

Sport Courage, Worry, Self-Efficacy and Fear in Relation to Success of Alpine Ski Learning

Purpose

To find out whether sport courage, worry, and fear differ between alpine ski-naive and basic level skiers and how they affect ski learning



Methods



Sample:

n=337 students (249 ski-naive and 88 basic level)

Design:

A structured skiing program and a following four-part questionnaire was conducted

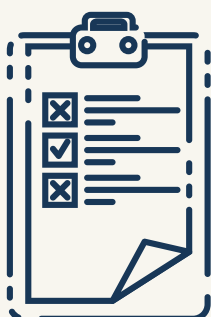
Intervention:

The program of alpine skiing took 10 days, 6 hours a day.

The ski-performance was determined by independent judges who graded eight pre-selected technical elements

Questionnaire:

The questionnaire included four categories: courage, worry, self-efficacy, and fear. Each item was rated on a Likert Scale.



Results

Independent predictors of skiing performance



Differences in women and men:

- Predictor of skiing performance in **males** is **self-efficacy** in Alpine Skiing. Increasing self-efficiency increases skiing performance.
- Predictor of skiing performance for **females** is **Fear**. Decreasing scores in fear increase skiing performance.

Differences in beginners and skiers:

- In **beginners** reducing **fear** and increasing **self-efficacy** and **worry** increased performance
- For **skiers** only one predictor could be identified: **Worry**. Meaning decreasing worry increases skiing performance.

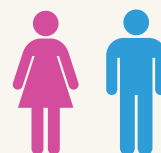
Interpretation

Differences in beginners and skiers:

- ski beginners worry about falling and keeping balance, which is influenced by fear and lower self-efficacy and may limit the speed and results of ski learning
- previous experience of skiers influences the attitude towards new activity and can help in better learning

Differences in females and males:

- the gender difference has its roots in cultural stereotypes



Implications

When designing basic-ski-programs:

- psychological factors need to be considered
- with beginners, ski instructors need to help increasing self-efficacy and reducing fear
- gender differences play a mayor role
- self-efficacy must be aimed at when teaching male beginners
- in female ski beginners it is important to reduce fear

