Zamfara International Journal of Education (ZIJE)
The Official Journal of the Faculty of Education
Federal University Gusau, Zamfara State, Nigeria
Volume 6, Number 4, June, 2026
pISSN: (Hard Copy): 2814 – 1377; eISSN (Online): 2814 – 1369 www.foefugusau.com.ng
DOI: https://doi.org/10.64348/zije.2026474

Reliability Test for Internal Consistency in Psychological Assessment Instruments: A Pilot Study with Feeder Team Athletes of Bendel Insurance Football Club of Nigeria

ABAYOMI, C. Y. [1]
celina.abayomi@uniben.edu
ADEYEYE, F.M. [2]
ADEWUNMI, C. M. [2]
[1]Department of Human Kinetics and Sports Science, Faculty of Education, University of Benin, Edo State, Nigeria
[2]Department of Human Kinetics and Health Education, Faculty of Education, University of Lagos, Lagos State, Nigeria

Abstract
The accurate assessment of psychological constructs in youth athletes requires reliable and valid measurement instruments. This pilot study examined the internal consistency reliability of three widely used psychological assessment tools within the context of Nigerian Premier Football League. The study was specifically designed to determine the internal consistency reliability of the Athlete Self-Confidence Scale (ASCS), Competitive State Anxiety Inventory-2 (CSAI-2), and Mental Toughness Questionnaire-30 (MTQ30) among Nigerian Premier Football League. Twenty male participants (M age = 17.35, SD = 1.42) from the feeder teams of Bendel Insurance Football Club completed all three questionnaires. Cronbach's alpha coefficients were calculated to assess internal consistency reliability for each instrument. The reliability coefficients obtained were: ASCS (α = 0.73), CSAI-2 (α = 0.77), and MTQ30 (α = 0.79). All instruments demonstrated acceptable to excellent internal consistency.Drawing from the findings of the study, it was concluded that all the psychological assessment instruments are considered reliable within the Nigerian sports context and can be applied to Nigerian youth football players. It was therefore recommended among others that the management of Bendel Insurance Football Club and similar clubs should integrate these tools into their regular player evaluation protocols.

Keywords: Internal consistency reliability, psychological assessment, Bendel Insurance Football Club, Athletes

Introduction
In the contemporary era of competitive sports, the difference between success and failure frequently rests on psychological rather than purely physiological parameters. The psychological preparation of athletes has become increasingly recognized as fundamental to optimal athletic performance and overall well-being in competitive sports environments. In football, a sport characterized by high cognitive demands, unpredictable environmental constraints, and intense physical exertion, players must possess a robust psychological profile to execute technical and tactical skills effectively under pressure. Recognizing this, sports psychologists and coaches increasingly rely on psychometric evaluations to profile athletes, identify mental strengths and weaknesses, and design targeted psychological interventions. In order to gain insights for enhancing both performance and athlete development, coaches, sport psychologists, and sports researchers need to understand the psychological characteristics of athletes, including their psychological constructs such as self-confidence, anxiety, and mental toughness. However, the effectiveness of psychological interventions and the accuracy of assessing these psychological constructs depend on the reliability of the measurement instruments employed. These psychological instruments usually include Athlete Self-Confidence Scale, Competitive State Anxiety Inventory-2, and Mental Toughness Questionnaire-30. The Athlete Self-Confidence Scale (ASCS) is designed for measuring self-confidence (Kocak, 2020). The Competitive State Anxiety Inventory (CSAI-2) is used for assessing anxiety and stress levels (Putra & Guntoro, 2022). The Mental Toughness Questionnaire-30 (MTQ30) is used to determine assessing mental toughness in participants (AQR International, 2017). In the Nigerian sports context, particularly within football, there has been growing recognition of the importance of psychological factors in athlete development programmes (Adeyeye, 2019). Football clubs increasingly invest in youth development through feeder team programmes designed to identify and nurture talented young players (Sweeney et al., 2021). These programmes provide ideal settings for implementing comprehensive psychological assessments that can inform individualized training and support interventions. However, limited research has examined the psychometric properties of standardized psychological assessment instruments within Nigerian youth sport populations. Bendel Insurance Football Club, established in 1972 and based in Benin City, Edo State, Nigeria, maintains a robust youth development system through its feeder team programmes (Agency Report, 2021). These feeder teams provide structured competitive football experiences for adolescent athletes, making them an appropriate population for pilot testing psychological assessment instruments. In addition, determining the reliability of these instruments within this specific

Zamfara International Journal of Education (ZIJE)
The Official Journal of the Faculty of Education
Federal University Gusau, Zamfara State, Nigeria
Volume 6, Number 4, June, 2026
pISSN: (Hard Copy): 2814 – 1377; eISSN (Online): 2814 – 1369 www.foefugusau.com.ng
DOI: https://doi.org/10.64348/zije.2026474

cultural and sporting context is essential for their appropriate application in talent identification, performance enhancement, and monitoring athletes' welfare.

Purpose of the Study

This pilot study aimed to examine the internal consistency reliability of three widely used psychological assessment instruments when administered to youth football players in Nigerian feeder team programs. Specifically, the study evaluated internal consistency reliability of:

1. Athlete Self-Confidence Scale (ASCS)
2. Competitive State Anxiety Inventory-2 (CSAI-2)
3. Mental Toughness Questionnaire-30 (MTQ30)

Research Questions

Arising from the purpose of the study, the following research questions were raised to guide the study:

1. What is the internal consistency reliability of Athlete Self-Confidence Scale (ASCS) when administered to youth football players in Nigerian?
2. What is the internal consistency reliability of Competitive State Anxiety Inventory-2 (CSAI-2) when administered to youth football players in Nigerian?
3. What is the internal consistency reliability of Mental Toughness Questionnaire-30 (MTQ30) when administered to youth football players in Nigerian?

Athlete Self-Confidence Scale (ASCS)

Athlete self-confidence is often considered a major psychological determinant of performance and reflects athletes' beliefs about their ability to succeed in sport (Vealey & Vernau, 2021). The Athlete Self-Confidence Scale has been employed extensively in sport psychology research to assess domain-specific confidence (Stefanaki, & Galanis, 2023). Recent evidence confirms strong relationships between sport confidence and both performance outcomes and psychological well-being indicators (Vealey & Vernau, 2021). Cultural factors influence the development and expression of athletic confidence, with research suggesting that collectivistic cultural values may shape confidence differently than individualistic contexts (Elumaro, (2022). In African sport settings, confidence has been linked to prior performance accomplishments, social support from coaches and teammates, and mastery climate perceptions (Efebeh, 2020). Reliability estimates for confidence measures in youth sport populations typically range between 0.70 and 0.88 (Kocak, 2020).

Competitive State Anxiety Inventory-2 (CSAI-2)

Over the years, the Competitive State Anxiety Inventory-2 still remains one of the most widely used instruments for assessing pre-competition anxiety in athletes, measuring cognitive anxiety, somatic anxiety, and self-confidence dimensions (Martens et al., 1990). While contemporary research continues to support the multidimensional conceptualization of competitive anxiety, debates, however, persist regarding optimal factor structures (Sánchez-Ruiz et al., 2025; Ríos-Garit et al., 2026). Recent studies with youth athletes have documented significant relationships between competitive anxiety and performance outcomes, with cognitive anxiety often showing facilitative effects at moderate levels (Amaro & Brandão, 2023). It has also been observed that cultural considerations influence anxiety experiences, which shows that athletes from different cultural backgrounds may interpret and respond to competitive stressors differently (Hofmann & Hinton, 2014; Dawson et al., 2023). Previous research has reported Cronbach's alpha values ranging from 0.72 to 0.88 for CSAI-2 subscales while the main instrument is reported to have a reliability of 0.61 to 0.86 (Putra & Guntoro, 2022).

Mental Toughness Questionnaire-30 (MTQ30)

Mental toughness is often examined in relation to the 4Cs model involving Control, Commitment, Challenge, and Confidence. These represents a collection of psychological characteristics associated with consistent high performance under pressure (Beheshti et al., 2021). The MTQ30 has been widely employed across sport, education, and organizational contexts (Cowden et al., 2021). Recent research has demonstrated relationships between mental toughness and various performance outcomes, psychological well-being indicators, and adaptive coping strategies (Farnsworth & Burch, 2022). It is argued that cultural factors may influence the development and expression of mental toughness, and research have shown variations across different cultural contexts in the relative importance of specific mental toughness components (Ying et al., 2025). Studies with African athlete populations have documented significant relationships between mental

Zamfara International Journal of Education (ZIJE)
The Official Journal of the Faculty of Education
Federal University Gusau, Zamfara State, Nigeria
Volume 6, Number 4, June, 2026
pISSN: (Hard Copy): 2814 – 1377; eISSN (Online): 2814 – 1369 www.foefugusau.com.ng
DOI: https://doi.org/10.64348/zije.2026474

toughness and competitive success (Asamoah et al., 2026). Reliability estimates for the MTQ30 typically range from 0.72 to 0.92 for subscales and total scores (AQR International; 2017).

Methodology

Research Design

This pilot study employed a descriptive survey design to examine the internal consistency reliability of three psychological assessment instruments. This design was considered appropriate as it involves the collection of data on a phenomenon with the aim of describing such phenomenon as it exists in its natural setting without manipulating variables (Omorogiuwa, 2019). This design was considered suitable for this study as the study focused on collecting data on psychological constructs from the respondents without manipulating variables

Participants

Twenty male youth football players (N = 20) from the feeder teams of Bendel Insurance Football Club participated in this study. Participants ranged in age from 15 to 20 years (M = 17.35, SD = 1.42). All participants were actively involved in competitive football training and matches as part of the club's youth development programme. Years of football experience ranged from 3 to 8 years (M = 5.40, SD = 1.60).

Inclusion and Exclusion Criteria

Inclusion criteria required participants to be current members of Bendel Insurance Football Club feeder teams; be between 15 and 20 years of age; have at least two years of organized football experience; be actively participating in regular training sessions; and provide informed consent either directly or by proxy in cases of minors. Exclusion criteria included current injury preventing full training participation; inability to read and comprehend English at a level sufficient for questionnaire completion; and unwillingness to complete all assessment instruments.

Sampling Procedure

Purposive sampling was employed to recruit participants from the accessible population of feeder team athletes. Potential participants were informed about the study during a team meeting, and those expressing interest were provided with detailed information sheets and consent forms. Given the pilot nature of this study, the sample size of 20 participants was considered appropriate for preliminary reliability assessment while remaining feasible within the constraints of the feeder team programme.

Instruments

The research instruments adopted in the study were standardized versions of the following instruments:

Athlete Self-Confidence Scale (ASCS): This was used to assess athletes' confidence in their abilities across various sport-related domains. The scale employs a Likert-type response format, with items assessing confidence related to skill execution, decision-making, physical factors, and psychological factors; Competitive State Anxiety Inventory-2 (CSAI-2): This was used to assess three dimensions of pre-competition anxiety: cognitive anxiety which involves worry and negative expectations, somatic anxiety which involves physiological activation, and self-confidence. The 27-item questionnaire uses a 4-point Likert scale ranging from 1 (not at all) to 4 (very much so). Participants were instructed to indicate how they feel "right now" in relation to upcoming competition; Mental Toughness Questionnaire-30 (MTQ30): The MTQ30 assessed mental toughness through the 4Cs framework: Control (emotional control and life control), Commitment, Challenge, and Confidence in abilities and interpersonal confidence. The 30-item questionnaire employed a 5-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree).

Procedure

Data collection was conducted during a scheduled training week to minimize disruption to the athletes' regular schedules. Participants completed all three questionnaires in a single session in a quiet classroom at the club's training facility. The assessment session lasted approximately 60-75 minutes. Participants were provided with detailed instructions for each questionnaire and were encouraged to ask questions if any items were unclear. To control for order effects, the sequence of questionnaire administration was counterbalanced across participants. Specifically, participants were randomly assigned to one of four different administration orders. Participants completed the questionnaires independently, though research assistants remained available to clarify any questions. Completed questionnaires were immediately checked for completeness, and participants were asked to complete any missed items before leaving the session.

Zamfara International Journal of Education (ZIJE)
The Official Journal of the Faculty of Education
Federal University Gusau, Zamfara State, Nigeria
Volume 6, Number 4, June, 2026
pISSN: (Hard Copy): 2814 – 1377; eISSN (Online): 2814 – 1369 www.foefugusau.com.ng
DOI: https://doi.org/10.64348/zije.2026474

Data Analysis

Data were entered into SPSS Version 27 for analysis. Prior to reliability analysis, data were screened for missing values, outliers, and violations of assumptions. Descriptive statistics involving means and standard deviations were calculated for all scale scores. Internal consistency reliability was assessed using Cronbach's alpha coefficient for each instrument and, where applicable, for subscales within instruments. Cronbach's alpha values were interpreted according to commonly accepted guidelines: $\alpha \geq 0.90$ = excellent, $0.80 \leq \alpha < 0.90$ = good, $0.70 \leq \alpha < 0.80$ = acceptable, $0.60 \leq \alpha < 0.70$ = questionable, and $\alpha < 0.60$ = poor. Given the pilot nature of this study and the small sample size, alpha coefficients of 0.70 or higher were considered evidence of adequate internal consistency.

Ethical Considerations

Ethical approval was obtained from the relevant University of Benin Research Ethics Committee prior to commencing data collection. Participants were provided written informed consent after receiving comprehensive information about the purpose of study, procedures, potential risks and benefits, and their rights as participants. Participation was entirely voluntary, and participants were informed of their right to withdraw at any time without penalty. Confidentiality was maintained through the assignment of identification codes, with personally identifiable information stored separately from questionnaire data in a secure location. Participants were provided with contact information for the research team and were informed that they could request a summary of study findings upon completion.

Presentation of Results

Initial data screening revealed no missing values, as all participants completed all items on all three questionnaires. Examination of response patterns indicated no evidence of systematic response biases or straight-lining. Descriptive statistics for all scale scores are presented in Table 1.

Table 1: Descriptive Statistics for All Instruments

Instrument	M	SD	Possible Range	Obtained Range
ASCS	3.65	0.64	1-5	2.3-4.8
CSAI-2	2.48	0.52	1-4	1.6-3.5
MTQ30	3.54	0.49	1-5	2.7-4.5

Table 1 presents the descriptive statistics for the three psychological instruments used in the study.

The mean score of 4.82 shows that participants reported a relatively high level of sport motivation.

Data on ASCS shows a mean score of 3.65 which indicates a moderately high level of self-confidence among participants. The relatively small SD (0.64) shows that responses were fairly consistent across respondents. The obtained range of 2.3-4.8 demonstrates that most response categories were represented, supporting the scale's sensitivity to individual differences in their responses. Data on CSAI-2 shows that the mean anxiety score of 2.48 reflects a moderate level of competitive anxiety. The SD of 0.52 indicates relatively low variability, meaning that respondents tended to cluster around the mean. The obtained range of 1.6-3.5 covers most of the scale, showing that the instrument captured varying anxiety levels among participants. Data on MTQ30 shows a mean score of 3.54 which indicates that participants generally reported positive imagery use. The relatively low SD (0.49) indicates that respondents' scores were fairly homogeneous. The obtained range of 2.7-4.5 demonstrates sufficient spread to support meaningful measurement.

Internal Consistency Reliability

Cronbach's alpha coefficients were calculated for each of the three instruments. Results indicated that all instruments demonstrated acceptable to excellent internal consistency reliability within the sample. Specific reliability coefficients are presented in Table 2.

Table 2: Internal Consistency Reliability Coefficients

Instrument	Cronbach's α	95% Confidence Interval	Number of Items	Classification
ASCS	0.73	0.55, 0.85	21	Acceptable
CSAI-2	0.77	0.61, 0.87	27	Acceptable
MTQ30	0.79	0.64, 0.88	30	Acceptable

Key: 0.70-0.79 = acceptable, 0.80-0.89 = good, ≥0.90 = excellent.

Athlete Self-Confidence Scale (ASCS): The ASCS yielded acceptable internal consistency reliability ($\alpha = 0.73$, 95% CI [0.55, 0.85]). While this coefficient met the minimum threshold for acceptable reliability, the relatively wide confidence interval reflects the uncertainty associated with reliability estimation in small samples.

Zamfara International Journal of Education (ZIJE)
The Official Journal of the Faculty of Education
Federal University Gusau, Zamfara State, Nigeria
Volume 6, Number 4, June, 2026
pISSN: (Hard Copy): 2814 – 1377; eISSN (Online): 2814 – 1369 www.foefugusau.com.ng
DOI: https://doi.org/10.64348/zije.2026474

Competitive State Anxiety Inventory-2 (CSAI-2): The CSAI-2 demonstrated acceptable internal consistency reliability (α = 0.77, 95% CI [0.61, 0.87]). This multidimensional instrument showed adequate overall consistency despite measuring three distinct constructs (cognitive anxiety, somatic anxiety, and self-confidence). Mental Toughness Questionnaire-30 (MTQ30): The MTQ30 showed acceptable internal consistency reliability (α = 0.79, 95% CI [0.64, 0.88]). This coefficient suggests adequate measurement consistency for the mental toughness construct as operationalized through the 4Cs framework.

Subscale Reliability

For instruments with clearly defined subscales, internal consistency was also examined at the subscale level. Table 3 presents these subscale reliability coefficients.

Table 3: Subscale Internal Consistency Reliability Coefficients

Instrument	Subscale	Cronbach's α	Number of Items
CSAI-2	Cognitive Anxiety	0.74	9
	Somatic Anxiety	0.71	9
	Self-Confidence	0.75	9

Table 3 presents the subscale internal consistency reliability. It can be observed that all subscales demonstrated acceptable to good internal consistency, with reliability coefficients ranging from 0.71 to 0.75. The consistency of subscale reliabilities within the instruments suggests that the multidimensional structures of these instruments functioned appropriately within the study sample.

Discussion of Findings

This pilot study examined the internal consistency reliability of three psychological assessment instruments commonly used in sport psychology research and practice. The findings provide preliminary evidence supporting the reliability of the Athlete Self-Confidence Scale, Competitive State Anxiety Inventory-2, and Mental Toughness Questionnaire-30 when administered to Nigerian youth football players. All instruments demonstrated acceptable to good internal consistency, with Cronbach's alpha coefficients ranging from 0.73 to 0.79. The Athlete Self-Confidence Scale yielded acceptable internal consistency (α = 0.73), though this was the lowest reliability coefficient among the instruments examined. While this value meets the minimum threshold for acceptability, it suggests some heterogeneity in item functioning or construct breadth within this sample. Previous research with youth athletes has reported similar or slightly higher reliability estimates (Kocak, 2020), which shows that the present finding is not abnormal, particularly given the small sample size. The multifaceted nature of sport confidence, encompassing confidence related to physical skills, decision-making, psychological factors, and other domains, may contribute to somewhat lower internal consistency compared to more narrowly defined constructs. The Competitive State Anxiety Inventory-2 demonstrated acceptable internal consistency (α = 0.77), with subscales showing reliability coefficients ranging from 0.71 to 0.75. These values are consistent with contemporary research employing the CSAI-2 with youth sport populations (Putra & Guntoro, 2022). The adequate reliability across all three subscales involving cognitive anxiety, somatic anxiety, and self-confidence, supports the multidimensional conceptualization of competitive anxiety and suggests that these dimensions can be reliably assessed within this population. The similarity in reliability across subscales indicates relatively consistent measurement precision for different anxiety components. The Mental Toughness Questionnaire-30 showed acceptable internal consistency (α = 0.79), supporting its reliability for assessing mental toughness through the 4Cs framework with the study population. This coefficient is consistent with previous research employing the MTQ30 across various sport contexts (Ying et al., 2025). Mental toughness has been identified as an important psychological characteristic contributing to performance under pressure and effective coping with competitive demands (AQR International; 2017). The acceptable reliability obtained in this pilot study suggests that the MTQ30 can provide consistent measurement of this construct among Nigerian youth football players, supporting its potential utility in talent identification and psychological skills training programs.

Conclusion

Based on the findings of this study, it is therefore concluded that all the psychological assessment instruments involving Athlete Self-Confidence Scale, Competitive State Anxiety Inventory-2, and Mental Toughness Questionnaire-30 meet acceptable reliability indices within the Nigerian sports context and can be applied to Nigerian youth football players.

Recommendations

Drawing from the findings of this study and the conclusion, it is therefore recommended that:

1. The management of Bendel Insurance FC and similar clubs should integrate these reliable tools into their regular player evaluation protocols since profiling players based on self-confidence, anxiety, and mental toughness will facilitate targeted psychological coaching which will ultimately assist in the transition of elite talents from feeder teams to the professional senior squad.
2. Researchers and sports psychologists should use the ASCS, CSAI-2, and MTQ-30 in large-scale studies involving Nigerian youth footballers, as the instruments have proven reliable.
3. Future research should examine additional psychometric properties including test-retest reliability, construct validity, and criterion-related validity to determine the psychometric properties of these instruments in a larger population
4. Given that the ASCS had the lowest reliability score among the scales, it is therefore recommended that researchers should briefly interview participants in future studies to ensure that cultural humility is not skewing the interpretation of self-confidence items.

References

Adeyeye, F.M (2019). Impact of emotion regulation strategies on aggressive behaviour of amateur footballers. *Journal of International Council for Health, Physical Education, Recreation, Sport and Dance ICHPER-SD*, 5(1), 265 – 275.

Amaro, R., & Brandão, T. (2023). Competitive anxiety in athletes: emotion regulation and personality matter. *Kinesiology*, *55*(1), 108-119. https://ojs.srce.hr/kinesiology/article/view/25243

AQR International (2017). *Mental toughness questionnaire A user guide*. Available at https://aqrinternational.co.uk/wp-content/uploads/2018/02/MTQ-User-Manual-2017-4.00.pdf

Asamoah, B., Boamah Mensah, A. B., & Grobbelaar, H. W. (2026). A phenomenological exploration of mental toughness in decision-making: Perceptions from professional Ghanaian footballers. *PloS one*, *21*(2), e0342778. https://doi.org/10.1371/journal.pone.0342778

Cowden, R. G., Crust, L., Tibbert, S. J., & Jackman, P. C. (2021). Mental toughness development: An interpretative phenomenological analysis of mental toughness development in adolescent cricketers. *International Journal of Sport and Exercise Psychology*, 19(5), 751-769. https://doi.org/10.1080/1612197X.2020.1766539

Efebeh, V. E. (2020). Sports as an instrument of development and national cohesion: The Nigerian experience. Available at: https://dj.univdanubius.ro/index.php/JDSR/article/view/569/840

Elumaro, A. I. (2022). Insights on the process of athletes' development in Nigeria. *Journal of Physical Education and Sport Management, 13*(1), 15-23

Farnsworth, J. L., & Burch, D. (2022). Mental toughness measures: A systematic review of measurement properties. *Journal of Personality Assessment,* 104(6), 645–660.

Fenton, S. A., Duda, J. L., & Barrett, T. (2016). Optimising physical activity engagement during youth sport: A self-determination theory approach. *Journal of Sports Sciences*, *34*(19), 1874–1884. https://doi.org/10.1080/02640414.2016.1142104

Ibrahim, L.Y. (2015). Motivational factors as determinants of job performance of coaches in Nigerian universities. *Journal of Physical Education Research, 2*(III), 20-30.

Kocak CV. (2020). Athlete self-efficacy scale: Development and psychometric properties. Balt J *Health Phys Act*., *12*(4), 41-54. doi: 10.29359/BJHPA.2020.Suppl.1.05

Manninen, M., Dishman, R., Hwang, Y., Magrum, E., Deng, Y., & Yli-Piipari, S., (2022). Self-determination theory based instructional interventions and motivational regulations in organized physical activity: A systematic review and multivariate meta-analysis. *Psychology of Sport and Exercise, 62*, 102248. https://doi.org/10.1016/j.psychsport.2022.102248.

Martens, R., Vealey, R. S., & Burton, D. (1990). *Competitive anxiety in sport*. Champaign, IL: Human Kinetics

Pelletier, L. G., Fortier, M. S., Vallerand, R. J., Tuson, K. M., Briere, N. M., & Blais, M. R. (1995). *Sport Motivation Scale (SMS, EMS)* [Database record]. APA PsycTests. https://doi.org/10.1037/t55190-000

Putra, M. F. P. & Guntoro, T. S. (2022). Competitive State Anxiety Inventory–2R (CSAI-2R): Adapting and validating its Indonesian version. *International Journal of Human Movement and Sports Sciences*, *10*(3), 396-403. DOI: 10.13189/saj.2022.100305

Sánchez-Ruiz, R., Gil-Caselles, L., García-Naveira, A., Arbinaga, F., Ruiz-Barquín, R., & Olmedilla-Zafra, A. (2025). Competitive anxiety, sports injury, and playing category in youth soccer Players. *Children (Basel, Switzerland)*, *12*(8), 1094. https://doi.org/10.3390/children12081094

Stefanaki, K., & Galanis, E. (2023). The effectiveness of cognitive-behavioral consultation on competitive anxiety and self-confidence in youth athletes. *International Journal of Environmental Research and Public Health*, 20(2), 1134. https://doi.org/10.3390/ijerph20021134

Zamfara International Journal of Education (ZIJE)
The Official Journal of the Faculty of Education
Federal University Gusau, Zamfara State, Nigeria
Volume 6, Number 4, June, 2026
pISSN: (Hard Copy): 2814 – 1377; eISSN (Online): 2814 – 1369 www.foefugusau.com.ng
DOI: **https://doi.org/10.64348/zije.2026474**

Sweeney, L., Horan, D., & MacNamara, Á. (2021). Premature Professionalisation or Early Engagement? Examining Practise in Football Player Pathways. *Frontiers in sports and active living*, *3*, 660167. https://doi.org/10.3389/fspor.2021.660167

Vealey, R. S., & Vernau, D. (2021). Confidence in sport. In G. Tenenbaum & R. C. Eklund (Eds.), *Handbook of sport psychology* (4th ed., pp. 518-542). Wiley

Ríos-Garit, J., Pérez-Surita, Y., Gómez-Espejo, V., Reyes-Bossio, M., & Tutte-Vallarino, V. (2026). Competitive anxiety as a predictor of the occurrence, quantity, and severity of injuries in young Cuban athletes. *International Journal of Environmental Research and Public Health*, *23*(3), 354. https://doi.org/10.3390/ijerph23030354

Hofmann, S. G., & Hinton, D. E. (2014). Cross-cultural aspects of anxiety disorders. *Current psychiatry reports*, *16*(6), 450. https://doi.org/10.1007/s11920-014-0450-3

Dawson, D. B., Tsao, C. G., Chen, P., Giardina, T. D., & Fletcher, T. L., (2023). Providers' perspectives on the impact of culture in the recognition and diagnosis of anxiety. *Journal of Mood & Anxiety Disorders, 4,* 100030. https://doi.org/10.1016/j.xjmad.2023.100030.

Beheshti, A., Gharayagh-Zandi, H., Fathirezaie, Z., & Heidari, F. (2021). Mental toughness and performance strategies of martial artists in practice and competition. *Exercise and Quality of Life,* 13(1), 13–21. https://doi.org/10.31382/eqol.210602

Ying, H., Wei, H., Nuryana, H. Z., Syafitri, A. I., Rahmadonna, S., Pujiriyanto, A. P. (2025). Understanding the impact of culture shock on mental health: Mediating effects of expectancy of success and GRIT in international students in China. *Acta Psychologica*, *259*, 105344. https://doi.org/10.1016/j.actpsy.2025.105344.

Agency Report (2021, January 21). Edo Govt to support education of insurance fc feeder team's players. *Independent*. Available at https://independent.ng/edo-govt-to-support-education-of-insurance-fc-feeder-teams-players/