

The factors that influence physical activity involvement among Universiti Malaysia Kelantan (UMK) Kampus Kota students

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ABSTRACT

This study aims to find out the factors that influence the involvement of Universiti Malaysia Kelantan (UMK) Kampus Kota students in physical activity. There are several factors that influence student involvement in physical activity. The objective of this study is to determine whether psychological factors, environmental factors and intrinsic factors may influence student's involvement in physical activity. Physical activity provides many benefits to an individual's body. The researcher used quantitative methods when conducting this study. The questionnaire was distributed to the respondents online to facilitate the researcher and also the respondents when conducting this study. The selected respondents are students of Universiti Malaysia Kelantan Kampus Kota. The results of this study found that students' involvement in physical activities can improve their mental and physical health.

Keywords: Physical activity, physiological factors, environmental factors, intrinsic factors

INTRODUCTION

Any physically taxing or competitive game, competition, or activity that is performed in accordance with rules for fun or as a job is considered a sport. The Council of Europe's definition of sport is inclusive and broad aside from that. According to the study, men are far less likely than women to achieve the ideal body type. In order to boost their sexual attraction, college students are provided with descriptions of their body types and beauty. Physical activity can help you have a slim or slender body shape and can also help you overcome social discomfort (Abdullah et al., 2021). The World Health Organisation (WHO) defines physical activity as any physiological movement involving energy expenditure from skeletal muscles. Any movement counts as physical activity, whether it's done for exercise, to go to and from work, or for other reasons. Physical activity is good for your health, whether it is moderate or vigorous. Common forms of exercise include playing, participating in sports, cycling, and wheeling. Anyone can engage in any of these activities, regardless of their degree of competence. The management and prevention of non-communicable diseases like diabetes, heart disease, stroke, and numerous cancers have both been demonstrated to be aided by regular exercise.

Another key tactic for guaranteeing participation is engaging in physical activity. Students' involvement in physical activity can promote health while also raising satisfaction

levels for everyone. Even though regular exercise has many health benefits, individuals in developing countries generally do not fully embrace a healthy culture. Exercise encourages a healthy lifestyle and builds self-esteem. In order to maintain excellent health and ward off health issues, both male and female students participate in physical activity. This shows that regular exercise is the best way to reduce your risk of contracting a non-communicable disease (Abdullah et al., 2021). The purpose of this study is to determine whether or not the elements have an effect on university students. Exercise is often recommended for university students because it offers so many advantages.

There are three objectives in this research:

1. To determine whether psychological factor may influence students' involvement in physical activity among Universiti Malaysia Kelantan (UMK) Kampus Kota students.
2. To determine whether environment factor may influence students' involvement in physical activity among Universiti Malaysia Kelantan (UMK) Kampus Kota students.
3. To determine whether intrinsic factor may influence students' involvement in physical activity among Universiti Malaysia Kelantan (UMK) Kampus Kota students.

SIGNIFICANCE OF THE STUDY

Physiological

Physiological research focuses on both behaviour and cognition (Brazier, 2018). The principles that support the mind, the brain, and behaviour are of great interest to scientists who study physiology. It includes immaterial items that are not visible to the naked eye, such as concepts, emotions, memories, dreams, experiences, and other things.

Environmental

The meaning of the word "natural" as it is used in ordinary speech and dictionaries is the foundation for the definitions of these two ideas: natural environment and environmental change. The three terms environmental, land, and land degradation all refer to a change or disturbance to the land, the soil, or the environment that is judged harmful or undesirable (Johnson, 1997).

Intrinsic

The value of life is increased by social interaction but reduced by isolation. Loneliness and a lack of purpose in life are incompatible. Their relationship to individually assembled measures of whole-brain functional connectivity revealed significant and recurrent patterns. Greater loneliness is associated with denser and fewer connections between the frontoparietal and default modules, attentional, and perceptual networks. Stronger inter-network connections are associated with poorer life meaning, while increased modular brain connectivity is associated with reduced levels of loneliness (Mwilambwe-Tshilobo, 2019).

LITERATURE REVIEW

Physical Activity

Any skeletal muscle-based movement of the body requiring the consumption of energy is referred to as physical exercise. All motions, whether they are made for fun, to get to and from other places, or as part of one's job, are considered to be a part of this physical activity. Moderate and strenuous physical activity both benefit the body's health.

Any movement of the body involving the skeletal muscles and requiring energy is considered physical exercise. Any movement is considered to be physical exercise, regardless of whether it is done for recreation, to get to and from places, or as part of a person's job. Non-communicable diseases like diabetes, heart disease, stroke, and a variety of cancers can all be treated and prevented with exercise, according to research. Additionally, it decreases blood pressure, improves quality of life, and promotes mental wellness (World, 2022). It also aids in maintaining a healthy body weight.

Physiological Factor

Stress is an emotional and physical response to life's growing demands. Stress contributes to a multitude of physical and mental illnesses and makes some students feel anxious, helpless, angry, and guilty (Normaizatul Akma Saidi, 2019). The research revealed that participating in physical education classes helped students control the stress brought on by their coursework. (Al-Wadei, 2013). Exercise is intended to boost mood and lessen stress, which may help people realise how depression, stress, and health outcomes are connected. (2012) Hamer, M., Endrighi, R., and Poole.

A prevalent type of psychological anguish has a major impact on both daily social and physical functions. Even worse, it leads to impairments that are on par with those brought on by diabetes, hypertension, or arthritis. Independently, both joyful and unpleasant moods have an impact on longevity and physical health. Growing amounts of data support the positive biochemical and physiological effects of joy, happiness, pleasure, optimism, and sense of humour. Therefore, achieving happiness, overcoming long-term stress, and minimising negativity are key components of better health.

Environmental Factor

Environmentally related health problems are complex and can result from a variety of factors, including an individual's genetic propensity to get a disease or other condition as reported by scientists (Biddle, 2018). Environmental health issues may be caused by biological, physical, or even financial factors. Environmental health problems can be influenced by the way our bodies function, the air we breathe, the water we drink, the food we consume, as well as the homes, buildings, and areas where we live and work.

Environmental considerations Our health is impacted by a number of environmental factors. This covers issues including increased computer use, air pollution, lead, pesticides, and food containing carcinogens. 2022) (Carolyn M. Hutter. Understanding environmental influences is necessary to comprehend genetics. Genes can change due to environmental

factors, which can lead to disease. The risk and onset of disease may be influenced by gene-environment interactions, or a complicated interplay between genes and environment.

Intrinsic Factors

Your familiarity with the activity, your experience with it, your preferences for the activity, and more are internal factors that influence physical activity. Inner influence, which depends on your own thinking as well as the experience and knowledge you have, comes from within as opposed to being informed by others. Since it will have an impact on them, whether for the better or worse, each individual needs to pay special attention to this internal component. Because a person's desires might influence their decision-making, it is said that this is the case. Furthermore, everyone is entitled to their own beliefs, including those on physically demanding activities. Even if they are aware that physical activity, such as running, walking, and other comparable activities, offers many advantages, some people find it to be tiresome and despise it for that reason. While lower degrees of loneliness are related with more modular brain connectivity, stronger inter-network connections are associated with inferior life meaning (Mwilambwe-Tshilobo, 2019).

The relationship between physiological factor, environmental factor, and intrinsic factor that influence involvement physical activities among Universiti Malaysia Kelantan (UMK) Kampus Kota students.

As a way to reduce stress, exercise is commonly advised. Exercise appears to increase good feelings while decreasing stress and other negative emotions. Prior studies, however, have demonstrated that when faced with stress and unpleasant emotions, people increase health-promoting habits like physical exercise and healthy food while lowering such behaviours when faced with positive feelings. Exercise is linked to better mood, less stress, and negative consequences on the hours that follow in a typical day. 22 January 2019 (Dana Schultchen).

According to scientists, environmental health issues are complicated and can be caused by a wide range of variables, including a person's genetic susceptibility to get a disease or another condition. Environmental health issues are complex and can be brought on by a number of things, such as a person's genetic propensity for certain diseases or other ailments, according to specialists.

It is widely acknowledged that maintaining a healthy lifestyle is necessary for the development of young people, therefore physical activity is essential. The multiple physical, psychological, aesthetic, and social benefits of regular engagement in sports or physical activity are now backed by a lot of evidence. It has been demonstrated that regular exercise enhances wellbeing overall, prevents sarcopenia and fragility, lowers the risk of contracting a number of chronic diseases, as well as depression and dementia. Because adults and the elderly are more likely to experience physical and psychological issues due to sedentary habits throughout childhood and adolescence, youth sports participation is highly regarded in society (Sáez, I. et al., 2021).

Hypothesis

The independent variables for this study were those that affected physiological factor, environmental factor, and intrinsic factor in accordance with the conceptual framework. Three independent variables have been presented, and they are as follows. The dependent variables are the participation in physical activities.

H1: There is a positive relationship between physiological factor that influence the involvement physical activities among Universiti Malaysia Kelantan (UMK) Kampus Kota students.

H2: There is a positive relationship between environmental factor that influence the involvement physical activities among Universiti Malaysia Kelantan (UMK) Kampus Kota students.

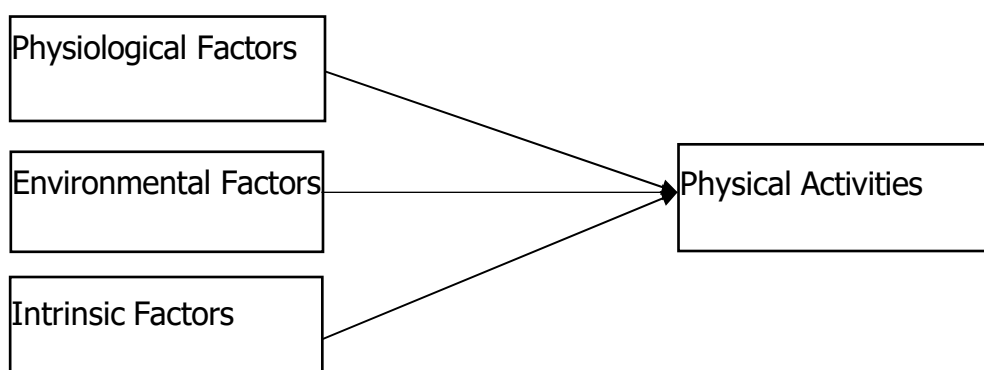
H3: There is a positive relationship between intrinsic factor that influence the involvement physical activities among Universiti Malaysia Kelantan (UMK) Kampus Kota students.

Conceptual Framework

The model below shows the variables that affect students at UMK Kampus Kota's involvement in physical activity. The topic of conceptual framework has been explained and addressed by numerous academics. It was advised to use a portion of a literature review as a research approach to look at the relationships between the physiological, environmental, and intrinsic components. These are the three independent variables that have been presented.

Independent variables

Dependent variables



Source: (Khan Mamun, S. 2019)

Figure 1: Conceptual Framework of the relationship between factors that influence in physiological factor, environmental factor and intrinsic factor.

METHODOLOGY

Research Design

The method utilised to accomplish research goals or test hypotheses is known as a research design. In order to answer the research question, it is important to make sure that any proof obtained from the data can be used. The three fundamental research designs that can be used to illustrate how the researcher meets the research objectives are exploratory, descriptive, and causal. Physical activity is the dependent variable in this method, and researchers can learn about the relationship between independent variables such as physiological parameters, environmental factors, and intrinsic factors. The researcher used quantitative research techniques to carry out this investigation. Students at UMK Kampus Kota who responded to a questionnaire provided the researcher with information.

Data Collection

Data collecting is a method for gathering information from the outside world to answer research questions, test hypotheses, and evaluate the outcomes. There are two different approaches to gathering data. Both primary and secondary data are gathered. The 364 respondents will receive the questionnaire online using Google Forms, which was employed as the main data collection tool for this study. The study will be carried out online by the researchers utilising a Google Form. The questionnaires will be distributed to UMK Kampus Kota students via social media channels like Twitter, Facebook, Telegram, and WhatsApp. An online survey with four-point Likert scale evaluations for each issue will be used to collect the data. Information and data are obtained for this project through both primary

Sampling

By looking at the findings of a sample of people rather than concentrating on a small group of individuals, sampling is a method used in academia to gather data and learn more about a certain population (Turner, 2020). This study used both probability sampling and non-probability sampling, the two main sampling techniques. By using random samples, probability sampling enables judgements about the overall demography. 2020 (Stratton). Non-probability sampling commonly has an impact on qualitative research as well as the construction of research papers (Taherdoost, 2016).

In this investigation, a non-probability strategy, such as a straightforward sampling procedure, was used to select the sample design. For this study, simple random sampling will be used. There are the most samples available. A table of random numbers is then used to select the units. This method will enable the researcher to choose a random respondent and get particular data from each participant. Through the use of facility sampling, a non- probability or non-random sampling technique, people of a target demographic who meet the conditions, such as easy accessibility, geographic location, capacity at a specific time, or want to participate, will be included in the study (Etikan et al., 2016.).

Data Analysis

Using logic, reasoning, and statistics to investigate records is a process known as data analysis. The Statistical Package for the Social Sciences is a tool for data analysis. Researchers can choose the best statistical methods to employ using SPSS software. We will use SPSS data to discuss statistics like the cumulative percentage and valid percentage. For data entry and analysis, the researcher will make use of tables prepared using SPSS. In addition to conducting descriptive, reliability, and correlation studies, researchers might gather data for industry research.

FINDINGS

Result of Frequency Analysis

Table 1: Demographic Profile of Sample

Characteristics		Frequency (N)	Percentage (%)
Gender	Male	225	61.8
	Female	139	38.2
Age	18-21 years old	56	15.4
	22-25 years old	255	70.1
	26-29 years old	43	11.8
	30 years old and above	10	2.7
Race	Bumiputra Sabah	2	5
	Bumiputra Sarawak	1	3
	Chinese	72	19.8
	Christian	1	3
	Indian	71	19.5
Faculty	Malay	217	59.6
	FHPK	154	42.3
	FKP	133	35.5
	FPV	49	13.5
Year of Study	FSDK	28	7.7
	Year 1	45	12.4
	Year 2	80	22.0
	Year 3	166	45.6
	Final Year (Year 4&5)	73	20.1

The frequency analysis of the respondents' responses is shown in the table above. Students from Universiti Malaysia Kelantan (UMK) Kampus Kota are the subject of the study. Male respondents made up 225 of the total respondents, or 61.8%, while female respondents made up 139 of the total respondents, or 38.2%.

In addition, the majority of respondents (255, or 70.1%) were between the ages of 22 and 25. Next, 56 respondents, or 15.4%, were between the ages of 18 and 21. With 43 respondents, the average age group is 26 to 29 years old (11.8%). While the lowest percentage of respondents—10—belonged to the 30-year-old and older age group (2.7%).

Additionally, the respondents were separated into six groups according on their race: Chinese, Christian, Indian, Malay, Bumiputra Sabah, and Bumiputra Sarawak. According to the poll, 59.6%, or 217 respondents, of the respondents who participated in this questionnaire were Malay. Chinese responses made up 19.8%, or 72 people, which was the second-highest percentage. Indian respondents made up 19.5% of all respondents, or 71 people, ranking third. Bumiputra Sabah has the second-lowest response rate at 0.5%, or 2 responders. The remaining respondents, who are Bumiputra Sabah and Christians and make up 0.3% of the total, were all in the same percentage.

The faculty from this questionnaire was separated into 4 groups, namely FHPK, FKP, FPV, and FSDK. Therefore, FHPK, which has 154 respondents and a 42.3% response rate, made up the majority of the respondents who took part in this survey. The FKP survey, which had 133 respondents, had the second-highest rate at 36.5%. With 49 respondents, or 13.5% of the total, FPV has the third-highest percentage of students' faculty. FSDK, which had 28 responders and a 7.7% response rate, has the fewest respondents among faculty.

The third-year students have the highest percentage, with 45.6% equivalent to 166 respondents, according to the chart above, while first-year students have the lowest percentage, with 12.4% equal to 45 respondents. Between them, students in their second year (years 2 and 3) at 22.0% had 80 responses, while those in their final year (years 4 and 5) at 20.1% had 73 replies.

Result of Descriptive Analysis

Table 2 shows the result of descriptive analysis of variable.

Table 2: Descriptive Analysis

Variable	Items	Mean Score	Standard Deviation
Physiological Factor	The pressure can make my performance better.	2.99	1.368
	I have trouble relaxing and hard to sit still before the exercise or tournament start.	3.44	1.147
	I become annoyed and irritable during the tournament or exercise.	3.41	1.211
	I have negative thought patterns during tournaments, exercise, or training.	3.30	1.126
	I feel down or depressed after watching opponent the tournament and training.	3.41	1.215
	After the tournament, training, or exercise, I had trouble sleeping at night.	3.05	1.164
Environmental Factor	The hot temperature affects me during tournaments, training, or exercise.	3.90	0.933
	The sudden change of temperature will cause me sick during tournaments, exercise, or training.	3.80	0.972
	The cold temperature affects me during tournaments, training, or exercise.	3.62	0.971
	The change in temperature affects my focus and concentrate on exercise or tournament.	3.74	0.898

	The high Altitude affects me during my tournament, exercise, or training.	3.69	0.910
	High altitude makes me fatigue or lose energy easily.	3.66	0.900
Intrinsic Factor	There is no fitness Centre that I could get into.	3.21	1.156
	I have no exercise equipment at home that I use.	3.48	1.110
	My family or friends do not encourage me to exercise.	3.11	1.215
	My parents give academic success priority over exercise.	3.40	1.185
	I have no leisure time for exercise because of my busy lesson schedule.	3.46	1.091
	I have no leisure time for exercise because of my social and family responsibilities.	3.27	1.160
Physical Activity	I've been thinking about exercise is difficult and too tiring.	3.39	1.176
	I have no energy as much as to be able to do exercise.	3.38	1.137
	I've been thinking about other recreational activities with my friends are more entertaining than exercise.	3.48	1.112
	I have not been thinking about exercise has positive effects on my health.	3.06	1.236
	I've been worried about my looks when I exercise.	3.40	1.095
	I have not been thinking about my ability to exercise.	3.41	1.111

Research investigating the mean and standard deviation for the physiological element, the independent variable. The maximum mean value was 3.44, and the majority of respondents concurred that the statement, "I find it difficult to unwind and sit still before an exercise or tournament starts," is the physiological factor that has the greatest impact on students at University Malaysia Kelantan (UMK) Campus Kota.

The mean and standard deviation are included in the study of the independent variable, environmental component. The maximum mean value was 3.90, and the majority of respondents concurred that the statement "The hot temperature affects me during tournaments, training, or exercise" was the most significant one regarding mental health and how environmental factors affect students at University Malaysia Kelantan (UMK) Kampus Kota.

The mean and standard deviation are included in the analysis of the independent variable, intrinsic factor. The maximum mean value was 3.48, and the majority of respondents concurred that the statement "I have no exercise equipment at home that I use" was the intrinsic factor with the greatest influence on students at University Malaysia Kelantan (UMK) Kampus Kota.

The mean and standard deviation are also included in the study of the physical element, the dependent variable. The maximum mean value was 3.48, and the majority of respondents concurred that it was "I've been thinking about other recreational activities with my friends are more entertaining than exercise." that had the greatest influence on students at University Malaysia Kelantan (UMK) Kampus Kota's participation in physical activity.

Result of Reliability Test

Table 3 shows the result of reliability analysis based on dependent and independent variable.

Variable	Number of items	Reliability Cronbach's Alpha	Internal consistency
Physiological factor	6	0.899	Very good
Environmental factor	6	0.876	Very good
Intrinsic factor	6	0.894	Very good
Physical activity	6	0.921	Excellent

Table 3: Reliability Test

The tables above show the Cronbach's Alpha Coefficient values for the study's dependent variable (physical activity) and independent variables (physiological factor, environmental factor, and intrinsic factor). The tables show that the dependent variable and all independent factors were all over 0.7. As a result, the questionnaire has been approved and is legitimate. Six questions were utilised in this study to assess the Physiological Factor variable that affects University Malaysia Kelantan (UMK) Kampus Kota students' participation in physical activity. The table reveals that the Physiological Factor's Cronbach's alpha coefficient is 0.899, indicating a very strong level of connection. As a result, the coefficient found for the Physiological Factor Variable questions is accurate.

Next, six questions were utilised to assess the environmental factor variable that affects students at University Malaysia Kelantan (UMK) Campus Kota's participation in physical activity. The table reveals that the environmental factor's Cronbach's alpha coefficient is 0.876, indicating a very strong degree of connection. As a result, the coefficient found for the Environmental Factor variable's questions is accurate.

Last but not least, six questions were utilised to assess the intrinsic factor variable that affects students at University Malaysia Kelantan (UMK) Campus Kota's participation in physical activity. The table demonstrates that the intrinsic factor's Cronbach's alpha coefficient is 0.894, indicating a very strong degree of association. As a result, the coefficient found for the variables relating to the intrinsic factor is reliable.

The physical activity variable was lastly measured using six questions. The chart reveals that Physical Activity has an outstanding strength of association with a Cronbach's alpha coefficient of 0.921. The coefficient found for the questions related to the physical activity variable is therefore accurate.

Pearson Correlation

Finding the linear relationship between the two variables required careful consideration of Pearson's correlation analysis. The purpose of this study was to look into potential

connections between the dependent variable (physical factor) and the independent variables (physiological factor, environmental factor, and intrinsic factor). The Pearson Correlation Analysis may be seen in the table below.

Table 4: Pearson Correlation Analysis

Hypothesis	Correlation coefficient (r)	P value	Strength of association	Result (Supported/Not Supported)
There is a significant relationship between physiological factor and physical activities among Universiti Malaysia Kelantan (UMK) Kampus Kota students.	0.765	0.001	Strong	H ₁ is supported.
There is a significant relationship between environmental factor and physical activities among Universiti Malaysia Kelantan (UMK) Kampus Kota students.	0.418	0.001	Moderate	H ₂ is supported.
There is a significant relationship between intrinsic factor and physical activities among Universiti Malaysia Kelantan (UMK) Kampus Kota students.	0.795	0.001	Strong	H ₃ is supported

Results of the Pearson Correlation study are shown in the table above. There is an association between physiological variables and physical activity for the H1. The correlation coefficient of 0.765 obtained from the results shows that the link is very favourable. The physiological factor associated with physical activity has a p value of 0.001, which is below the highly significant level of 0.01. H1 has therefore been approved.

The relationship between environmental conditions and physical exercise is also good for the H2. With a correlation coefficient of 0.418, the findings show a somewhat good association. The physiological factor associated with physical activity has a p value of 0.001, which is below the highly significant level of 0.01. H2 has consequently been approved.

The last finding for the H3 is that environmental factors and physical activity are positively correlated. According to the findings, the link is very strong, with a correlation coefficient of 0.793. The physiological factor associated with physical activity has a p value of 0.001, which is below the highly significant level of 0.01. H3 has consequently been approved.

DISCUSSION AND RECOMMENDATION

The discussion aims to answer the queries and address the hypothesis presented in the study's first chapter. In general, this study has thoroughly examined the variables that affect students at Universiti Malaysia Kelantan (UMK) Kampus Kota's involvement in physical exercise. The results led H1 to the conclusion that physiological parameters and physical exercise have a favourable association. This study demonstrates that physical activity and physiological factors have a beneficial relationship. The findings indicated that taking part in physical education sessions helped pupils better manage the stress caused by their assignments. Exercise is meant to elevate mood and ease stress, which may help people comprehend how stress, depression, and health consequences are related (Hamer, M., Endrighi, R., and Poole, L., 2012).

The results led H2 to the conclusion that environmental influences and physical activity are positively correlated. This study establishes a link between environmental factors and physical activity that is favourable. Environmental factors have an impact on a person's ability to engage in physical activity. Our health is impacted by a number of environmental factors. Carcinogens in food, increased computer use, pesticides, lead, and air pollution are a few of these (Carolyn M. Hutter, 2022). It follows that environmental influences have an impact on pupils' participation in physical activity.

Furthermore, based on the results, H3 came to the conclusion that environmental influences and physical activity are positively correlated. This study demonstrates a beneficial relationship between intrinsic variables and physical activity. Even if they are aware that regular exercise, like jogging or walking, has many benefits, some people dislike it because they find it to be exhausting. While lower degrees of loneliness are related with more modular brain connectivity, stronger inter-network connections are associated with inferior life meaning (Mwilambwe-Tshilobo, 2019). Thus, it can be said that intrinsic factors have an impact on students' participation in physical activity.

Every research project must have some kind of barrier or restriction, and this study is no different. The researchers found it challenging to complete this investigation due to its restrictions. This study has three limitations: a lack of cooperation, a time crunch, and the challenge of finding an excellent and pertinent literature review. In order to better comprehend research challenges, the main objective of the research study is to analyse and present the results of the data analysis from the previous chapter. Physical activity and the independent variables of physiological, environmental, and intrinsic factors are correlated, according to the research.

The questionnaire for subsequent studies should be made simpler and clearer to grasp, as the first recommendation. This is due to the fact that respondents always react to surveys without reading or comprehending the sentences. Because of the respondents' positive responses, the outcomes may also be more useful. The second recommendation is to upgrade tools and facilities to benefit pupils. This is so because the physiological, environmental, and internal elements that determine physical activity the subject of this study are already well-known.

CONCLUSION

In conclusion, research has been done to identify the variables that affect students at Universiti Malaysia Kelantan (UMK) Kampus Kota's involvement in physical activity. The dependent variable, which is the level of physical activity among students at UMK Kampus Kota, has three independent variables: a physiological factor, an environmental factor, and an intrinsic factor. The Pearson Correlation Coefficient was used to assess these independent and dependent variables. This demonstrates that the independent and dependent variables are related. The advice relates to the strategy the researcher used to complete the questionnaire. Respondents are required to fill out the questionnaire's information in order for the researcher to receive positive survey findings. This study demonstrates how psychological, environmental, and intrinsic factors affect students at Universiti Malaysia Kelantan (UMK) Kampus Kota's participation in physical activity.

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