

EFFECTIVENESS OF DOING SPORT AMONG UNIVERSITY STUDENT: A KEY TO HEALTHY LIVING

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Abstract

The aim of this research is to identify the effectiveness of sports to university student. This paper provides impact of sport, role of sport and the factor why the students get involve in sport. It is important to find the right answer why they get engage in sport to make sure that they really get the solid reason why they make themselves joining in sport. It is important to identify the reasons as to why people engage themselves in sports.

Keywords: effectiveness, sport, students.

INTRODUCTION

Sports have become popular activity nowadays. Basically, only several people know the as to why they involved in sports. There are many kinds of sport available. Most of them just want to occupy their leisure time. there are many importance and benefits of sports. Personally, I think the benefits and importance of sport are sport can make people healthy, to fulfill their leisure time and can make them free from diseases. That is why I choose this topic as a research because it is kind interesting to share some knowledge that we can use together to make sure the involvement in sport is correct. Sport has a huge impact on our daily lives and on our society.

Most in our daily day, we always see people who engage in sport like men and women. We can see various kinds of people involved in sports. It attracts people like us that have interest in sport to involve more deep in sport in order to know more precisely about sport that we like to do. Thus, this is why I am choosing this topic to make it as my research in sport. It always makes me interested in whatever sports that have been played by people around us.

Sport can be defined as an exercise that makes our body moves which can make us stay healthy. Most of people engage in sport to fill their free time and make their body healthy. There are many types of sport that people nowadays like to do. For example, is playing football. This type of sport not only makes people stay healthy, but can make them connected to each other because to play football it must have eleven person per team. Thus, it will make them communicate with each of them to make a score. We can see that it could make their relation become closer.

Besides that, the development of sport has become widely spread to entire world. In the past, sport only recommended for male only. But nowadays, female can also involve in sport. There are several types of sport that female can play. For example, is football. Not many countries that have female squad for football team but these types of sport have been joined by female. Thus, we can see that sport can make people united and there is no limitation in sport. Everyone can play it.

ISSUES

In this paper, we identify several issues regarding to the effectiveness of sport to university students. Based on my observation from previous study, there are some problems about the understanding of the main reason why students should involve in sport. The problems are:

- Most of the students prefer to fill their leisure time by hanging up with their friends.
- Lack of influence from friend who active in sport.
- Low in confident level to get involve in sport.
- Inadequate facilities that can make student get involve in sport.
- Most of students prefer to play sport in video game.
- There is no person who is responsible to influence them.

RESEARCH QUESTIONS

In this paper, I have identified several research questions. There are:

- How do we develop interests on joining sport among students?
- How do we create awareness on the importance of sport?
- What are the impacts when students get involve in sport?
- What is the possible ways to make students engage in sport?
- Does sport bring benefits to students?

RESEARCH OBJECTIVES

The aim of this paper is to highlight the several points when students get involve in sport. In order to achieve this aim, I identify the sub-goals:

- To show the important of sport to university students.
- To develop interest in sport for university students.
- To encourage students to get involve in sport.
- To promote students stay healthy and keep them fit.

LITERATURE REVIEW AND PROPOSED FRAMEWORK

After the review of literature, I have developed the research framework. This research framework is design to see the connection of the sub areas in literature review with the main title of the research. They have 3 sub areas that will be discussed which are impacts of sport to student, the role of sport that can promote health, and factors that can make student involve in sport. Each of them will be explained further.

Impacts of Sport to Student

According to Janssen and LeBlanc (2010), there will be several positive results when people engage in sport which is including physical and mental benefits. By doing exercise in sport can make people have a good health which can make them avoid from getting disease can give negative side to us. Furthermore, when people involved in sport, their result in study get increase. For example, it can make student easily catch up what important thing that has been teaches by the teacher in class. However, student must do revision after class to make sure all the information that has been shared by the teacher can be remembered.

The Role of Sport That Can Promote Health

According to Kjønniksen (2009), most of teenagers have a better good condition in health rather than adults. Part from that, teenagers should well monitor their health which is can make them stay longer in good health and try to avoid from doing unhealthy thing such as smoking. So, as a student, we need to avoid the unhealthy environment in order to make us stay healthy and have a good life condition. By doing this, it will makes our physical and mental condition remain in highest stages that make us different from the other student that engage in unhealthy environment.

Factors That Make Student Involve In Sport

The influence from peer can be one of the factors that lead the students to involve in sport. According to Bennett and Henson (2003), teenagers are the most popular target in sport, which are college and university students. This is good news because it can make students have a good condition in health that can help them study well too. Here, we can see that most of students prefer to engage in sport in university. Apart from that, it will make the other students who do not have interest in sport will slowly followed the progress of sport from their friends who already involved in sport.

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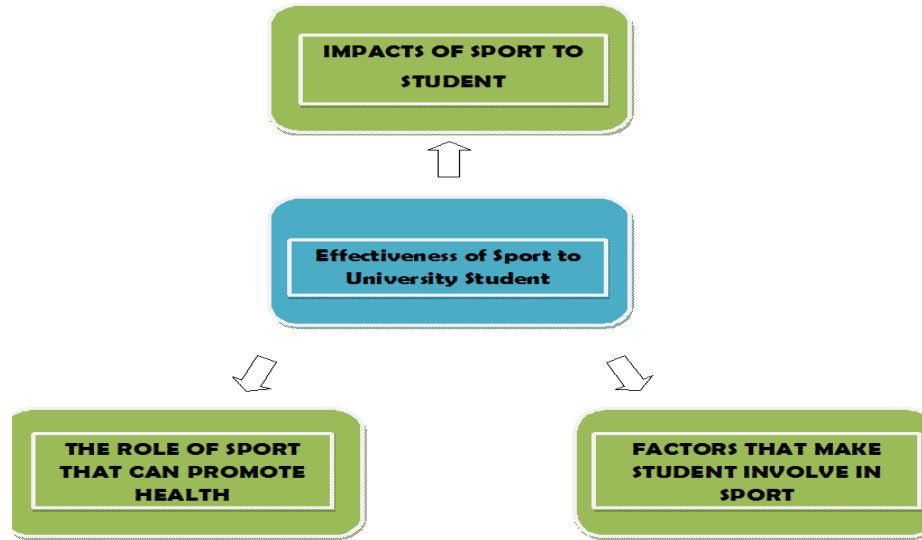


Figure 1. Theoretical Framework.

CONCLUSIONS

In conclusion, sport have many positive impacts to people especially students in university. By engaging in sport one can be healthier not only in physically but also mentally could makes them a healthy person not only for physical appearance but also for mental health. As what we have highlighted above, We have state that there are several effectiveness of sport to university students. Firstly, what is the impact of sport to student? One of the impacts is that the student can work as a team. When we work as a team, it will make us get stronger and the bonding that they build will be long lasting forever.

Besides that, engaging in sport also could make student stay focused in something that they are doing. This is because sport teaches the player to be a discipline player and stay focused. Thus, it can be connected and be used in daily life not only in sport. As a result, it will make the students as a successful people just not only in sport but also in sport activity that they have involved.

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