

UNIVERSITI TEKNOLOGI MARA

**THE PSYCHOLOGICAL STATE ON THE POST-
INJURED FOOTBALL ATHLETES**

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**This thesis submitted in partial fulfillment
of the requirements for the degree of
Bachelor of Sport Science (Hons)**

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AUTHOR'S DECLARATION

I 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 thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

The purpose of this study was to identify the psychological state on the post-injured football players. About 124 players from Kuantan Football League were selected as the subject through purposive sampling technique and were divided into two groups which was post-injured players and non-injured players. This two groups were then to answer Depression Anxiety and Stress Scale (DASS-21) questionnaire to measure the stress, anxiety and depression level of these two groups. Scores of the data were then analyzed through the use of Graphpad Prism using an independent sample t-test as the statistical analysis. The results of the study had found that there was a significant difference between two groups for their stress, anxiety and depression levels. Hence, it can be concluded that the psychological state of the post-injured players will be affected due to the injury and can be used as the benchmark to monitor their psychological responses.

Keywords: Football, Stress, Anxiety, Depression, Post-injured Football Players

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