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To Link this Article: <http://dx.doi.org/10.6007/IJARBSS/v9-i7/6148>

DOI: 10.6007/IJARBSS/v9-i7/6148

Received: 24 May 2019, Revised: 20 June 2019, Accepted: 29 June 2019

Published Online: 22 July 2019

In-Text Citation: (Karim, Khairi, & Ismail, 2019)

To Cite this Article: Karim, Z. A., Khairi, M. A. M., & Ismail, A. H. (2019). The Anxiety Level of Sultan Idris Education University (Upsi) Football Players during the Higher Education Institution (Ipt) Championship League 2018. *International Journal of Academic Research in Business and Social Sciences*, 9(7), 560–570.

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Vol. 9, No. 7, 2019, Pg. 560 – 570

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The Anxiety Level of Sultan Idris Education University (UPSI) Football Players during the Higher Education Institution (IPT) Championship League 2018

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Abstract

The purpose of this study is to evaluate the temporary anxiety level among the Sultan Idris Education University (UPSI) football players during the Higher Education Institution (IPT) Championship League 2018. The inventory for this research is '*Competitive State Anxiety Inventory- 2 (CSAI - 2)*' which has been implemented on 25 people. Their anxiety level is obtained through the mean value and the standard deviation using the one-way analysis of variance (ANOVA) test from the '*Statistical Packages for the Social Sciences Version 11.5 (SPSS+11.5)*'. The findings of this research show that the temporary anxiety level of the Sultan Idris Education University (UPSI) football players increases when it is closer to the match. 7 days before the actual match, the mean score range which is the anxiety cognitive mean is 21.36. The anxiety somatic mean is 17.80 and the self-confidence mean is 25.20. An hour before the match, the mean score shows an increment on the mean anxiety cognitive range which is 21.84. The anxiety somatic mean is 18.36 whereas the self-confidence mean is 21.84. This clearly shows that the anxiety level of all players has increased immensely an hour before the match. The temporary anxiety of the players can be affected by age factor, experience on the field, frequent practice, level of competency, surroundings, mental strength and the unity of the team.

Introduction

Sport is a field that can light up someone's life whether it is for health or to add economic value of self-interest. In addition to that, it can also shape someone to become a leader and someone who contributes to our community as well as our country.

In Malaysia, it is known since the beginning that team sports especially football is the main focus and attraction of many people. Every state in Malaysia has its own football team such as the state team, the club team, the district team, the country team as well as the school team. Moreover, each governmental organizations and non-governmental organizations also have their own football team. Not forgetting the Public Higher Education Institution (IPTA) and the Private Higher Education

Institution (IPTS) so that they are able to participate in any championships that are held annually such as the Perdana League, the Malaysian Football Club League (FAM), the Malaysian Cup, the President Cup, the Malaysia School Sports Council League (MSSM), the Malaysian Inter-University League (MASUM), the Higher Education Institution League (IPT) and a lot of other championships that are organized by associations or state clubs.

Sports coaching are not something strange to be discussed (Jones, Edwards, & Filho, 2016; Karim & Nadzalan, 2017a; Karim & Nadzalan, 2017b). The main factor for the success or the failure of a football team not only depends on preparations in terms of physical training, playing techniques and strategies but it also depends on psychological training (mental) conducted by the coach as one of their role in sports, that is also the main cause for the excellence or the deterioration of a team. Strong mental endurance would help players to play calmly and to perform under pressure.

Anxiety is a network from a psychological aspect is a factor that always haunts athletes or players especially those who are new and have less experience in overcoming obstacles of higher levels. Anxiety can bring a negative impact towards the players' and the team's performance. Anxiety is caused by the pressure of the surrounding. Athletes will feel anxious when their performance is threatened.

Vauteir, Costes and Dupy, have conducted a research regarding the path of temporary anxiety which is two-dimension hypothesis (somatic anxiety and negative evaluation). The purpose of this research is to measure the path of a temporary anxiety using the '*Competitive State Anxiety Inventory (CSAI-2)*' method invented by Martens, Burton, Vealey, Bump and Smith on 1990. The data obtained from amateur football players is an hour before their football match starts. The result of this research shows that there is a connection between the combined two-way structure based on the analysis that is consistent to the theory and knowledge of their main research.

Methodology

Through thorough and systematic research procedures, researchers are able to explain the design of the research, the validity and the trustworthiness of the instrument. The research variables of the researcher can explain the design of the research, the validity and the trustworthiness, the research variables, Research Instrument development, the administration of the research instrument, research samples, the data collection procedures, and data analysis that will be reviewed in the description below. Therefore, all information related to the research methodology based on the references is verified and it is still relevant up to this day. They will be used as source reference until new and better researches are made as an addition to the outcome of the previous researches.

Research Instrument

Instrument is a tool that is used to measure variables in the form of writing, verbal or physical tool (Izham, 2004; Madrid, Ahmed, & Kumar, 2019) whereas according to Majid (1990), tools are used to measure all of the variables that need to be studied. Several instruments are invented to solve problems and planned objectives.

Competitive State Anxiety Inventory - 2(CSAI-2) that will be used is approved by American Sports Psychology Association. Therefore, researchers choose research instruments in the form of CSAI-2 questionnaire and using the 4 point Likert scale as follows:

Anxiety level	Score
Very rare	1
Rare	2
Often	3
Very often	4

This CSAI-2 contains three divided sub-components. Firstly, a sub-component in the form of nine questions to measure CSAI-kognitif. The question numbers for CSAI-kognitif are; 1, 4, 7, 10, 13, 16, 19, 22, and 25. Secondly, there are nine questions to measure CSAI-somatic anxiety which are numbered as; 2, 5, 8, 11, 14R, 17, 20, 23, and 26. Thirdly, another nine questions that aims to measure self-confidence are as follows; 3, 6, 12, 15, 18, 21, 24, and 27. The trustworthiness for the mentioned sub scale are certified by the American Psychology Association (APA) which is 0.80.

Research Procedure

Time taken to answer CSAI-2 is not less than 5 minutes and not more than 1 hour. The time to answer the questions is supposed to be nearer to the match.

Researchers have set the time and place with the cooperation from the management team to answer those questionnaire samples. The data collection will be made twice which is 7 days before the match and 1 hour before the Higher Education Institution (IPT) Championship League 2018 between the Sultan Idris Education University (UPSI) team and the MARA University of Technology (UiTM) team. Researchers have explained the instructions to answer the questionnaires before the sample proceeds to process of answering. In conjunction to that, researchers make sure that the sample's answers are based on what they feel at that moment and they also emphasize that the sample needs to answer all questions honestly.

Research Sample

In the process of choosing the samples, researchers chose in groups that are that consist of Sultan Idris Education University (UPSI) football players. Researchers have determined the number samples is 25 people. Therefore, the data result from the chosen samples cannot be generalized to all athletes who are involved in the championship that year.

The Collecting of the Research Data

The data collecting involves a planning process and an implementation of the data collection using certain methods to acquire data and information regarding a problem that is being studied. The main principle in data collecting is to obtain information that will surely achieve the research objective of a researcher (Majid, 2010; Khalid, Pahi, & Ahmed, 2016).

Martens, Vealey and Burton (1990), explained that to get the CSAI-2 marks, all sub scales have to be in count. Marks for each lowest scale starts with 9 whereas the highest scale is 36. The total of the high marks shows strength to the cognitive anxiety, the somatic anxiety and the chosen sample's self-confidence. For that, the score range based on the CSAI-2 anxiety is as follows;

Anxiety Score Range

Marks	Anxiety level
9 – 17.5	Low
17.5 – 26.5	Average
26.5 – 36	High

Source : Martens, Burton, Vealey, Bump dan Smith (1990). CSAI-2.
Psychology of Sport and Exercise Journal : January 2012.

Data Analysis

All collected data were analyzed thoroughly using the 'Statistical Packages for the Social Sciences version 11.5' (SPSS+11.5) software. They are then presented statistically so that this research is easily comprehensive. Frequency, percentage, mean and the standard deviation of each part are taken and displayed in a table for an easy viewing of the findings. The mean frequency distribution, the standard deviation as well as the highest mean analysis for 7 days before the match and 1 hour before the match are used to determine the level of temporary cognitive anxiety, temporary somatic anxiety and self-confidence among the Sultan Idris Education University (UPI) football players during the Higher Education Institution (IPT) Championship League 2018.

The Respondent's Percentage Distribution According to the Player's Gender

Gender	No.	Percentage (%)
Male	25	100
Total	25	100

The Respondent's Percentage According to Age

Player's Age	No.	Percentage (%)
20 years old and below	3	12.0
21 to 25 years old	22	88.0
Total	25	100

The Percentage Distribution According to the Player's Position

Player's Position	No.	Percentage (%)
Goalkeeper	3	12.0
Defender	8	32.0
Midfielder	7	28.0
Striker	7	28.0
Total	25	100

The results

Seven (7) Days Before The Match

The table below shows the respondents distribution according to the player's position for seven (7) days before the match for cognitive anxiety based on the players' anxiety level which are the goalkeeper (M = 21.33, SD = 4.06), the defender (M = 22.00, SD = 3.63), the midfielder (M = 21.71, SD = 2.21) and the striker (M = 20.29, SD = 2.29). The mean shows that the cognitive anxiety score for all players' positions are at the average level based on the given score range.

The Mean Analysis and the Standard Deviation for the Cognitive Anxiety According to the Player's Position.

Position	No.	Mean	Standard Deviation	Anxiety Level
Goalkeeper	3	21.3333	4.05925	S
Defender	8	22.0000	3.62531	S
Midfielder	7	21.7143	2.21467	S
Striker	7	20.2857	2.28869	S
Total	25	21.3600	2.92803	

The table below shows the respondent's distribution according to the player's position for seven (7) days before the match for somatic anxiety based on the player's anxiety level which are the goalkeeper (M = 16.00, SD = 4.58), the defender (M = 17.37, SD = 4.57), the midfielder (M = 19.14, SD = 1.21) and the striker (M = 17.71, SD = 4.68). The mean shows that the somatic anxiety score for the goalkeeper and the defender are at the low level, two (2) other positions which are the midfielder and the striker shares the same anxiety score which is at the average level based on the given score range.

The Mean Analysis and Standard Deviation for Somatic Anxiety According Player's Position

Position	No.	Mean	Standard Deviation	Anxiety Level
Goalkeeper	3	16.0000	4.58258	R
Defender	8	17.3750	4.56501	R
Midfielder	7	19.1429	1.21499	S
Striker	7	17.7143	4.68025	S
Total	25	17.8000	3.82971	

Whereas the table below shows the respondent's distribution according to the player's position for seven (70 days before the match for self-confidence based on the player's confidence which is the goalkeeper (M = 26.67, SD = 4.73), the defender (M = 26.88, SD = 4.40), the midfielder (M = 24.43, SD = 4.89) and the striker (M = 23.43, SD = 4.43). The mean shows that the self-confidence score for the goalkeeper and the defender are higher than the midfielder and the striker based on the given score range. However, all players' positions are at the average level according to the given score range.

The Mean Analysis and the Standard Deviation for Self-Confidence According to the Player's Position

Position	No.	Mean	Standard Deviation	Self-Confidence Level
Goalkeeper	3	26.6667	4.72583	S
Defender	8	26.8750	4.39952	S
Midplayer	7	24.4286	4.89412	S
Striker	7	23.4286	4.42934	S
Total	25	25.2000	4.54606	

One (1) Hour Before The Match

The table below shows the respondent's distribution according to the player's position for one (1) hour before the match for the cognitive anxiety based on the anxiety level of the players which are the goalkeeper (M = 21.00, SD = 5.00), the defender (M = 21.87, SD = 3.00), the midfielder (M = 22.57, SD = 2.88) and the striker (M = 21.43, SD = 2.64). The mean shows the cognitive anxiety score for all players' positions are at the average level. The findings shows that the highest mean for the cognitive anxiety for one (1) hour before the match among the player's position is the midfielder which is 22.57, followed by the defender 21.87, the striker 24.43 and the lowest mean is the goalkeeper which is 21.00. In conjunction to that, the anxiety level for all player's position are at the average level based on the given score range.

The Mean Analysis and the Standard Deviation for the Cognitive Anxiety According to the Player's Position

Position	No.	Mean	Standard Deviation	Anxiety Level
Goalkeeper	3	21.0000	5.00000	S
Defender	8	21.8750	2.99702	S
Midfielder	7	22.5714	2.87849	S
Striker	7	21.4286	2.63674	S
Total	25	21.8400	2.96760	

The table below shows the respondent's distribution based on the player's position for one (1) hour before the match for the somatic anxiety based on the player's anxiety level which is the goalkeeper (M = 22.00, SD = 3.61), the defender (M = 17.61, SD = 2.97), the midfielder (M = 18.57, SD = 2.70) and the striker (M = 17.43, SD = 2.57). The mean shows that the somatic anxiety score for the goalkeeper, the defender and the midfielder are at the average level whereas the striker is within the low bracket of the study.

The Mean Analysis and the Standard Deviation for the Somatic Anxiety According to the Player's Position

Position	No.	Mean	Standard Deviation	Anxiety Level
Goalkeeper	3	22.0000	3.60555	S
Defender	8	17.6250	2.97309	S
Midfielder	7	18.5715	2.69921	S
Striker	7	17.4286	2.57275	R
Total	25	18.3600	3.03974	

Meanwhile for the tale below shows the respondent's distribution according to the player's position for one (1) hour before the match for self-confidence based on the player's confidence level which is the I (M = 23.00, SD = 4.00), the defender (M = 26.13, SD = 3.76), the midfielder (M = 26.86, SD = 3.39) and the striker (M = 25.43, SD = 2.94). The mean shows that the self-confidence score for the goalkeeper, the defender and the striker are at the average level whereas the striker is at a higher anxiety level.

The Mean Analysis and the Standard Deviation for Self-Confidence According to the Player's Position

Position	No.	Mean	Standard Deviation	Anxiety Level
Goalkeeper	3	23.0000	4.00000	S
Defender	8	26.1250	3.75832	S
Midfielder	7	26.8571	3.38765	T
Striker	7	25.4286	2.93582	S
Total	25	21.8400	2.96760	

Conclusion

The findings from this study proves that the temporary anxiety level of the Sultan Idris Education University (UPSU) football players during the Higher Education Institution (IPT) Championship League 2018 increases as it is nearer to the match with the mean score range, seven days before the match which is the cognitive anxiety mean, 21.36. The somatic anxiety mean is 17.80 and the self-confidence mean is 25.20. Whereas the mean score range at one hour fore the match shows an increment on the cognitive anxiety mean which is 21.84. The somatic anxiety mean is 18.36 and the self-confidence mean is 21.84. This clearly shows that the anxiety level for all players' positions increases at one hour before the match. A player's temporary anxiety can be affected by age factor, experience on the field, frequent practice, level of competency, surroundings, self-confidence, mental strength and the unity of the team.

Through this research, hopefully enable the other researchers gain some input in their upcoming research and coaches might apply the psychological aspect in their training session. For the athletes, they have to improve psychological skills and ability from time to time accordingly in order to keep their performance in good shape

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