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ORIGINAL

THE APPLICATION OF SPORTS PSYCHOLOGY IN OVERCOMING PERFORMANCE ANXIETY AMONG ITALIAN CYCLISTS

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ABSTRACT

The aim of the research is to determine the applications related to sports psychology in overcoming performance anxiety among Italian cyclists. Athletes, particularly cyclists, frequently struggle with performance anxiety, which can seriously impair their capacity for peak performance. In this abstract, we investigate the use of sports psychology strategies designed specially to help Italian cyclists who experience performance anxiety. The research was based on primary data analysis to determine whether it used smart PLS software and generated results that included descriptive statistics, correlation coefficient analysis, and the smart PLS Algorithm Model between them. This research study offers a methodical strategy made up of several psychological treatments meant to reduce performance anxiety and enhance performance. It discusses many techniques, including biofeedback, stress management, goal setting, cognitive restructuring, visualization, pre-performance rituals, simulated pressure scenarios, and creating a supportive team atmosphere. By practicing these tactics, Italian riders can acquire the psychological fortitude required to negotiate stressful competition situations successfully. the overall research It is vital to constantly assess and modify treatments to make sure they are efficient and meet the demands of each athlete. Italian cyclists may overcome performance anxiety and reach their full potential on the bike by incorporating sports psychology concepts into their training program, which will help them succeed in national and international contests.

KEYWORDS: Sport Psychology (SP); Overcoming Performance Anxiety (OPA); Italian Cyclists (IC)

1. INTRODUCTION

The term sport psychology describes the caliber of an athlete by which he uses psychological knowledge and skills to represent an optimum performance. Such a skill by which he can show his performance in the developmental and social aspects of sports participation. An athlete also has the caliber to resolve systemic issues that can appear in association with sports settings and organizations. According to the viewpoint of the American Psychological Association, the study of those psychological factors that are found in contact with participation and performance during sports, exercise, and other types of physical activity is known as sport and exercise psychology. There are two types of sports psychologists: educational and clinical (Leiris, 1992). Both of them perform their role in their respective fields. Sports psychology is such a beneficial technique that can be used to optimize an athlete's performance by helping him during the phases of stress and anxiety. With this technique, athletes can upgrade their motivation, control their anxiety and mental toughness, etc. Injury rehabilitation, team building, burnout, and career transition can be done better by applying this technique (Ogilvie-Whyte, 2004). Developing successful therapies for Italian cyclists requires an understanding of the complex nature of performance anxiety. It includes a wide range of physiological and psychological symptoms, from nervousness before a race to severe panic episodes. Athletes who want to excel may face serious obstacles due to pressure to perform, fear of failing, and the competitive nature of professional cycling (Quan et al., 2023).

The discipline of sports psychology as it relates to helping Italian cyclists who have performance anxiety is dynamic and constantly changing. Sports psychologists can customize therapies to tackle specific fears and improve performance results by exploring the nuances of the athlete's psyche. By utilizing cognitive-behavioral methods, mindfulness exercises, and performance-enhancing tactics, cyclists may build a success-oriented attitude and become resilient in the face of hardship. Sports psychology is a technique that is growing daily and will show significant growth in the coming years. It can raise the level of mental health and well-being of athletes. It also enables athletes to handle performance-related stress, anxiety, and depression by providing support and counselling to athletes. Sports psychology is an integrative, multidisciplinary science based on the knowledge of many interrelated fields, including biomechanics, physiology, kinesiology, and psychology. During exercise, psychology has an eye on acute response and chronic adaptations to the wide range of conditions of physical exercise (Nasar, 2011). Sports psychologists observe these responses in athletes during the phase of training and competition to upgrade and improve their overall fitness and athletic performance. The role of professional sports psychologists is performed by teachers, researchers, and service providers or practitioners. Athletes are of two types on the motivation side. A person who is motivated and

influenced intrinsically can play a game just for enjoyment or for the fulfilment of his desire. However, a person who is extrinsically motivated can play a game only by having an eye over the reward (Sisam, 1971). The attribution theory is totally about the behavior of athletes regarding their failures and what are their views on such failures.

The autonomic control of the cardiovascular system is the most significant part of exercise physiology. For example, when an athlete is doing exercise or some game, then the sympathetic activity is increased while the parasympathetic activity is decreased, which will be in the form of increased activity of the heart and high level of blood pressure. However, the principles of sports psychology are beneficial to such an extent that they can improve the performances of student-athletes of all levels, coaches, corporate employees, and even those who are military members (Jay, 2023). It plays a significant role in accomplishing people's tasks within and without the sporting arena. In athletes' best performance, sports psychologists have a significant role as they help them to subdue mental roadblocks and show the best results. For example, providing help to the baseball player by snapping out of a hitting slump or providing support to the runner by giving confidence to him after an injury. Sport psychology's leading role is to improve individual athletic performance (Caaway et al.). Anxiety in sports, also known as "choking under pressure" or "competitive anxiety", refers to the psychological condition where athletes experience uncontrolled worry, nervousness, and fear of failure before or during a competition. This amplified state of anxiety can negatively impact an athlete's performance, leading to decreased focus, coordination, decision-making, and overall athletic ability. Performance anxiety in sports refers to an unpleasant psychological state activated by understanding stress related to the performance of a task under pressure. It is bounded by various analytical considerations, behavioral responses, and psychological challenges that athletes experience when their skills are evaluated in competitive over high-stress situations. This anxiety can manifest as mental symptoms like worrying thoughts, physical symptoms such as increased heart rate and sweating, and behavioral signs like disturbance over negative thoughts. Performance anxiety can be a property, a stable part of an individual's personality, a state, or a temporary and situation-specific response to stress. Athletes often face performance anxiety before or during competition, and managing this anxiety is crucial for optimal performance and overall well-being in sports. Sport psychologists play an important role in helping athletes improve their concentration by effectively dealing with competitive stress and training them efficiently. Athletes can face competitive fears, improve mental skills, prepare for the contest, return after injury, routines before the actual shot, improve efficiency for practice, cope with mischance and perform well even in their situations of pressure, cope with their assumptions, maintain their confidence by the efforts of sports psychologists. Practitioners and athletes themselves upgrade their performance by building an imagination, setting goals, self-talk,

and excitement regulation are the most common techniques that they follow (Goldman, 1982). An area of research in this field is environmental psychology, which is also increasingly important and focuses on many individual and social factors that have a role in the coping human response to the physical environment.

Here are some techniques that the sport's psychologists use to manage the anxiety and threats of Italian cyclists. Psychologists give them knowledge about their anxiety and tell them techniques for handling that anxiety and how to keep themselves relaxed and tell them techniques for keeping their breathing process normal. Sports psychologists train cyclists by using cognitive therapy which is such a type of therapy in which all those patterns are challenged which are negative about themselves and the world too so the unwanted behaviour of mood can be solved cyclists can be prevented from dangerous diseases like depression after facing any failure (Beatley & Wheeler, 2004). Psychologists do talk therapy for cyclists, also known as counselling, in which an athlete or player tells his or her threats, fears, and problems to the sports psychologists. Then, they solve their queries either by giving them solutions or consoling them. This therapy is confidential, and nobody judges them. Cyclists or athletes are also given specific dietary adjustments so they can perform well during their contests and avoid any anxiety or stress during play. Their food should contain fruits, vegetables, and grains (Bonnes & Lee, 2017). Whole grains meet the energy demands of athletes and provide them with fibre and all other nutrients that keep them healthy. Sport psychology among the researchers of Italy is such a technique which focuses on understanding the problems of a cyclist and bringing betterment in the emotional and mental condition by using various techniques that can be either talk therapy, recovery from anxiety, dietary adjustment, or upgrading their confidence to improve the performance of players (Millar, 2012).

1.1 Research Objective

This study discusses the role of sports psychologists, who play a significant role in controlling the problems of athletes or cyclists and making them successful. The research study determines the Application of Sports Psychology in Overcoming Performance Anxiety among Italian Cyclists. The research paper is divided into five specific chapters. The first portion represents the introduction and includes the research objective, and the second section describes the literature review.

The third portion represents the research methods and its tools and techniques. The fourth section represents that result and its description. The last portion summarizes overall research and presents recommendations about the Application of Sports Psychology in Overcoming Performance Anxiety among Italian Cyclists.

2. Literature Review

Researchers claim that sports psychology can improve performance for athletes from different sports backgrounds, including cyclists. Performance anxiety among Italian cyclists can be studied and cured by using the field of psychology (Kesenheimer, Sagioglou, Kronbichler, Gauckler, & Kolbinger, 2023). Researchers have studied performance anxiety in the cyclists of Italy by performing psychological analysis on 191 participants and found that being more focused can reduce the chances of mistakes. At the same time, cycling but a more urban experience of cycling can also negatively affect cyclists' performance as the accidents occurring in cities can trigger lesser confidence and, thereby, lesser performance efficacy (Bishop, Broadbent, Graham, & Batley, 2023). In another study, 30 cyclists from Italy were surveyed to find out about mental challenges that they face, and many of them pinpointed anxiety, time management issues, and stress problems in big events. Conclusions were drawn to assign sports psychologists to endurance athletes involved in sports like cycling, running, etc. (McCormick, Meijen, & Marcora, 2018).

In another study, researchers reviewed the literature up to March 2017 to find out about the common factors affecting cyclists' performance. The conditions found were pre-performance anxiety and a lack of psychological help in managing pre-race anxiety. Also, the elite cyclists showed positive responses towards their mood states (Spindler, Allen, Vella, & Swann, 2018). Sports psychology is crucial in the management of athlete participation and performance; therefore, prospects can be taken to manage the stress in cyclists either by using wearables or virtual reality technology (Battista, Sansone, & Testa, 2021). Also, tailored approaches should be used to manage every athlete according to his psychological needs (di Fronso et al., 2020). Researchers have also disclosed the usage of the mindfulness, acceptance, and commitment (MAC) approach to tackle athlete sports anxiety. 31 students with 3-5 years of experience in cycling in Italy were observed. Results obtained showed positive responses towards the MAC approach in reducing anxiety and stress before a run (Dehghani, Saf, Vosoughi, Tebbenouri, & Zarnagh, 2018). Some studies have been made on cyclists, in which their autonomous system was studied. 12 experienced cyclists were taken, and their pre-match sympathetic autonomic control was observed. The increase in their sympathetic autonomic control before race indicated the stress level in cyclists (Oliveira-Silva, Silva, Cunha, & Foster, 2018). In a comparative study, cyclists and triathlon experts were studied by assessing 129 males and females. The participants were evaluated based on motivation, stress control, and performance evaluation parameters. The results showed that triathlon experts provided higher scores in these parameters as compared to cyclist athletes (Olmedilla, Torres-Luque, Rubio, & Ortega, 2018). Studies explore that progressive relaxation training (PRT) can be declared effective in managing anxiety among athletes. For this, two groups were formed, with 14 and 10 participants, respectively. The 14

members were given PRT twice a week for a month, whereas 10 members were treated as a control group. The results showed that cyclists who received PRT exhibited better performance and boosted their motivation level than those who didn't experience those PRT sessions (Liang et al., 2021). During COVID-19, Italian cyclists went through major mental depression when their training was disturbed. The Italian Association of Professional Cyclists introduced a sports psychology intervention. The results showed that cyclists participating in this intervention responded better to anxiety and stress levels (Bertollo et al., 2021). Similarly, some researchers have proven that a mindful flow meditation program can help manage pre-competition anxiety in cyclists. This program showed results in which a clear decrease in impulsiveness, as well as cognitive and motor tension, was observed (Sánchez-Sánchez, Franco, Amutio, García-Silva, & González-Hernández, 2023). Other studies have also been performed on female Italian cyclists in which 61 female cyclists were observed according to age, training, and experience, revealing that different groups offered different psychological states and responses toward their impulsiveness (Abenza-Cano, Chung, Vaquero-Cristobal, Mateo-Orcajada, & Encarnacion-Martinez, 2021). Researchers claim that the reflective-impulsive model can help in addressing anxiety issues by regulating autonomic information during high-stress performance and cycling activities (Rowland, Moyle, & Cooper, 2021).

Moreover, the usage of interventions related to sports psychology has been declared efficient in removing anxiety issues from cyclists in Italy (Kaplan, Wrzesinska, & Prato, 2019). The interventions reduce competitive anxiety in athletes and increase overall cyclist performance on the track (Ong & Chua, 2021). Similarly, some studies have shown that endurance sports like cycling need both physical and psychological betterment to adapt to extreme conditions. 245 participants were studied, and a positive correlation was found between resilience and self-efficacy. Moreover, similar research has been made on finding the dimensions based on which a cyclist's performance is evaluated (Sarrica, Alecci, Passafaro, Rimano, & Mazzara, 2019). Sports psychology therapies that focus on developing mental skills necessary for optimal performance are fundamental to their efficacy. Italian cyclists are outstanding athletes and astute strategists who can navigate the tactical nuances of competitions with accuracy and insight. Through the use of techniques like goal-setting, visualization, and self-talk, cyclists may transform their worry into concentrated energy and utilize it to their advantage rather than hinder them. In addition, the sports psychologist's responsibilities go beyond providing individual therapies to include team dynamics and organizational culture. In the competitive world of professional cycling, good communication and cohesive collaboration are critical. Sports psychologists may reduce performance anxiety in individuals and groups by creating a psychologically strong and encouraging atmosphere that maximizes the team's performance. The dimensions are race environment, interpersonal dynamics, race format, etc. By following these dimensions, a cyclist's performance analysis can be made and suggestions for

overcoming anxiety can be delivered on a personal and cyclist's characteristics basis (Phillips & Hopkins, 2020). In another study, self-talk intervention was offered to a group of cyclists with 117 athletes. These athletes received self-talk intervention for 1-8 weeks and then later on, were related to those who didn't get any of this intervention. Results deduced provided an outcome of decreased somatic state anxiety in the cyclists receiving self-talk intervention (Walter, Nikoleizig, & Alfermann, 2019).

A new study has been made on using online training tools for cyclists in Italy. A total of 329 participants took part in online training tools usage for calculating the training frequency, duration, and efficacy. The results were deduced based on the number of cyclists using these tools. In the outcomes received, the participants who underwent regular training sessions on the online platforms were more satisfied and felt more competitive and effective in their future cycling competitions. Whereas, those who didn't use online training programs or tools, felt lagging and their training started vanishing because of irregular durations of training. These training sessions became famous during the pandemic 2019 when cyclists felt more disturbance in their training programs in Italy because of restrictions put forward by the Italian Government. The reason behind these better performance evaluations is an increase in positive emotions after using those online training tools which in turn impact the psychological anxiety and elevate the cyclist's performance to a better level (Moreno-Tenas, León-Zarceño, & Serrano-Rosa, 2021).

3. Research Methodology

The research study determines the Application of Sports Psychology in Overcoming Performance Anxiety among Italian Cyclists. The research based on primary data analysis for measuring the data used specific questions related to the sport psychology and overcoming performance anxiety. These data depend upon research question for measuring the research used smart PLS software and generate result included descriptive statistic, correlation coefficient analysis also that explain the smart PLS Algorithm model between them.

3.1 Performance Anxiety in Italian Cyclists

Performance anxiety can negatively impact an athlete's performance by causing stress, tension, and destruction. By addressing and managing performance anxiety, Italian cyclist can improve their focus, confidence, and overall performance on the bike. Performance anxiety can also affect an athlete's mental health, leading to feelings of pressure, self-doubt, and fear of failure. Addressing these issues, cyclists can experience improved mental health and a more positive mindset, both on and off the bike. Extending the duration of stress and anxiety can have negative effects on physical health,

including increased risk of injuries and decreased recovery times. Performance anxiety is essential for the long-term development and success of Italian cyclists. By learning effective coping strategies and mental skills, athletes can build resilience, adaptability, and mental toughness, which are important for stable success in the sport. You think performance anxiety in Italian cyclists is significant not only for improving performance outcomes but also for promoting mental health, physical health, and long-term development in the sport. By providing support and intervention to manage anxiety effectively, Italian cyclist can optimize their performance and overall well-being.

3.2 Factors Contributing to Performance Anxiety Among Italian Cyclists

Italian cyclists may face pressure to perform at a high level due to expectations for themselves, coaches, teammates, and fans. The fear of not meeting these expectations can lead to performance anxiety. The competitive nature of cycling, especially at the elite level, can create a stressful environment where athletes constantly compare themselves to their fears and try for success. Intense competition can contribute to anxiety. Cycling involves specific troubles such as overtraining, pressure to perform, injuries, and relational tension with coaches or teammates. These factors can increase the risk of anxiety among Italian cyclists. During the lockdown period, Italian cyclists faced challenges such as detentions, distributions in training routines, and isolation, which could have heightened feelings of anxiety and uncertainty. A cyclist may experience anxiety when they consider a lack of control over their training, performance, or external circumstances. uncertainty and unpredictability in sports can contribute to feelings of anxiety. The stigma associated with mental health issues in sports can prevent cyclists from seeking help for anxiety or other psychological challenges. This hesitancy to address mental health concerns can intensify performance anxiety. limitation of training indoors on cycling equipment may impact the cyclist's ability to replicate outdoor training conditions, leading to concerns about performance readiness and adaptation. Individual factors such as personality traits, passed experience, coping mechanisms, and self-perception can also play a role in the development of performance anxiety among Italian cyclists. Understanding these factors contributing to performance anxiety, coaches, sports psychologists, and sports staff can implement targeted interventions and strategies to help Italian cyclists manage anxiety effectively and optimize their performance outcomes.

3.3 Application of Sport Psychology in Overcoming Performance Anxiety

The application of sports psychology in overcoming performance anxiety among Italian cyclists involves an umbrella approach to address the psychological factors that contribute to anxiety and delay performance. Sports psychologists can work with Italian cyclists to identify specific triggers or situations that lead to performance anxiety. By understanding the root cause of

anxiety, athletes can develop strategies to manage and overcome their challenges. Mental behavioral techniques, such as cognitive restructuring, help cyclists reframe negative thoughts and beliefs that contribute to anxiety.

By replacing these negative self-talk with positive and constructive thoughts, athletes can improve their confidence and performance. Visualizing techniques involve mentally rehearsing successful performances and outcomes. Italian cyclists can use mental signs to visualize themselves performing well, managing stress, and overcoming challenges, which can enhance confidence and reduce anxiety. Sports psychologists teach cyclists relaxation techniques such as deep breathing, progressive muscle relaxation, and habitual training to manage physical symptoms of anxiety, such as tension and elevated heart rate. Setting specific, measurable, achievable, relevant, and time-bound goals can help Italian cyclist focus on performance targets and track their progress. Clear goals provide directions, motivation, and a sense of accomplishment, reducing anxiety. Mindfulness practices help athletes stay present and focused, manage directions, and maintain concentration during training and competitions. By raising mindfulness, the cyclist can enhance their focus and performance under pressure. Sports psychologists assist Italian cyclists in developing stress management skills to survive with the demands of training, competition, and external trouble. Effective stress management techniques can reduce anxiety levels and improve overall health. Integrating these sports psychology strategies into training and support programs for Italian cyclists, athletes can develop the mental skills and flexibility needed to overcome performance anxiety, enhance their performance, and achieve their full potential in the sport.

1) Physiological Monitoring and Biofeedback: Athletes can monitor and control their physiological reactions to stress by using biofeedback techniques. Cycling enthusiasts might be taught how to regulate physiological stress signs, such as muscular tension and heart rate variability, by practicing relaxation techniques.

2) Pre-show Procedures: Create pre-performance routines that incorporate mental preparation, relaxation methods, and physical warm-ups. Athletes might feel more prepared and confident if their pre-performance rituals are consistent.

3) Simulated Pressure Situations: Introduce cyclists to high-pressure training sessions or fictitious competitions gradually. This substitutes resilience and helps desensitize them to the parts of competition that make them anxious.

4) Support Network: Create an atmosphere on the team where players feel at ease talking to coaches, teammates, and sports psychologists about their fears and asking for help.

5) Continuous Evaluation and Adjustment: Based on the reactions and development of each individual athlete, continuously assess the efficacy of treatments and make necessary adjustments to methods. Through the application of these techniques, Italian cyclists may cultivate the mental toughness required to proficiently handle performance anxiety and maximize their cycling efficiency.

3.4 Descriptive statistic

Table 1

NAME	NO.	MEAN	MEDIAN	SCALE MIN	SCALE MAX	STANDARD DEVIATION	EXCESS KURTOSIS	SKEWNESS	CRAMÉR-VON VALUE	MISES	P
SP1	0	1.755	2.000	1.000	4.000	0.715	0.585	0.756	0.000		
SP2	1	1.612	2.000	1.000	3.000	0.633	-0.577	0.556	0.000		
SP3	2	1.531	2.000	1.000	3.000	0.538	-1.113	0.279	0.000		
SP4	3	1.633	2.000	1.000	3.000	0.560	-0.742	0.166	0.000		
SP5	4	1.653	2.000	1.000	3.000	0.624	-0.613	0.426	0.000		
PA1	5	1.571	2.000	1.000	3.000	0.606	-0.545	0.567	0.000		
PA2	6	1.510	1.000	1.000	3.000	0.610	-0.305	0.794	0.000		
PA3	7	1.531	1.000	1.000	3.000	0.610	-0.404	0.716	0.000		
PA4	8	1.490	1.000	1.000	3.000	0.539	-1.002	0.445	0.000		
PA5	9	1.510	1.000	1.000	3.000	0.576	-0.554	0.621	0.000		
PA6	10	1.367	1.000	1.000	3.000	0.523	-0.086	1.005	0.000		

The above result represent that descriptive statistical analysis result demonstrate mean values, median values, the minimum value, maximum value also that standard deviation rate of variable. the result also present skewness value, and excess kurtosis value is probability value of each factor included independent and dependent. The SP1 is main independent variable its mean value is 1.755 the median rate of overall variables is 2.000 the overall minimum value is 1.000 the maximum rate is 3.000 respectively.

The SP2,3,4, and 5 these are all shows that independent variable result describe mean values is 1.612, 1.531, 1.633 and 1.653 all of them are shows positive average value of mean. The standard deviation rate is 71%, 63%, 53%, 56% and 62% deviate from mean values.

The overall probability value is 0.000 shows 100% significant level between them. The PA1,2,3,4,5 and 6 these are all consider as dependent variables result describe mean values is 1.510, 1.531, 1.490, 1.510, also that 1.367 positive average rate between them.

The standard deviation rate of dependent variable is 60%, 61%, 53%, 57% and 52% deviate from mean values. Italian cyclists who suffer from performance anxiety can benefit from a customized application of sports psychology that takes into account both the psychological and physiological components of worry. This is a methodical plan:

1. Gaining Knowledge about Performance Anxiety: Start by explaining performance anxiety to the bikers. Assist them in seeing that this is a typical occurrence for athletes and that it's frequently brought on by severe pressure, fear of judgement, or fear of failing.

2. Psychoeducation and Normalization: Help athletes realize that anxiety is a normal reaction to stress by normalizing the sensation of anxiety. Inform them about the physiological alterations linked to anxiety and the potential impact on performance.

3. Behavioral and Cognitive Techniques: • Cognitive restructuring: Equip riders to recognize and confront performance-related negative thoughts. Encourage them to think of inspiring and optimistic ideas in place of negative ones. • Mental imagery and visualization exercises: Lead athletes in visualizing themselves, carrying out various tasks in an effective manner. This lessens worry and boosts confidence. • Mindfulness and Relaxation Techniques: To help riders remain composed and focused under pressure, teach them mindfulness exercises and relaxation methods including progressive muscle relaxation, deep breathing, and meditation.

4. Goal-Setting: Help bikers create attainable and reasonable objectives. Divide more ambitious performance targets into more doable, smaller milestones. This provides a clear road map for progress, which helps lower anxiety.

5. Stress Management Skills: Provide instruction in time management, prioritization, and effective communication as stress management techniques. Anxiety can be reduced in athletes by giving them a greater sense of control over their surroundings.

3.5 Correlation Coefficient

Table 2

	SP1	SP2	SP3	SP4	SP5	PA1	PA2	PA3	PA4	PA5	PA6
PA1	-0.336	0.258	-0.054	-0.283	0.254	1.000	0.000	0.000	0.000	0.000	0.000
PA2	0.006	0.089	-0.141	-0.049	-0.178	0.039	1.000	0.000	0.000	0.000	0.000
PA3	-0.123	0.004	0.075	-0.206	0.216	0.174	0.095	1.000	0.000	0.000	0.000
PA4	0.205	0.078	-0.052	0.055	0.262	-0.170	-0.263	-0.108	1.000	0.000	0.000
PA5	-0.192	-0.241	-0.281	0.138	-0.019	-0.075	0.130	-0.306	-0.345	1.000	0.000
PA6	0.241	0.122	0.323	0.043	0.078	0.046	0.052	0.413	0.231	-0.623	1.000
SP1	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
SP2	0.016	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
SP3	-0.087	-0.055	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
SP4	0.285	-0.459	0.105	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
SP5	-0.327	-0.082	0.244	-0.189	1.000	0.000	0.000	0.000	0.000	0.000	0.000

The above result demonstrates that correlation coefficient analysis PA1 shows negative link with SP1 its rate is -0.336 the PA1 also present 25% positive and significant relation with SP2. PA2 shows 6%, 8%, 4% 17%, 3% significantly level between PA and SP. Overall result shows some positive and some negative interrelation between them. Athletes that compete in sports push themselves to the limit both mentally and physically in an endless pursuit of perfection.

But in the middle of the high-stakes races and fierce contests, performance anxiety becomes a powerful foe that may impede even the most accomplished athletes. This is a familiar difficulty for Italian riders, who must manage the complexities of professional racing circuits. However, as sports psychology continues to develop, effective methods for treating and overcoming performance anxiety have surfaced, enabling athletes to reach their greatest potential and perform at their best. With its long history of cycling, Italy is a shining example of the sport's brilliance.

Italian cyclists have made a lasting impression on the world scene, from the legendary routes of the Giro d'Italia to the exhilarating mountains of the Dolomites. On the other hand, a complicated interaction between physical ability and psychological fortitude occurs behind the scenes of success. Performance anxiety may damage an athlete's self-esteem and negatively affect their on-road performance. It is defined by extreme stress and trepidation before to or during contest.

3.6 Smart PLS Algorithm Model

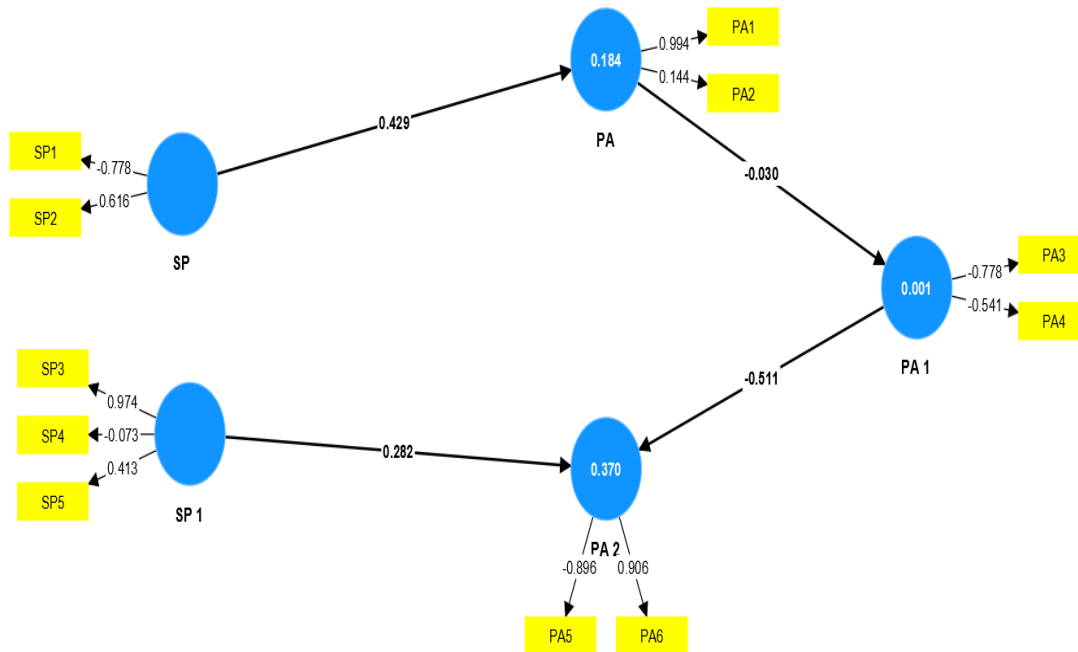


Figure 1

The above model presents smart PLS Algorithm model between independent and dependent variable the SP shows -0.778, 0.616 the SP1 also presents 0.974, -0.073 and 0.413 shows that negative and some positive rates. Similarly, the PA1, PA2 shows that -0.030 and -0.511 negative link between them. The result also describes 99%, 14%, 77%, 54%, 89% and 90% significant rate between them. The model presents Application of Sports Psychology in Overcoming Performance Anxiety among Italian Cyclists.

4. Conclusion

In conclusion, sports psychology is a multimodal strategy that tackles the psychological and physiological components of anxiety that helps Italian riders overcome performance anxiety. Cyclists can build the psychological resilience required to succeed in high-pressure competitive environments by following an organized plan that incorporates psychoeducation, cognitive-behavioral techniques, goal-setting, stress management skills, biofeedback, pre-performance routines, simulated pressure situations, and a supportive team

environment. It's critical to understand that athletes frequently suffer performance anxiety and that there are practical ways to control and lessen its negative effects on performance. Through close collaboration with coaches, teammates, and sports psychologists, Italian riders may cultivate the mentality and abilities required to surmount performance anxiety and reach their utmost cycling potential. The research determines the Application of Sports Psychology in Overcoming Performance Anxiety among Italian Cyclists. For measuring the research used smart PLS software and run result included descriptive statistic, correlation coefficient also that smart PLS Algorithm Model between them.

The application of sports psychology to overcoming performance anxiety among Italian cyclist is essential for optimizing their mental health and performance outcomes. By implementing an entire approach that addresses the psychological factors contributing to anxiety, sports psychologists can help athletes develop the necessary skills and strategies to manage and overcome performance-related stress. Sports psychology plays a crucial role in helping Italian cyclist reach their full potential and excel in their cycling aim. Overall research concluded that positive and significant link between Application of Sports Psychology in Overcoming Performance Anxiety among Italian Cyclists. It is important to conduct ongoing assessments and modifications of treatments to guarantee that methods maintain their efficacy and customization to the specific requirements of every rider. Italian cyclists may use sports psychology to overcome performance anxiety and succeed in their athletic endeavors with commitment, tenacity, and encouragement.

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