

UNIVERSITI TEKNOLOGI MARA

**THE RELATIONSHIP BETWEEN SELF-
CONFIDENCE AND COMPETITIVE ANXIETY
AMONG MALE HANDBALL PLAYER DURING
KARISMA 2019**

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of the requirements for the degree of
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AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.


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ABSTRACT

The purpose of this study was to identify the relationship between self-confidence and competitive anxiety among male handball player during KARISMA 2019. A total of 120 male subjects from handball team participated in KARISMA 2019 were selected through purposive sampling which aged 18 to 23. The participants completed the CSAI-2 questionnaire prior to the game. The result showed that self-confidence correlated negatively to subcomponents of competitive anxiety which are cognitive anxiety and somatic anxiety. It is possible that self-confident was an effective coping strategies and have perceived ability to control the anxiety levels. As conclusion, this finding suggested that it can be helpful as self-confidence promotes coping strategies and stress management.

KEYWORDS: Handball, Self-confidence, Competitive anxiety,

TABLE OF CONTENT

	Page
AUTHOR'S DECLARATION	I
LETTER OF TRANSMITTAL	II
AFFIRMATION LETTER	III
ABSTRACT	IV
ACKNOWLEDGEMENT	V
TABLE OF CONTENT	VI
LIST OF TABLES	VII
CHAPTER ONE: INTRODUCTION	1
1.1 Background Of Study	1
1.2 Problem Statement	2
1.3 Significance of the Study	3
1.4 Research Objective	4
1.5 Research Hypothesis	4
1.6 Limitations	5
1.7 Definition of Terms	5
1.7.1 Competitive Anxiety	5
1.7.2 Cognitive Anxiety	5
1.7.3 Somatic Anxiety	6
1.7.4 Self-confidence	6
CHAPTER TWO: LITERATURE REVIEW	7
2.1 Handball and Psychological State	7
2.2 Self-confidence	9
2.3 Self-confidence and Performance	9
2.4 Anxiety	10
2.5 Competitive Anxiety and Performance	11
2.6 Self-confidence and Competitive Anxiety	12

CHAPTER THREE: RESEARCH METHODOLOGY	14
3.1 Design of the study	14
3.2 Participants	14
3.3 Instrumentation	15
3.4 Data Collection Procedures	16
3.5 Data Analysis	
3.6.1 Descriptive Analysis	16
3.6.2 Spearman Rank Correlation	16
CHAPTER FOUR: RESULT	17
4.1 Descriptive analysis of three subscales of CSAI-2	17
4.2 Competitive State Anxiety Inventory-2 Responses	18
4.3 Spearman Rank Correlation Data	21
CHAPTER FIVE: DISCUSSION	22
5.1 Discussion	22
5.2 Conclusion	24
5.3 Recommendation	25
REFERENCES	26