***Teaching Athletes Psychological Skills for Coping with Pre-Competition Anxiety: A Randomized Controlled Trial***

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**Abstract**

In competitive sports, pre-competition anxiety can significantly impact an athlete's performance and overall well-being. Therefore, this randomized controlled trial was conducted to evaluate the effectiveness of teaching psychological skills to athletes in coping with pre-competition anxiety.

A study involving 100 collegiate athletes randomly assigned to an intervention or control group received a structured training program focusing on psychological skills. The study assessed pre-competition anxiety and athletes' performance outcomes before and after the intervention period, comparing the intervention and control groups. The study found that teaching athletes psychological skills to cope with pre-competition anxiety significantly reduced anxiety levels, improved self-rated performance, and improved objective performance measures.

The study emphasizes the significance of psychological skills training in athletes' training to improve their performance and mental well-being, providing valuable insights for coaches and athletes.

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