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The Effects of a Goal-Setting Program on Cognitive and Somatic State Anxiety, State Self-Confidence, and Performance of High School Swimmers

Jasmine R. Millan

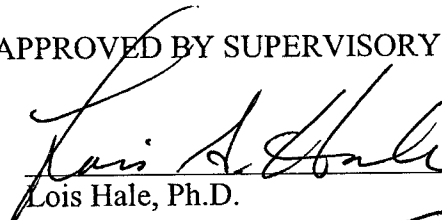
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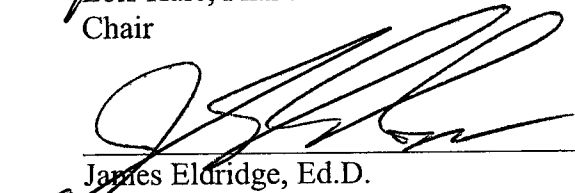
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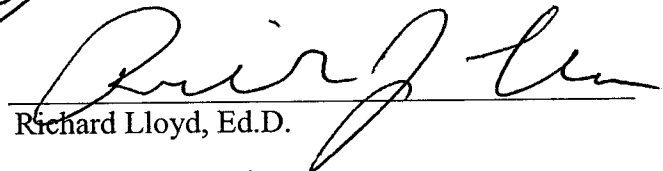
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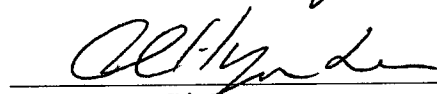
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Chair



James Eldridge, Ed.D.



Richard Lloyd, Ed.D.



Ilhyun Lee, Ph.D.
Graduate Faculty Representative

The Effects of a Goal-Setting Program on Cognitive and Somatic State Anxiety,
State Self-Confidence, and Performance of High School Swimmers

by

Jasmine R. Millan, B.S.

PROJECT

Presented to the Graduate Faculty of Kinesiology

The University of Texas of the Permian Basin

in partial Fulfillment

of Requirements

for the Degree of

MASTER OF SCIENCE

University of Texas of the Permian Basin

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Abstract

The purpose of this study was to determine the effects of a staggered approach, season long goal-setting training program on the state self-confidence, cognitive anxiety, somatic anxiety, and performance of high school female swimmers. It was hypothesized that the use of a goal-setting training program would result in the swimmers having higher state self-confidence, lower cognitive state anxiety, lower somatic state anxiety, and improved performance. Results indicated that participation in a ten week goal-setting training program successfully helped high school female swimmers achieve higher state self-confidence, lower cognitive state anxiety, lower somatic state anxiety, and improved performance.