

STUDENTS AWARENESS ON PHYSICAL ACTIVITY IN UITM PUNCAK PERDANA

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Abstract

Physical activity is an activity that not only gainful to the health, but also have positive impact in many more. It is always been done for many reasons for example to have better health, effective in retarding the effects of aging, helping in body development and even in academic performance. However, the participation of students in physical activity are still less. The aim of this study is to measure the level of awareness on physical activity among students in UiTM Puncak Perdana. In this paper, we also provide the level of student's participation in physical activity.

Keywords: awareness, participation, physical activity

INTRODUCTION

Physical activity defines as body movements that are intend to do in order to burn the calories. Different from the concept of training and exercise, physical activity are any activity that acquire a body to move for example like doing house chores, cleaning a garden or walking up stairs and others. Physical activity is not a structured and repetitive like doing exercise such as gym and so on. Regular physical activity of moderate are prove to give benefits for the body health. Spending time in doing physical activity is just better than someone doing nothing. By being an active person throughout the day, a person also can easily achieve the recommended activity level.

From the data that have been collected, around 23% of adults aged 18 and above were not active enough in physical activity. In rich countries, 26% of men and 35% of women were insufficiently physically active, as compared to 12% of men and 24% of women in poor countries. Low or decreasing physical activity levels often agree with a high or rising gross national product. Other than that, an increase in the use of "passive" modes of transportation also contributes to insufficient physical activity. From the data, we can see that the major causes of few number of participation in physical activity are due to inaction during leisure time and inactive behavior during the job and at home. A part of that, in order to reach an additional health benefits, a person must commit with physical activity for up to 60 minutes per day and comes with activity to strengthen the muscles and bones for at least three times in a week.

ISSUES AND PROBLEMS STATEMENT

In this paper, we have identified several issues regarding the physical activity among university students. According to the previous researches that have been studied, we have identified some barriers and limitations on this topic. The limitations are:

- Most all of the students do not participating in physical activities at all.
- The students are more likely to have other activity than spending time on doing physical activity.
- Mentality of the students that involving in any physical activity is wasting their time.
- Lack of exposure to any physical activity around them.
- Lack of interest in such activity.

RESEARCH QUESTIONS

- Did the students aware of any physical activity or sports event around them?
- How much the students engaging with physical activity?
- How much time the students spend in doing physical activity around them?
- Did the students having a problem in engage with physical activity?
- Did the students acknowledge the benefits of practicing physical activity in their life?

RESEARCH OBJECTIVES

The aim of this paper is to measure the level of students' awareness on physical activity in UiTM Puncak Perdana. In a way to accomplish these goals, we have identified the goals of this topic;

- To create awareness among the students of having a healthy lifestyle.
- To encourage the students in participating and engaging with any physical activity.
- To show the importance of practicing healthy lifestyle.
- To educate the students to have a healthy lifestyle.

LITERATURE REVIEW AND PROPOSED FRAMEWORK

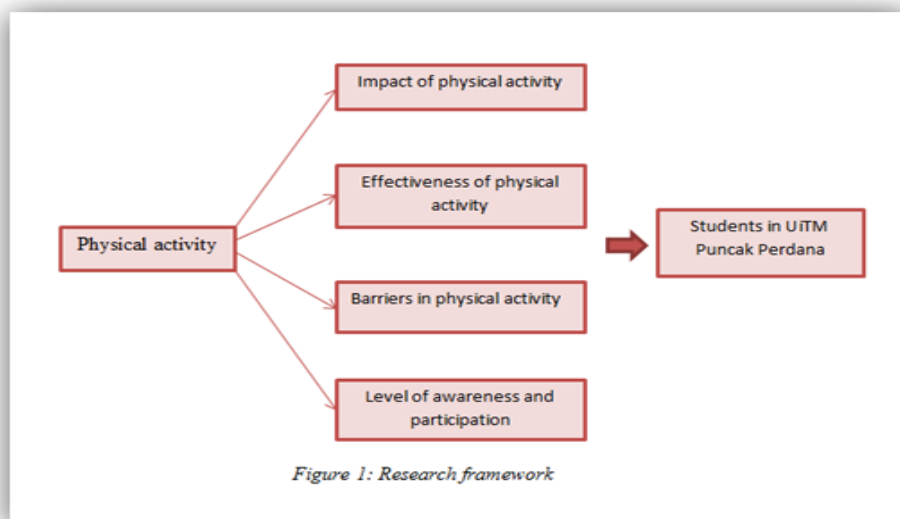
Previous study on awareness and level of student's participation in physical activity has been analyzed. According to the research by Graham, 2010, the level of engagement among adolescence in physical activity are positive and predicted to be more active in their future. Thus, physical education in school seems importance to be applied in school to encourage the adolescent in fostering their interest in physical activity. Also, self-efficiency and peer influence play important roles to influence adolescent and change their attitudes towards physical activity (SP, 2011).

Other research done targeting university students in Istanbul, found different level of participation on physical activity. The difference can be seen in three which are, Trainer Education, Physical Education and Sport Teaching. However, this study did not found

any result in gender differences of level participation in physical activity (Agopyan, 2015).

On the other side, researchers found a poor practice of healthy lifestyle among universities students in Malaysia where over half of the result shown that universities students never exercise and never aware of any physical activity around them (Naggar, 2013). These refer to the result on the study, 53.7% from the total number of the respondents are found never engage in any physical activity. Other research done in British School to study student awareness and their parent's perception on the student participation in school. Based on the study, not more than half students in British School meet the physical activity guideline and the rest are active students (Corder et al. , 2010) and most all of their parents have wrong perception towards their children participation in physical activity.

In this paper, we have determined the theoretical framework that we have found in the previous research. Research framework for this study is as shown below. There are several topics related to physical activities that we have found while doing research which are impact of physical activity, the effectiveness of physical activity, barriers in doing physical activity, and the level of awareness and participation of people in physical activity. However, these study focusing on the level of students' awareness on physical activity targeting the population of students in UiTM Puncak Perdana.



Impact of physical activity seems to be the most mainly concern of the authors that can be assume as the main issue to be discussed. However, the awareness and the level of participation in physical activity among the people should also to be the main concern to

measure how much they concern on the benefits of engaging with this activity. Therefore, we targeted to study the participation and level of awareness among the UiTM Puncak Perdana students to know and evaluate how much they know on the importance of being active in their daily life. Also, to educate them in as well as encourage them to change and practice healthy lifestyle.

CONCLUSION

As a conclusion, we already know that regular participation in physical activity and exercise has been shown to be beneficial for various physiological systems, and in improving the quality of life of people either during childhood, adolescence, adult and older adult. It is recommended that everyone to perform an average of 30 mins of moderate-intensity activities on most days of the week in order to maintain health and prevent chronic illnesses. Health promoting strategies to increase awareness, knowledge, skills and motivation related to physical activity are required to encourage Malaysian to be physically active. In this research, it is also review that student population is not practicing a healthy life. They supposedly should aware that by participate in physical activities is one of the platform to improve their study performance as well as their healthy. Thus, it is also important for them to stay active in order to have better life.

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