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A Study Of Pre-Competitive Anxiety Level Among Junior Hockey Athletes

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Abstract
The main purpose of this study is to compare pre-competitive anxiety between male and female junior hockey athletes in Malaysia. A group of 144 hockey players (male=72 and female=72) were selected from different state affiliated to Malaysian Sport School Council through purposive sampling technique. Their age was ranged from 14 to 18 years. Data were collected from athletes using a Revised Competitive State Anxiety Inventory-2 (CSAI-2R; Cox et al., 2003). Independent sample t-test was used to test the level of anxiety level between male and female athletes. The significance level was determined as p<0.05. Finding revealed that there was no significant difference between male and female hockey athletes in cognitive anxiety and there was no significant difference in somatic anxiety. Female athletes have higher anxiety level in cognitive and somatic pre-competition anxiety compared to male athletes.

Keywords: athlete, anxiety, cognitive, somatic

Introduction
Sports Psychology is the scientific study of people and their behaviour in sport (Singh & Gaurav, 2011). It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are anxiety, goal setting, relaxation, visualization, self-talk, concentration, motivation, attribution training and periodization. It had been recognized for many years that psychological factors, in particular anxiety, plays an important role in competition (Singh & Gaurav, 2011; Ljubovic et al., 2005). In sports psychology, anxiety refers to an unpleasant emotion which is characterized by vague but persistent feeling of apprehension and dread (Cashmore, 2002). Anxiety consists of two sub-component, namely cognitive and somatic anxiety, which influence performance before and during competition (Anshel, 2003; Jarvis, 2002; Lazarus, 1991; Martens et al., 1980; Weinberg & Gould, 1999) define competitive anxiety as an immediate emotional state characterised by feelings of apprehension and tension associated with the body's reactions in competitive situations. Cognitive anxiety is the mental component, which is characterized by negative expectation about success, negative self-talk, worry about performance, images of failure and inability to concentrate (Jarvis, 2002; Martens et al., 1990). The somatic anxiety is the physiological element which is related to autonomic arousal and negative feeling of nervousness, high blood pressure, muscular tension, dry throat; rapid heart rate sweaty palms (Jarvis, 2002). The somatic elements include the physiological and emotional components of anxiety and stem directly from organismic activation (Martens et al. 1990). When discussing competitive anxiety, even professional players who have high anxiety show an increase in physiological arousal when placed in a state of anxiety.

Competitive anxiety is the tendency to assess confrontational situations as dangerous and respond accordingly with feelings of tension and apprehension (Martens et al., 1990). This anxiety quickly escalates immediately before competition and quickly decreases afterwards (Gould, Pellichkoff & Weingr, 1984). This specific sensation, which typically occurs during the 24 hours leading up to a competition, is known as pre-competitive anxiety. Pre-competitive anxiety has been a major focus of research in the field of sports psychology. Studies have verified that a high level of anxiety prior to competition can hinder athletic performance (Burton, 1988).

Numerous studies have revealed that amateur players suffer more anxiety than professional players. Indeed, as the players' playing period increases, his anxiety level decreases. Professional players
The Comparison of Goal Orientation Between Male and Female Junior Hockey Athletes in Malaysia

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Abstract
The main purpose of this study is to examine the differences of goal orientation as well as to identify the goal orientation among junior hockey athletes in Malaysia. A survey through questionnaires was conducted among 144 athletes. The instrument consisted of Task and Ego Orientation in Sports Questionnaire (TEOSQ; Duda & Nicholls, 1992). The results yielded that female hockey athletes had higher task orientation compared to male athletes. Male players had higher ego orientation. Independent sample t-test revealed that there were significant differences between male and female athlete in goal orientation. Female athletes were higher in task orientation while men athletes were higher in ego orientation. This study will provide guidelines for coaches in training and instructing players. Future studies should conduct qualitative approaches in order to get insights of the factors which may contribute to goal orientation among junior hockey athletes.

Keywords: athlete, ego orientation, task orientation,

Introduction
Sports psychology plays a vital role in contributing to the performance of an athlete (Rohaty & Tajul Ariffin, 2011). Mental aspect is an integral part that exists in a competitive athlete including hockey players. An athlete should maintain an appropriate level of mental health to enable him to perform at optimal level in line with the existing potential (Anshel, 1997; Rohaty & Tajul Ariffin, 2011). To achieve this goal, psychological factors such as goal orientation, concentration and anxiety must be well controlled to produce the best performance. When the competition becomes more intense, greater mental resilience is required because motor skills gaps among athletes today are getting smaller. Success and failure in team sports, especially hockey is often associated with motivation, attention and arousal (Rohaty & Tajul Ariffin, 2011; Wann, 1997). Thus, the mental preparation for athletes before and during the competition is very important. According to Gill (2000), the purpose of a person involved in a physical activity is to achieve victory and achieve the objectives. In this study, the athlete's goal is reviewed from the perspective of task and ego goal orientation. Goal orientation may also be a determining factor to the success of athletes in a sports competition. Goal orientation is multidimensional, and it is associated with dimensions of activity, competitiveness and dominance and they pointed out that some people show their tendency to progress in making attempt to be superior over others (Nicholls, 1989). The two more widely used motivational theories for this context are: Achievement Goal Theory (Deci & Ryan, 1985) and Self-Determination Theory (Duda et al., 1996; Ryan & Deci, 2000). Achievement goal theory typically differentiates between two types of goal orientations: task and ego. Task orientation is related to developing competence by improving upon one's skills, personal competence and task mastery. It is assumed that task orientation will lead to positive and adaptive achievement behaviors (Tyson et al. 2009). Athletes with a task goal orientation tend to select and persist at challenging tasks because they value effort as a way to attain new skills.

Task oriented individuals tend to focus on increasing skill level. They tend to follow the rules, while playing ethically and working together to achieve a goal. It means that they focus on the process rather than just the result of a successful task (Roberts, 1992). What is important to task oriented athletes are "how they play the game" and not "whether they win or lose". In other words, engaging in
HUBUNGAN ANTARA KEBIMBANGAN PRA PERTANDINGAN DAN ORIENTASI
MATLAMAT DALAM KALANGAN ATLET HOKI

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ABSTRAK


KATA KUNCI: orientasi matlamat, kebimbangan, orientasi tugas, orientasi ego
The Relationship between Competitive Anxiety and Goal Orientation among Junior Hockey Athletes

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Abstract: The objective of this study was to examine the relationship between competitive anxiety and goal orientation among junior hockey athletes in Malaysia. A survey through questionnaires was conducted among 144 athletes. The instrument consisted of Revised Competitive Sport Anxiety Inventory and Task and Ego Orientation in Sport. The results yielded that male hockey players had lower cognitive anxiety, task orientation and higher ego orientation than female players. The results also revealed that there were significant relationships between cognitive anxiety and task orientation and between somatic anxiety and task orientation. This study will provide guidelines for coaches in training and instructing players. Future studies should conduct qualitative approaches in order to get insights of the factors which may contribute to competitive anxiety and goal orientation among junior hockey athletes.

Keywords: cognitive anxiety, ego orientation, somatic anxiety, task orientation

I. Introduction

A psychological factor that severely affects athletes' performance, particularly in critical situations, is anxiety [1, 2]. Anxiety is a concept of unsafe or a threat of which the person clearly does not understand the resource [3, 4]. Competitive anxiety in sport is defined as an immediate emotional state characterised by feelings of apprehension and tension associated with the body’s reactions in competitive situations [5]. In an effort to comprehend this anxious state, the multidimensional theory [6] posits that subjective manifestations of anxiety involve cognitive and somatic components, as well as self-confidence. The somatic elements include the physiological and emotional components of anxiety and stem directly from organismic activation [6]. The cognitive anxiety state, however, refers to the mental component of anxiety and is caused by negative expectations or low level of confidence in oneself and one's abilities [6]. When discussing competitive anxiety, even professional players who have high anxiety show an increase in physiological arousal when placed in a state of anxiety. Hence, they are more prone to drop on the run [7].

Some researchers believe that some psychological aspects (e.g. competitive anxiety, self-esteem, sense of competitiveness) can have a great impact on motivation [8]. Motivation refers to how personal, social and environmental variables interact and determine the final choice between one or another sporting activity and the intensity, persistence and performance devoted to that task [9]. Goal orientation is multidimensional, and it is associated with dimensions of activity, competitiveness and dominance and they point out that some people show their tendency to progress in making attempt to be superior over others [10]. The two more widely used motivational theories for this context are: Achievement Goal Theory [11] and Self-Determination Theory [12, 13]. Achievement goal theory typically differentiates between two types of goal orientations: task and ego. Task orientation is related to developing competence by improving upon one's skills, personal competence and task mastery. It is assumed that task orientation will lead to positive and adaptive achievement behaviors [14]. Athletes with a task goal orientation tend to select and persist at challenging tasks because they value effort as a way to attain new skills. In contrast, ego orientation is based on one's subjective evaluation of performance compared with that of others [11].

Generally, ego orientation is associated with maladaptive motivational patterns that are dependent on an individual's perceived ability [15]. Athletes who endorse an ego orientation tend to select tasks that are easier and tasks at which they perceive their chances of success will be high [16]. Research has shown a link between these two theories that are concerned with the underlying motivations for an individual's behavior through focusing on different dimensions of motivation. An ego orientation represents an internally controlling state that can undermine intrinsic motivation, whereas a task goal orientation represents a state in which individuals derive pleasure from any participation that facilitates intrinsic motivation [12]. Athletes with ego orientations are susceptible to anxiety (cognitive and somatic) before and during performance if they compare their ability with their components. By setting high or low standards, athletes essentially avoid or escape comparing their performance to others.

Task orientation predicts intrinsic motivation, but does not predict amotivation [17]. Conversely, ego orientation is associated with extrinsic motivation. Task goal orientation fosters intrinsic motivation whereas