



THE INVOLVEMENT FACTOR WITH PHYSICAL AND FITNESS ACTIVITIES

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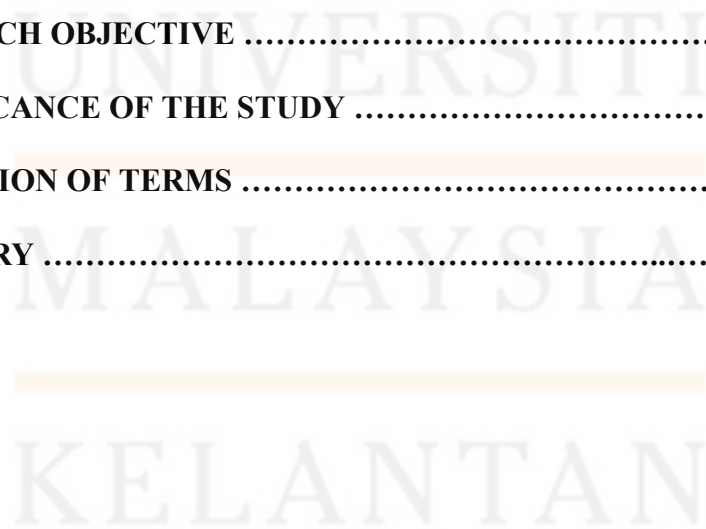
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ABSTRACT

Physical activity is a person's movements, including when doing leisure activities, travelling from one location to another, and working. The involvement in physical and fitness activities became important among the community in Malaysia. The primary focus of this problem statement is on health issues. People who struggle with health problems such as obesity typically participate in less physical and fitness activity. This research about community involvement towards physical and fitness activities. The research was conducted among communities that are basically doing physical and fitness activities. Therefore, this study aimed to examine the relationship between reduce stress, lose weight, sleep and involvement factors with physical and fitness activities. When it comes to finding information, communities in Malaysia from 18 to 26 years old and above appear for identifying involvement factors in physical and fitness activities among communities in Malaysia. 200 respondents participated in this study which was conducted through social media like Google Form, WhatsApp, Facebook, and Instagram. The result showed that reduce stress, lose weight, and sleep influence the involvement in physical and fitness activities.

ABSTRAK

Aktiviti fizikal adalah pergerakan seseorang, termasuk ketika melakukan aktiviti riadah, perjalanan dari satu lokasi ke lokasi lain, dan bekerja. Penglibatan dalam aktiviti fizikal dan kecergasan menjadi penting dalam kalangan masyarakat di Malaysia. Fokus utama pernyataan masalah ini adalah mengenai isu kesihatan. Orang yang berjuang dengan masalah kesihatan seperti obesiti biasanya mengambil bahagian dalam aktiviti kurang fizikal dan kecergasan. Kajian ini mengenai penglibatan masyarakat terhadap aktiviti fizikal dan kecergasan. Penyelidikan ini dijalankan di kalangan komuniti yang pada dasarnya melakukan aktiviti fizikal dan kecergasan. Oleh itu, kajian ini bertujuan untuk mengkaji hubungan antara mengurangkan tekanan, menurunkan berat badan, tidur dan faktor penglibatan dengan aktiviti fizikal dan kecergasan. Dalam mencari maklumat, masyarakat di Malaysia berumur 18 hingga 26 tahun ke atas tampil mengenal pasti faktor penglibatan dalam aktiviti fizikal dan kecergasan dalam kalangan masyarakat di Malaysia. Seramai 200 responden mengambil bahagian dalam kajian ini yang dijalankan melalui media sosial seperti Google Form, WhatsApp, Facebook dan Instagram. Hasilnya menunjukkan bahawa mengurangkan tekanan, menurunkan berat badan, dan tidur mempengaruhi penglibatan dalam aktiviti fizikal dan kecergasan.

CHAPTER 1

INTRODUCTION

1.1 INTRODUCTION

This chapter will begin to explain the background of the study, the problem statement, the research objective, and the research question. It also continues by discussing the scope of the study, the significance of the term, and lastly, the summary of this research.

1.2 THE BACKGROUND OF THE STUDY

According to the World Health Organization (2022), "physical activity" encompasses all movements of a person's body that result from skeletal muscles and require energy expenditure. This physical activity is also referred to as all of a person's movements, including when doing leisure activities, travelling from one location to another, and working. Both moderate and vigorous physical activity can improve body health, which has been shown to help prevent and treat noncommunicable diseases such as heart disease, stroke, diabetes, and some types of cancer. It also aids in the prevention of hypertension, the maintenance of a healthy weight, and the improvement of mental health, quality of life, and well-being. Walking, cycling, and leisure sports are popular ways to stay active.

According to Langhammer et al. (2018), this physical activity can be defined as any body movement activity resulting from skeletal muscles that results in energy expenditure in the human body. Physical activity includes exercise, sports, and physical activity done as part of daily life, work, leisure, or active transportation. Exercise is a subcategory of physical activity that is planned, structured, and repeated for the improvement or maintenance of

physical fitness. Physical function is an individual's ability to engage in physical activities and exercise in daily life so that the body remains healthy and fit.

According to Piggin (2020), physical activity is any body activity that increases or maintains body weight and overall health. It is done for a variety of purposes, such as fostering growth and development, delaying the ageing process, enhancing athletic ability, strengthening muscles and the cardiovascular system, decreasing weight or increasing endurance, and just for enjoyment. Regular physical activity helps strengthen the immune system and aids in the prevention of "complex diseases" like diabetes, obesity, and heart disease. Additionally, it might help reduce stress and depression, enhance sleep quality, work as a "natural medication" sleep aid to treat conditions like insomnia, help stabilize or improve one's outlook on life, enhance mental health, regulate digestion, treat constipation, and manage one's fertility.

According to Kazmi et al. 2022, physical activity refers to someone using energy to move. It is important for one's health. It plays an important role in fat loss and weight loss to prevent dangerous diseases, especially obesity, which can affect body weight by preventing weight gain and promoting the maintenance of ideal and healthy weight loss, and it is important for physical and mental health improvement. Kazmi et al. 2022 said adults should engage in 30 minutes of physical activity each week. The World Health Organization (WHO), the Department of Health and Human Services, and other authorities all agree on this. Meanwhile, children should do at least one hour of physical activity every day. However, researchers disagree about how much activity is needed each day to maintain

a healthy weight or aid weight loss, and recent studies show that two and a half hours a week is not enough.

According to Thivel et al. (2018), physical activity is all body movements that involve energy expenditure when doing physical activity in daily life, such as walking, dancing, riding a bicycle, or playing sports in free time. When done consistently and methodically, physical activity is good for the body and aids in enhancing or maintaining both physical and mental wellbeing. Physical activity encourages self-satisfaction, boosts self-esteem, and allows people to interact with others more, all of which assist in relieving accumulated stress. Physical activity can be planned or unplanned because both scenarios have favorable outcomes. However, abusing physical activity is not advised because, without adequate attention and supervision, this can negatively impact both physical and emotional health.

1.3 PROBLEM STATEMENT

According to Nik Munirah Nik-Nasir et al.,(2022), this study concurs that Malaysians have a high prevalence of insufficiently active Physical Activity (37.3%). Comparatively, this frequency is greater than the 2019 National Health and Morbidity Survey (NHMS), which found that 25.1% of Malaysians are physically inactive. Nik Munirah Nik-Nasir et al.,(2022) said Malaysia's Physical Activity level is still insufficient. Living in an urban location, not having a formal education, working in an elementary occupation, and having high HDL (high density lipoprotein) are all factors that are linked to moderately and highly active in Physical Activity. Rural areas, low income, men, and normal BMI have lower rates of being sufficiently active or very active in Physical Activity.

National Health and Morbidity Survey (NHMS) said people who struggle with health problems such as obesity are typically less involved in physical and fitness activities. According to the results of Malaysia's National Health and Morbidity Survey (NHMS) 2019 indicate centres that 19.7% of the country's population is obese.

According to Lee et al. (2019), the most common barrier that prevents Malaysians from participating in physical activity is a lack of time. There is less time available for people to participate in activities that are beneficial to their physical health and fitness as a direct consequence of how busy people are with their jobs these days.

To conclude, health practitioners can motivate people by providing health promotion and individualised counselling. To promote and develop infrastructure and facilities that are conducive to Physical Activity, it is also necessary to include the workplace and policymakers. This can involve promoting non-motorized transportation, walking, and work-based physical activity, as well as parks with running and cycling pathways, fitness centres, and equipment.

1.4 RESEARCH QUESTION

1. What is the relationship between reducing stress and involvement factors with physical and fitness activities in community Kota Bharu?
2. What is the relationship between lose weight and involvement factors with physical and fitness activities in community Kota Bharu?
3. What is the relationship between sleep and involvement factors with physical and fitness activities in community Kota Bharu?

1.5 RESEARCH OBJECTIVE

This study aimed to investigate what are the factors that make people interested in the involvement of physical and fitness activities. The research objectives in this study were as follows:

1. To determine the relationship between reducing stress and involvement factors with physical and fitness activities.
2. To examine the relationship between lose weight and involvement factors with physical and fitness activities.
3. To determine the relationship between sleep and involvement factors with physical and fitness activities.

1.6 SIGNIFICANCE OF THE STUDY

The results of this research will give information on the causes that make people interested in the involvement of physical and fitness activities.

In this research paper, the significance of the study is to researchers. This will help the researcher to find out why reducing stress, lose weight, and sleep can help in measuring the involvement in physical and fitness activities. Next, this study will allow the researchers to discover an important aspect of involvement that many researchers have yet to explore. This research paper topic may be beneficial for future researchers.

The other group that this research has an impact on is Generation Z. Gen Z, often known as the iGeneration or the centenary generation, Generation Z consists of people born between 1997 and 2012, making them the generation that further follows the millennials. Many members of the oldest cohort of this generation, which came of age during the era of widespread internet access, will have completed their formal education and be ready to enter the workplace by the year 2020 (Meola, 2022). Through this study, generation Z will be more exposed to involvement in physical and fitness activities.

1.7 DEFINITION OF TERMS

Definitions of Terms provides people with an understanding of the concepts or variables that will be discussed throughout this study, as well as context for how researchers will use those concepts in this study. The following is a definition of terms that were discovered throughout this research.

| Author | Variables | Definition |
|------------------|---------------|---|
| Berretz et.al | Reduce stress | Stress is a physical and psychological tension that lasts for a period of time and can undermine a person’s ability to handle a situation. |
| In Body India | Lose weight | Body weight refers to the total amount of matter in the body, including water, protein, minerals, and fat mass. People must always maintain a balanced body composition in order to be healthy and energetic. If a person decides to lose weight, he or she will not only be able to lose not only body fat, but also water content, lean body mass, muscle mass, and fat mass. |
| Joyce M. Hawkins | Sleep | The definition of sleep is a natural condition of rest in which one is unconscious and in which the muscles |

| | | |
|----------------------|-------------|--|
| | | relax. Different people require different amounts of sleep each night. |
| Cambridge Dictionary | Involvement | Involvement is defined as taking part in something, either actively or passively |

Table 1.1 : Definition Of Terms

1.8 SUMMARY

This study aimed to display the involvement factors with physical and fitness activities. Before this research, the team does find the background of the study. The team also comes up with problem statements that need to state what research has been done, what research that people have not done yet and conclude. The team prepared some research questions and research objectives. The team also found significance of study and definition of terms.

CHAPTER 2

LITERATURE REVIEW

2.1 INTRODUCTION

This section will explain the factors of engagement with physical activity and fitness, such as reducing stress, lose weight, and sleep. Not forgetting also, this chapter will explain the hypothesis of the study, the conceptual framework, and will be closed with the formulation of this study.

2.2 REDUCE STRESS

The symptom of stress results when a person feels that the need exceeds the capabilities or resources available to him. According to Berretz et al. (2020), stress is a physical and psychological tension that lasts for a period of time and can undermine a person's ability to handle a situation. According to Marksberry (2017) has given a different meaning to stress by proving in his study that stress can cause disease and, if overdosed, can lead to death. Overall, stress is the inability to meet the demands of the environment, disruption of life functions, dynamic changes that cause individuals to face problems, constraints and pressures of life, events or environmental conditions that bring negative consequences. Stress also results in anxiety, fatigue, and tension for individuals, as well as external reactions that interfere mentally and physically.

According to Cherney (2018), when individuals are stressed, their bodies will release a stimulating hormone called 'adrenaline' into the bloodstream. The hormone adrenaline, along with a number of other hormones, will alter the person's body in order to prepare it

for defense. To pump more blood to the brain, muscles, and heart, among the alterations are a faster heartbeat and increased blood pressure. The blood's levels of sugar, fat, and cholesterol will also rise at the same time, providing the body with extra energy. A person will breathe more quickly to use up the extra oxygen needed, and so forth. These adjustments take place synchronously with the body's current needs in a natural way. But if stress persists throughout life, it can develop into "distress," which can lead to certain illnesses.

According to Kubala (2022), physical activity and fitness can reduce stress by suggesting that jogging for 10 minutes is as good as doing physical exercise for 45 minutes. Although it is only a temporary effect, a brisk walk or any other simple physical activity can provide relief for several hours. This proves that physically active individuals have lower levels of stress and depression than inactive individuals. Doing physical activity can improve mental health by helping the brain to cope with stress. Individuals who do physical activity and fitness regularly are 25% less likely to develop depression or mental disorders in the next 5 years.

According to Madell (2012), physical activity and fitness can enhance an individual's body's ability to use oxygen and improve blood flow. The brain is directly affected by both changes. Regular exercise not only lowers stress levels directly but also supports optimum health in other ways. Stress levels might be subtly reduced as a result of improvements to your general health. A person will experience less stress when improving their physical wellness and heart health.

According to Richard et al. (2014), to organise health campaigns in order to educate the public about the physical advantages of exercise and fitness. The campaign aims to provide knowledge and exposure on one aspect of emotional health to the community if stress cannot be controlled in the right way. The health campaign can also ensure that the community is always at a satisfactory level of physical, spiritual, and mental health in their daily lives. Therefore, H1 is proposed as below.

H1: There is a positive relationship between reducing stress and involvement with physical and fitness activities.

2.3 LOSE WEIGHT

According to In Body India (2020), “body weight” refers to the total amount of matter in the body, including water, protein, minerals, and fat mass. People must always maintain a balanced body composition in order to be healthy and energetic. If a person decides to lose weight, he or she will be able to lose not only body fat, but also water content, lean body mass, muscle mass, and fat mass.

According to Every-Palmer et al. (2018), most people are unhappy with their size and weight. Only a small number report being comfortable with their weight. In the study, 26 people agreed to worry about their individual shape and appearance, 21 people agreed that their body shape was worse than others, and 26 respondents became self-conscious and concerned about their physical appearance. Negative feelings about their body cause them to feel ‘lazy,’ ‘like a pig eating too much,’ and ‘undisciplined,’ which causes their weight to be less attractive than others.

According to Warriar and Incze (2021), eating a balanced, low-calorie diet is the safest and most proven method of losing weight that can be supplemented with physical activity. This way of eating, when combined with 150 minutes of moderate-intensity physical activity per week, can produce a variety of other health benefits in the body. Setting specific diet and exercise goals and working toward them step by step can help a person lose weight and achieve their ideal weight. It's normal to revert to old eating habits every now and then. The most important thing is to return to your weight loss plan, which, like the diet you choose, should be based on a healthy lifestyle and be acceptable to the body.

According to Petridou et al. (2019), self-reported data and objective measures show that high levels of physical activity are strongly associated with successful long-term weight loss maintenance. People who maintained their weight loss reported a weekly physical activity expenditure of 2621 kcal. This equates to more than 60 minutes of moderate intensity exercise per day, such as brisk walking, or more than 35 minutes of vigorous exercise, such as jogging. The study found significant differences in weight loss maintenance between exercise groups. They expended 2500 kcal per week (equivalent to 75 minutes of daily walking), while the standard behavioural therapy group expended 1000 kcal per week (equivalent to 30 minutes of daily walking) over 12 months (8.5 kg vs. 6.1 kg, respectively) and at 18 months (6.7 kg vs. 4.1 kg, respectively). The authors confirm previous findings that significant increases in physical activity are associated with long-term weight loss.

According to Dicker et al. (2021), encouragement from healthcare professionals, like doing exercise to set such goals, can help with people's motivation to lose weight. People are most motivated to lose weight with encouragement and support from others who are trying

to lose weight. Their goals by focusing on specific targets related to dietary intake or physical activity. People believe that with this motivation, they can not only lose weight but also reduce the health risks associated with being overweight or prevent health disorders

H2 : There is a positive relationship between lose weight and involvement with physical and fitness activities.

2.4 SLEEP

According to Hawkins (2014), the definition of sleep is a natural condition of rest in which one is unconscious and in which the muscles relax. Different people require different amounts of sleep each night. So it's possible that engaging in relaxing activities like taking a bath, listening to music, or practising yoga before going to bed will help individuals get a better night's rest. It has been shown that getting some exercise during the day can make people fall asleep more easily at night. (Green, 2022)

According to "What's the difference", (2021), shows that when a person is involved in physical activity and fitness, their bodies produce sweat after exercise, which can help them sleep better. Not only that, they will also wake up in a more refreshed state if they engage in physical and fitness activities. Although the benefits of exercising in the morning and evening look different, both provide numerous health benefits. Morning exercise benefits include increased focus, healthier eating patterns, balanced cortisol hormones, and faster weight loss, while evening exercise benefits include increased muscle strength, becoming more energetic, reducing stress, and sleeping better.

According to Wang & Boros (2021), it was shown that the quality of sleep can benefit from even moderate amounts of physical exercise, and this is accurate for people of all ages. A recent comprehensive review found that evening physical activity might improve sleep, but vigorous exercise may reduce total sleep time as well as the amount of time it takes to fall asleep. Even though the benefits of physical exercise and quality sleep have been highly regarded, there is still a need to specify the relationship between the intensity of physical activity (i.e., moderate exercise or vigorous exercise) and quality sleep. It was discovered that taking part in an exercise training program has beneficial effects on the quality of sleep experienced by children and adults.

According to Gupta & Hussain (2020), it was shown that if a person is involved in physical and fitness activities, then he or she will get better sleep. However, the shift toward later bedtimes, delayed onset of sleep, shorter total nighttime sleep duration, and increased daytime napping during lockdown have all contributed to a decrease in people's levels of physical activity and fitness. Therefore, this hypothesis of H3 is proposed as below.

H3: The quality of people's sleep correlates positively with their level of activity.

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2.5 INVOLVEMENT

According to Oxford Learners Dictionaries (2022), a definition of involvement is defined as the action of participating in something or interacting with someone. Collins Dictionary (2022) said the enthusiasm people experience when a person has a strong passion for something is called involvement. Cambridge Dictionary (2022) says involvement is taking part in something, either actively or passively. In this study, involvement is defined as taking part in something, either actively or passively.

According to Sekulic et al., (2020), people who are involved in physical activity can benefit in many ways, including those directly related to the prevention of obesity, type 11 diabetes, colon cancer, and cardiovascular disorders. As a result, getting the prescribed levels of physical activity remains a major public health issue, even if some types of physical activity have been proven to be helpful for those with serious health problems. Next, Sekulic et al., (2020) said studies showed a link between fitness status and physical-activity levels before and after the imposed social distance restrictions. The most significant correlations between physical activity levels in boys were specifically shown to be strength and aerobic endurance (Sekulic et al., 2020).

According to Tosho Bakinde (2022), physical fitness includes all of the bodily processes (skeletal muscular, cardiorespiratory, thermocirculator, psychoneurological and endocrine metabolic) involved in engaging in regular physical activity and or exercise. Tosho Bakinde (2022) said a healthy lifestyle should include regular physical activity since it keeps the body in shape. There are numerous advantages to physical activity. For instance, physical activity improves both physical and emotional wellness. Physical fitness lessens

the risk of developing generative diseases, including diabetes, high blood pressure, cancer, and heart disease. It also makes it easier to perform daily duties like lifting objects.

To conclude, involvement in physical and fitness activities has many health benefits for people. Due to that, it is a good chance for people to fill their leisure time with physical and fitness activities.

2.6 CONCEPTUAL FRAMEWORK

The Figure 1 below shows the conceptual framework of this research

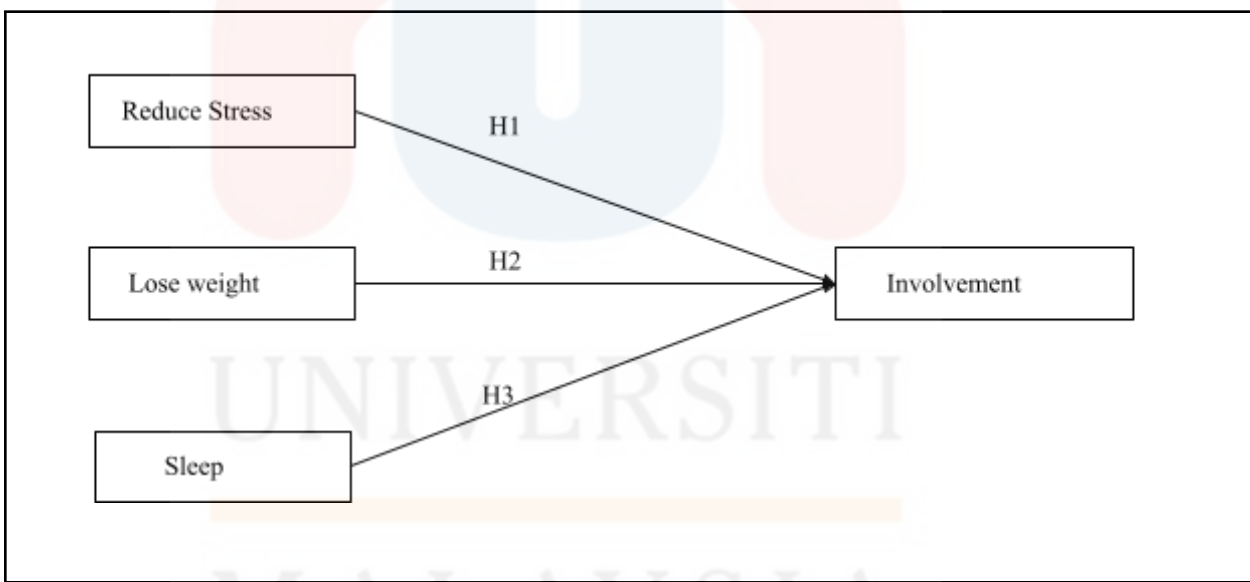


Figure 2.1 : Conceptual Framework

2.7 SUMMARY

This study aimed to display the involvement with physical and fitness activities. The team explains how physical and fitness activities give benefits through reduce stress, lose weight, sleep and involvement. The team also prepared a conceptual framework for this research.



CHAPTER 3

METHODOLOGY

3.1 INTRODUCTION

This chapter presents the description of the research process. This chapter will clearly describe the research method that was used to complete this study. The methodology or methods section explains about the target population, sampling method, data collection, research instrument, and data analysis and is closed by the summary of the chapter.

3.2 RESEARCH DESIGN

McCombes (2021) defines a research design as "an organised strategy for gathering, analysing, and interpreting data to address a research issue." A well-thought-out study design can help guarantee that the research's procedures actually serve its stated ends and that the right kind of analysis is done on the obtained data. Researchers can classify studies as either qualitative or quantitative.

The study of the nature of phenomena is what qualitative research is all about. This type of research is particularly useful for answering questions about why something is observed, evaluating complex interventions with multiple components, and concentrating on ways to make interventions better. Research that is qualitative is typically conducted in the fields of the humanities and social sciences, including but not limited to anthropology, sociology, education, health sciences, history, and other related fields.

When conducting quantitative research, a researcher will investigate the many aspects of a project while using numerical data and statistical analysis to analyze the results of the study. The usage of graphics, figures, and pie charts is the primary way that is utilized for the data collection, measurement, and meta-analysis processes. It is information about the data that has been generated by the data themselves. Quantitative research can be divided into four primary categories: descriptive, correlational, causal-comparative or quasi-experimental, and experimental research. Each of these categories is subdivided further into subcategories (McCombes, 2021).

This study will utilise quantitative research designs. The reason why researchers choose quantitative research designs is because quantitative research is frequently conducted in a short amount of time and is known for being scientific and relatable. Therefore, many researchers are drawn to the quantitative approach because of its convenience and timeliness (Williams, 2021).

3.3 POPULATION

According to Bhandari (2020), the population refers to the target population of the study to be studied or treated. It is not always feasible to recruit the whole population for the investigations. Instead, the researcher will select a sample of the population types of interest for the study. The term "population" refers to the whole population for which statistical surveys are conducted. The study population can be determined based on geographical area, age, and gender, as well as features and variables such as religious and economic position and ethnic group definitions.

The subject of this study is the society living in Malaysia. The total population in Malaysia is estimated at 27,565,821 people. The objective of the use of the population scope is to investigate the level of community involvement in Malaysia on physical activity and fitness. Another goal of the population sample study to the community in, is to ensure that the research carried out, especially the data search procedure, can be searched and evaluated accurately. The age target of respondents selected in this study ranged from 18 years of age to 30 years of age.

3.4 SAMPLING METHOD

According to Turner (2020), the sampling method is the selection of a subset of the population that is widely used in research study methods. Because participation by the entire population of interested parties is not possible in most research endeavors, smaller groups rely on data collection. Sampling from a population is often more practical and allows data to be collected more quickly and at a lower cost than attempting to reach every member of the population. However, because the sample will be used to draw conclusions about the population, understanding how the data arrived in the database is an important aspect of analyzing and drawing conclusions from the data.

According to Hussain and Ali (2021), non-probability sampling is a sampling technique in which the researcher chooses samples based on subjective judgement rather than random selection. Non-probability sampling is a method in which not all members of the population have an equal chance of being chosen. There are four types of non-probability sampling, including convenience sampling, in which a sample is drawn from the population simply because it is easily accessible to the researcher. Researchers chose these samples solely

because they are easy to recruit, and the researchers did not consider selecting a sample that represents the entire population. Judgemental sampling occurs when researchers select only those people who they believe are qualified to participate in the research study. Snowball sampling assists researchers in locating samples that are difficult to find. When the sample size is small and not readily available, researchers employ this technique. According to Bhardwaj (2019), quota sampling members are chosen based on some specific characteristics chosen by the researcher, which serve as a quota for the selection of sample members.

According to Nikolopoulou (2022), probability sampling is a sampling method that involves randomly selecting a sample, or a subset of the population, to study. Simple random sampling is one of five types of probability sampling. Simple random sampling takes a random sample from the entire population, with each unit having an equal chance of being chosen. This is the most common method for selecting a random sample. Stratified sampling takes a random sample from different strata, or subgroups, of the population. Each subgroup is distinguished from the others by a shared feature, such as gender, race, or religion. Systematic sampling draws a random sample from the target population by selecting units at regular intervals, beginning at a random point. The process of dividing a target population into groups is known as cluster sampling. A sample is formed by a randomly selected subsection of each of these groups. When conducting large-scale research, cluster sampling is an effective method. Multi-stage sampling is a more complex form of cluster sampling in which smaller groups are selected from larger populations in order to form the sample population used in the study.

In this study, non-probability sampling will be used, and researchers will also use convenience sampling. Questionnaires will be distributed to respondents in Kota Bharu, Kelantan, to ask respondents to answer the questionnaire. The researcher will ask whether the respondent has known about the factors involved with physical activity and fitness or not. This is a way to know the benefits of this involvement for personal health.

3.5 SAMPLE SIZE

According to Quantilope (2022), the number of participants who complete surveys as part of a study is the sample size for a quantitative study. It is a typical sample of the target market that the team is interested in. Quantilope (2022) said the team must choose the proper sample size in order to guarantee that the quantitative data it got from the survey is representative of its target population as a whole and that the judgements it makes based on the research are well-supported. Quantilope (2022) said an unnecessary large sample size might make a project expensive and time-consuming. If the sample size is too small, the team risks speaking with the wrong people, which means the team will miss out on important information.

Sample size is a crucial consideration in market research initiatives (Quantilope, 2022). The team can reliably employ study findings when putting it into practice if the sample size is chosen properly. The sample size for a study can be determined by various variables, including standard deviations, confidence levels, and confidence intervals. Quantilope (2022) said the standard deviation measures the degree to which the outcomes will deviate

from both the mean value and from one another. A large standard deviation indicates that there are many different answers to these research questions, whereas a low standard deviation indicates that the answers are more similar to one another and clustered around the mean value. To make sure that the sample size is adequate, a standard deviation of 0.5 is a good number to choose. According to Quantilope (2022), the confidence level reflects the likelihood that, if the team repeated the study using a random sample repeatedly, it would obtain the same data and would consistently fall inside the confidence interval. Quantilope (2022) said the margin of error, also known as the confidence interval, is used to assess how trustworthy data are derived from research. In other words, confidence intervals tell the team how confident it is that the statistics are close to what it would be if the team could interview each person that the team is researching.

The team is doing this research using quantitative data and choosing standard deviations for variables of sample size. The team chose this variable because it measures the degree to which outcomes will deviate from both the mean value and from one another. The team needed 200 respondents to answer the questionnaire for this research.

3.6 DATA COLLECTION PROCEDURE

According to Voleti (2019), data collection is the first step toward data analysis. Data scientists must have a strong understanding of the characteristics of the data in order to understand and solve business problems. In this study, an online questionnaire survey will be used through Google Forms. This questionnaire is used to collect information on the relationship between factors involved in physical activity and fitness activities. The

researcher will distribute questionnaires online and collect data from the community in Malaysia. This survey is only conducted online because it saves time and energy.

3.7 RESEARCH INSTRUMENT

| No | Variable | Source (year) | No of item | Items |
|----|---------------|-----------------------------|------------|--|
| 1 | Reduce Stress | Aaron Kandola (2019) | 4 | <ol style="list-style-type: none"> 1. Does exercise reduce your stress? 2. Is exercise relaxing your physical and mental health? 3. Can exercise make you think positively in any situation? 4. Is exercise capable of controlling your feelings and emotions? |
| 2 | Lose Weight | Hartmann-Boyce et al (2022) | 5 | <ol style="list-style-type: none"> 1. I have specific goals to help me lose weight (e.g., a weight-loss goal, running 5 k, eating 5 servings of fruit or vegetables a day) 2. I use weight-loss aids such as apps, equipment, or diet foods to help me lose weight. 3. I have ways to boost my motivation to lose weight (e.g., reminding myself about why I want to lose weight, rewarding myself if I lose weight) 4. I am trying to lose weight alongside one or more |

| | | | | |
|---|-------------|---------------------------|---|--|
| | | | | <p>people (e.g., friend/family member/partner)</p> <p>5. I go to a weight-loss group or program or have recently talked to a professional about losing weight.</p> |
| 3 | Sleep | Ethan Green (2022) | 5 | <ol style="list-style-type: none"> 1. Is evening exercise beneficial to people's sleep? 2. Does exercise increase sleep duration and the amount of slow wave sleep (SWS)? 3. Simple relaxation exercises or meditation before bed can help people get a better sleep. 4. Does an irregular sleep pattern during covid-19 pandemic impact physical activity? 5. Does physical exercise help people who have sleep problems or insomnia? |
| 4 | Involvement | Giuseppe Battaglia (2020) | 4 | <ol style="list-style-type: none"> 1. How long did persons spend on walking activities on one day last week while under the Covid-19 quarantine? 2. How much time did people typically sit down on a given day last week during the Covid-19 quarantine? 3. Which kind of physical activities did people engage in at home perform at home over the last 7 days while under the Covid-19 quarantine? 4. Did people engage in physical activity while |

| | | | | |
|--|--|--|--|---|
| | | | | listening to music at home throughout the course of the last 7 days of the Covid-19 quarantine? |
|--|--|--|--|---|

Table 3.1 : Research Instruments

3.8 DATA ANALYSIS

According to ("Data Analysis," 2022,) data analysis is the process of analysing, cleansing, converting, and modelling data to discover useful information in the context of business decision making. An analysis of the data is performed so that conclusions can be drawn and actions taken based on the results.

Data processing is a process that can be found in data analysis. When data is first collected, it must be organized or processed for analysis. These include organizing data into rows and columns in a table format or structuring data for further analysis, often using spreadsheets or statistical software.

Data analysis also includes data cleaning. After processing, the data may be wrong, duplicated, or incomplete. Data entry and storage issues require data cleaning. Data cleansing eliminates these issues. Tasks include record matching, data inaccuracy detection, data quality assessment, deduplication, and column segmentation. Analytical methods can potentially identify data flaws. Data cleansing can be done on phone numbers, emails, employers, and other variables.

The Statistical Package for Social Science (SPSS), version 26, is the tool used in this study to analyse the data collected. SPSS is a software that can explain the relationship between independent and dependent variables using descriptive analysis and correlation ("SPSS", 2022). SPSS can convert the data gathered from the respondents' communities in Malaysia, into useful information. The software efficiently processes large datasets and assists researchers in performing complex statistical analyses. As a result, it is beneficial to the researcher, and the reliability analysis will aid in data analysis.

In this research, Pearson correlation analysis will be used to determine relationships between variables. The Pearson correlation coefficient is a statistical measure of how closely two continuous variables are linked together. The covariance approach, upon which it is based, is widely acknowledged as the most accurate means of gauging the strength of a correlation between two or more independent variables. It reveals not only the strength but also the orientation of the connection or association (Lani, 2022).

3.9 SUMMARY

This study aimed to display the involvement factors with physical and fitness activities. The team focuses on community involvement in Kelantan and uses quantitative data. For data collection, researchers prepared questionnaires to ask respondents questions related to reducing stress, losing weight, sleep, and involvement. The questionnaires should be answered by 150 respondents (minimum).

CHAPTER 4

RESULT AND DISCUSSION

4.1 INTRODUCTION

This chapter presents a description of the research process. This chapter will explain clearly about the analysis of the collected data from 200 respondents to the administered survey. The results are based on descriptive analysis and Pearson correlation analysis. The descriptive part of the analysis explains gender, age, and the independent variable as well as the dependent variable. This chapter also explains the results of the feasibility test, the Pearson correlation, and hypothesis testing, and closes with the conclusion of the chapter.

4.2 Result of Descriptive Analysis

4.2.1 Gender

Table 4.2.1 below shows the descriptive analysis of the gender distribution of a total of 200 respondents collected from the data collection.

Table 4.2.1: Descriptive Analysis of Gender

| | FREQUENCY (n) | PERCENTAGE (%) |
|------|---------------|----------------|
| Male | 132 | 66.0 % |

| | | |
|--------|-----|---------|
| Female | 67 | 33.5 % |
| Total | 200 | 100.0 % |

Based on Table 4.2.1 above, the gender distribution of the respondents. The total respondents for this study are 200 respondents. Female respondents recorded a higher percentage which were 66.0% (N = 132) responses as compared to 33.5% (N = 67) male.

4.2.2 Age

Table 4.2.2 below shows the descriptive analysis of age distribution of a total of 200 respondents collected from the data collection.

Table 4.2.2: The Age of Respondents

| AGE | FREQUENCY (n) | PERCENTAGE (%) |
|-------------------|---------------|----------------|
| 18 - 19 Years old | 8 | 4.0 % |
| 20 - 21 Years old | 10 | 5.0 % |
| 22 - 23 Years old | 144 | 72.0 % |
| 24 - 25 Years old | 20 | 10.0 % |

| | | |
|------------------------|-----|---------|
| 26 Years old and above | 18 | 9.0 % |
| Total | 200 | 100.0 % |

Based on Table 4.2.2 of ages, there are five categories of ages. The result indicated that the majority of respondents were from the age group around 22 - 23 years old, which consists of 72.0% (N=144), 24 – 25 years old, which consists of 10.0% (N=20). While there were 9.0% (N=18) for the age group 26 years old and above. Next, the age group of 20 – 21 years old recorded 5.0% (N=10). Meanwhile, the minority age group of 18 – 19 years old, consists of 4.0% (N=8).

4.3 Description Analysis for Reduce Stress

Table 4.3 below shows the description analysis of reduce stress

Table 4.3.1 : Description Analysis for Independent Variables – Reduce Stress

| No. | Reduce Stress | Frequency (n) | Maximum | Mean | Standard Deviation |
|-----|-----------------------------|------------------|---------|------|-----------------------|
| 1 | Exercise can reduce stress. | 200 | 5 | 4.22 | 898 |

| | | | | | |
|----|---|-----|---|------|-------|
| 2. | I feel relaxed physically and mentally by exercising. | 200 | 5 | 4.08 | 915 |
| 3. | I can think positively if I do the exercise. | 200 | 5 | 4.04 | 940 |
| 4. | My feelings and emotions will be control by the exercise. | 200 | 5 | 3.98 | 1.012 |

Table 4.3.1 above shows the frequency (n), maximum, mean, and standard deviation (SD) of the items used to measure stress reduction. There was one question that was measured with a higher mean, which is 4.22 for question one (Exercise can reduce stress). For the lower mean is in question four which is 3.98 (My feelings and emotions will be controlled by the exercise).

4.4 Description Analysis for Lose Weight

Table 4.4 below shows the description analysis of weight loss.

Table 4.4.1 : Description Analysis for Independent Variables – Lose Weight

| No. | Lose Weight | Frequency (n) | Maximum | Mean | Standard Deviation |
|-----|---|------------------|---------|------|-----------------------|
| 1 | I use a specific goals and methods for weight loss. | 199 | 5 | 3.88 | 1.006 |
| 2 | I use a weight-loss aids such as apps, equipment, or diet foods to help me lose weight. | 200 | 5 | 3.72 | 1.090 |
| 3. | I have many ways to boost my motivation to lose weight. | 200 | 5 | 3.79 | .966 |
| 4. | I try to lose weight by myself or more people. | 200 | 5 | 3.84 | .995 |

| | | | | | |
|----|--|-----|---|------|-------|
| 5. | I go to a weight-loss group or program or have recently talked to a professional about losing weight.. | 200 | 5 | 3.27 | 1.263 |
|----|--|-----|---|------|-------|

Table 4.4.1 above shows the frequency (n), maximum, mean, and standard deviation (SD) of the items used to measure the level of lose weight response. There are five questions measured, with one question having the highest mean for the question one, which is 3.88 (I use specific goals and methods for weight loss). The lower mean is the fifth question (My feelings and emotions will be controlled by the exercise) 3.27.

4.5 Description Analysis for Sleep

Table 4.5 below shows the description analysis of Sleep

Table 4.5.1 : Description Analysis for Independent Variables – Sleep

| No. | Sleep | Frequency (n) | Maximum | Mean | Standard Deviation |
|-----|---|------------------|---------|------|-----------------------|
| 1 | Exercise can give a benefit people's sleep. | 200 | 5 | 4.10 | 977 |

| | | | | | |
|----|---|-----|---|------|-------|
| 2. | Exercise can increase an individual's sleep duration and the amount of slow wave sleep (SWS). | 200 | 5 | 3.88 | 1.002 |
| 3. | I can get a better sleep when do a simple relaxation exercises or meditation before bed. | 200 | 5 | 3.96 | 942 |
| 4. | Physical activity impacts by the irregular sleep pattern. | 199 | 5 | 3.93 | 946 |
| 5. | Physical exercise can help people who have sleep problems or insomnia | 200 | 5 | 3.90 | 995 |

Table 4.5.1 shows the frequency (n), maximum, mean, and standard deviation (SD) of the items used to measure the level of sleep response. There were five questions measured, with one question having the highest mean for the first question (exercise can benefit

people's sleep). The lower mean is in question two (exercise can increase an individual's sleep duration and amount of slow-wave sleep (SWS), which is 3.90).

4.6 Description Analysis for Involvement

Table 4.6 below shows the description analysis of Involvement.

Table 4.6.1 : Description Analysis for Dependent Variables – Involvement

| No. | Involvement | Frequency (n) | Maximum | Mean | Standard Deviation |
|-----|--|------------------|---------|------|-----------------------|
| 1 | I spend one hour for walking activities in a day | 200 | 5 | 3.64 | 1.135 |
| 2. | I do physical activities like skipping, jogging, and yoga at home. | 200 | 5 | 3.53 | 1.190 |
| 3. | I engage in physical activity while listening to music at home. | 200 | 5 | 3.96 | 1.031 |

Table 4.6.1 shows the frequency (n), maximum, mean, and standard deviation (SD) of the items used to measure the level of response to involvement. There are three questions that are measured, and one question has the highest mean, which is for the third question, 3.96 (I engage in physical activity while listening to music at home). For the lower mean is in the second question, which is 3.53 (I do physical activities like skipping, jogging, and yoga at home).

4.7 RESULTS OF RELIABILITY TEST

According to Atika Kartikasari & Albari Albari, 2019, reliability analysis means how trustworthy an analysis is. This reliability analysis is also used to determine how valid or reasonable the research is based on the research under consideration. According to Zach 2021, Cronbach's Alpha is a way to measure the internal consistency of a questionnaire or survey for reliability. Cronbach's alpha coefficient on the scale for basic research type should be higher than 0.70 to be accepted. The alpha coefficient for the variables in this study is above 0.7. This research is consistent and reliable, therefore it can be concluded that the relationship of strength is acceptable and interrelated, as shown in Table 4.7.

Table 4.7.1 : Description Analysis for all Variables

| Variable | Number of Items | Cronbach's Alpha coefficient | Strength of Associations |
|---------------|-----------------|------------------------------|--------------------------|
| Reduce Stress | 4 | 0.922 | Very Good |
| Lose Weight | 5 | 0.889 | Good |
| Sleep | 5 | 0.923 | Very Good |
| Involvement | 3 | 0.773 | Acceptable |

4.8 RESULTS OF INFERENCE ANALYSIS - PEARSON CORRELATION ANALYSIS

Pearson's Correlation analysis was used to evaluate the results of the inference analysis. According to Chober et al., 2018 correlation analysis, which provides information not only on the strength but also the direction of a relationship, can be used to address research objectives quantitatively. In this study, Pearson's correlation was used to measure the strength of the relationship between the dependent variable (involvement in physical and fitness activities) and the independent variables (reduce stress, lose weight, and sleep). Table 4.8.1 below shows the guidelines for the interpretation of the correlation coefficient.

Table 4.8.1 : Pearson's Correlation Table

| Correlation Coefficient | Interpretation |
|-------------------------|-------------------------|
| 0.00 – 0.10 | Negligible correlation |
| 0.10 – 0.39 | Weak correlation |
| 0.40 – 0.69 | Moderate correlation |
| 0.70 – 0.89 | Strong correlation |
| 0.90 – 1.00 | Very strong correlation |
| 0.00 – 0.10 | Negligible correlation |

Source: Schober et al (2018)

Table 4.8.2 below shows the result of the Pearson Correlation between Reduce Stress with Involvement.

Table 4.8.2 : Result of Pearson's Correlation between Reduce Stress with Involvement.

| | | Reduce Stress | Involvement |
|---------------|---------------------|---------------|-------------|
| Reduce Stress | Pearson Correlation | 1 | 0.597 |
| | Sig. (2-tailed) | | 0.000 |
| | N | 200 | 200 |
| Involvement | Pearson Correlation | 0.597** | 1 |
| | Sig. (2-tailed) | 0.000 | |
| | N | 200 | 200 |

** Correlation is significant at the 0.01 level (2-tailed).

Table 4.8.2 shows the relationship between reduce stress in Involvement with physical and fitness activities. The results show a moderate correlation with a correlation coefficient value of .597. The p-value of stress reduction with involvement is .000 which is less than

0.05 that shows a highly significant level. The results Pearson Correlation of involvement is 0.597, showing a moderate correlation with a correlation coefficient value. Therefore, there is a significant relationship between the effects of stress reduction and involvement. The study concludes that H1 is supported.

Table 4.8.3 below shows the result of the Pearson Correlation between lose weight and Involvement.

Table 4.8.3 : Result of Pearson’s Correlation between Lose Weight and Involvement.

| | | Lose Weight | Involvement |
|-------------|---------------------|-------------|-------------|
| Lose weight | Pearson Correlation | 1 | 0.528** |
| | Sig. (2-tailed) | | 0.000 |
| | N | 200 | 200 |
| Involvement | Pearson Correlation | 0.528** | 1 |

| | | | |
|--|-----------------|-------|-----|
| | Sig. (2-tailed) | 0.000 | |
| | N | 200 | 200 |

** . Correlation is significant at the 0.01 level (2-tailed).

Table 4.8.3 shows the relationship between lose weight and involvement. The results show a moderate correlation with a correlation coefficient value of .528. The p value of lose weight with involvement is .000 which is less than 0.05 which indicates a highly significant level. The results of the Pearson correlation of involvement is .528 indicating a moderate correlation with the value of the correlation coefficient. Therefore, there is a significant relationship between the effect on the relationship between weight loss and involvement. The study concludes that H2 is supported.

Table 4.8.4 below shows the result of the Pearson Correlation between Sleep with Involvement.

Table 4.8.4: Result of Pearson’s Correlation between Sleep with Involvement.

| | | Sleep | Involvement |
|-------|---------------------|-------|-------------|
| Sleep | Pearson Correlation | 1 | 0.532** |
| | Sig. (2-tailed) | | 0.000 |

| | | | |
|-------------|---------------------|---------|-----|
| | N | 200 | 200 |
| Involvement | Pearson Correlation | 0.532** | 1 |
| | Sig. (2-tailed) | 0.000 | |
| | N | 200 | 200 |

** . Correlation is significant at the 0.01 level (2-tailed).

Table 4.8.4 shows the relationship between sleep with involvement. The results show a moderate correlation with a correlation coefficient value of .532. The p value of lose weight with involvement is .000 which is less than 0.05 which indicates a highly significant level. The results of the Pearson correlation of involvement is .532 indicating a moderate correlation with the value of the correlation coefficient. Therefore, there is a significant relationship between the effect on the relationship between sleep and involvement. The study concludes that H3 is supported.

4.9 HYPOTHESES TESTING

The objective of the discussion was to analyze and elaborate on the findings in the previous chapter's analytical data in order to gain a better understanding of the research problem. As a result, the discussion is related to the research issues provided in Chapter 1. It will also be briefly examined how the three independent factors and the dependent variables correlated in this study. According to the correlation analysis's findings, all variables are significantly associated.

Based on the results of the correlation analysis presented, there is a significant relationship between the two variables. The relationship between reduce stress and involvement in physical and fitness activities showed moderate correlation results, with a correlation coefficient value of 0.597. Both variables are 0.000, indicating highly significant, H1 is proven and accepted, and the objectives of the study are supported.

Other than that, the relationship between lose weight and involvement in physical and fitness activities still showed a moderate correlation with a correlation coefficient value of 0.528. Significant levels of both variables are 0.000, which indicates highly significant, H2 is accepted, and supported.

Lastly, the relationship between sleep and involvement in physical and fitness activities was positive, with the results showing a moderate correlation with a correlation coefficient value of 0.532. Since the significance level of both variables is 0.000, which indicates highly significant, H3 is supported.

Table 4.9.1 below shows the summary for Hypothesis Testing.

Table 4.9.1 : Summary for Hypothesis Testing

| Hypothesis | Pearson's Correlation result | Conclusion |
|---|------------------------------|------------|
| H1- There is a positive relationship between reducing stress and involvement with physical and fitness activities community in Malaysia. | $r = 0.597, p < 0.01$ | Supported |
| H2- There is a positive relationship between lose weight and involvement factors with physical and fitness activities community in Malaysia | $r = 0.528, p < 0.01$ | Supported |
| H3- There is a positive relationship between sleep and involvement factors with physical and fitness activities community in Malaysia. | $r = 0.532, p < 0.01$ | Supported |

4.9.2 SUMMARY

In conclusion, this chapter explains the analysis of the data that has been collected by the researcher using Pearson's Correlation Coefficient analysis. The data obtained from the questionnaire was evaluated by a software program using the Statistical Package for Social Science (SPSS), collected from the respondents, and studied to find out whether the purpose of this study is related or not.

CHAPTER 5

CONCLUSION AND RECOMMENDATIONS

5.1 INTRODUCTION

This chapter will discuss the results of the analysis from the previous chapter. The discussion was carried out on the data analysis and findings by comparing the set of hypotheses with the results of the actual data. This chapter includes a summary of findings, limitations, and recommendations for future research. Conclusions will be discussed based on theoretical and practical support.

5.2 RECAPITULATION OF THE FINDINGS

5.2.1 Reduce Stress

Research question 1: Does stress reduction relate to the involvement of physical activity and fitness among the community in Malaysia?

Research objective 1: To examine the relationship between stress reduction and the involvement in physical activity and fitness among the community in Malaysia.

According to the results, there is a positive correlation between stress reduction and physical activity and fitness involvement. It shows that the level of community engagement in Malaysia is at 1 and the reduction in stress is shown to 0.597. Thus, there exists a positive relationship between the dependent variable and the second independent variable. Therefore, H1 is also supported for this research.

According to Yu Ye (2021), physical activity and fitness can help reduce muscle tension and stress. With this activity, it can increase the production of hormones and phrenitis, and an individual will feel relieved and tense. Among the physical activities and fitness that an individual can do is walk and exercise aerobically.

5.2.2 Lose Weight

Research question 2: Does losing weight relate to the involvement in physical activity and fitness among the community in Malaysia?

Research objective 2: To determine the relationship lose weight and the involvement in physical activity and fitness among the community in Malaysia.

Based on the results of the Pearson Correlation in Chapter 4, there is a positive relationship between weight loss and physical activity and fitness involvement in the community in Malaysia. The results showed there was a positive correlation between weight loss and physical activity and fitness involvement that was a dependent variable at 1 and an independent variable at 0.528. Therefore, H2 is supported in this research.

According to Elagizi (2020), significant lose weight can be triggered by balancing nutritional factors and the frequency of physical activity. Calorie intake is the biggest factor since it is easy for an individual to take it but difficult to use it. Studies show that a balanced diet and exercise can provide the best weight loss results compared to calorie restriction alone.

5.2.3 Sleep

Research question 3: Does sleep relate to the involvement of physical activity and fitness among the community in Malaysia?

Research objective 3: To determine the relationship between sleep and the involvement in physical activity and fitness among the community in Malaysia.

As shown in the results of Pearson's Correlation, there is a positive relationship between sleep and the involvement of physical activity and fitness among the community in Malaysia. The results show that the involvement of physical activity and fitness is 1, and sleep is shown at 0.532. Therefore, there is a positive correlation between the dependent variable and the third independent variable. This is also supported for H3 in this research.

According to Master (2019), physical activity and fitness can help improve sleep quality. This is because a session of moderate level aerobic exercise such as walking can make it easier for a person to sleep and can prolong the sleep time of an individual suffering from insomnia compared to a day without doing any physical activity and fitness.

5.3 LIMITATIONS OF THE STUDY

Although a lot of effort has been contributed to ensure effectiveness in conducting this study, there are still some limitations that need to be highlighted and become obstacles to this study. Therefore, it is important to acknowledge and learn from the limitations to have continuous improvement to meet the quality of the research. There are several limitations to this study, and one of them is the respondents. In this study, not all communities in

Malaysia can be respondents who want to answer questions or receive questionnaires from the researcher.

In addition, some respondents thought that answering questions from the researcher would waste their time. In fact, there are also some communities in Malaysia that do not engage in physical and fitness activities. The researcher's ability to complete the analysis is hindered by their attitudes. This required multipliers to spend nearly a month distributing questionnaires and receiving responses. Since the behaviour or response of the targeted respondents cannot be predicted, the researcher must understand and know how to communicate with them. However, the process of getting their responses went smoothly, as most of the community showed their commitment very well.

Finally, one of the limitations of the study is the approach used to collect the data. The data collection tool for this analysis is solely through online surveys. The disadvantage of using an online survey is that the pollster cannot verify whether the information provided by the respondent is accurate or not. Furthermore, using an online survey can take a long time for respondents to complete the questionnaire, thus causing the data collection process to be delayed.

5.4 RECOMMENDATIONS

The current study is limited to examining only three variables, such as the level of involvement in physical activity and fitness among the community in Malaysia. However, there may be many more impacts that can play an important role in the involvement of physical activity and fitness among the community in Malaysia. Therefore, for the benefit

of future researchers, they may be able to recommend additional variables related to this broader scope of physical activity and fitness to pursue new findings in their studies.

Next, the scope of the research was limited to include only 200 samples that could be evaluated in terms of the main target. It has been determined that the current sample size of this size is sufficient for the purposes of this study. However, to get 200 respondents, the researcher needs to take a long time because there are some people in Malaysia who think that answering online questionnaires will be a waste of their time.

In conclusion, the interview method, or the creation of several open questions for respondents, should be used in the future instead of asking respondents to answer online questionnaires. With this, the researcher will have a better chance of getting a high response rate if using the method. This method will also save the researcher's time in satisfying the respondents.

5.5 SUMMARY

The subject of this investigation is a study entitled "Factors of The Involvement in Physical and Fitness Activities Among Community in Malaysia". The purpose of this study is to examine the level of stress reduction, weight lose and sleep as important factors of the involvement in physical activity and fitness among the community in Malaysia. Reliability tests show that the coefficients obtained for questions about the level of stress reduction, lose weight, and sleep, as well as the dependent variable, are accurate. When compared to other factors, such as lose weight and sleep, the correlation test showed that stress reduction had the strongest relationship.

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