

UNIVERSITI TEKNOLOGI MARA

**THE RELATIONSHIP BETWEEN SELF-
CONFIDENCE AND COMPETITIVE ANXIETY
ON JOHOR PROFESSIONAL FOOTBALL
PLAYERS**

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ABSTRACT

In today's world regarding competitive sports activities, lots of pressure is positioned on sports athletes to perform at their best. The study of emotions in sport is essential because emotions influence this overall performance and provides important information about the relation of an athlete and its ambience. These details can help in greater understanding of an athlete and in creating a program of certain athlete's performance improvement. These research aims are to investigate the relationship between self-confidence and competitive sport anxiety on Johor professional football players. This research is based on data obtained from a survey questionnaire that polled athlete's feelings before competition. The data was analysed to identify the relationship between self-confidence and competitive anxiety on Johor professional football players. The results of the study also suggested that strategic approach in order to help elite or professional athletes cope with their anxiety. It is hope that the study can contribute in helps the athlete to deal with their anxiety in order to improve their performances. The findings of this study show the significant relationship between self-confidence and somatic state anxiety but no significant correlate found between self-confidence and cognitive state anxiety.