

## Abstract

**Title:** The relationship of „self-efficacy“ and experiencing state anxiety in challenging activity.

**Goals:** The aim of this work was to find a relationship between self-efficacy and state anxiety in challenging activity in overcome a high obstacle.

**Methods:** Thirty-three undergraduate students at FTVS UK, who completed a challenging activity in the form of a height obstacle. At the beginning of the course, each person completed the NGSE questionnaire. State anxiety was assessed by using the CSAI-2 questionnaire, which participants completed twice. Once on the ground, before the activity, the second time at a height just before overcoming an obstacle.

**Results:** A moderately strong relationship ( $p = 0,05$ ) was demonstrated between self-efficacy and the cognitive dimension of anxiety  $r = -0,421$  ( $p = 0,05$ ) in height and between self-efficacy and the dimension of self-confidence  $r = 0,450$  ( $p = 0,01$ ), also in height. The female sample showed a relationship between self-efficacy and the cognitive dimension of anxiety  $r = -0,523$  ( $p = 0,05$ ) in height and between self-efficacy and the dimension of self-confidence  $r = 0,572$  ( $p = 0,01$ ), also in height. The male sample did not show any marked statistical significance between self-efficacy and anxiety dimensions.

**Conclusion:** The relationship between self-efficacy and state anxiety in a challenging activity at height is proven between self-efficacy and the cognitive dimension of anxiety and between self-efficacy and the self-confidence dimension, also at height. The relationship is proven by female sample of respondents.

**Keywords:** Self-efficacy, cognitive anxiety, somatic anxiety, self-confidence, anxiety, outdoor programs, challenging activity, Competitive State Anxiety Inventory-2, New General Self-efficacy Scale