IMPACT OF PHYSICAL MODULE (ADVENTURE-BASED ACTIVITY) OF MALAYSIA’S NATIONAL SERVICE TRAINING PROGRAMME ON TEAM COHESION

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UNIVERSITI PUTRA MALAYSIA
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By

JAFFRY ZAKARIA

Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia, in Fulfilment of the Requirement for the Degree of Master of Science

January 2012
DEDICATIONS

I would like to dedicate this thesis to my parents, my wife, Dr. Nor Azlina Hasbullah, my precious daughters, Bahiyah Nur and Sufiyyah Nur, my colleague, Dr. Md Amin Md Taff and my supervisors, Dr. Manohar Mariapan and Dr. Azlizam Aziz, of whom without their continuous supports and dedications, I would not be where I am today.

I thank them for all the things that they have given to me, throughout this educational journey.

I pray that may Allah S.W.T bless all our efforts in educating our youth; and it is my earnest hope that this thesis will be of great use to all outdoor lovers.
Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfillment of the requirement for the degree of Master of Science

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January 2012

Chairman : Manohar Mariapan, PhD

Faculty : Faculty of Forestry

The National Service Training Programme better known as Program Latihan Khidmat Negara (PLKN) was launched by the government on the 16th of February 2004 to foster national unity and integration. However, since its inception, no specific empirical study has been conducted on the physical activity module (adventure-based activity) to measure the effectiveness of the programme in improving the process of national unity and integration. Therefore, the present research attempts to measure the effectiveness of physical activity module of the programme which consists of the adventure-based activity curriculum and to study the effects of outdoor activities on team cohesion among the participants of the programme at three camps namely, Tasik Meranti Camp, Tasoh Camp and Guar Chenderai Camp in the state of Perlis, Malaysia. Pre and post-test were conducted in order to investigate the effects of adventure-based activity towards cohesiveness among participants in groups at the camps. The study also explores the influence of socio-demographic variables (age, gender and place of residence), physical activities as well as interpersonal relationships among the participants towards improving team
cohesion. Herein, respondents comprised of a total of 994 participants. A modified Group Environment Questionnaire (GEQ) was used to collect the required data which was administered during the pre and post-test at the respective camps. The GEQ measured four different dimensions: (1) Group Integration-Task (GI-T), (2) Group Integration-Social (GI-S), (3) Individual Attractions to the Group-Task (ATG-T) and (4) Individual Attraction to the Group-Social (ATG-S). Among the four sub-scales, Individual Attractions to the Group-Task (ATG-T) was found to be most significant while Group Integration-Task (GI-T) sub-scale were found to be not significantly different between the pre and post-test. Nevertheless, after the physical activity curriculum at the camps was accomplished, team cohesion was successfully developed in all sub-scales investigated. The data collected was analyzed using the Statistical Package for Social Science (SPSS). The statistical analysis of GEQ on the pre and post-test proved that team cohesion among the participants was achieved and significantly different during pre and post-test. Concisely, it can be concluded that the physical activity module (adventure-based activity) had increased the level of participants’ group cohesiveness and resulted in positive group binding. Participants showed shared vision and unity of purpose, developed complementary roles and synergistic teamwork, displayed strong internal leadership and effective communication. Overall, the present study found that physical module (adventure-based activity) in the National Service Training Programme (PLKN) was effective in developing cohesion and integration among participants. The study also indicated that there was a positive correlation between the Group Development Component and the Theory of Group Development as propounded by Tuckman (1965).
THE IMPACT OF PHYSICAL MODULE (ADVENTURE-BASED ACTIVITY) OF MALAYSIA’S NATIONAL SERVICE TRAINING PROGRAMME ON TEAM COHESION

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empat sub-skala yang berbeza iaitu; (1) Group Integration-Task (GI-T), (2) Group Integration-Social (GI-S), (3) Individual Attractions to the Group-Task (ATG-T) and (4) Individual Attraction to the Group-Social (ATG-S). Data yang diperoleh melalui soal selidik yang dijalankan telah dianalisa menggunakan perisian ‘Statistical Package for Social Science (SPSS)’. Analisis GEQ yang telah dijalankan pada ujian pre dan post menunjukkan keputusan yang paling signifikan ke atas kesepaduan kumpulan dikalangan peserta bagi sub-skala ATG-T. Walaupun sub-skala GI-T tidak memberikan keputusan yang signifikan sebelum dan selepas aktiviti, namun, para peserta masih mengakui terdapatnya perpaduan di kalangan mereka tetapi, perubahan analisa statistik (perbandingan min) bagi sub-skala ini terlalu kecil dan tidak signifikan. Melalui penyelidikan yang telah dijalankan, dapat disimpulkan bahawa modul aktiviti fizikal (aktiviti berasaskan cabaran) di dalam kurikulum Program Latihan Khidmat Negara (PLKN) telah berjaya membantu dalam usaha meningkatkan tahap kesepaduan kumpulan dan keputusan yang positif telah ditunjukkan di dalam kumpulan. Para peserta menunjukkan pandangan yang sama serta memberikan kerjasama yang baik, kepimpinan kendi yang kuat dan komunikasi yang efektif. Secara keseluruhannya, kajian semasa yang dijalankan ini mendapati modul fizikal (aktiviti berasaskan cabaran) di dalam program PLKN sememangnya efektif dalam membangunkan kesepaduan di kalangan peserta program. Kajian juga menunjukkan korelasi yang positif diantara ‘Group Development Component’ dan ‘Theory of Group Development’ yang telah di perkenalkan oleh Tuckman pada tahun 1965.
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I certify that an Examination Committee has met on …………………. to conduct the final examination of Jaffry Zakaria on his Master of Science thesis entitled “IMPACT OF PHYSICAL MODULE (ADVENTURE-BASED ACTIVITY) OF MALAYSIA’S NATIONAL SERVICE TRAINING PROGRAMME ON TEAM COHESION” in accordance with Universiti Pertanian Malaysia (Higher Degree) Act 1980 and Universiti Pertanian Malaysia (Higher Degree) Regulations 1981. The Committee recommends that the student be awarded the Master of Science.

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DECLARATION

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

________________________
JAFFRY ZAKARIA

Date: 5 January 2012
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