

Evaluation of State and Trait Anxiety Levels among Students with No Prior Knowledge of Skiing Before and After the Implementation of a Skiing Course

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ABSTRACT The aim of this study was to evaluate state and trait anxiety levels of students with no prior skiing experience before and after undertaking a skiing course. The study was conducted with 56 students (25 female, 31 male) with a mean age of 21.64 ± 2.05 . The 40-item State and Trait Anxiety Inventory (STAI) was administered to participating students. The collected data was analyzed using the SPSS 16.0 package program. In this study, no significant difference was identified between the pre- and post-test state and trait anxiety levels of the students with respect to their departments and gender ($p > 0.05$). In conclusion, it was observed that the pre- and post-test state and trait anxiety levels were not affected by such factors as department and gender.