



UNIVERSITI PUTRA MALAYSIA

***EFFECT OF THE IMPLEMENTATION LEVELS OF THE PHYSICAL
EDUCATION PROGRAM ON HEALTH-RELATED PHYSICAL FITNESS
OF CHILDREN IN SELANGOR, MALAYSIA***

KAMIL ABID ALHUSSAIN ABOSHKAIR

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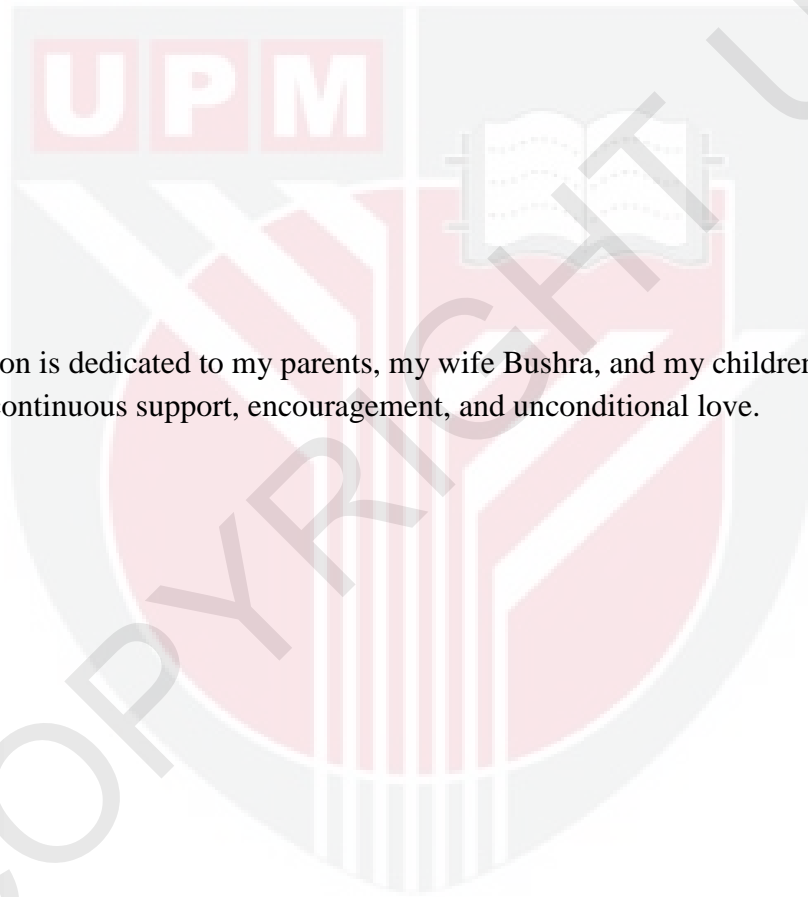
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BY

KAMIL ABID ALHUSSAIN ABOSHKAIR

**Thesis Submitted to the School of Graduate Studies, University Putra Malaysia, in
fulfillment of the Requirements for the Degree of Doctor of Philosophy**

September 2012



This dissertation is dedicated to my parents, my wife Bushra, and my children for their continuous support, encouragement, and unconditional love.

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Abstract of thesis presented to the Senate of University Putra Malaysia in fulfillment of the requirement for the degree of Doctor of Philosophy

EFFECT OF THE IMPLEMENTATION LEVELS OF THE PHYSICAL EDUCATION PROGRAM ON HEALTH-RELATED PHYSICAL FITNESS OF CHILDREN IN SELANGOR, MALAYSIA

By

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September 2012

Chair: Saidon Bin Amri, PhD

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The purpose of this study is to assess the implementation level of the physical education program in secondary schools in Selangor, and to determine the effect of the implementation level on the students' health-related physical fitness. The checklist total score was used by 56 experienced physical education teachers from 38 selected schools to evaluate the implementation level. A pilot study test was conducted to identify any ambiguities, and ensure the suitability of the checklist questionnaire. Accordingly, the implementation level was categorized into three classes: high, moderate, and low. Based on this categorization, three different implementation levels of schools were selected randomly as samples of the study.

The effect of the implementation level was determined by comparing the pre-and post-health-related physical fitness performance (push-up, sit-and-reach, 7-stage sit-up, and 20m shuttle run) of the students. In all, 918 children (459 boys and 459 girls) participated in the present study. Three different age groups were assigned for 13-, 14-, and 16-year old students from each of these three different implementation levels schools. Each group consisted of 102 students (51 boys and 51 girls). Anthropometric measurements and other covariates [height, weight, body mass index (BMI), maturity status, family income, time spent within and outside school hours, and race] were measured or constructed to control the differences among the students in the statistical analysis.

The results obtained from the first part of the study suggested that overall program content and policy had been implemented moderately, as planned by the Ministry of Education. The biggest problems faced by physical education teachers in running the physical education program were related to this area of the program: the inadequacy in the number of qualified physical education teaching staff, involvement of students in the physical education program, quality of the students, and apathy of the students. The results also indicated that the overall adequacy of the facilities offered by the schools to the physical education program was merely adequate.

Significant effects of the implementation levels on the health-related physical fitness performance of boys and girls from all age groups were observed. However, the health-related physical fitness tests affected were not consistent across all age groups. Among

the boys, the school with high implementation level reported an enhanced performance in push-ups by the 13-year-old students and sit-and-reach and sit-ups by the 14-year-old students, whereas, the performances of the 16-year-old students were enhanced in all physical fitness activities, except for the 20m shuttle run. Among the girls, the school with high implementation level enhanced the performance of sit-and-reach only in the 13-year-old students; sit-and-reach, sit-ups and 20 m shuttle runs in the 14-year-olds; and push-up in the 16-year-old students. The effect of high implementation level on the students varied. The boys in the 16-year-old group demonstrated a better performance in all health-related physical fitness activities than the two younger age groups, except in the 20m shuttle run, whereas the girls from the 14-year-old group showed better performance in sit-and-reach, sit-ups, and 20m shuttle run than did the girls in the 13-year-old group.

To conclude, different implementation levels have affected students' health-related physical fitness. Students' health fitness increases if schools implemented high quality physical education program. Based on that, multiple plans needed to ensure high quality physical education program in schools.

**ABSTRAK TESIS INI DIBENTANGKAN KEPADA SENAT UNIVERSITI
PUTRA MALAYSIA UNTUK MEMENUHI KEPERLUAN UNTUK IJAZAH
DOKTOR FALSAFAH**

**KESAN TAHAP PELAKSANAAN PROGRAM PENDIDIKAN JASMANI
TERHADAP KECERGASAN FIZIKAL BERASASKAN KESIHATAN
KANAK-KANAK BAHAGIAN TENGAH SEMENANJUNG MALAYSIA**

Oleh

KAMIL ABID ALHUSSAIN ABOSHKAIR

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Pengerusi: Saidon Bin Amri, PhD

Fakulti: Fakulti Pengajian Pendidikan

Tujuan kajian ini adalah untuk menilai tahap pelaksanaan program Pendidikan Jasmani di sekolah menengah di Selangor, dan untuk menentukan kesan tahap pelaksanaan terhadap kecergasan fizikal berasaskan kesihatan murid. Senarai semak jumlah skor telah digunakan oleh 56 orang guru Pendidikan Jasmani yang berpengalaman daripada 38 sekolah terpilih untuk menilai tahap pelaksanaan tersebut. Kajian rintis telah dijalankan untuk mengenal pasti sebarang kekaburan dan memastikan kesesuaian soal selidik senarai semak. Tahap pelaksanaan dikategorikan kepada tiga tahap; tinggi, sederhana dan rendah. Berdasarkan kategori ini, tiga sekolah dengan tahap pelaksanaan yang berbeza dipilih secara rawak sebagai sampel kajian.

Kesan tahap pelaksanaan ditentukan dengan membandingkan antara pra dan pasca bagi prestasi kecergasan fizikal berasaskan kesihatan (tekan tubi, duduk dan jangkau,

bangkit tubi 7 tahap dan lari ulang-alik 20m) murid-murid. Sebanyak 918 murid (459 lelaki dan 459 perempuan) terlibat dalam kajian ini. Tiga kumpulan umur murid yang berbeza 13, 14 dan 16 tahun telah ditentukan daripada setiap sekolah dengan tiga tahap pelaksanaan yang berbeza. Setiap kumpulan terdiri daripada 102 murid (51 lelaki dan 51 perempuan). Pengukuran antropometri dan kovariat yang lain (ketinggian, berat badan, indeks jisim badan (BMI), status kematangan, pendapatan keluarga, masa digunakan di dalam dan di luar waktu persekolahan dan ras) telah diukur atau dikonstruksi untuk mengawal perbezaan antara pelajar dalam analisis statistik.

Dapatan kajian yang diperoleh daripada bahagian pertama kajian ini mencadangkan keseluruhan kandungan dan polisi program telah dilaksanakan secara sederhana sebagaimana yang dirancang oleh Kementerian Pelajaran. Masalah terbesar yang dihadapi oleh guru Pendidikan Jasmani dalam melaksanakan program Pendidikan Jasmani adalah berkaitan dengan bidang ini bagi program tersebut: kekurangan bilangan tenaga pengajar Pendidikan Jasmani yang berkelayakan, penglibatan murid dalam program Pendidikan Jasmani, kualiti murid dan apati murid. Hasil kajian juga menunjukkan kebercukupan keseluruhan kemudahan yang ditawarkan oleh sekolah untuk program Pendidikan Jasmani adalah mencukupi.

Tahap pelaksanaan didapati memberi kesan yang signifikan ke atas kecergasan fizikal berasaskan kesihatan bagi lelaki dan perempuan bagi semua kumpulan umur. Walau bagaimanapun, komponen kecergasan fizikal berasaskan kesihatan yang mendapat kesan adalah tidak konsisten antara kumpulan umur. Dalam kalangan lelaki, sekolah

dengan tahap pelaksanaan tinggi dilapor meningkatkan prestasi bagi tekan tubi murid 13 tahun; duduk dan jangkau dan bangkit tubi bagi murid 14 tahun manakala prestasi murid 16 tahun adalah bagi keseluruhan kecergasan fizikal berasaskan kesihatan kecuali lari ulang-alik 20m. Dalam kalangan perempuan, sekolah dengan tahap pelaksanaan tinggi meningkatkan prestasi bagi duduk dan jangkau murid 13 tahun; duduk dan jangkau, bangkit tubi dan lari ulang-alik 20m murid 14 tahun, dan tekan tubi bagi murid 16 tahun. Kesan tahap pelaksanaan tinggi terhadap murid adalah berbeza. Lelaki kumpulan umur 16 tahun menunjukkan prestasi yang lebih baik daripada dua kumpulan umur yang lebih muda bagi semua komponen kecergasan fizikal berasaskan kesihatan kecuali lari ulang-alik 20m, manakala perempuan kumpulan umur 14 tahun menunjukkan prestasi yang lebih baik daripada perempuan kumpulan umur 13 tahun bagi duduk dan jangkau, bangkit tubi, dan lari ulang-alik 20m.

Kesimpulannya, tahap pelaksanaan yang berbeza memberikan kesan terhadap kecergasan fizikal berasaskan kesihatan murid. Kecergasan kesihatan murid meningkat sekiranya sekolah melaksanakan program Pendidikan Jasmani yang berkualiti tinggi. Dengan itu, pelbagai rancangan diperlukan bagi memastikan program Pendidikan Jasmani di sekolah berkualiti tinggi.

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Approved Sheet 1

I certify that a Thesis Examination Committee has met on (insert the date of viva voce) to conduct the final examination of (Kamil Abid Alhussain Aboshkair) on his thesis entitled “Effect of Implementation levels of a Physical Education Program on Health-related Physical Fitness of Malaysian Children” in accordance with the Universities and University Colleges Act 1971 and the Constitution of the Universiti Putra Malaysia [P.U.(A) 106] 15 March 1998. The Committee recommended that the student be awarded the (insert the name of relevant degree).

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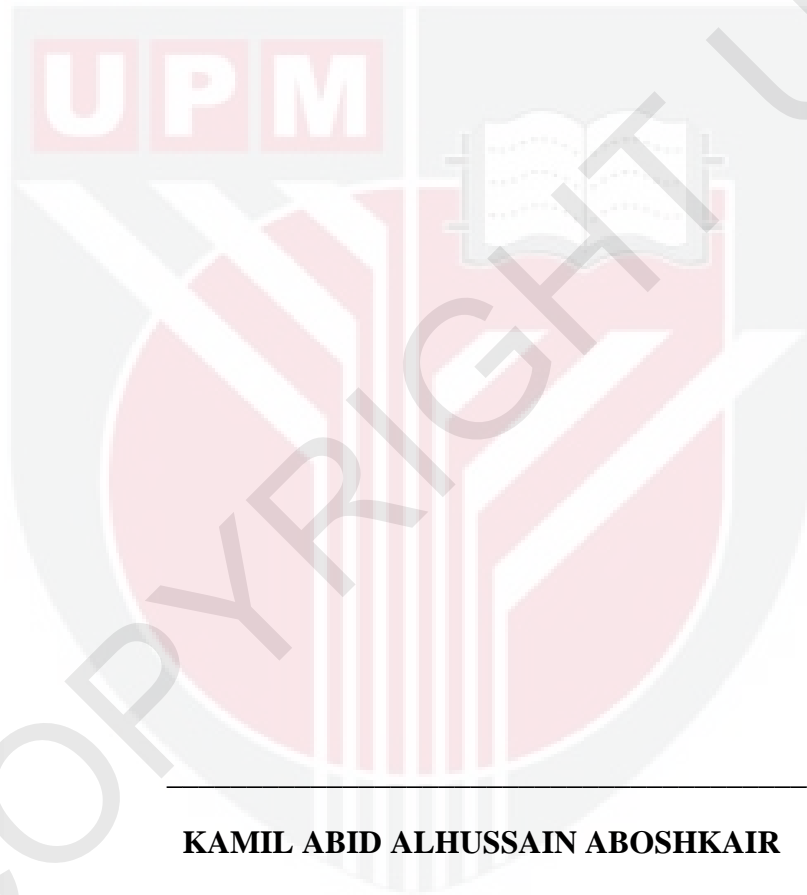
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DECLARATION

I declare that the thesis is my original work except for quotations and citation, which have been duly acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at University Putra Malaysia or at any other institution.



KAMIL ABID ALHUSSAIN ABOSHKAIR

Date:

Declaration Form for Thesis Written in Bahasa Melayu

PERAKUAN

Saya memperakui bahawa tesis ini adalah hasil kerja saya yang asli melainkan petikan dan sedutan yang tiap-tiap satunya telah dijelaskan sumbernya. Saya juga memperakui bahawa tesis ini tidak pernah dimajukan sebelum ini, dan tidak dimajukan serentak dengan ini, untuk ijazah lain sama ada di Universiti Putra Malaysia atau di institusi lain.



KAMIL ABID ALHUSSAIN ABOSHKAIR

Tarikh:

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