



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season

El papel mediador de la autoconfianza deportiva en la relación entre la ansiedad deportiva y el rendimiento deportivo percibido de atletas universitarios SUC-3 durante la temporada

Emilio Cruz*

¹ College of Sports, Exercise and Recreation, Bulacan State University, Malolos, Philippines

*Corresponding author: Emilio Cruz, emilio.cruz@bulsu.edu.ph

Editorial schedule: Article received 17/04/2026 Accepted: 20/06/2026 Published: 01/08/2026

<https://doi.org/10.55040/mf5ctz50>

To cite this article use the following reference:

Cruz, E. (2026). The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season. *Sportis Sci J*, 12 (4), 1-28 <https://doi.org/10.55040/mf5ctz50>

Author contribution: The author has made all contributions to the development of the article

Funding: The research did not obtain public or private funding.

Conflict of interest: The author declares that he has no conflict of interest.

Ethical aspects: Ethics protocols were followed in educational research



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

Abstract

Competitive sport environments expose athletes to psychological pressures that influence performance, particularly through the interaction of sports anxiety and sports self-confidence. Understanding these dynamics during the in-season is critical for optimizing athlete outcomes and performance consistency. This study aimed to determine the levels of sports anxiety, sports self-confidence, and perceived sports performance; examine sex differences; and test the direct and mediating relationships among these variables. A quantitative cross-sectional correlational–mediation design was employed involving 106 collegiate student-athletes (61 females, 45 males). Data were collected using standardized instruments and analyzed using regression-based mediation analysis with the Sobel test. Results indicated that athletes exhibited varying levels of sports anxiety, sports self-confidence, and perceived sports performance. Significant sex differences were observed, with females reporting higher cognitive anxiety ($M = 3.27$, $SD = 0.60$) than males ($M = 2.76$, $SD = 0.81$; $p = .001$). In contrast, males demonstrated higher sports self-confidence ($M = 7.19$, $SD = 1.48$ vs. 6.59 , $SD = 1.40$; $p = .016$) and perceived sports performance ($M = 7.86$, $SD = 1.70$ vs. 7.10 , $SD = 1.91$; $p = .045$). Regression analyses revealed that sports anxiety significantly and negatively predicted sports self-confidence ($B = -0.5245$, $p = .014$), while sports self-confidence significantly and positively predicted perceived sports performance ($B = 0.8967$, $p < .001$). Sports anxiety did not directly predict perceived performance ($p = .181$), but a significant indirect effect was observed, indicating mediation. These findings highlight sports self-confidence as a key psychological mechanism linking anxiety and performance, emphasizing the importance of confidence-based interventions to enhance athlete performance under competitive conditions.

Keywords: competitive anxiety; sport confidence; perceived performance; collegiate athletes; in-season performance

Resumen

Los entornos deportivos competitivos exponen a los atletas a presiones psicológicas que influyen en el rendimiento, particularmente a través de la interacción entre la ansiedad deportiva y la autoconfianza deportiva. Comprender estas dinámicas durante la temporada competitiva es fundamental para optimizar los resultados y la consistencia del rendimiento. Este estudio tuvo como objetivo determinar los niveles de ansiedad deportiva, autoconfianza deportiva y rendimiento deportivo percibido; examinar las diferencias por sexo; y analizar las relaciones directas y mediadoras entre estas variables. Se empleó un diseño cuantitativo, transversal, correlacional con análisis de mediación, con la participación de 106 atletas universitarios (61 mujeres y 45 hombres). Los datos se recolectaron mediante instrumentos estandarizados y se analizaron mediante análisis de regresión con prueba de Sobel. Los resultados indicaron que los atletas presentaron niveles variables de ansiedad deportiva, autoconfianza y rendimiento percibido. Se observaron diferencias significativas por sexo, donde las mujeres reportaron mayor ansiedad cognitiva ($M = 3.27$, $DE = 0.60$) que los hombres ($M = 2.76$, $DE = 0.81$; $p = .001$). En contraste, los hombres mostraron mayor autoconfianza deportiva ($M = 7.19$, $DE = 1.48$ frente a 6.59 , $DE = 1.40$; $p = .016$) y mayor rendimiento percibido ($M = 7.86$, $DE = 1.70$ frente a 7.10 , $DE = 1.91$; $p = .045$). Los análisis de regresión revelaron que la ansiedad deportiva predijo negativamente la autoconfianza ($B = -0.5245$, $p = .014$),



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n.º 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

mientras que la autoconfianza predijo positivamente el rendimiento percibido ($B = 0.8967$, $p < .001$). La ansiedad no predijo directamente el rendimiento ($p = .181$), pero se observó un efecto indirecto significativo, evidenciando mediación. Estos hallazgos destacan la autoconfianza como un mecanismo psicológico clave que vincula la ansiedad con el rendimiento, subrayando la importancia de intervenciones centradas en la confianza para mejorar el rendimiento Deportivo.

Keywords: ansiedad competitiva; autoconfianza deportiva; rendimiento percibido; atletas universitarios; rendimiento en temporada.

Introduction

Sport Anxiety, Self-Confidence, and Performance in Competitive Sport

Competitive sport environments expose athletes to sustained psychological pressure, particularly during periods of heightened evaluative demand such as the competitive or in-season phase. Among the psychological variables most consistently linked to athletic functioning are sports anxiety, sports self-confidence, and sports performance, which collectively shape how athletes interpret pressure, regulate emotions, and execute skills under competitive conditions. Sport psychology research increasingly suggests that self-confidence plays a pivotal role in determining whether anxiety functions as a performance-impairing barrier or a manageable source of activation. Athletes with higher self-confidence are more likely to interpret anxiety symptoms as indicators of readiness and challenge, thereby preserving attentional control, decision-making quality, and motor execution under pressure. Conversely, low self-confidence tends to magnify the detrimental effects of anxiety, increasing self-doubt and disrupting coordination and timing, ultimately impairing performance. Thus, confidence does not eliminate anxiety; rather, it reshapes its influence by buffering its negative effects during competition.

Conceptualization of Sports Self-Confidence, Anxiety, and Performance

In sport psychology, self-confidence is defined as an athlete's belief in their capacity to successfully perform desired behaviors or achieve a particular level of performance. It is conceptualized as either a relatively stable disposition (trait confidence) or a situation-specific, momentary belief (state confidence), and encompasses confidence in physical skills, cognitive efficiency, and psychological resilience (Lochbaum et al., 2022). In the Philippine context, this definition is largely retained and frequently



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

operationalized as self-efficacy or sport confidence, with empirical evidence indicating that higher confidence is associated with improved shot success, perceived performance, and overall athletic effectiveness. Local studies further identify mastery experiences, physiological states, coach leadership, social support, and environmental comfort as salient sources of confidence among student-athletes (A. Peralta et al., 2024; Jekauc et al., 2025).

Sport anxiety is defined as an unpleasant psychological state arising from perceived stress and evaluative pressure in sport, characterized by cognitive components such as worry and negative expectations and somatic components such as heightened physiological arousal, and manifesting as either trait or state anxiety before, during, or after performance situations (Beenen et al., 2025; Ford et al., 2017). Philippine research adopting this framework indicates that cognitive anxiety and low self-confidence are particularly salient among high school and collegiate athletes, with anxiety commonly linked to competitive pressure and performance expectations.

Sports performance refers to the execution and outcomes of sport-related tasks shaped by interacting physiological, biomechanical, psychological, and environmental factors. In sport psychology research, performance is commonly operationalized not only through objective indicators such as rankings or scores but also through perceived performance, which reflects athletes' self-evaluations of effectiveness under competitive conditions. Perceived performance is theoretically meaningful because athletes' self-assessments directly influence confidence regulation, anxiety appraisal, and subsequent performance-related behaviors.

Sex comparison on Sports Self-Confidence, Anxiety, and Performance

Research in sport psychology consistently shows gender differences in sports anxiety, self-confidence, and perceived performance. Female athletes generally report higher competitive and sport anxiety, particularly cognitive anxiety and somatic symptoms, across sports and competitive levels, whereas male athletes tend to report lower **anxiety** (Brandão & Amaro, 2023; Correia & Rosado, 2019; Fradejas & Espada-Mateos, 2018). In contrast, male athletes typically report higher sport self-confidence, especially in stress control and performance evaluation contexts, while females often report lower confidence or greater sensitivity to evaluative pressure, though exceptions

Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n.º 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

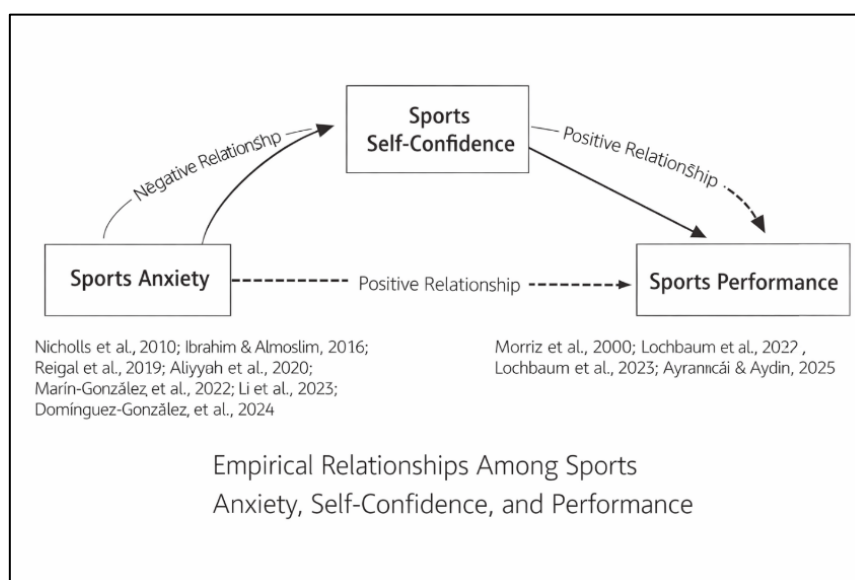
exist in certain collegiate samples (Brandão & Amaro, 2023; Fradejas & Espada-Mateos, 2018). These anxiety–confidence patterns are reflected in perceived performance, with higher anxiety and lower confidence among female athletes associated with more negative self-evaluations of performance, and experimental evidence showing that performance quality is often rated higher when athletes are identified as male, indicating the role of gender stereotypes (Gomez-Gonzalez et al., 2024). Nevertheless, psychological skills such as imagery and mental toughness may yield stronger performance benefits for female athletes, suggesting that enhancing confidence-related resources can substantially improve outcomes (Trbojević & Petrović, 2021; Yarayan et al., 2024).

Empirical and Theoretical Basis for a Mediation Model

Empirical evidence consistently supports the individual pathways among sports anxiety, self-confidence, and performance. Across diverse sports and competitive levels, higher sports anxiety is associated with lower sports self-confidence and self-efficacy, while interventions that reduce anxiety frequently result in increases in confidence (Aliyyah et al., 2020; Domínguez-González et al., 2024; Mercader-Rubio et al., 2023; Nicholls et al., 2010; Reigal et al., 2019). Meta-analytic findings further demonstrate that sports self-confidence and self-efficacy are robust predictors of sports performance, particularly when efficacy beliefs are task-specific and assessed proximal to **competition** (Ayranci & Aydin, 2025; Lochbaum et al., 2022, 2023). Research also supports a direct relationship between sports anxiety and performance, with higher competitive anxiety—especially cognitive anxiety—generally associated with poorer performance, although somatic anxiety may follow non-linear or optimal-zone patterns (Craft et al., 2003; Parfitt & Pates, 1999). In figure 1, the study uses the conceptual framework generated thorough empirical data presented.

Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
 . Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

Figure 1. Conceptual framework of the study



Note. The conceptual framework was crafted to the assistance of ChatGPT 5.2

Several core sport psychology theories converge in positioning self-confidence as the psychological mechanism linking anxiety and performance. Self-Efficacy Theory proposes that confidence enhances effort, persistence, and emotional regulation under stress, thereby reducing the performance-impairing effects of anxiety (Ahmad & Hussain, 2024; Besharat & Pourbohloul, 2011; Jekauc et al., 2025). Vealey's Sport-Confidence Model explicitly conceptualizes confidence as an intervening variable that shapes affective responses such as anxiety and subsequent performance outcomes (Chun et al., 2022). Complementary perspectives from Self-Determination Theory and control-coping frameworks further emphasize perceived competence and control as key determinants of whether anxiety is experienced as facilitative or debilitative (Ong & Chua, 2021; Pineda-Espejel et al., 2021).

Research Gap and Purpose of the Study

Despite strong theoretical and empirical foundations, direct mediation evidence positioning sports self-confidence as the mechanism linking sports anxiety and perceived sports performance remains limited, particularly in Philippine collegiate sport contexts. Existing studies more frequently conceptualize confidence as a moderator rather than as a mediator, leaving insufficient empirical testing of indirect pathways through which anxiety influences performance outcomes. Moreover, much of the literature focuses on



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

pre-competition or isolated events, with comparatively little attention to sustained in-season contexts where cumulative competitive and academic stressors may intensify anxiety and alter confidence formation. Guided by established sport psychology theories, the present study addresses these gaps by examining sports self-confidence as a mediator in the relationship between sports anxiety and perceived sports performance.

Objectives of the Study

The study aims to:

1. Determine the levels of sports anxiety, sports self-confidence, and perceived sports performance.
2. Compare male and female respondents in terms of sports anxiety, sports self-confidence, and perceived sports performance.
3. Examine the influence of sports anxiety on sports self-confidence.
4. Examine the influence of sports self-confidence on perceived sports performance.
5. Assess the influence of sports anxiety on perceived sports performance.
6. Determine whether sports self-confidence mediates the relationship between sports anxiety and perceived sports performance.

Research Hypotheses

H1. Sports anxiety has a significant negative effect on sports self-confidence.

H2. Sports self-confidence has a significant positive effect on perceived sports performance.

H3. Sports anxiety has a significant negative effect on perceived sports performance.

H4. Sports self-confidence significantly mediates the relationship between sports anxiety and perceived sports performance.

Materials and Methods

Research Design

The study employed a quantitative, correlational–mediation research design to examine the indirect relationship between sports anxiety and perceived sports performance through sports self-confidence among SUC-3 (State Universities and Colleges–Region III) student-athletes during the in-season. This design was deemed appropriate for testing mediation mechanisms and determining whether sports self-



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

confidence functioned as a psychological pathway through which sports anxiety influenced perceived sports performance, rather than establishing causal relationships. A cross-sectional survey design was utilized, with data collected at a single point during the competitive season, allowing for the assessment of concurrent associations among sports anxiety, sports self-confidence, and perceived sports performance under active competitive conditions. Mediation analysis was conducted to evaluate the significance of the indirect effect of sports anxiety on perceived sports performance via sports self-confidence. The Sobel test was employed to determine whether the indirect pathway was statistically significant by examining the ratio of the product of the relevant path coefficients to their standard errors. This analytical approach provided a rigorous and parsimonious method for assessing the mediating role of sports self-confidence within the proposed anxiety–confidence–performance framework.

Respondents

The study involved undergraduate student-athletes enrolled at a State University and College (SUC-3) in Region III, Philippines, during the second semester of Academic Year 2025–2026, coinciding with the in-season competitive period. To ensure methodological rigor and alignment with the research objectives, specific inclusion and exclusion criteria were applied.

The inclusion criteria required that participants:

- (1) were aged 18 years and above;
- (2) were currently enrolled undergraduate students at the SUC-3 institution;
- (3) were officially registered or recognized student-athletes representing their college, department, or university team; and
- (4) were actively participating in training and competition during the in-season.

The exclusion criteria omitted:

- (1) non-athletes or students not engaged in organized competitive sport during the data collection period; and
- (2) students who were injured, inactive, or not participating in competitions during the in-season.

Participants were withdrawn from the study under any of the following conditions:

- (1) voluntary withdrawal at any point during data collection without providing a reason;



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

- (2) incomplete or substantially missing responses in any of the key study instruments measuring sports anxiety, sports self-confidence, or perceived sports performance;
- (3) failure to meet the inclusion criteria upon verification (e.g., not actively participating as a student-athlete during the in-season); or
- (4) submission of responses that exhibited clear response bias or patterned answering (e.g., straight-lining), which could compromise data quality.

A convenience sampling technique was employed to efficiently reach eligible student-athletes who were actively training and competing during the season. Recruitment was conducted by distributing the Google Forms questionnaire link through the group chats of respective sports teams. Participation was voluntary, and anonymity was strictly maintained; coaches were not informed of who participated, as identifying information such as names, academic programs, and email addresses was not collected. Prior to participation, respondents were fully informed of the study's purpose, procedures, voluntary nature, and their right to withdraw at any time without penalty, in accordance with the ethical principle of autonomy.

Sample Size Determination

An a priori power analysis was conducted using G*Power version 3.1 (Faul et al., 2009) to estimate the minimum sample size required to detect statistically meaningful effects. The analysis was based on a multiple linear regression model within a mediation framework, with sports anxiety specified as the independent variable, sports self-confidence as the mediating variable, and perceived sports performance as the outcome variable. Assuming a two-tailed test, a large effect size ($f^2 = 0.30$), a significance level of $\alpha = 0.05$, and a desired statistical power of $(1 - \beta) = 0.95$, the minimum required sample size was estimated at 43 participants.

To improve the stability, robustness, and generalizability of the mediation analyses—particularly in light of planned sex-based comparisons—the study targeted a higher sample size. A total of 106 participants were included in the study, consisting of 61 females and 45 males, which substantially exceeded the minimum required sample size. This larger sample provided statistical power well above 0.95, ensuring sufficient sensitivity to detect both direct and indirect effects within the proposed sports anxiety–self-confidence–performance model.



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

Table 1 presents the demographic profile of the 106 participants, with females (n = 61) and males (n = 45). Male participants were slightly older (M = 20.04, SD = 1.82) than females (M = 19.43, SD = 1.28). As expected, males exhibited higher mean height (M = 168.39 cm, SD = 8.52) and weight (M = 63.39 kg, SD = 12.01) compared to females (Height: M = 159.12 cm, SD = 9.55; Weight: M = 53.31 kg, SD = 10.46), reflecting typical sex-based anthropometric differences.

Table 1. *Descriptive Statistics of Age, Height, and Weight by Sex (N = 106)*

Sex	Age	Height (cm)	Weight (kg)
Female (n = 61)	19.43 ± 1.28	159.12 ± 9.55	53.31 ± 10.46
Male (n = 45)	20.04 ± 1.82	168.39 ± 8.52	63.39 ± 12.01
Overall (N = 106)	19.69 ± 1.56	163.05 ± 10.19	57.59 ± 12.16

Research Instruments

Sports Anxiety. Sports anxiety was assessed using the Competitive State Anxiety Inventory–2 Revised (CSAI-2R) (Cox et al., 2003). The CSAI-2R is a sport-specific, multidimensional measure of competitive state anxiety, comprising cognitive anxiety, somatic anxiety, and self-confidence. The instrument contains 17 items (5 cognitive, 7 somatic, 5 self-confidence) rated on a 4-point Likert scale from 1 (*not at all*) to 4 (*very much so*). The CSAI-2R has demonstrated acceptable to good internal consistency ($\alpha \approx .61-.86$) and strong factorial validity across cultures, including validated international adaptations, supporting its use in in-season competitive contexts (Cox et al., 2003).

Sports self-confidence. Sports self-confidence was measured using Vealey's Trait Sport-Confidence Inventory (TSCI) (Vealey, 1986, 1990) (Vealey, 1986). The TSCI assesses athletes' generalized belief in their ability to succeed in sport, consistent with Vealey's Sport-Confidence Model. It consists of 13 items rated on a 9-point scale (1 = *lowest* to 9 = *highest*), where respondents compare their confidence to the most confident athlete they know across domains such as skill execution, decision-making, performance under pressure, concentration, adaptability, goal attainment, and resilience. Scores range from 13 to 117, with higher scores indicating greater confidence. The TSCI has demonstrated strong reliability and construct validity in competitive sport research (Jekauc et al., 2025; Vealey, 1986).

Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

Perceived sports performance. Perceived sports performance was assessed using the Athlete's Subjective Performance Scale (ASPS)(Nahum, 2016). The ASPS is a self-report instrument developed to measure athletes' subjective satisfaction with their own sport performance. The scale consists of six items rated on a 10-point scale from 1 (not at all satisfied) to 10 (fully satisfied), covering aspects such as overall performance, team contribution, personal ability, functioning under pressure, and perceived coach satisfaction. Higher scores indicate greater subjective performance satisfaction. The ASPS has demonstrated excellent internal consistency ($\alpha \approx .90-.96$), strong test-retest reliability ($r \approx .96-.97$), and sound factorial validity, supporting its use as a reliable and valid tool for assessing perceived performance in competitive sport (Nahum, 2016).

Refitting of instruments

To ensure linguistic, cultural, and contextual appropriateness for Filipino collegiate student-athletes, all instruments—the Competitive State Anxiety Inventory–2 Revised (CSAI-2R), Trait Sport-Confidence Inventory (TSCI), and Perceived Performance Scale (PPS)—were translated into Filipino using AI-assisted translation (ChatGPT) and subsequently reviewed by a Filipino language and sport-science expert to ensure semantic accuracy, clarity, and cultural equivalence. The translation and adaptation process followed established cross-cultural guidelines for self-report measures

In lieu of a separate pilot test, psychometric evaluation and item refinement were conducted using Confirmatory Factor Analysis (CFA) based on the main in-season sample. This procedure was undertaken to verify whether the instruments validly and reliably captured the underlying constructs of sports anxiety, sports self-confidence, and perceived sports performance within the Filipino student-athlete context. Items that exhibited weak factor loadings, low reliability, or poor conceptual alignment were excluded to ensure factorial validity and internal consistency. This process allowed the revalidation and refitting of the CSAI-2R, TSCI, and PPS, thereby establishing their psychometric robustness and cultural relevance for assessing sports anxiety, sports self-confidence, and perceived sports performance among Filipino SUC-3 student-athletes during the competitive season.



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

Data Gathering Procedure

Prior to data collection, approval was obtained from the Bulacan State University Ethics Review Committee (BulSU-ERC) to ensure adherence to ethical standards for human research. Upon approval, coordination with coaches and athletic coordinators of SUC-3 institutions was conducted to seek permission to distribute the survey among student-athletes.

The informed consent form and questionnaire were converted into a Google Form consisting of six sections: (A) Informed Consent, (B) Demographic Information, (C) Competitive State Anxiety Inventory–2 Revised (CSAI-2R), (D) Trait Sport-Confidence Inventory (TSCI), (E) Athlete's Subjective Performance Scale (ASPS), and (F) Thank You Note. Participants were required to provide consent before proceeding with the survey.

The Google Form link was disseminated through official communication channels such as team group chats and institutional emails. A convenience sampling technique was used to reach active student-athletes currently training and competing during the in-season. The survey took approximately 10–15 minutes to complete.

Responses were automatically recorded and stored in a password-protected, encrypted Google Drive folder accessible only to the researcher. No identifying information was collected to maintain anonymity. Incomplete or duplicate submissions were excluded from the analysis.

All data were downloaded and processed using Microsoft Excel and IBM SPSS for statistical analysis. Data were retained securely for one year after the study's completion, after which all electronic files were permanently deleted. Throughout the process, principles of voluntary participation, confidentiality, and data protection were strictly observed.

Data Analysis

Data were analyzed using IBM SPSS and Jamovi software packages. Descriptive statistics, including frequency, mean, and standard deviation, were computed to summarize the demographic characteristics of the respondents and the levels of sports anxiety, sports self-confidence, and perceived sports performance. Prior to inferential analyses, assumptions of normality were examined using Shapiro–Wilk tests and



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

inspection of skewness and kurtosis values to determine the appropriateness of parametric procedures.

Confirmatory Factor Analysis (CFA) was conducted to establish the factorial validity of the measurement instruments, while Composite Reliability (CR) and Average Variance Extracted (AVE) were calculated to assess internal consistency and convergent validity of each construct. To test the hypothesized mediation model, path analysis was performed, and the Sobel test was used to determine the significance of the indirect effect of sports anxiety on perceived sports performance through sports self-confidence. All statistical analyses were conducted using two-tailed tests with the significance level set at $\alpha = 0.05$.

Ethical Considerations

This self-funded study aimed to examine how sports self-confidence influences the relationship between sports anxiety and perceived sports performance among SUC-3 student-athletes during the in-season, thereby enhancing understanding of psychological factors that affect athletic performance and well-being.

Participants were recruited by distributing the Google Forms link of the questionnaire through their respective team group chats to complete an online survey composed of four parts. Each participant was fully informed of the study's purpose, procedures, and rights prior to participation. Informed consent was obtained electronically, and participants were allowed to withdraw or skip any question at any time without penalty or consequence.

There were no conflicts of interest in this self-funded research, and no financial compensation was provided to participants. Participants might have encountered items in the instruments that could trigger psychological discomfort, such as anxiety. In such cases, participants were allowed to skip items that posed potential risks to their mental well-being. They were also provided with referral information for support services, including the university Guidance and Counseling Center (bulsuguidancecenter@bulsu.edu.ph). While there were no direct personal benefits, the study was expected to contribute valuable insights to sport psychology research, enhance athlete development programs, and benefit the SUC-3 athletic community.



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

All information was treated with strict privacy and confidentiality. No names or identifiable information were collected, and all data were stored securely in a password-protected, encrypted file accessible only to the researcher. Participation was voluntary, and coaches were not informed of who participated, as identifying information such as name, academic program, and email address was not collected. Results were presented in aggregate form to ensure anonymity, and all records were retained for one year before secure deletion. The study upheld cultural sensitivity and aimed to contribute positively to the community by promoting psychological well-being and athletic development.

Participants were allowed to request a summary of the study's findings upon completion. Ethical review and approval were obtained prior to data collection. Before participation, individuals read the informed consent and indicated their agreement ("I agree" or "I do not agree to participate"), confirming that they understood the study information and voluntarily consented to participate.

Results

Normality of data

Shapiro–Wilk tests revealed that most variables significantly deviated from normal distribution ($p < .05$), including age, height, weight, cognitive anxiety, somatic anxiety, sport confidence, and perceived performance. Only sport anxiety met the assumption of normality ($W = 0.983$, $p = .193$). Despite these violations, skewness and kurtosis values remained within acceptable ranges (± 2), indicating approximate normality. Thus, parametric analyses were retained, as regression-based procedures are robust to moderate deviations from normality, particularly with a sample size exceeding 100.



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

Table 2. *Tests of Normality of Study Variables (Shapiro–Wilk, N = 106)*

Variable	W	p	Interpretation
Age	0.850	< .001	Not normal
Height	0.966	.008	Not normal
Weight	0.941	< .001	Not normal
Cognitive Anxiety	0.926	< .001	Not normal
Somatic Anxiety	0.955	.001	Not normal
Sport Anxiety	0.983	.193	Normal
Sport Confidence	0.953	.001	Not normal
Perceived Performance	0.950	.001	Not normal

Confirmatory Factor Analysis

In Table 2, Confirmatory factor analysis (CFA) result is presented. Analysis was conducted to evaluate the factorial validity of the measurement instruments used in the study, including the Competitive State Anxiety Inventory–2 Revised (CSAI-2R) for sports anxiety, the Trait Sport-Confidence Inventory (TSCI) for sports self-confidence, and the Athlete’s Subjective Performance Scale (ASPS) for perceived sports performance. Items with standardized factor loadings below the recommended thresholds were removed during model refitting to improve the psychometric quality of the constructs. For the sports anxiety scale (CSAI-2R), the analysis retained six indicators representing two dimensions: somatic anxiety and cognitive anxiety. A total of 11 items were removed from the original 17 indicators due to weaker loadings and conceptual overlap with the confidence construct. The retained indicators demonstrated standardized factor loadings ranging from 0.633 to 0.843 for somatic anxiety and 0.623 to 0.854 for cognitive anxiety. The refined model demonstrated acceptable model fit (CFI = .962, TLI = .928, SRMR = .044, RMSEA = .097). For sports self-confidence (TSCI), seven indicators were retained after removing two items that did not meet the required loading threshold of 0.70. The retained indicators demonstrated standardized factor loadings ranging from 0.730 to 0.845. Although the model showed marginal overall fit (CFI = .930, TLI = .895, SRMR = .041, RMSEA = .160), the strong standardized loadings supported the unidimensional representation of sports self-confidence. For perceived sports performance (ASPS), all six indicators were retained because their standardized



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

loadings exceeded the recommended threshold. The retained indicators demonstrated strong factor loadings ranging from 0.813 to 0.922, and the model showed excellent fit indices (CFI = .998, TLI = .997, SRMR = .015, RMSEA = .031).

Overall, the CFA results indicate that the refined measurement model demonstrated acceptable factorial validity, with retained indicators showing moderate to strong standardized factor loadings and satisfactory model fit indices across the three constructs.



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

Table. 2. *Summary of Confirmatory Factor Analysis Results*

Scale	Total Items	Removed Items	Condition Given	Retained Items	Remark
Sports Anxiety (CSAI-2R)	17	My body feels tense; I feel nervous; My hands are clammy; I am concerned about choking under pressure; I feel jittery; I feel self-confident; I feel at ease; I am confident because I mentally picture myself reaching my goal; I am confident of coming through under pressure; I feel self-assured	Top three highest standardized loadings per factor and removal of overlapping confidence indicators	My heart is racing; I feel tense in my stomach; My stomach feels upset; I am concerned about performing poorly; I am worried about reaching my performance goals; I am concerned that others will be disappointed with my performance (<i>Factor loading range: 0.623–0.854</i>)	Acceptable model fit
Sports Self-Confidence (TSCI)	9	Demonstrating leadership within the team; Maintaining motivation during training and competition	Standardized loading < .70	Executing sport-specific skills; Making the right decisions during play; Performing under pressure; Focusing during competition; Bouncing back after mistakes; Achieving performance goals; Adapting to unexpected situations in competition (<i>Factor loading range: 0.730–0.845</i>)	Marginal but acceptable fit
Perceived Sports Performance (ASPS)	6	None	All items met loading criterion $\geq .70$	Overall satisfaction with sporting performance; Contribution to team success; Capabilities reflected in performance; Helping improve teammates' performance; Functioning during challenging moments; Coach satisfaction with performance (<i>Factor loading range: 0.813–0.922</i>)	Excellent model fit

Construct Reliability and Convergent Validity

Table 3 presents that the measurement model demonstrated acceptable psychometric properties. All retained indicators showed statistically significant factor loadings ranging from 0.623 to 0.922. Composite reliability values ranged from 0.752 to 0.943, exceeding the recommended threshold of 0.70, indicating satisfactory internal



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

consistency. Average variance extracted values ranged from 0.508 to 0.734, surpassing the minimum criterion of 0.50, confirming adequate convergent validity for all constructs.

Table 3. *Summary of Composite Reliability, and Average Variance Extracted*

Construct	Composite Reliability (CR)	Average Variance Extracted (AVE)	Interpretation
Somatic Anxiety	0.818	0.603	Acceptable reliability and convergent validity
Cognitive Anxiety	0.752	0.508	Acceptable
Sports Self-Confidence	0.929	0.654	Excellent reliability
Perceived Sports Performance	0.943	0.734	Excellent

Table 4, through Mann–Whitney U test, revealed significant sex differences in key psychological variables. Female participants exhibited significantly higher cognitive anxiety ($M = 3.27$, $SD = 0.60$; $U = 858.50$, $p = .001$, $r = .32$) and sport anxiety ($M = 2.82$, $SD = 0.56$; $U = 935.00$, $p = .005$, $r = .27$) compared to males, with small to moderate effect sizes. No significant difference was observed in somatic anxiety ($p = .093$, $r = .16$). In contrast, male participants demonstrated significantly higher sport self-confidence ($M = 7.19$, $SD = 1.48$; $U = 997.00$, $p = .016$, $r = .23$) and perceived performance ($M = 7.86$, $SD = 1.70$; $U = 1059.00$, $p = .045$, $r = .19$), although effect sizes were small. Overall, these findings indicate that sex differences are more pronounced in cognitive aspects of sport anxiety, while differences in confidence and perceived performance, although significant, are comparatively modest.



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

Table 4. *Sex Differences in Sports Anxiety, Sport Self-Confidence, and Perceived Performance*

Variable	Female	Male	U	Z	p	r	Effect
Cognitive Anxiety	3.27 ± 0.60	2.76 ± 0.81	858.50	-3.32	.001	.32	Medium
Somatic Anxiety	2.37 ± 0.77	2.10 ± 0.84	1112.00	-1.68	.093	.16	Small
Sport Anxiety	2.82 ± 0.56	2.43 ± 0.72	935.00	-2.81	.005	.27	Small–Medium
Sport Self-Confidence	6.59 ± 1.40	7.19 ± 1.48	997.00	-2.40	.016	.23	Small
Perceived Performance	7.10 ± 1.91	7.86 ± 1.70	1059.00	-2.01	.045	.19	Small

As shown in Table 5, sports anxiety significantly and negatively predicted sport self-confidence ($B = -0.5245$, $SE = 0.2101$, $t = -2.50$, $p = .014$, 95% CI $[-0.9412, -0.1077]$), supporting H1, while sport self-confidence significantly and positively predicted perceived sports performance ($B = 0.8967$, $SE = 0.0881$, $t = 10.18$, $p < .001$, 95% CI $[0.7220, 1.0713]$), supporting H2. However, sports anxiety did not significantly predict perceived performance when controlling for sport self-confidence ($B = -0.2616$, $SE = 0.1943$, $t = -1.35$, $p = .181$, 95% CI $[-0.6469, 0.1237]$), leading to the rejection of H3. Importantly, the indirect effect of sports anxiety on perceived performance through sport self-confidence was significant based on bootstrap analysis ($B = -0.4703$, $BootSE = 0.1934$, 95% CI $[-0.8573, -0.1002]$), as the confidence interval did not include zero, thereby supporting H4. This mediation effect was further confirmed by the Sobel test ($Z = -2.39$, $p = .017$), indicating that sport self-confidence significantly transmits the effect of sports anxiety to perceived performance. Taken together, these findings support a full mediation model, wherein the influence of sports anxiety on perceived sports performance operates indirectly through its negative impact on sport self-confidence.



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

Table 5. *Mediation Analysis: Sports Anxiety → Sport Self-Confidence → Perceived Performance*

Hypothesis	Path	Predictor → Outcome	B	SE	t	p	95% CI	Decision
H1	a	SPORANX → SSCON	-0.5245	0.2101	-2.50	.014	[-0.9412, -0.1077]	Supported
H2	b	SSCON → PERPERF	0.8967	0.0881	10.18	< .001	[0.7220, 1.0713]	Supported
H3	c'	SPORANX → PERPERF	-0.2616	0.1943	-1.35	.181	[-0.6469, 0.1237]	Not Supported
H4	ab	SPORANX → SSCON → PERPERF	-0.4703	0.1934*	—	—	[-0.8573, -0.1002]	Supported
Indirect Path			Effect (ab)		Z	p	Interpretation	
SPORANX → SSCON → PERPERF			-0.4703		-2.39	.017	Significant	



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

Discussion

Levels of Sports Anxiety, Self-Confidence, and Perceived Performance

The findings revealed that respondents exhibited varying levels of sports anxiety, sports self-confidence, and perceived sports performance, indicating that athletes experience both facilitative and debilitating psychological states during the in-season. This variability suggests that psychological responses in competitive settings are not uniform but depend on individual interpretations and coping resources. Consistent with prior research, higher sports anxiety is generally associated with lower confidence and poorer perceived performance, whereas higher self-confidence is linked to more favorable performance outcomes (Chun et al., 2022; Domínguez-González et al., 2024). Moreover, moderate anxiety may enhance focus and readiness when accompanied by strong confidence, while excessive anxiety disrupts cognitive and motor processes (Ayranci & Aydin, 2025).

Sex Differences in Sports Anxiety, Self-Confidence, and Performance

Significant differences were observed between male and female respondents, with females reporting higher levels of sports anxiety—particularly cognitive anxiety—while males demonstrated higher levels of sports self-confidence and perceived sports performance. This pattern is consistent with existing literature indicating that female athletes tend to experience greater competitive anxiety, whereas male athletes typically report higher confidence levels. These differences may be explained through biopsychosocial and gender-role socialization perspectives, which suggest that sociocultural expectations and evaluative pressures contribute to heightened anxiety and lower confidence among female athletes (González-Hernández et al., 2024). However, given the modest magnitude of these differences, they should be interpreted cautiously, suggesting that the mediation mechanism may operate similarly across groups.

Influence of Sports Anxiety on Sports Self-Confidence

The results showed that sports anxiety significantly and negatively influenced sports self-confidence, indicating that higher anxiety is associated with reduced confidence among athletes. This suggests that cognitive worry and physiological arousal may undermine athletes' perceptions of readiness and competence. Similar findings have



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

been reported in prior studies demonstrating that elevated anxiety disrupts confidence formation and psychological (Chun et al., 2022).

Influence of Sports Self-Confidence on Perceived Sports Performance

Sports self-confidence significantly and positively influenced perceived sports performance, indicating that athletes with higher confidence tend to report better performance outcomes. This aligns with extensive evidence showing that confidence enhances effort, persistence, attentional control, and decision-making during competition (Chun et al., 2022; Ricketts et al., 2025). Meta-analytic findings further confirm a robust positive relationship between confidence and performance across sports (Jekauc et al., 2025; Lochbaum et al., 2022).

Influence of Sports Anxiety on Perceived Sports Performance

The findings indicated that sports anxiety did not have a significant direct influence on perceived sports performance when sports self-confidence was considered. This suggests that anxiety alone does not directly determine performance outcomes. Previous studies have similarly shown that the direct anxiety–performance relationship becomes weak or non-significant once confidence is included (Chun et al., 2022), indicating that intermediary variables are essential for understanding this relationship.

Mediating Role of Sports Self-Confidence

The study confirmed that sports self-confidence significantly mediated the relationship between sports anxiety and perceived sports performance, supporting a **full mediation model**. Higher anxiety reduced confidence, which in turn led to lower perceived performance, while the direct effect of anxiety became non-significant. This indicates that anxiety influences performance indirectly through confidence. Similar mediation patterns have been consistently (Chun et al., 2022), and meta-analytic evidence shows that confidence is a stronger predictor of performance than anxiety (Jekauc et al., 2025).

This finding is consistent with Bandura's self-efficacy theory and Vealey's sport-confidence model, which posit that performance is primarily driven by beliefs in one's capabilities, while anxiety influences performance indirectly by shaping these beliefs (Bandura, 1997; Vealey, 1986). Thus, confidence functions as the key psychological mechanism linking anxiety to performance.



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

Implications

The findings have important theoretical, disciplinary, and practical implications. Theoretically, the results extend self-efficacy and sport-confidence frameworks by providing empirical support for a full mediation mechanism, clarifying that anxiety affects performance indirectly through confidence. Disciplinarily, the study highlights the need for sport science and physical education to conceptualize psychological variables as interconnected systems rather than isolated factors, particularly in understanding performance outcomes. Practically, the findings suggest that performance enhancement strategies should prioritize building sport self-confidence through mastery experiences, positive feedback, goal-setting, imagery, and pressure simulation, as strengthening confidence can buffer the negative effects of anxiety and sustain performance during competition.

Limitations

The study is subject to several limitations related to design, measurement, and generalizability. The cross-sectional and single time-point design limits causal inference and fails to capture fluctuations in psychological states across different competitive phases. The reliance on self-report measures and perceived performance introduces potential bias and lacks objective validation. The use of convenience sampling within a single institutional context limits generalizability, and the unequal sex distribution may influence comparisons. Additionally, the refitting of instruments through CFA may affect comparability with original scales, and the exclusion of relevant variables such as coaching style, motivation, training load, and sport type limits the comprehensiveness of the model.

Recommendations for Future Research

Future studies should address these limitations by employing longitudinal or experimental designs to establish causal relationships and capture temporal fluctuations in psychological states. The inclusion of objective performance indicators (e.g., game statistics, rankings) and multi-source data (e.g., coach ratings, observational measures) is recommended to improve validity. Researchers should also utilize more diverse and representative samples across multiple institutions and competitive levels to enhance generalizability. Additionally, future models should incorporate relevant psychological



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

and contextual variables, such as motivation, coping strategies, coaching style, and training load, as well as examine differences across sport types and competitive phases to provide a more comprehensive understanding of performance dynamics.

Conclusion

The findings of the study revealed that athletes exhibited varying levels of sports anxiety, sports self-confidence, and perceived sports performance, reflecting both facilitative and debilitative psychological states during the in-season, with significant sex differences showing higher anxiety among females and higher confidence and perceived performance among males. Importantly, sports self-confidence was found to significantly mediate the relationship between sports anxiety and perceived sports performance, indicating that the effect of anxiety on performance operates indirectly through confidence, thereby highlighting confidence as the key psychological mechanism influencing performance outcomes. These results reinforce self-efficacy and sport-confidence theories and suggest that interventions aimed at enhancing athletes' confidence may effectively buffer the negative effects of anxiety and improve performance; however, the study is limited by its cross-sectional design, reliance on self-report data, and limited generalizability, warranting future research using longitudinal designs, objective performance measures, and broader samples to further validate and extend these findings.



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

References

- Ahmad, A. A. H. N., & Hussain, N. (2024). The role of self-efficacy in moderating the relationship between competitive pressure and performance anxiety among athletes. *International Journal of Sports, Exercise and Physical Education*, 6(1), 36–38. <https://doi.org/10.33545/26647281.2024.v6.i1a.73>
- Aliyyah, A., Wicaksono, B., Saniatuzzulfa, R., & Mukholid, A. (2020). Relevance of self-efficacy and female futsal athletes' anxiety before the match. *Jurnal SPORTIF: Jurnal Penelitian Pembelajaran*, 6(1), 105–117. https://doi.org/10.29407/js_unpgri.v6i1.14080
- Ayranci, M., & Aydin, M. K. (2025). The complex interplay between psychological factors and sports performance: A systematic review and meta-analysis. *PLOS ONE*, 20(8), e0330862. <https://doi.org/10.1371/journal.pone.0330862>
- Bandura, A. (1997). *Self-efficacy: The exercise of control*. W. H. Freeman.
- Beenen, K. T., Vosters, J. A., & Patel, D. R. (2025). Sport-related performance anxiety in young athletes: A clinical practice review. *Translational Pediatrics*, 14(1), 127–138. <https://doi.org/10.21037/tp-24-258>
- Besharat, M. A., & Pourbohloul, S. (2011). Moderating effects of self-confidence and sport self-efficacy on the relationship between competitive anxiety and sport performance. *Psychology*, 2(7), 760–765. <https://doi.org/10.4236/psych.2011.27116>
- Brandão, T., & Amaro, R. (2023). Competitive anxiety in athletes: Emotion regulation and personality matter. *Kinesiology*, 55(1), 108–119. <https://doi.org/10.26582/k.55.1.12>
- Chun, D.-R., Lee, M.-Y., Kim, S.-W., Cho, E.-Y., & Lee, B.-H. (2022). The mediated effect of sports confidence on competitive state anxiety and perceived performance of basketball game. *International Journal of Environmental Research and Public Health*, 20(1), 334. <https://doi.org/10.3390/ijerph20010334>
- Correia, M. E., & Rosado, A. (2019). Anxiety in athletes: Gender and type of sport differences. *International Journal of Psychological Research*, 12(1), 9–17. <https://doi.org/10.21500/20112084.3552>



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

- Cox, R. H., Martens, M. P., & Russell, W. D. (2003). Measuring anxiety in athletics: The revised Competitive State Anxiety Inventory-2. *Journal of Sport and Exercise Psychology*, 25(4), 519–533. <https://doi.org/10.1123/jsep.25.4.519>
- Craft, L. L., Magyar, T. M., Becker, B. J., & Feltz, D. L. (2003). The relationship between the Competitive State Anxiety Inventory-2 and sport performance: A meta-analysis. *Journal of Sport and Exercise Psychology*, 25(1), 44–65. <https://doi.org/10.1123/jsep.25.1.44>
- Domínguez-González, J. A., Reigal, R. E., Morales-Sánchez, V., & Hernández-Mendo, A. (2024). Analysis of the sports psychological profile, competitive anxiety, self-confidence, and flow state in young football players. *Sports*, 12(1), 20. <https://doi.org/10.3390/sports12010020>
- Faul, F., Erdfelder, E., Buchner, A., & Lang, A.-G. (2009). Statistical power analyses using G*Power 3.1: Tests for correlation and regression analyses. *Behavior Research Methods*, 41(4), 1149–1160. <https://doi.org/10.3758/BRM.41.4.1149>
- Ford, J., Ildefonso, K., Jones, M., & Arvinen-Barrow, M. (2017). Sport-related anxiety: Current insights. *Open Access Journal of Sports Medicine*, 8, 205–212. <https://doi.org/10.2147/OAJSM.S125845>
- Fradejas, E., & Espada-Mateos, M. (2018). How psychological characteristics influence sports performance among men and women. *Journal of Human Sport and Exercise*, 13(4). <https://doi.org/10.14198/jhse.2018.134.13>
- Gomez-Gonzalez, C., Dietl, H., Berri, D., & Nessler, C. (2024). Gender information and perceived quality: An experiment with professional soccer performance. *Sport Management Review*, 27(1), 45–66. <https://doi.org/10.1080/14413523.2023.2233341>
- González-Hernández, J., Barrera-Vázquez, D., & Gómez-López, M. (2024). Self-confidence in young athletes: A protective factor against perfectionism and anxiety in competitive grassroots sport. *Perceptual and Motor Skills*, 131(6), 2324–2345. <https://doi.org/10.1177/00315125241290563>
- Jekauc, D., Fiedler, J., Wunsch, K., Mülberger, L., Burkart, D., Kilgus, A., & Fritsch, J. (2025). The effect of self-confidence on performance in sports: A meta-analysis

Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

and narrative review. *International Review of Sport and Exercise Psychology*,
18(1), 345–371. <https://doi.org/10.1080/1750984X.2023.2222376>

Lochbaum, M., Sherburn, M., Sisneros, C., Cooper, S., Lane, A. M., & Terry, P. C.
(2022). Revisiting the self-confidence and sport performance relationship: A
systematic review with meta-analysis. *International Journal of Environmental
Research and Public Health*, 19(11), 6381.
<https://doi.org/10.3390/ijerph19116381>

Lochbaum, M., Sisneros, C., Cooper, S., & Terry, P. C. (2023). Pre-event self-efficacy
and sports performance: A systematic review with meta-analysis. *Sports*, 11(11),
222. <https://doi.org/10.3390/sports11110222>

Mercader-Rubio, I., Gutiérrez Ángel, N., Silva, S., Moisés, A., & Brito-Costa, S. (2023).
Relationships between somatic anxiety, cognitive anxiety, self-efficacy, and
emotional intelligence levels in university physical education students. *Frontiers
in Psychology*, 13, 1059432. <https://doi.org/10.3389/fpsyg.2022.1059432>

Nahum, O. (2016). *Athlete's Subjective Performance Scale (ASPS)* [Unpublished
instrument]. <https://doi.org/10.13140/RG.2.2.15985.51048>

Nicholls, A. R., Polman, R., & Levy, A. R. (2010). Coping self-efficacy, pre-competitive
anxiety, and subjective performance among athletes. *European Journal of Sport
Science*, 10(2), 97–102. <https://doi.org/10.1080/17461390903271592>

Ong, N. C. H., & Chua, J. H. E. (2021). Effects of psychological interventions on
competitive anxiety in sport: A meta-analysis. *Psychology of Sport and Exercise*,
52, 101836. <https://doi.org/10.1016/j.psychsport.2020.101836>

Parfitt, G., & Pates, J. (1999). The effects of cognitive and somatic anxiety and self-
confidence on performance during competition. *Journal of Sports Sciences*,
17(5), 351–356. <https://doi.org/10.1080/026404199365867>

Peralta, A. Z., Rafalles, F. J., Paez, G. G., Vista, E. M., Rivera, F. J., & Corcuera, J. K.
(2024). Exploring the influence of sports on student-athletes' competitive
mindsets during the COVID-19 pandemic. *International Journal of Physical
Education, Fitness and Sports*, 27–49. <https://doi.org/10.54392/ijpefs2423>

Pineda-Espejel, H. A., Alarcón, E., Morquecho-Sánchez, R., Morales-Sánchez, V., &
Gadea-Cavazos, E. (2021). Adaptive social factors and precompetitive anxiety



Original article. The mediating role of sports self-confidence in the relationship between sports anxiety and perceived sports performance of suc-3 student-athletes during the in-season
. Vol. 12, n. ° 4; p. 1-28, August 2026. <https://doi.org/10.55040/mf5ctz50>

in elite sport. *Frontiers in Psychology*, 12, 651169.
<https://doi.org/10.3389/fpsyg.2021.651169>

Reigal, R. E., Vázquez-Diz, J. A., Morillo-Baro, J. P., Hernández-Mendo, A., & Morales-Sánchez, V. (2019). Psychological profile, competitive anxiety, moods, and self-efficacy in beach handball players. *International Journal of Environmental Research and Public Health*, 17(1), 241. <https://doi.org/10.3390/ijerph17010241>

Ricketts, C., Malete, L., Myers, N. D., Pfeiffer, K. A., Kiuchi, Y., & Tshube, T. (2025). Positive body image, sport-confidence, and subjective performance in athletes. *Journal of Sports Sciences*, 43(6), 580–592.
<https://doi.org/10.1080/02640414.2025.2468590>

Trbojević, J., & Petrović, J. (2021). Self-perception of sporting abilities of female athletes. *Facta Universitatis: Physical Education and Sport*, 611.
<https://doi.org/10.22190/FUPES200510059K>

Vealey, R. S. (1986). Conceptualization of sport-confidence and competitive orientation. *Journal of Sport Psychology*, 8(3), 221–246. <https://doi.org/10.1123/jsp.8.3.221>

Yarayan, Y. E., Solmaz, S., Aslan, M., Batrakoulis, A., Al-Mhanna, S. B., & Keskin, K. (2024). Sex differences in athletic performance response. *Sports*, 12(6), 141.
<https://doi.org/10.3390/sports12060141>