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Kampus Sultan Abdul Jalil Shah



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ASSOCIATION BETWEEN PHYSICAL ACTIVITY AND QUALITY OF LIFE AMONG SPORTS SCIENCE STUDENTS IN SULTAN IDRIS EDUCATION UNIVERSITY



05-4506832



NAZATUL NAJIAH BINTI ZAIRUDIN



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SULTAN IDRIS EDUCATION UNIVERSITY

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THESIS PRESENTED TO QUALIFY FOR A BACHELOR OF SPORT SCIENCE
(COACHING SCIENCE) WITH HONOUR

FACULTY OF SPORTS SCIENCE AND COACHING
SULTAN IDRIS EDUCATION UNIVERSITY

2021



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DECLARATION OF AUTHENTIC WRITING

I hereby declare that this thesis entitled Association between Physical Activity and Quality of Life among Sports Science Students in Sultan Idris Education University is based on my original work except for citations which have been duly acknowledged. I also declare that it has not been previously submitted for any other degree or award at Sultan Idris Education University or other institutions.

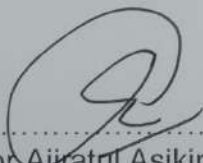
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APPROVAL FOR SUBMISSION

This thesis entitled Association between Physical Activity and Quality of Life among Sports Science Students in Sultan Idris Education University prepared by Nazatul Najihah Binti Zairudin was certified to meet the required standard for submission in partial fulfilment of the requirement for the award of Bachelor of Sport Science (Coaching Science) with honour at Sultan Idris Education University.



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ASSOCIATION BETWEEN PHYSICAL ACTIVITY AND QUALITY OF LIFE AMONG SPORTS SCIENCE STUDENTS IN SULTAN IDRIS EDUCATION UNIVERSITY

ABSTRACT

It is well known that physical activity (PA) has health benefits. This study was conducted with the aim to examine the physical activity carried out by the sports science students in Sultan Idris Education University and its relation to their quality of Life (QoL). Surveillance of PA and QoL was measured by using Global Physical Activity Questionnaire (GPAQ) and World Health Organization Quality of Life Instrument (WHOQoL-BREF). Descriptive data were presented as means and standard deviation (SD) for continuous variables and as percentages for categorical variables. In order to express contrast between demographic, physical activity and quality of life variable, the independent T-test and one way Anova test was used for continuous variables and the descriptive statistics for the categorical variables. The impact of physical activity patterns adjusting for quality of life domains were analysed using multivariate linear regression analysis. $P < 0.05$ was set as the significance level. Overall, 106 participants ($n=106$) were recruited, the mean age of the study population was 22.32 ± 1.61 years. The results clearly showed sports science student are physically active because overall score recorded shows that their total time doing the physical activity meet recommendation that suggested by World Health Organization and average of QoL score are recorded high score. However, there was no significant association was found between GPAQ domains and QoL domains. As a conclusion, physical activity level do not affect their quality of life because even they have low total of physical activity, they still recorded higher score in quality of life.





PERKAITAN ANTARA AKTIVITI FIZIKAL DAN KUALITI HIDUP DALAM KALANGAN PELAJAR SAINS SUKAN DI UNIVERSITI PENDIDIKAN SULTAN IDRIS

ABSTRAK

Telah diketahui bahawa aktiviti fizikal mempunyai faedah dalam kesihatan. Kajian ini dilakukan dengan tujuan untuk mengkaji aktiviti fizikal yang dilakukan oleh pelajar sains sukan di Universiti Pendidikan Sultan Idris dan kaitannya terhadap kualiti hidup mereka. Tinjauan terhadap aktiviti fizikal diukur dengan menggunakan borang kaji selidik aktiviti fizikal global (GPAQ) dan instrumen kualiti hidup Pertubuhan Kesihatan Sedunia (WHOQoL-BREF). Data diskriptif diwakilkan sebagai min dan sisihan piawai (SD) untuk pemboleh ubah berterusan dan peratus bagi pemboleh ubah kategori. Untuk menyatakan perbezaan antara demografi, aktiviti fizikal dan kualiti hidup, ujian-T tidak bersandar dan ujian Anova sehala digunakan untuk pemboleh ubah berterusan dan statistik deskriptif untuk pemboleh ubah kategori. Kesan corak aktiviti fizikal yang disesuaikan dengan domain kualiti hidup dianalisis menggunakan analisis regresi linear berganda. $P < 0.05$ ditetapkan sebagai nilai signifikan. Secara keseluruhan, 106 peserta ($n=106$) di ambil, min umur populasi kajian adalah 22.32 ± 1.61 tahun. Hasil kajian jelas menunjukkan bahawa pelajar sains sukan aktif secara fizikal kerana skor keseluruhan yang dicatatkan menunjukkan bahawa jumlah masa mereka melakukan aktiviti fizikal memenuhi cadangan yang disarankan oleh Pertubuhan Kesihatan Sedunia dan purata skor bagi kualiti hidup mencatatkan skor yang tinggi. Walau bagaimanapun, tiada hubungan signifikan antara domain GPAQ dan domain kualiti hidup. Sebagai kesimpulan, tahap fizikal aktiviti tidak memberi kesan kepada kualiti hidup kerana jika peserta merekodkan jumlah aktiviti fizikal yang rendah, mereka masih mencatatkan skor kualiti hidup yang tinggi.



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LIST OF OBBREVIATIONS

A2039	Diploma in Sport Science and Coaching.
AS72	Bachelor of Sport Science (Sports Rehabilitation)
AS74	Bachelor of Sport Science (Coaching Science)
AT03	Bachelor of Education (Sport Science)
AT59	Bachelor of Education (Physical Education)
BMI	Body Mass Index
FSSK	Faculty of Sport Science and Coaching
GPAQ	Global Physical Activity Questionnaire
MCO	Movement Control Order
MVPA	Moderate of Vigorous Physical Activity
NHMS	National Health & Morbidity Survey
PA	Physical Activity
QoL	Quality of Life
SD	Standard Deviation
UPSI	Sultan Idris Education University
WHO	World Health Organization
WHOQoL-BREF	World Health Organization Quality of Life Instrument



LIST OF APPENDICES

- A GPAQ
- B WHOQoL-BREF
- C Online Google Form





CHAPTER 1

INTRODUCTION

1.1 Background of research

As indicated by the World Health Organization in Global status report on non-communicable disease 2014, non-communicable diseases (NCDs) are a significant wellbeing concern and represented 68% of global mortality in 2012 (World Health Organization, 2014). Of these, 42% were died under 70 years old with over 80% happening in low- and middle income nation. NCDs are a major cause of mortality in Malaysia, an upper-middle income nation in Southeast Asia having an estimated population of 32.6 million (Department Of Statistics Malaysia, 2019). Rapid socio-economic development has impacted the Malaysian way of life and added to the rise of NCDs (Ministry of Health Malaysia, 2016). According to an accessible information from the Ministry of Health Annual Reports shows that illness that related with the circulatory framework were the major reasons for death from 2010 to 2018, representing somewhere in the range of 22% and 26% of mortality in Malaysia (Ministry of Health Malaysia 2019). Cancer were also among the five leading cause of mortality, representing somewhere in the range of 11% and 14% of mortality. According to Institute for Public Health in National Health and Morbidity surveys (NHMS), population health have shown an increasing pattern in the frequency of NCDs as an example disease like diabetes mellitus and hypercholesterolemia and NCD risk factors (Institute for Public Health, 2011 & 2015). As of now, the most recent information uncovers approximately 1.7 million Malaysians living with three significant danger elements of NCDs like diabetes, hypertension, and elevated cholesterol (Institute for Public Health, 2019).





Physical activity has been appeared can decrease the risk of NCDs (Kubota et al., 2017; McTiernan et al., 2019; Ozemek et al., 2018; Yerramalla et al., 2020). Regardless of the established advantages of physical activity, it is assessed that around one over third which is 31.1% of the total population is genuinely physically inactive (Hallal et al., 2012). Physical inactivity is the fourth driving factor for worldwide mortality and is assessed to cause 6% of death around the world (WHO,2013), as a result 5.3 million individuals dying every year because of physically inactive (Kohl et al., 2012). As indicated by World Health Organization study published in the British Scientific Journal Lancet in July 2012, Malaysia is in the list of the main ten countries that most physically inactive with about 61.4% of Malaysian that aged 15 years old and above considered inactive. In Malaysia, the pace of physical inactivity and the death accredited to it is more prominent than the worldwide average. According to the most recent population health survey in National Health and Morbidity surveys (NHMS) 2019 it reports that 25.1% of Malaysians are physically inactive (Institute for Public Health, 2019) and physical inactivity is represent of 16.4% of the nation's mortality (Lee et al., 2012).

Physical inactivity levels are ascending in non-industrial nations and Malaysia is one of that nations. In Malaysia, 35.2% adults that age 18 years and above were accounted for genuinely physical inactive based on International Physical Activity Questionnaire (IPAQ) definition. In view of The Third National Health and Morbidity Survey that associate with obesity and abdominal obesity among the Malaysian elderly population, 33.3% which is 5.4 million were pre-obese and 27.2% that represent 4.4 million were obese. Malaysian Adults Nutrition Survey completed in 2010 demonstrated 31.3% of physical inactivity among Malaysians. Percentage that represent physically active among Malaysian adults just 22.3% females and 40% of males and just 32.9% from age 20-29 years old were truly physically active (Suzana





et al., 2012). Even though physical inactivity is found in both genders, yet the pace of physical inactivity in female is significantly higher than males.

There are diverse findings that state that genders has significant correlates of physical activity where the males are more dynamic and active in performing physical activity than the female (Salamuddin & Harun, 2013; Poh et al., 2012). In another research completed by Rajappan, Selvaganapathy and Liew (2015) about physical activity level among university student by utilizing IPAQ, 56.5% Asia Metropolitan University students, with age range 22-25 years old were actually inactive and 56% of males students had high physical activity level while just 24% females were physically active. (Rajappan, et al, 2015). Studies on gender difference shows, female and males that perform a physical activity was influenced with different motivation. According to Egli, Bland, Melton and Czech (2011), male students were propelled by inborn factors such as quality, rivalry and difficulties level. On the other side, female students were spurred by outward factors, for instance weight management and appearance (Egli, et al., 2011).

It has been indicated that physical activity lessens from secondary school to university student and a large population that represent university or college student admit that physical activity was decrease following their graduation. According to Salamuddin and Harun (2013), in their survey study about physical activity record among Malaysian youth indicated that at 21 years old, they are more physically active than the remainder of ages. But in spite of that findings, at 22 years old and above, these youth lessen their physical activities. (Salamuddin & Harun, 2013). There is a proof that students that in medical course had low physical activity because of high remaining task at hand and less leisure time. As indicates by Dabrowska, Plinta, and Skyzpulec (2012), in a cross sectional research among student of the clinical college of Silesia in Poland revealed that clinical student do not





meet the suggested level of physical activity for a student. Most of these students were delegated having a moderate degree of physical activity (Dabrowska, Plinta, and Skyzpulec, 2012).

Quality of life is an idea with diversity of definitions. Quality of life is related with a positive incentive as happiness, achievement, abundance, wellbeing and fulfilments. Quality of life has become significant instrument in health care. The life expectancy and the improvement of quality of life were the two primary objectives of initiative towards a healthy people. The World Health Organization Quality of Life assessment (WHOQoL) group has involved for its meaning of Quality of Life the individual impression of his situation in life with regards to culture and a framework esteems in which he lives and comparable to his objectives, desires, and concerns. The WHO accentuates the positive side of the idea of wellbeing, an inspirational mentality of society towards the support and improvement of health as the principle condition for social prosperity.

Quality of life is characterized as a person's impression of their situation in life with regard to culture and value system where they are embedded, which includes their objective, point of view, standards and concerns. Then, it is reasonable to assume that quality of life can be affected by numerous components, including pressure or stress. University students are a remarkable population due to their interests, burdens and stresses contrast from other population in society. They are prone to numerous sorts of stressors, such as academic pressures, social issues and monetary issues (Jimenez et al., 2010; Goff, 2011 & Chermonas and Shapiro, 2013). University or college students was classified as young adults and they have higher risk of disruption in their physical and emotional wellness, as the way of their life for a long time starts in their college years.





A poor Quality of Life among university students could prompt different psychosocial troubles, for instance poor interpersonal relationship, low confidence, and exceptionally distressing to the students. At the point when excessive stress is uncontrollable, it could influence both the wellbeing and educational achievement (Kumar et al., 2014). Furthermore, if the pressure is drawn out and untreated, it would evoke poor health and depression, thereby can cause the academic future of certain students in risk. Maintaining a healthy mind is extremely important to the student since they are inclined to encounter extraordinary measure of stress, which can prompt unfavourable outcomes on educational performance, accomplishment, and upgraded productivity in their life (Peltzer & Pengpid, 2014). Quality of life of university students is a significant issue to handle or controlled the physical, mental, social issues quickly to produce better generations for the future developed country.



University students have been found to have poor physical activity routines that prompting undesirable body mass index and weight problem (Goje, Salmiah, Ahmad & Jusoff, 2014). As the pervasiveness of low physical activity level among Malaysian adults is high, this is good opportunity for a university students to review their current lifestyle included sports science student that assumed as always physically active because of their requirement to do a physical activity that needed in their course. As the challenges of being students are almost identical among every university students, an understanding of the relationship of their physical activity to their quality of life will help administrators to plan for intervention program that can contribute toward a well-being of the individual. There is no previous local studies have looked at the physical activity level among university students that focused on sports science students. Therefore, the aim of this study was to examine physical activity carried out by the sports science student with particular regard to main socio-demographic parameters like gender, age and level of sports played by students and the impact on the different domains of the health-related quality of life.





1.2 Problem statement

According to Pitil, Kadir and Wahed (2020), it was found that there was a positive relationship between physical activity and quality of life. The higher score was recorded in quality of life if level of physical activity was increased. And it turn out that students of sports faculty get a higher score in physical activity and quality of life.

This study was conducted to see the relationship between physical activity and quality of life among Sports Science and Coaching Faculty, Sultan Idris Education University student. There for, researcher want to see how quality of life was associated with physical activity level.

1.3 Research Objective

Objective of this research is:

1. To determine the physical activity level among Sports Science and Coaching Faculty students.
2. To determine the Quality of Life among Sports Science and Coaching Faculty students
3. To identify the relationship between physical activity and Quality of life among Sports Science and Coaching Faculty students

1.4 Research Questions

The research questions are following:

1. How does the physical activity level among student in Sports Science and Coaching Faculty, Sultan Idris Education University?





2. How the Quality of Life student in Sports Science and Coaching Faculty, Sultan Idris Education University?
3. Is there a significant relationship between physical activity and quality of life among student in Sports Science and Coaching Faculty, Sultan Idris Education University?

1.5 Operational Definition

1. Physical Activity

Physical activities basically imply to the development of the body that utilizes energy (World Health Organization, 2020).

2. Quality of life

Quality of life is characterized as a person's impression of their situation in life with regard to culture and value system where they are embedded, which includes their objective, point of view, standards and concerns (World Health Organization, 2020).

3. Global Physical Activity Questionnaire

The Global Physical Activity Questionnaire was created by World Health Organization (WHO) for physical activity observation in nations. It gathers data on physical activity involvement in three domains. The domains in this survey are activity at work; travel to and from places and recreational activities (World Health Organization, 2012).





4. World Health Organization Quality of Life Instrument

The World Health Organization Quality of Life Instrument (WHOQoL-BREF) is a self-report questionnaire that includes 4 domains to assess quality of life, which are physical health, psychological health, social relationship and environment (World Health Organization, 2003).

1.6 Limitation of research

1. This study respondent was drawn from a single university which is Sultan Idris Education University. The result may not be representative of all sport departments in other university.
2. The timing of the survey could affect the respondent answer. The survey was distributed at the end of November 2020. November is the middle of semester session, where the submission and presentation of assignment, quiz and test start. The response may reflect negatively in their answer.
3. This study do not included all of students in the faculty and have low response rates. The difficulties to reach certain group of respondent such as student that do not have internet access. So this may influence the reliability of this study.

1.7 Importance of research

The importance of this research is to analyse student life in sports science and coaching department. This study should become a benchmark to conduct other studies regarding this topic especially among students. University should acknowledge this study for organize and develop student program for intervention if needed.

