patterns among amateur endurance athletes, explore how these coping patterns relate to well-being in sports, and understand the role of appraisals in this relationship. The study found five distinct coping profiles and showed that certain profiles, like Mixed Adaptive Coppers and Engaged Coppers, had higher levels of well-being. These results highlight the importance of having a variety of coping strategies to deal with different stressors in sports.

Concentration disruption involves, difficulties in focusing on task-relevant cues and thinking clearly in the competitive situation (Nideffer & Sagal, 2006).

Where as in Sports this Phenomena means the lack of focus and attentiveness during a provoking stations while indulging in the sporting activity.

The study by (McCarthy et al., 2013) examined how emotions, cognitive interference, concentration disruption, and performance relate in youth sports. In Study 1, 150 young athletes completed surveys after their latest competition, revealing that anxiety and dejection were linked to more interfering thoughts and greater concentration disruptions. Additionally, the impact of anger and happiness on interfering thoughts varied with the athletes' ages. Study 2 focused on 46 female rhythmic gymnasts, finding that pre-competition emotions weren't strongly tied to cognitive interference or concentration disruption. However, athletes reporting more escape-related thoughts during competition tended to have lower performance scores.

Concentration, (Oliver et al., 2020) defined as the ability to focus on the most relevant information, is a critical component of athletic performance. Effective concentration relies on athletes' awareness, understanding, and control of their attention. This can be facilitated through meta-attention, which involves reflecting on, understanding, and regulating attentional processes. Meta-attention sheds light on the cognitive mechanisms that guide focus. This study highlights the role of Think Aloud Level 3 as a tool for assessing meta-attentional processes during sports performance and discusses its practical implications for improving concentration through a metacognitive framework.

Research Objectives

To see the correlation between Sports Confidence and Sports Anxiety.

To see relationship between subscales of Concentration disruption and worry in sport.

To see relationship of moderation of coping skills between Sports Confidence and Sports Anxiety.

Research Questions

What is the relationship between Sports Confidence and sports anxiety?

What is the relationship between concentration disruption and worry?

What if the effect of Coping Skill as a moderator between Sports confidence and Sports Anxiety?

Significance of the Research

The reason behind executing the following study is due to the inefficient attention given to sports researches in Pakistan. With that the lack of focus on the wellbeing of a

sportsmen mental health is also a pivotal reason of conducting the research. The following study would be able to open doors to the fact that sports playing individuals face a

lot of anxiety with very less confidence in their ability subsequently leading to

lack of coping skills resulting into panicking to the pressure. The research would be a step up in creating awareness of mental health in the field of sports as well as establishing the impact of mentality in sports.

LITERATURE REVIEW

The research conducted by (Broa & Abellanos, 2023) aimed to see sports anxiety in athletes and their coping skill. The research was an online survey who were high school students. 101 participants filled the form and it was deduced that sports anxiety has so significant impact on coping skills of the athletes. Whereas athletes anxiety lid in the moderate range and their coping skills are high.

The research conducted by (Seemi et al., 2023) aimed to see the association of gender, parenting style, eating habit, and screen timing with the level of Anxiety among school-going adolescents in three peri-urban areas of Karachi, Pakistan. A total of 544 participants took part in the research and amongst them 33 percent of adolescents had moderate to severe Anxiety. The research findings suggest that several factors significantly correlate with anxiety and can detrimentally impact adolescents' mental well-being. These include parental rigor, engagement in video games, a sedentary way of life, and family members' smoking habits. It emphasizes the importance of early evaluation of children and adolescents to proactively address and prevent potential mental health concerns.

According to (Englert & Bertrams, 2012) sports performance under pressure of athletes can improve if they have good self-control strength as it would contribute in reducing state anxiety. The hypothesis of their study was that there is an interaction between state anxiety and self-control strength predicting sports performance. Two task used to check was basketball free throw and dart throwing task. Those people who had less self-control strength performed bad as their anxiety increased. Meanwhile there was no significant relationship between participants who had good self-control.

This study by (Festa & Ginsburg, 2011) aimed to expand understanding of social anxiety in youth by examining parental and peer factors. Involving 63 youth aged 7 to 12 and their parents; it found that higher levels of parental anxiety, rejection, and over control were linked to increased social anxiety. Conversely, greater social support, acceptance, and friendship quality were associated with lower social anxiety. Notably, parental anxiety and friendship quality were the strongest predictors of social anxiety symptoms assessed by an independent evaluator. Parental over control and perceived social acceptance emerged as the strongest predictors of social anxiety symptoms reported by the children themselves. These findings underscore the importance of addressing both parental anxiety and peer relationships in interventions targeting youth social anxiety.

The paper by (Barrios & Shigetomi, 1979) examines coping-skills training for anxiety management, covering techniques such as anxiety management training,

applied relaxation, cue- controlled relaxation, self-control desensitization, and self-statement modification. Despite flaws in many studies, these treatments were effective in reducing anxiety reactions specific to situations. However, mixed results were found for general- ized effects beyond the directly treated responses. Future research should focus on em- ploying sensitive-dependent measures, utilizing clinically anxious subjects, and investi- gating the preventive effects of coping-skills training.

They study of (Budnik-Przybylska et al., 2022) was to explore how temperamen- tal traits, general imagery use, and self-confidence in sports are interconnected. The study looked upon these variable with in team and individual sports, finding out that self- confidence has a huge role in sports involving individualism as compared to team sports. It also established that temperamental traits and general imagery forms self con- fidence in individuals. The study investigated (Mwangi et al., 2018) the origins of sport confidence among university athletes, proposing that demographic factors such as gender, academic level, sport type, and experience do not influence these origins. Through a cross- sectional approach involving 183 randomly selected athletes, data was collected. Results highlighted coaches' leadership, vicarious experience, mastery, and demonstration of ability as the most significant sources of sport confidence. Noteworthy differences were observed in certain sources of confidence based on gender, academic year, and playing experience.

The study done (Levy et al., 2011) was too see relationship between confidence and subjective performance with coping as mediator. The sample had 414 athletes and the study concluded that confidence positively correlated with subjective performance

with partial mediation from coping. Furthermore task orientated coping had a positive impact whereas disengagement orientated coping had negative impact. The research conducted by (Crawford et al., 1999) aimed to explore how self-concept, social support, and coping mechanisms influence performance in competitive swimming. Analyzing 272 swimmers at the Australian Age National Championships, it distinguished between three performance outcomes: initially successful, resilient (initial failure followed by success), and non-resilient (failure after initial failure). Results re- vealed that resilient performers displayed higher self-perceptions of physical endurance but lower perceptions of social support. Initially successful performers scored higher on coping with adversity and peaking under pressure. This highlights the significance of psychological factors such as self-concept, coping skills, and independence from social support in determining swimming performance.

(Martínez-Gallego et al., 2022) did a study on under 12 till under 18 tennis players on pre and post competitive anxiety. The data was collected during an official tennis tournament the players had to participate in. the females were tend to have more state anxiety as compare to the males however before the match not a lot of trait anxiety was seen in either males or females participating in the study. The study suggested that ade- quate on and off individualized intervention should be given to these players by coaches and sports psychologist to help them deal better with anxiety.

The study conducted by (Cosma et al., 2020) aimed to see the linkage between performance and coping strategies used by Volleyball and handball players. The study used the athletic coping skills inventory (ASCI-28). The study showed that male players were more ready and resilient in coping up with troubled which showed that males had more confidence on their abilities than female handball and volleyball players. The most used strategy was freedom of worry and coach ability, whilst least was peaking under pressure.

Research by (O'Rourke et al., 2018) investigated how executive function, coping strategies, and anxiety are interconnected among 210 emerging adults, primarily focusing on the relationship between executive function and coping methods, and how these coping strategies might influence anxiety levels. Findings suggest that executive function impairment correlates with increased use of disengagement and emotion-focused coping strategies. Both executive function dysfunction and disengagement coping are linked to higher levels of anxiety. Additionally, emotion-focused coping and disengagement coping play a moderating role in the relationship between executive function impairment and anxiety.

(Anshel et al, 2002) examined how skilled table tennis players employ coping strategies in response to performance-related stress. Australian male players, aged 19 to 35, participated in hitting automatically projected table tennis balls. Results showed significant correlations between athletes' coping styles and strategies, with approach coping linked to increased negative affect. Approach coping predicted performance on the initial 20 trials, while a mix of positive and negative affect, along with avoidance coping, predicted performance on the subsequent 30 trials. The findings suggest the relevance of approach and avoidance coping frameworks in understanding coping processes in sports, with implications for enhancing coping effectiveness.

The study conducted by (Ntoumanis & Biddle, 2000) had the purpose to see the how much different coping is used by British athletes with level of anxiety increasing. Results showed that perceptions of facilitative cognitive anxiety were associated with the use of problem-focused coping strategies. High levels of cognitive anxiety intensity were linked to both emotion-focused coping and avoidance coping. Regarding somatic anxiety, an interaction between intensity and direction dimensions was observed; high anxiety intensity led to different coping strategies based on whether somatic anxiety was viewed as facilitative or debilitating

THEORETICAL FRAMEWORK

Processing Efficiency Theory

Processing efficiency theory (Eysenck & Calvo, 1992) states that worry causes a reduction in the storage and processing capacity of the working memory system available for a concurrent task and an increment in on-task effort and activities designed to improve performance. This gives the way to the point that anxiety leads to major impact on processing efficiency of the individual causing him to react in negative ways.

Yerkes and Dodson Law

However anxiety of some level is better than too much or too little of anxiety as suggested by the Yerkes Dodson Law (Yerkes & Dodson, 1908). This law gives way to the point that not all anxiety is bad, in hindsight some level of anxiety is better to perform at optimal level.

Choking

Under extreme pressure and in situations perceived as important, athletes may perform worse than expected. This is known as choking and is typically caused by being overly anxious (Kremer et al., 2019).

Health Theory of Coping

Health theory of coping (Stallman, 2020), states that whether an individual uses a healthy or unhealthy coping mechanism it does tend to reduce distress in an individual. It further on establishes that healthy coping styles can involve self-talk, social supports or distracting techniques. Whereas unhealthy possess of self-harm, negative affirmations towards oneself or even suicidal ideations.

Lazarus coping Model

The coping model suggested by (Lazarus & Folkman, 1984) consisted of 2 domains in which an individual would go for while being in a stressful situation. The domains are either of Problem based coping or emotional based coping. With problem base solving having strategies like delegating the task, looking for action plan or facing the task just like Health Coping theory.

(Stallman, 2020). Whereas emotion based consist of positive affirmations, social support or the coping could go towards the unhealthy mechanisms similarly like (Stallman, 2020) theory.

Reversal Theory

Reversal theory of Apter states that the motivational level and behavior of a human keeps on changing on basis of situation and behavior. Meanwhile the following theory (Apter, 1970) in sports refers to that moment to moment an athlete behavior and motivational level changes through which state he is going through. Adding on the athlete being able to handle the situation is able to perform the right act and inability to interpret the arousal in negative manner results in the wrong decision.

Vealy Model

A theory of achievement motivation based on the concept of sport confidence (Vealy model 1986). It suggests that an athlete who is successful in one sport, thereby enjoys a general feeling of sport confidence that he or she will be able to transfer to new sport situations. The theory predicts that an athlete will develop self-confidence as he or she experiences task mastery and an expectation of success.

Vealy model 1986 states that sports confidence is acquired through mastery in task and expectation of success linking it with Eysneck's Processing Efficiency

Theory and Kremers choking would establish the concept of anxiety as if there is some anxiety the performance would be suffice hence otherwise the anxiety would lead to choking which is bad performance in simple terms. Whereas Lazaraus coping model indicates the usage of either problem or emotional based coping supporting in tackling with anxiety and helping to achieve performance and confidence.

METHOD

Research Design

The current study is quantitative correlational survey. The objective of the research is to see the relationship between Sports Confidence and Sports Anxiety with Coping Skills as moderator.

Participants

The participants would be Young Adults aging 16-25 playing sports of their liking for about a year (12 months). The participants would be selected through purposive sampling. Whereas the sample size of the study will be N=280 participants.

Procedure

The permission from the authors was taken to utilize their scales in the research conducted. After this research was carried out with the permission letter being issued by The Institute of Professional Psychology to collect data. All the participants were briefed about the aim and purpose of the study. At first a consent form was given to the participants followed by a demographic form. Furthermore, three self-report questionnaire were given to the participants. The two scales Sports anxiety scale (SAS) and Athletic Coping Skills Inventory (ASCI-28) and Sources of Sports Confidence Questionnaire. The participants were ensured that their confidentiality will be maintained and all data would be discreet. The scales were scored as guided by the authors and then the results were computed into SPSS-23. For demographic variables, descriptive statistics was used. Pearson correlation was applied to examine the relationship between coping skills and sports Anxiety to see its significance.

DATA ANALYSIS

Table 1

Percentages and frequencies of demographic variables of participants (N = 280)

Variables	f	%age
Age		
16	38	13.6
17	48	17.1
18	37	13.2
19	22	7.9
20	43	15.4

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21	24	8.6
22	18	6.4
23	16	5.7
24	17	6.1
25	17	6.1
Gender		
Male	188	67.1
Female	91	32.5
Missing	1	.4
Class		
O-Level/Matric	20	7.1
A-Level/ Intermediate	192	68.6
Graduate	68	24.3
Relationship Status		
Single	258	92.1
Commerce	14	5.0
Married	7	.4
Missing	1	.4
Socio-Economic Status		
Upper Class	10	(3.6)
Middle Class	145	51.8
Upper Middle Class	112	40.0
Lower Middle Class	11	3.9
Missing	2	.7

Note: f = Frequency, % = Percentage

Table 1 shows the frequencies and percentages of the demographic variables of the participants. Includes their age, gender, Relationship Status, Socio Economic Status Sports and number of matches. The study aimed to target the true representative sample of the population.

Table 2

Pearson Correlation among Variables

Variables	ANX	SC	AC	CON	CD
ANX	-	.080	-.279**		
SC		-	.450**		
AC			-		
CON				-.065	
CD					-.065

Note: **. Correlation is significant at the 0.01 level (2-tailed)

The table above reveals several notable relationships among the variables. A weak and positive correlation exists between sports anxiety and sports confidence ($r =$

.08), which is statistically insignificant, and a similarly weak and insignificant correlation is observed between concentration disruption and concentration ($r = .08$).

In contrast, significant relationships are found involving athletic coping, as it shows a weak negative correlation with sports anxiety ($r = -.27$), indicating that better coping is associated with reduced anxiety. Additionally, there is a moderate positive correlation between sports confidence and athletic coping ($r = .45$), suggesting that enhanced coping skills are linked to higher confidence levels in athletes. These findings highlight the complex interplay between coping, anxiety, and confidence in sports settings.

Table 3

The moderating role of Athletic Coping in the relationship between sports anxiety and self-confidence (N = 280)

Variables	R	R ²	F	ΔR^2	p	β	95% CI	
							LL	UL
	.4149	.1721	18.9912	.0452	.0001			
S Conf	.1996				.0001	.1996	.1219	.2772
Cop skills					.0427	.3579	.0119	.7040

Note: B=Unstandardized Coefficients, p-value (Sig.), R²= coefficient of determination, F=statistics, ΔR^2 = Regression

The table presents the results of the moderation analysis, indicating a significant relationship between coping and its role as a moderator, with a p-value of 0.04. Additionally, coping skills were found to account for 4.5% of the variance in anxiety, as demonstrated in the table.

DISCUSSION

Confidence does tend to relate with performance level suggesting that the more the confidence the less a performing error is done by an athlete (Levy et al., 2011) supporting the moderation effect regardless having partial significance but it coping does moderate the level of confidence and anxiety. (Cosma et al., 2020) establishes the same concept of having a good confidence on the self-results in strong coping helping in tackling performance. Both Levy et al., 2011) (Cosma et al., 2020) showing that confidence subsequently effects the anxiety level of a athlete whereas coping is a pivotal factor in constructing confidence to begin with which further on impacts the anxiety level of an athlete.

The use of coping is a very basic and general phenomena and (Arnold et al., 2017) also looked upon the use of coping to see its effect on stressing factor; be it positive or negative emotions. The coping methods use by them to tackle these two types of emotions proved to be beneficial for them and had its impact

on their performance and stressors, having said that be it partial or significant coping will have a role to play in confidence building leading to deal with anxiety as proposed in the hypothesis.

(Nicholls et al., 2007) study also examined the affectivity of coping and the most amount of stressors were in team dynamics and its culture with coping having its partial moderating role in decreasing these negative emotions. It is also to be discussed that pri- or literature.

Whereas further on the coping through concentration was also seen to have a negative correlation strengthening the coping of this participants to be strong enough to tackle it with negative concentration disruption seen in the sports anxiety. (Vîslă et al., 2021) talks about how negativity flows in the mind when an individual is worried where as if a positive thought is in the mind it helps in decreasing the worry establishing a how concentration and looking at something good results in a decrease. This method also suggest that coping through positive patterns tends to decrease anxiety or nervous- ness as a whole too.

Moreover the relationship between anxiety and confidence was a moderate (see table 3.4) one. This indicates there is little connection of the both variables amongst each other. This may be due to the coping being present for the participants making anxiety manageable and confidence being not seen with anxiety. Though self-confidence and athletic coping styles have a moderate relationship. The study of (Cresswell & Hodge, 2004) also strengthens that confidence and coping are associated with each other to create an substantial impact on an individual's performance which could be seen here too. This supports the decreasing of anxiety and also establishes the concept of confidence and coping going hand to hand with each other as many a times it is seen that lack of confidence creates a disruption in the mind and impacts the efficacy of an individuals ability to play a sport. However here the inverse relation (see) and moderate relation of confidence and coping shows that the confidence actually helps a individual in performing better in their sports of choice. (Crawford et al., 1999) research also stated that athletes with good self-perception and coping tend to perform better than individuals who lack that.

The (Crawford et al., 1999) also gives higher importance to social support and (Pluhar, 2019) also laid emphasis on team sports having better performance and managing anxiety than team sports. Further on the subscale scores of Social support from confidence questioner also suggested that individuals do give specific attention to peers and their presence. This could be analyzed in depth through qualitative study methods for more depth and strength to be established. One more reason of the moderation not coming significant is the depth of type of coping () talked about in their research that athletes vary which is very divisive. Whereas the athletic coping is more constructed and merged together thus having a potential impact on no moderation occurring in between the variables.

The results indicate (see table 3) that the level of anxiety in these players is inversely related with the coping mechanisms used by them. This indicates that the individuals have great sense of resources to be used to tackle with such situations. Confirming the hypothesis as well getting its backing from (Broa &

Abellanos, 2023) research showing a similar pattern to what the results indicate. The following after math must have occurred due to a rise in mental wellbeing awareness in our country resulting into helping these individuals coping up with the negative emotions they might face while playing their particular sport. Apart from that another factor effecting which may have contributed is the passion of sports here in Pakistan. In our part of the country individuals follow sports blindly the overall passion would have resulted in making them cope up from their short comings resulting into helping them cope up. Though anxiety does play a factor in effecting an individual's performance as stated by the (Bukhari et al., 2021) research with performance being effected. Though if coping would be there the performance level as well anxiety level would be varying which is exactly the case in the results of this research as the negative correlation shows that the participants have a good coping mechanism resulting into a lower level of anxiety. (Dias et al., 2012) study also found an inverse relation between competitive anxiety and problem focused coping techniques, suggesting and strengthening the significance of the finding. Another factor that could be responsible for the inverse relation between the moderator and the other variable is that there might be multiple moderators that are impacting the effect on the confidence and anxiety. Coping is just one of them, which only explains a small proportion of the variability which occurred. Other factors could include team dynamics, styles of coping in depth and role of management or leadership. All these factors can also lead up to having a variable effect on the results provided if they were looked into. These factors could be considered for future researches and implications as well.

Conclusion

The research highlights the moderating role of Coping in the relationship between Confidence and Anxiety among University Students

The result highlights the positive and significant moderating effect of athletic coping on Sports anxiety and Sports Confidence among Young adults Students. Conclusions also show the weak relationship between Sports anxiety and coping skills. However it shows moderately positive relationship amongst the sports confidence and athletic coping skills.

Apart from the main finding, another key finding revealed that there is a weak negative correlation between Sports Anxiety and Athletic Coping Skills, indicating an inverse relationship between the two variables.

Further research is essential to explore the influence of various Coping Styles and gender differences on the relationship between Confidence, Anxiety, and Coping. A more comprehensive analysis of how these variables interact could provide deeper insights. Additionally, future studies should consider examining potential mediators that may help to clarify the underlying mechanisms at play in this relationship, offering a more nuanced understanding of how Coping styles and gender dynamics impact the roles of Confidence and Anxiety in academic and sports contexts. This exploration would contribute to enhancing practical applications in the field.

Implications

The study would help in promoting the mental wellbeing of the sports playing individuals in Pakistan as this topic is hardly talked upon and paid attention too. The research would help in breaking the stigma and taboo attached to mental health.

The study would help in intervention planning to deal with the anxiety during performances in sports helping them cater their deficit and get fitter mentally. Proper intervention plans would only assist in making the individuals more strong in performing their art. The rectification of anxiety and lack of coping would be a huge help to the coaching and managerial staff involved in training of the sports. Knowing the lack of coping strategies and presence of anxiety in a sportsman would be a very good tool to help the coaches manage the player as well as take the decision of the players role in the team.

The study would also give rise to mental fatigues and barriers that hinder a sports performer's performance as mainly the world of sports look at physical injuries and deficits as a huge obstacle in performing at the ground. Whereas terms as anxiety and confidence are hardly looked at thus the research being conducted would help in reinstating the mental aspects of sports.

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