



UNIVERSITI TEKNOLOGI MARA

**COMPARISON OF MOOD STATE BETWEEN TEAM SPORTS
AND INDIVIDUAL SPORTS AMONG YOUNG ATHLETES**

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TABLE OF CONTENTS

	Page
ACKNOWLEDGEMENT	i
ABSTRACT	ii
CHAPTER ONE: INTRODUCTION	
1.1 Background of the study	1
1.2 Problem statement	3
1.3 Research objectives	6
1.4 Purpose of the study	6
1.5 Hypotheses	6
1.6 Significance of the study	8
1.7 Limitations of the study	9
1.8 Delimitation of the study	9
1.9 Definition of terms	10
CHAPTER TWO: LITERATURE REVIEW	
2.1 Introduction	12
2.2 Mood state	12
2.3 Young athletes	13
2.4 Pre-competition mood states and sports performance	14
2.5 Temporal patterning	15
2.6 Mood state among elite athletes	16

ABSTRACT

The aim of this study was to compare the mood states between team sports and individual sports among young athletes. A total of 279 ($n = 279$) secondary school athletes who participated in Majlis Sukan Sekolah Daerah (MSSD) Tuaran, Sabah competition were recruited in the present study. The participants were asked to answer the demographic details and Brunel of Mood Scale (BRUMS) in order to assess the mood states one hour prior to the competition. Independent Sample T-Test were used to compare the mood states between team sports and individual sports among young athletes. Result showed higher mean of mood states in individual sports ($M=1.22$) as compared to team sports ($M=1.19$). There was a significance difference between team sports and individual sports on fatigue ($p=.017$) and confusion ($p=.009$), while there was no significance difference on depression ($p=.296$), tension ($p=.565$), vigour ($p=.296$) and anger ($p=.79$) among young athletes. The finding of this study to identify and compare the mood states between team sports and individual sports among young athletes may help coaches, athletes and sports scientist to identify the psychological condition of athletes prior to the competition.

KEYWORDS: *Mood States, Brunel of Mood Scale (BRUMS), Young Athletes, Team Sports, Individual Sports, Vigour, Anger, Confusion, Depression, Fatigue, Tension*

CHAPTER 1

INTRODUCTION

1.1 BACKGROUND OF STUDY

Sport is known as a primarily physical endeavor, involve the body to do various specialized and demanding physical task (Harikrishnana & Chittibabu, 2014). There are several health related fitness and skill related fitness such as speed, endurance, power, coordination and agility. Many sports scientist investigating both physiological and psychological of an athlete in order to enhance performance. This investigation hopefully may contribute in producing large number of athletes that have better ability in controlling athlete's emotion especially during sport competition. Mood and emotion are always known have the same meaning. However, previous researchers has differentiate between emotion and mood. Russell and Feldman Barrett (1999) defined emotion as a "first emotional episode" (what is commonly called as happening of an emotion) as a "complex set of interconnected sub-events concerned with a specific object". Emotion are not last longer as a person will show it directly on that time while mood will typically last longer because a person will not show it on that time. According to Frijda (2009), mood is "the appropriate designation for affective states that are about nothing specific or about everything-about the world in general".

It is widely claimed that high performance sports not only demand optimum physical attribute, but also require optimum psychological factors. Different athletes have different types of characteristics and training background and also demand from others to push athletes to perform better in sport. Some athletes have better control in

CHAPTER 2

LITERATURE REVIEW

2.1 INTRODUCTION

The objective of the present study was to compare the mood states between team sports and individual sports among young athletes that participate in Majlis Sukan Sekolah Daerah (MSSD) Tuaran, Sabah 2019. The respondent of this study answered the questionnaire one hour prior to the competition.

2.2 Mood State

Mood are known by many sport psychologist researchers as a sort of short term feelings status or emotional tone which might involve various particular types of positive and negative emotions (Terry, Lane & Beddie, 2000). Many researchers interested in measuring the mood states of the athletes that can give effect to the athlete's performance. This is supported by LeUnes and Burger (1998) stated that a number of researchers have investigated to explain the relationship between mood and athletic performance. However, there is another definition of mood state, for instance 'illustration of a process in which an individual attempt to adapt to environmental demands and external factors such as physical movement and weather condition which affect in mood states' (Cohen, Kessler & Gordon, 1995). Other than that, Terry, Dinsdale, Karageorghis and Lane (2006) stated that mood in an influential predictor of performance and work like a transitory construct when some situations are met. Other than internal factors that can be influential on mood such as prediction of what will happen at the competition also may have their own