

UNIVERSITI TEKNOLOGI MARA

**PRE-COMPETITION STATE AND TRAIT OF
ANXIETY LEVEL AMONG THE MALAYSIAN
ASEAN PARA GAMES 2017 WHEELCHAIR
ATHLETES**

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DECLARATION

I, Muhammad Shafiz Bin Muhammad Sakir (I/C Number: 930101-14-5243) declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work.

This work has not previously been accepted in substances of any degree, locally or overseas and not being concurrently submitted for any degrees.

All verbatim extracts have been distinguished by quotation marks and sources of my information have been specifically acknowledged.

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ABSTRACT

The purpose of this study was to investigate the difference of state and trait of anxiety level between male and female Malaysian ASEAN Para Games wheelchair athletes. In addition, the researcher also to determine the relationship between state and trait of anxiety level among the Malaysian ASEAN Para Games wheelchair athletes. There are 36 wheelchair athletes were chosen via stratified sampling to participate in this study. The instrument used in this study was the State Trait Anxiety Inventory (STAI) questionnaire and demographic questionnaire. Independence T-Test was used to identify the difference, the results show that there was no significant difference of state and trait of anxiety level between male and female wheelchair athletes ($p = 0.387$, $p = 0.904$). Using Pearson Correlation to determine the relationship, the results show that there were significant differences between state and trait anxiety level ($r = 0.807$, $p = 0.000$). As a conclusion, the anxiety level of the wheelchair athletes did not depend on gender and there were positive relationships between state and trait anxiety level.

KEYWORDS: *Anxiety, Pre-Competition, Wheelchair athletes, ASEAN Para Games*

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