

UNIVERSITI TEKNOLOGI MARA

**PRE-COMPETITIVE STATE ANXIETY
LEVEL BETWEEN FEMALE AND MALE
COMBAT SPORT ATHLETES SUKMA 2018**

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ABSTRACT

This study was conducted to determine the level of anxiety level among combat sport before the Sukma Games 2018 competition. The study focuses on the state anxiety level between female and male among combat sport athletes before the Sukma tournament. There were 25 male combat sport athletes and 25 female combat sport athlete ages 16-18 years old and 19-21 years old were chosen from Sukma Games 2018 as subjects. The instrument used in this study was Competitive State Anxiety Inventory-2 (CSAI-2) questionnaire and demographic questionnaire. The subjects were given a questionnaire that was distributed one day before the game to be answered with a required time. This study found that combat sport from both genders showed the same result of anxiety level. The Independent T-test was used to identify the difference of state anxiety level between gender which the results showed that there was no significant difference on state of anxiety level between male and female which ($p = 0.498$) and one way-ANOVA was used to identify the difference between type of combat sport which ($p = 262$). In a nutshell, it can be concluding that gender has no effect on state anxiety levels in combat sports. Further studies should include larger scale group to determine the effect of gender on state anxiety levels better.

KEYWORDS: *Anxiety, Pre-competition, Combat sport, Sukma Games*

TABLE OF CONTENT

	Page
AUTHOR'S DECLARATION	ii
ABSTRACT	iii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENT	v
LIST OF TABLES	vi
LIST OF FIGURES	vii
CHAPTER ONE: INTRODUCTION	
1.1 Background of the Study	1
1.2 Problem Statement	4
1.3 Research Objective	4
1.4 Research Hypothesis	5
1.5 Significance of Study	5
1.6 Limitations of the Study	6
1.7 Definition of Terms	7
CHAPTER TWO: LITERATURE REVIEW	
2.1 Anxiety	8
2.2 Gender and Anxiety	14
2.3 Anxiety and Combat Sport	18
2.4 Anxiety in Elite Athlete	20
2.5 Anxiety and Sport Performance	22

CHAPTER THREE: RESEARCH METHODOLOGY

3.1	Research Design	24
3.2	Sampling Technique	24
3.3	Instrumentation	25
3.4	Data Collection Procedure	26
3.5	Statistical Analysis	26

CHAPTER FOUR: RESULTS

4.1	Demographic Information Data	28
4.2	State of Anxiety Level between Genders	31
4.3	State of Anxiety Level between Type of Combat Sport	32

CHAPTER FIVE: DISCUSSION

5.1	Discussion	34
5.2	Conclusion	39
5.3	Recommendation	41

REFERENCES	42
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APPENDICES	50
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LIST OF TABLES

Tables	Title	Page
Table 4.1.1	Descriptive Statistics of Frequency Gender of Subject	28
Table 4.1.2	Descriptive Statistics of Frequency Age of Subject	29
Table 4.1.3	Descriptive Statistics of Frequency Type of Combat Sport	30
Table 4.2.1	Independent t-test of gender on the Competitive Anxiety Level	31
Table 4.3.1	One-way Anova of State of Anxiety Level between Types of Combat Sport	32