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KEY WORD : ANXIETY/ TRACK ATHLETES/ ASIAN

ARISSARA LOYMEK : A STUDY OF THE ANXIETY OF TRACK ATHLETES OF THE ASSOCIATION OF SOUTHEAST ASIAN NATIONS PARTICIPATING IN THE 18th SEA GAMES IN CHANGWAT CHIANG MAI, THAILAND. THESIS ADVISOR : ASSOC. PROF. SOMBAT KARNJANAKIT, Ph.D., 161 pp. ISBN 974-636-599-1

The purposes of this research were to study and to compare the anxiety of track athletes of the Association of Southeast Asian nations participating in the 18th SEA Games in Changwat Chiang mai, Thailand concerning the State Trait Anxiety, of male and female, and short, medium, and long distance runners. The sample used in this research were 140 ASEAN track athletes consisting of 84 males and 56 females. The Spielberger's State-Trait Anxiety Inventory was used as an instrument which had a reliability of 0.86 and 0.83 respectively. The obtained data was analyzed in terms of percentages means, and standard deviations. The t-test and F-test, and Scheffe's method were also used to determine the significance differences at 0.05 level.

The findings were as follows :

1. The State Trait Anxiety of track athletes had the high level in anxiety with means of 47.91 and 47.50 respectively. Indonesian track athletes had the highest means of 49.89 and 48.56 as opposed to track athletes from Brunei who had the lowest means of 36.00 and 40.50.
2. The State Trait Anxiety of track athletes from Brunei had significant differences at the 0.05 level when compared to those athletes from Thailand, Singapore, Malaysia, Indonesia and the Philippines. However, there were no significant differences among those ASEAN track athletes in State-Trait Anxiety.
3. When comparing between ASEAN male and female athletes in 18th SEA Games, there were no significant differences at the 0.05 level in State-Trait Anxiety.
4. When Comparing among ASEAN short, medium and long distance runners, there were no significant differences at the 0.05 level in State-Trait Anxiety.

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ลายมือชื่อนิสิต.....*Orn Aoyam*
ลายมือชื่ออาจารย์ที่ปรึกษา.....*Sombat Karnjanakit*
ลายมือชื่ออาจารย์ที่ปรึกษาร่วม.....-