

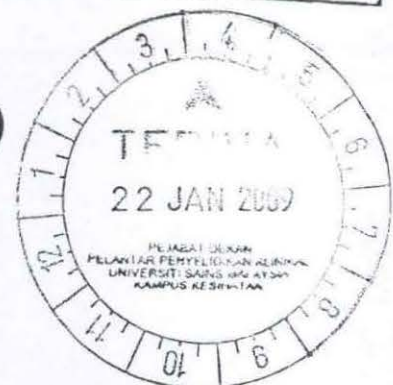
LAPORAN AKHIR PROJEK PENYELIDIKAN

GERAN JANGKA PENDEK

Performance related emotion from task
perspective: An application of Individual
Zone of Optimal Functioning (IZOF) model

Dr. Jolly Roy

(304/PPSP/6131430)



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LAPORAN AKHIR PROJEK PENYELIDIKAN JANGKA PENDEK
FINAL REPORT OF SHORT TERM RESEARCH PROJECT

Sila kemukakan laporan akhir ini melalui Jawatankuasa Penyelidikan di Pusat Pengajian dan Dekan/Pengarah/Ketua Jabatan kepada Pejabat Pelantar Penyelidikan

1. **Nama Ketua Penyelidik: Dr. Jolly Roy**
Name of Research Leader

Profesor Madya/
Assoc. Prof.

Dr./
Dr.

Encik/Puan/Cik
Mr/Mrs/Ms

2. **Pusat Tanggungjawab (PTJ): Pusat Pengajian Sains Perubatan**
School/Department

3. **Nama Penyelidik Bersama: Dr. Molid Jamil bin Yaacob**
Name of Co-Researcher

4. **Tajuk Projek: Performance Related Emotion from a Task Perspective: An Application**
Title of Project: of Individual Zone of Optimal Functioning (IZOF) Model

5. **Ringkasan Penilaian/Summary of Assessment:**

	Tidak Mencukupi <i>Inadequate</i>		Boleh Diterima <i>Acceptable</i>	Sangat Baik <i>Very Good</i>	
	1	2		3	4
i) Pencapaian objektif projek: <i>Achievement of project objectives</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ii) Kualiti output: <i>Quality of outputs</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
iii) Kualiti impak: <i>Quality of impacts</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
iv) Pemindahan teknologi/potensi pengkomersialan: <i>Technology transfer/commercialization potential</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
v) Kualiti dan usahasama : <i>Quality and intensity of collaboration</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
vi) Penilaian kepentingan secara keseluruhan: <i>Overall assessment of benefits</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

3) **Abstrak untuk penyelidikan anda**

(Perlu disediakan di antara 100 – 200 perkataan di dalam Bahasa Malaysia dan Bahasa Inggeris. Ini kemudiannya akan dimuatkan ke dalam Laporan Tahunan Bahagian Penyelidikan & Inovasi sebagai satu cara untuk menyampaikan dapatan projek tuan/puan kepada pihak Universiti & luar).

Abstract of Research

(Must be prepared in 100 – 200 words in Bahasa Malaysia as well as in English. This abstract will later be included in the Annual Report of the Research and Innovation Section as a means of presenting the project findings of the researcher/s to the university and the outside community)

Emosi adalah satu komponen yang penting dalam fungsi mutlak seseorang manusia dan ia boleh mempengaruhi prestasi seseorang atlit. Model 'Individual Zone of Optimal Functioning (IZOF)' (Hanin, 2004) menerangkan bahawa hubungkait prestasi atlit dengan emosi adalah unik, justeru setiap intervensi haruslah dijalankan secara individu. Kajian ini bertujuan untuk melihat sifat idiosinkrasi bagi kandungan emosi dan intensiti emosi dan juga untuk melihat jika intensiti emosi bagi setiap atlit adalah berbeza antara individu yang bermain dalam posisi yang sama dan berbeza. Peserta terdiri daripada 23 atlit bola sepak berumur antara 21 hingga 30 tahun, mewakili negeri Kelantan di peringkat kompetitif. Keputusan yang diperoleh menunjukkan bahawa setiap atlit dalam satu pasukan mempunyai kandungan dan intensiti emosi yang tersendiri yang unik dan berbeza antara satu sama lain. Corak keputusan yang diperoleh menunjukkan bahawa terdapat perbezaan bagi intensiti emosi antara atlit yang bermain dalam posisi yang sama (yang melakukan tugas yang sama), justeru menjelaskan sifat Idiosinkrasi bagi intensiti emosi. Tiada perbezaan ditunjukkan bagi intensiti emosi antara atlit yang bermain dalam posisi yang berbeza. Bagaimanapun, pengecualian bagi kes emosi positif-optimal (P+) telah dikenalpasti. Corak bagi intensiti emosi yang ditunjukkan dalam setiap profil emosi mempunyai bentuk yang spesifik untuk prestasi terbaik (bentuk seperti 'iceberg') dan prestasi terburuk (bentuk seperti 'cavity'). Zon optimal bagi setiap atlit dilakarkan untuk digunakan bagi membantu jurulatih dan psikologis dalam pengawalan emosi atlit, sebagai bantuan dari aspek psikologi.

Emotion is one of the important components of total human functioning which can influence the athlete's performance. The Individual Zone of Optimal Functioning (IZOF) model (Hanin, 2004) holds that athlete's performance related emotion are unique and therefore interventions should be individually designed. The aim of present study was to examine the idiosyncratic nature of emotion content and intensity among athletes and to find out if the emotion intensity for the athlete is significantly different among individuals playing in similar and different position. Participants consisted of 23 football athletes aged 21-30 years, who represent Kelantan state at the competitive level. Findings lent support that each athlete within a team has individual emotion content and intensity, which are unique and different from one another. The trend of the result showed significant differences between athletes playing in similar position and executing similar task, implying idiosyncratic nature of emotion intensity. No significant differences were observed in emotion intensity, among athletes, between different playing positions. However, an exception in the case of positive-optimal (P+) emotion was noted. The patterns of emotion intensities reflected in the emotion profiles had specific shape, typical for best (iceberg shape) and worst (cavity shape) performance. Roughly designed optimal zones were made for each athlete so as to help the coach and psychologist in emotion regulation, as part of psychological assistance.

4) Sila sediakan Laporan teknikal lengkap yang menerangkan keseluruhan projek ini.

[Sila gunakan kertas berasingan]

Kindly prepare a comprehensive technical report explaining the project

(Prepare report separately as attachment)

Senaraikan Kata Kunci yang boleh menggambarkan penyelidikan anda :

List a glossary that explains or reflects your research:

<u>Bahasa Malaysia</u>	<u>Bahasa Inggeris</u>
1. Prestasi	Performance
2. Emosi	Emotion
3. Keamatan	Intensity
4. Idiosinkrasi	Idiosyncratic
5. Paling bagus	Optimal

8) **Output Dan Faedah Projek**
Output and Benefits of Project

(a) * **Penerbitan (termasuk laporan/kertas seminar)**
Publications (including reports/seminar papers)
(Sila nyatakan jenis, tajuk, pengarang, tahun terbitan dan di mana telah diterbitkan/dibentangkan).
(Kindly state each type, title, author/editor, publication year and journal/s containing publication)

1. Roy, J., Azuar, H., Yaacob, M.J., (2006) Informational content characteristics of performance emotion from a social position perspective. *Journal of Sports and Sport Sciences, India, Vol.29 No.4. p25-p31.*
2. Azuar, H., Roy, J. Yaacob, M.J. (2006) Performance related emotion from a task perspective: An application of Individual Zone of Optimal Functioning model (IZOF) in Kelantan football team. *Pembentangan oral di 4th - ISN Sport Medicine and Sport Science Conference 25th-27th May 2006, Malaysia.*
3. Roy, J., Azuar, H., Yaacob, M.J., (2007) Conventional Beliefs and Contemporary Facts of Negative Emotions in Successful Performance: Research Based Insights. *Pembentangan oral di 7th-Sport Science Conference 3rd-5th September 2007.*
4. Roy, J., Azuar, H., Yaacob, M.J., (2007). Understanding Individual Emotion Descriptors for Formulating Guidelines Towards Achieving Quality of Performance Process. *Pembentangan oral di Joint Congress 2007 SEA Games & ASEAN Para Games Scientific Congress and 5th Bangkok ASPASP International Congress on Sport Psychology. 1st-4th December 2007. Bangkok, Thailand.*

(b) **Faedah-Faedah Lain Seperti Perkembangan Produk, Prospek Komersialisasi Dan Pendaftaran Paten atau impak kepada dasar dan masyarakat.**

Other benefits such as product development, product commercialisation/patent registration or impact on source and society

Mendedahkan atlit di peringkat negeri tentang latihan psikologi sukan dalam menguruskan emosi semasa permainan.

(c) **Latihan Gunatenaga Manusia**
Training in Human Resources

Pelajar Siswazah :

Postgraduate students:

(perincikan nama, ijazah dan status)

(Provide names, degrees and status)

Nurul Azuar bin Hamzah

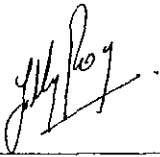
Sarjana Muda Sains Kesihatan (Bioperubatan)

Peralatan Yang Telah Dibeli :

Equipment that has been purchased:

Peralatan/kelengkapan untuk bilik relaksasi psikologi Unit Sains Sukan

- 1) Tilam relaksasi
- 2) Sistem audio
- 3) Headphone
- 4) CD relaksasi



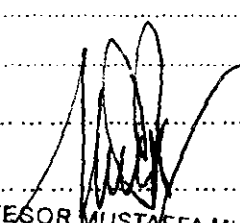
Tandatangan Penyelidik
Signature of researcher

16 / 10 / 08

Tarikh
Date

KOMEN JAWATANKUASA PENYELIDIKAN PUSAT PENGAJIAN
Comments of the Research Committees of Schools/Centres

Projek mencapai objektif
kegajian yg ditetapkan &
hasil kegiaan diterbitkan.



PROFESOR MUSTAFFA MUSA
Timbalan Dekan (Penyelidikan)
Pusat Pengajian Sains Perubatan
Kampus Kesihatan
Universiti Sains Malaysia
16150 Kubang Keruan, Seremban.

TANDATANGAN PENGERUSI
JAWATANKUASA PENYELIDIKAN PUSAT PENGAJIAN
Signature of Chairman
[Research Committee of School/Centre]

22/1/09
TARIKH
Date

BORANG LAPORAN HASIL PENYELIDIKAN

PPSP

Juduk geran: Performance Related Emotion from a Task Perspective: An Application of Individual Zone of Optimal Functioning (IZOF) Model

Penyelidik: Dr. Jolly Roy, Dr. Mohd Jamil bin Yaacob, Nurul Azuar bin Hamzah

Tajuk geran: Geran Jangka Pendek

Tempoh geran: 01 April 2004 hingga 31 Mac 2008

Spesies laporan: Laporan Kemajuan

Laporan Akhir*:

OBJEKTIF SPESIFIK KAJIAN (sama seperti dalam proposal) (research objectives as in the proposal)	SECARA RINGKAS TERANGKAN PENCAPAIAN/HASIL (brief explanation of the findings)	OBJEKTIF TERCAPAI ATAU TIDAK (Result meet the objectives or not?)
1. To find out the similarity and dissimilarity of 'emotion content' among the team members.	The trends of result show that the emotion content among the players in football team were dissimilar. It supports the IZOF concept that emotion contents are idiosyncratic and individual for each athlete.	achieved
2. To determine if there are differences in 'emotion intensity' of athletes performing similar task.	The result revealed that the emotion intensity across four emotion categories is significantly difference among the athletes performing similar task. It supports the IZOF notion that athletes' emotions are individual despite executing similar task.	achieved
3. To find out if there are differences in 'emotion intensity' among athletes playing in different positions executing different task in a team.	The result suggests that emotion intensity across four emotion categories is not significantly different among athletes who are playing in different position, and executing different task. It suggests that intensity level varies according to the individual perception about the emotion and task complexity is not the only determinant.	achieved

Laporan Akhir perlu disertakan salinan manuskrip dan surat yang dihantar kepada mana-mana jurnal untuk diterbitkan. Senarai peralatan yang dibeli di bawah geran juga perlu diserahkan. (Final report has to be closed with the manuscript and letter sent for any publication. The list of purchased equipments should be submitted together.)

Penyelidik Utama (PI): Dr. Jolly Roy
Tarikh: 16 Oktober 2008



t.t.:

Introduction

Emotion is a component which is very important in human life. All the individuals use emotion as a way to express their feelings towards something, since the production of it is influenced by multi components of factors which create variables in emotions. Emotion is a reaction to stimulus event either actual or imagined (Deci, 1980), thus it can activate and direct person's behavior. Emotion can be categorized under positive and negative affect based on the hedonic tone (positive-negative) and functional impact of emotion upon athletic performance (optimal-dysfunctional).

According to Individual Zone of Optimal Functioning (IZOF)-based conceptualization of emotion content, either positive or negative emotion can give both harmful and helpful impact which can influence on how the athlete manages their optimal anxiety level across the task demand. In other words, emotions may have facilitating, debilitating or both effects on performance depending on their meaning and intensities (Hanin & Syrjä, 1995a, Hanin & Syrjä 1995b; Hanin & Pesonen, 1995; Syrjä, *et. al.*, 1995). The four global affect categories of emotion are pleasant and functionally optimal emotion (P+), unpleasant and functionally optimal emotion (N+), pleasant and dysfunctional emotion (P-) and unpleasant and dysfunctional emotion (N-).

A great deal of earlier research reported in the sport psychology literature was mainly concerned with the debilitating consequences of anxiety and other negative emotions (Robazza *et al.*, 2000) specifically, in the development of affect idiographic profiles, both positive and negative emotions are assumed to exert beneficial or detrimental effect on the task, depending on individual. Therefore, in the emotion profiling procedures, the athlete is encouraged to identify positive and negative emotions facilitating or inhibiting performances (Robazza *et al.*, 2000).

This study attempt to seek the idiosyncratic nature of performance related emotion of the athletes executing different task in a team sport. The impact of emotional experiences from a task perspective is also being considered as it still has to receive attention from recent researchers (Ebbeck & Weiss, 1988; Raglin, 1992). This study was designed to find out the idiosyncratic emotions in elite athlete of Kelantan state. From the IZOF perspective, each athlete may exhibit individual emotion and intensity which are appropriate for them in order to deliver their best action in the performance. Thus, analysis of individual emotion profile based on the subjective experience will show the idiosyncratic nature of emotion

The results of the study would throw light on the need for individualized approach while dealing with high level athlete. The findings would form the basis for research based practices in the applied settings. It would facilitate social psychological determinants of emotional experiences and response patterns in sports activity of Malaysian athletes.