

Special Issue

The Impact of Stress and Anxiety on Athletic Performance

Message from the Guest Editor

Stress and anxiety can significantly impair athletic performance by affecting focus, decision-making, and physical well-being. Excessive stress and pre-competitive anxiety can lead to decreased competitive performance and poor decision-making. Stress can impair an athlete's ability to concentrate, leading to unexplainable mistakes. On the physical level, stress and anxiety can significantly increase injury risk and impair recovery after exercise. Stress can cause muscle tension, leading to muscle stiffness and increasing the risk of injury; it can also lead to physical symptoms like sweating or contribute to fatigue. The objective of this Special Issue, titled "The Impact of Stress and Anxiety on Athletic Performance", is to enhance current knowledge in this specific field concerning stress and anxiety in an athletic environment, including how to measure it, how it is influencing athletic performance, and what we can do about it in order to diminish the influence of stress and anxiety on athletes' performance. Authors are invited to submit case reports, original research papers, and review articles on these topics.

Guest Editor

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Editor-in-Chief

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