

UNIVERSITI TEKNOLOGI MARA

**TEMPORAL PATTERNS OF PRE-
COMPETITION MOOD STATES AND STATE
ANXIETY AMONG UiTM ATHLETES**

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MSc

March 2015

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Thesis submitted in fulfillment
of the requirements for the degree of
Master of Science

Faculty of Sport Science and Recreation

March 2015

CONFIRMATION BY PANEL OF EXAMINERS

I certify that a panel of examiners has met on 15th January 2015 to conduct the final examination of Bita Mehdipoor Keikha on her Master of Science thesis entitled “Temporal patterns of pre-competition mood states and state anxiety among UiTM athletes” in accordance with Universiti Teknologi MARA Act 1976 (Akta 173). The panel of examiners recommended that the student be awarded the relevant degree. The panel of Examiners was as follows:

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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 aims of this study are to examine the differences of three state anxiety components and six mood state sub-scales between team and individual sports among UiTM University student athletes in different temporal patterns prior to MASUM 2011 competition. The participants comprised of 219 male and female athletes ranging from 18 to 26 years old. The questionnaires were distributed to the participants within three time frames (one week, one day and an hour) prior to competition. Stratified sampling technique was employed in this study. Competitive State Anxiety Inventory-2 (CSAI-2) and Profile of Mood States- Adolescence (POMS-A) were used to measure state anxiety and mood states. All measurements were made at three different temporal patterns: one week, one day and one hour prior to competitions. The results were analyzed using two way repeated measure ANOVA (between-within subject ANOVA). The Statistical Package for Social Science (SPSS) version (21) was used to analyze the results. The differences between anxiety components and mood state sub-scales in team and individual sports in different temporal patterns were significant. Differences were also found between different type of sports in mood states and state anxiety sub-scales scores. However, no significant relation was found between result of the competition and mood states and state anxiety sub-scales scores.