Examining the Role Personalities, Athletic Identity And Anxiety Play In The Use Of Superstitious Rituals Among Division III Student-Athletes

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This study was done to examine the role personality, anxiety and athletic identity play in Division III college athletes who use superstitions as part of game day preparation. More deeply the study looked at all types of superstitions athletes use. It also looked at the effectiveness and personal meanings to why each athlete chooses to partake in these rituals. Superstitious rituals were split up into categories where each participant was able to say if they did these rituals, if there were effective and how did they feel if there we unable to do the ritual. At the end it was found that many athletes felt their rituals to be somewhat and often effective if unable to perform them. Many findings also related to anxiety and of the participants who were unable to complete a task felt more anxious. Superstitions are part of a mental preparation and coping mechanism.