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Ly Vinh Truong
Faculty of Sport Coaching –
University of Sport Hochiminh
City, Vietnam

Analysis of competitive state anxiety in futsal players at Vietnam futsal championship

Ly Vinh Truong

Abstract

The Competitive State Anxiety Inventory (CSAI-2) has been a widely used instrument for the assessment of anxiety in sport but within limited cultural contexts. Conceptual issues as well as concerns about the psychometric properties of the measure have resulted in questions surrounding its use. The aim of this study is to explore the Competitive State Anxiety Inventory - 2 and CSAI - 2 of the male futsal players at the 2016 Vietnam national futsal championship, a sample of 95 athletes belongs to 6 teams completed the CSAI-2 questionnaire 1hr prior to competition, these results showed that the athletes lower body exist State Anxiety and cognitive State Anxiety, its State self-confidence is higher.

Keywords: CSAI-2, futsal, athletes

1. Introduction

Another important task of sports competition is the best state of mind to make fully preparation, in the case of competition pressure can still show the athletes have the best level. As athletes to rival cognition level, degree of understanding of the competition pressure also show different forms. For example, they can understand this game as a natural phenomenon of sports competition, or as the highest state of tension.

Not all sports competition tension is bad, not all of the athletes who have anxiety state. The research thinks: before the tension can be viewed as the positive or negative performance. Enthusiasm of tension is in improving athletes body each organ system or into the ready state is an important part of the process. Negative stress is associated with the cognitive ability of athletes negativity^[14], they are often plagued by the shadow of failure. This state of affairs in the competition state anxiety questionnaire to obtain the very good solutions, characterized by cognitive state anxiety and somatic state anxiety.

For the coaches, how to accurately understand and grasp the pre-match psychological state is extremely important. Especially to reduce the pre-match tension and anxiety levels play a good role, thereby raise athletes to solve the difficulties in the process of high self-esteem and possibility.

2. Methodology

2.1 Sample

At 2016 Vietnam national futsal championship six teams include: Hai Nam Phuong, Saigon FC, Hoang Thu- Da Nang, Sanna Khanh Hoa, Cao Bang, Tan Hiep Hung. A sample of 95 male futsal players of Vietnamese first league was used in this research.

2.2 Instruments

Athletes completed a Vietnamese version (Đỗ Vinh, Lâm Quang Thành, 2015) of the original CSAI-2 (Martens *et al.*, 1990). The questionnaire by The Spanish translation into English, called The Competitive State Anxiety Inventory - 2, hereinafter referred to as CSAI - 2. After countless times after the revision has been applied to many research topics, such as Arruza Telletxea, Azurza, Amenabary Balague, 2001; Telletxea, 2008^[1-3, 7]. All the questions in the questionnaire to assess athletes psychological state before take part in a sports competition part as the main content. 27 in the questionnaire design problems, including three parts: somatic state anxiety, cognitive state anxiety, and state self-confidence.

Correspondence
Ly Vinh Truong
Faculty of Sport Coaching –
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City, Vietnam

CSAI 2 questionnaire by three part of integral respectively, scores from 9-36 points. Score for each standard is: 1 = "not"; 2 = "a little"; 3 = "moderate"; 4 = "very strong". The higher the score, showed that cognitive state anxiety, the higher the somatic state anxiety and self-confidence.

Question 14 is the reverse problem, must score, the rest of the questions according to 1 to 4 points Through cognitive state anxiety: 1, 4, 7, 10, 13, 16, 19, 22 and 25 points to calculate Somatic state anxiety: by 2, 5, 8, 11, 14, 17, 20, 23 and 26 points to calculate State from information: through 3, 6, 9, 12, 15, 18, 21, 23 and 27 points to calculate Calculate standard score formula is:

$$Z = 50 + 10 [(X - M) / S]$$

Among them:

Z as the norm;

X as the participants of the original;

M as divide;

S as the standard deviation of the distribution of original points

2.3 Procedures

Participants completed the questionnaire individually 1 hr. prior to their competition in a quiet room. Athletes were instructed to respond to the CSAI-2 items according to how they felt at the present moment and received instructions designed to minimize social desirability bias as recommended by Martens *et al.* (1990).

3. The results

3.1 Cognitive state anxiety

Table 1: Cognitive state anxiety questionnaire results

Question	The degree of							
	Not		A little		Moderate		Very strong	
	N	%	n	%	N	%	n	%
1	29	3.4	50	5.8	12	1.4	4	0.5
4	64	7.5	13	1.5	12	1.4	6	0.7
7	41	4.8	37	4.3	10	1.2	7	0.8
10	38	4.4	32	3.7	12	1.4	13	1.5
13	54	6.3	20	2.3	9	1.1	12	1.4
16	36	4.2	34	4.0	13	1.5	12	1.4
19	24	2.8	39	4.6	15	1.8	17	2.0
22	38	4.4	29	3.4	14	1.6	14	1.6
25	46	5.4	23	2.7	13	1.5	13	1.5
Total	370	43.3	277	32.4	110	12.9	98	11.5

From table 1: in the questionnaire, " not " option at a rate of 43.3%, the proportion of the highest; The " a little " and "moderate" and "very strong" option rate was 32.4%, 12.9% and 11.5% in turn. In the questionnaire in the total score of 36 points, cognitive state anxiety content of 17.3 points, suggests that although the futsal championship athlete in 2016

countries have better level of training and experience, but continued to appear before a big event on the cognitive anxiety and tension. The reason may come from its subjective cognition to the size of the task difficulty are closely related.

3.2 Somatic state anxiety

Table 2: Somatic state anxiety questionnaire results

Question	The degree of							
	Not		A little		Moderate		Very strong	
	N	%	n	%	N	%	N	%
2	67	7.8	18	2.1	8	0.9	2	0.2
5	33	3.9	42	4.9	11	1.3	9	1.1
8	50	5.8	32	3.7	10	1.2	3	0.4
11	63	7.4	20	2.3	8	0.9	4	0.5
14	29	3.4	28	3.3	23	2.7	15	1.8
17	42	4.9	28	3.3	13	1.5	14	1.6
20	57	6.7	13	1.5	11	1.3	12	1.4
23	46	5.4	24	2.8	16	1.9	9	1.1
26	49	5.7	25	2.9	9	1.1	12	1.4
Total	436	51.0	230	26.0	109	12.7	80	9.4

From table 2: in the questionnaire, " not " option at a rate of 51%, the proportion of the highest; The " a little " and "moderate" and "very strong" option rate was 26.0%, 12.7% and 9.4% in turn. Athletes cognitive state anxiety is high with somatic state anxiety phenomenon. The psychological state in athletes began to take part in the game when the possibility of more, make the athletes are easy to be pressure or competition in various negative problems puzzled, strained [8]. Weinberg (1979) in the study, said: anxious state there is a close relationship with the results of the competition [4, 5]. According to Nideffer (1989) [12] in the study of prediction procedures: anxious state will affect the athlete's attention,

affects the result of the match. But in individual study also showed that excessive anxiety state sometimes is not caused by the poor psychological factors. In 36 points total score questionnaire, somatic state anxiety, content of 16.2 points, athletes before competition still appear less body state anxiety.

3.3 State self-confidence

Table 3: State self-confidence questionnaire results

Question	The degree of							
	Not		A little		Moderate		Very strong	
	N	%	N	%	N	%	n	%
3	12	1.4	10	1.2	34	4.0	39	4.6
6	31	3.6	25	2.9	28	3.3	11	1.3
9	14	1.6	16	1.9	23	2.7	42	4.9
12	19	2.2	21	2.5	33	3.9	22	2.6
15	9	1.1	28	3.3	19	2.2	39	4.6
18	12	1.4	17	2.0	28	3.3	38	4.4
21	18	2.1	24	2.8	33	3.9	20	2.3
24	25	2.9	20	2.3	26	3.0	24	2.8
27	12	1.4	23	2.7	22	2.6	38	4.4
Total	152	17.8	184	21.5	246	28.8	273	31.9

From table 3 shows: in the questionnaire, "very strong" option at a rate of 31.9%, the proportion of the highest; The "moderate" and "a little" and "not" option rate were 28.8%, 21.5% and 28.8% respectively.

Yerkes & Dodson, (1908) ^[15]; Krane, V. And William, J.M (1994) ^[10]; Parfitt, G. and Pates, J. (1999) ^[13] study also proved that the state of the information there is a close relationship with the results of the competition. Appropriate state self-confidence helps athletes achieve good results, but excessive or low state of self-confidence will to some extent, limits the athletes play to the performance of the performance. In 36 points total score questionnaire, somatic state anxiety content of 24.7 points and explain athletes before competition state self-confidence is good ^[11,9].

4. Conclusion

At 2016 Vietnam national athletes psychological state before the game of futsal championship is: low cognitive state anxiety and somatic state anxiety, its state of self-confidence performance is higher. Have related study proposed athletes anxiety status, the negative effect on the results of the competition. In order to reduce the negative psychological state, in the daily training, especially in the process of the psychological stage, can give more athletes, more scientific and more effective means of psychological ability training. Hope this study can to some extent and content about football players pre-match psychological state provides practical reference value.

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