

Public Abstract

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Influences of Anxiety on Golf Performance: A Field Test of Catastrophe Theory

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The purpose of this study was to test the basic tenets of Fazy and Hardy's (1988) catastrophe model. Specifically, the purpose was to examine the interaction effects of cognitive anxiety (worry) and physiological arousal (activation) on golf performance. Four amateur golfers were tested using the Sport Grid-Revised (Ward & Cox, 2001) in competitive play. Physiological arousal and cognitive anxiety ratings as well as performance measures were collected prior to each golf shot taken in four competitive rounds for each of the participants. Multiple regression procedures were utilized to analyze the data.

In the linear analyses of all participants, it can be observed that Wor has a significant negative effect on golf performance. This would lead to support of Martens' et al. (1990) multidimensional theory

No evidence for catastrophe theory was observed in the analyses of the full model of all participants. In order for catastrophe theory to be supported, a significant quadratic relationship between activation (Act) and performance must be observed and a significant interaction between Act and Wor (Act/Wor). Further research is encouraged utilizing the Sport Grid-R and more thorough training with the participants on its usage.