

UNIVERSITI TEKNOLOGI MARA

**SEMI-FINALIST KARISMA 2018 RUGBY PLAYER'S
MOOD STATE BEFORE AND AFTER MATCH**

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ABSTRACT

The purpose of this study was to determine KARiSMA 2018 rugby player's mood state before and after match in semi-final stage. Total sample of 60 players (N=60) from UiTM Campus which is UiTM Shah Alam, Selangor, Pahang and Perak were selected through purposive sampling. The study determines the mood state before and after-match in semi-final stage. Sample paired T-test is used in this study as this study included pre and post-match using the same group of subjects. During the pre-match, the subjects need to answer a set of Brunel Mood Scale consist of 24 items in 6 sub-scales. After 20 minutes of match, the subject once again needs to answer another set of same questionnaires. Based on the sample paired T-test result, there were statistically significant between player's mood states before and after match ($p < 0.006$) for anger and ($p < 0.00$) for tension. In conclusion, this finding suggests player's mood state on anger and tension before and after match has statistically significant in semi-finals stage.

Keywords: Rugby, Mood, Mood State, Brunel Mood Scale, BRUMS