

**Independent Study Title** Anxiety and Stress Management of Junior, Youth and Olympic 2004 Thai National Weightlifting Women

**Author** Aphinya Pharksupho

**Degree** Master of Science (Sports Science)

**Independent Study Advisory Committee**

Assc.Prof.Dr.Napon Summa  
Lect.Patraporn Sitalertpisan

Chairperson  
Member

### **ABSTRACT**

The purpose of this independent research was to study anxiety and stress management of junior, youth and olympic 2004 Thai national women weightlifters. Twenty one national women weightlifters participated in this study. The instruments in data collecting used were Questionnaires of Sport Competition Trait Anxiety Test, Competitive State Anxiety Inventory-2. The results revealed that the levels of trait anxiety in 3 groups were moderate but the state anxiety of olympic and junior were low-moderate, whereas that of youth was moderate. The stress management before competitions demonstrated that they chose to listen to the radio, watch T.V. and sing songs. During competitions they chose to do the concentration, to review the weightlifting techniques and breathing control. All 3 groups managed their stress through imagery, breathing control, concentration and positive self-talk.

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