



---

:

. (27 1987 )

.

.(14 2004 )

.( 157,1995 )

:

.(1994 )

(Spielberger)

(228-227,2004 )

" "

.

" "

.

:

(1994 )

-

---

(272,1995 )

(Gooper,1969)

Low Anxiety

Achievement-Oriented

.(1995,56 )



	(0.05 =a)	.4
	.	
		:
0		:
		:
	.	
		:
		.
...	" (1987)	:
	."	
	:	
	)	(
	.	:
		:
	.2005/2004	:
	0	:
2004		:
	.	
79	(1)	2006

:

(1998 ) (2001 ) (2004 )

.

(2002)

.

(33)

.

(2001)

.

.(1994)

(579)

.

(1991)

(217)

(Spielberger)

(1989)

---

(100)

(60)

(40)

(1986)

(55)

1985/84

(Spkh,1985)

(45)

(80)

(Steven,1979)

20

20

.(1991 )

:

2005/2004

(671)

0

(%23)

(150)

(1)

:(1)

74.7	112		
25.3	38		
100	150		
14	47		
86	103		
100	150		



20	30		
64.7	97		
15.3	23		
100	150		

:

(Sarson)

) (2004 )  
(1995 ) (1995 ) (1998 ) (2004

. (30)

:

(5)

. 37 30

:

(%88) (Kronbach Alpha)

.

:

:

.1

.2

(150) .3

.4

•

(30)

.( )

( )

( )

$$\vdots$$

(12) —

(20) (12) -

(20) —

$$\vdots$$
$$\vdots$$

.( ) .1

.( ) .2

.( ) .3

$$\vdots$$

.4

$$\vdots$$
$$\vdots$$

spss

.1

( ) .2

---

ANOVA .3

.

:

:

:

(2)

(2)

%		
30	45	
51.3	77	
18.7	28	
100	150	

(2)

(%30)

(%51.3)

.(%18.7)

(2001 )

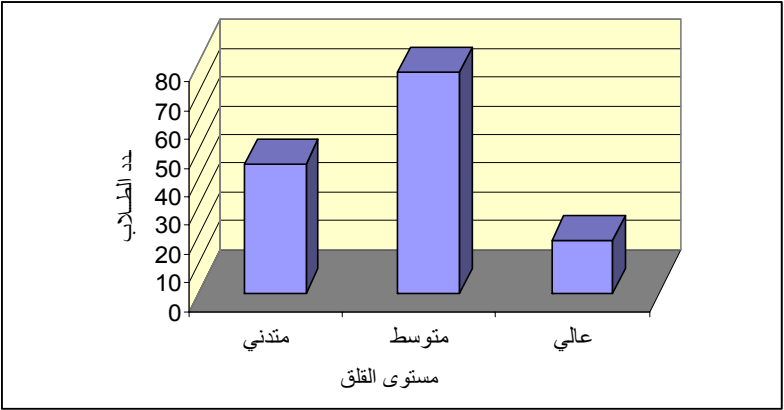
(Charles, 1998)

(Barr,1998)

(Ann,1997)

(Jemes, 1998)

.(1)



(1):

$(0.05 = \alpha)$  :

(t.test)

(3) :

(t.test) : (3)

*					
*0.000	-0.427	5.06	14.27	112	
		4.93	18.31	38	

$(0.05 = \alpha)$  \*

(3)

(0.05)

---

(Spkh,1985)

(2004)

$(0.05 = \alpha)$

:

(t.test)

: (4)

(t.Test) : (4)

*					
0.52	-0.63	5.51	14.89	47	
		5.23	15.48	103	

.(0.05 =  $\alpha$  )

\*

(4)

(0.05)

(2004 )

---

87

(1)

2006

(0.05 =  $\alpha$ )

:

: (5) (ANOVA)  
(5)

(0.05)

(2005 )  
(83.4)

:(5)

*					
0.30	1.19	33.56	2	67.13	
		28.179	147	4142.364	
			149	4209.500	

( 0.05= $\alpha$ )

\*

---

:

.1

.2

.3

.4

(1)

/

"

"

\_\_\_\_\_:

(x)

- ( ) ( ) : .1
- ( ) ( ) : .2
- ( ) ( ) ( ) : .3

(30) \_\_\_\_\_:

(x)

			1
			2
			3
			4
			5
			6
			7
			8
			9
			10
		( )	11
		( )	12
		( )	13



		.	
		.( )	14
		.	15
		.	16
		.	17
			18
		.	19
		.	20
			21
			22
		.	23
		.	24
		.( )	25
		.	26
		.	27
		.	28
		.	29
		.	30

:

:(1995)

: (2005)

:(2001)

: (1998)

.132 :1 1

:(1994)

: (1987)

(1986)

1 (1995)

(2004)

35-10: 3

·(1991)

.(2002)

605 573 : 2 18

0 (1000)

: (1987)

1 (1995)

---

:(2001)

4

1

:(2004)

:(1989)

5

: :

Ann, M, (1997): The counseling needs of college student-Athletes,  
Dissertation abstracts international, A (58)/06: P.215.

Barr, R, (1998): Physical self-Efficacy and competitive state Anxiety:  
An Examination of Adult participation in Non traeltional sport,  
Dissertation abstracts international, A, (58)/10: p.5667.

Charles, W, (1998): A sociological study of sport parachuting (skydivers),  
Dissertation abstracts international, A (59)/01: p.327.

James, V, (1998): Interpersonal, Individual, and situational Factors  
Associated with Burnout in students-Athletes, Dissertation abstracts  
international, A (58)/09:p.5146.