

**UNIVERSITI TEKNOLOGI MARA**

**COMPARISON STATE ANXIETY LEVEL BETWEEN COMBAT  
AND RACKET SPORT**

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## ABSTRACT

The purpose of this study is to investigate the comparison state anxiety level between combat and racket sport. A total of 112 respondent (N=112) taken from UITM Karisma's athlete combat (N=56) and racket sport (N=56) using purposive sampling. The study compared the differences state anxiety level between combat (Taekwondo) and racket sport (Badminton). The instrumentation used for this study was Competitive State Anxiety Inventory-2 (CSAI2), used to identify level of state anxiety between combat and racket sport athletes. Independent t-test was used, as this study purposed were to compare the level of anxiety between two different sports. While, the descriptive analysis were used to determine the frequency of demographic factor. Based on the Independent T-Test result, there is significant difference in level of state anxiety between combat and racket sports, whereas the p value record the somatic, cognitive and self-confidence is below than 0.05. Based on research finding, it is safe to conclude that as data shown there is significance difference of level of anxiety between combat and racket sports. Hence, the finding may suggest of comparing the level state of anxiety during pre and post for better understanding the effect of anxiety on athlete performance.

**KEYWORDS:** *Combat sport, Racket sport, State Anxiety level, UITM Karisma athlete*