



**UNIVERSITI TEKNOLOGI MARA**

**EFFECT OF ZIKR THERAPY TRAINING ON UiTM  
CURRICULUM ARCHERS PERFORMANCE**

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## ABSTRACT

**Introduction:** Archery sport had been acknowledged by International Olympic Committee (IOC) as a prestige event that involve in the Olympic event every 4 years respectively. Athletes and coaches struggling to keep up the performance in the optimal during the competition by planning, developing and establish facilities that will help of achieving in winning a gold medal. **Objectives:** The aim of this study was to determine the effect of zikr therapy training on archer's performance and physiological changes of 6 weeks. **Methods:** A total 20 undergraduate students in the age group of 20-25 years were agreed to participate in this randomized controlled trial study and then classified into control group (n=10) and experimental group (n=10). Data was analyzed using descriptive analysis; independent and paired t-test in which the statistical significant level was set at  $\alpha=0.05$ . **Result:** The result shows that there is no significant of zikir therapy improve curriculum archers UiTM Jengka ( $p>0.05$ ). **Conclusion:** In conclusion, this study found that is no significant effects of zikr therapy on curriculum archers.

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