

**RELATIONSHIP BETWEEN LEISURE CONSTRAINTS AND RESIDENTIAL
SCHOOL STUDENTS' PARTICIPATION IN RECREATIONAL SPORT
ACTIVITIES.**

By

SAKHIYYAH BINTI A. RAHIM

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

May 2004

DEDICATIONS

This thesis is dedicated to:

My father,
Haji Abdul Rahim bin Mohamad,
who has always been stressing the importance of academic excellence ,

My mother,
Puan Noriah binti Abdullah,
who has always been the fountain of my strength,

My brothers and sisters,
Udah, Ati, Tuya, Iman, Dina, Mimi, Aliya ,Amir and Dibah,
never underestimate your own potentials.

My daughter,
Anis,
Whom I love dearly.

My friends, housemates and colleagues,
thank you for your continuous support in my academic advancement.

Abstract of thesis presented to the Senate of Universiti Putra Malaysia in
fulfilment of the requirement for the degree of Master of Science

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Chairman : Tuan Sheikh Kamarudin Bin Sheikh Ahmad

Faculty : Educational Studies

The purpose of this study is to investigate the relationship that exists among these two variables: leisure constraint, and students' participation in recreational sport activities in selected fully residential schools in Johor. The sample selected comprised of 217 respondents in three fully residential schools in the state of Johor. A pilot test was conducted to obtain the reliability of the instruments used. The Cronbach Alpha showed the overall reliability of above .65. The data collected were coded and analyzed using descriptive and inferential statistics.

Based on the analysis done, the following findings were discovered. First, the result indicated that leisure constraint was not affected by gender differences. Male and female students experienced approximately the same amount of

constraint. Second, male and female respondents reported differences in the intensity of leisure dimensions constraint experienced. Interpersonal constraint was found to be significantly different in the intensity as compared to the other two leisure constraint dimensions. Third, there was a significant linear negative relationship between leisure constraint and student's participation ($r = -.258$, $p = .0001$, $p < .05$). This suggested that an increase in the intensity of constraint experienced would likely be followed by a decrease in students' participation. Fourth, analysis conducted on the leisure constraint dimensions revealed that of the three dimensions, intrapersonal was noted as the most influential ($p = .0001$, $p < .05$). In conclusion, the findings confirmed that leisure constraint and students' participation were interconnected. Each one of it had an effect on another.

Abstrak tesis dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Master Sains

**HUBUNGKAIT DI ANTARA HALANGAN KESENGGANGAN DAN
PENGLIBATAN PELAJAR SEKOLAH BERASRAMA PENUH DALAM
AKTIVITI REKREASI SUKAN**

Oleh

SAKHIYYAH BINTI A. RAHIM

Mei 2004

Pengerusi : Tuan Sheikh Kamarudin Bin Sheikh Ahmad

Fakulti : Pengajian Pendidikan

Kajian ini bertujuan untuk menyelidik tentang hubungan yang wujud di antara dua pembolehubah berikut: halangan kesenggangan dan penglibatan pelajar dalam aktiviti rekreasi sukan di sekolah menengah berasrama penuh terpilih di Negeri Johor. Sampel kajian terdiri dari 217 orang pelajar tingkatan empat dari tiga buah sekolah menengah berasrama penuh di Negeri Johor. Kajian rintis telah dijalankan untuk menguji kebolehpercayaan alat kajian yang digunakan. Hasil ujian mendapati nilai keseluruhan Cronbach Alpha adalah melebihi .65. Data yang dikumpul seterusnya dikod dan dianalisa menggunakan statistik deskriptif dan inferensi. Berikut adalah dapatan-dapatan yang diperolehi hasil dari analisa yang dilakukan. Pertama, hasil ujian menunjukkan bahawa halangan kesenggangan tidak dipengaruhi oleh faktor jantina. Kajian ini

mendapati pelajar lelaki dan perempuan mengalami halangan kesenggangan yang lebih kurang sama antara satu sama lain. Kedua, responden lelaki dan perempuan di sekolah yang terbabit melaporkan perbezaan dari segi tahap intensiti dimensi halangan kesenggangan di mana dimensi interpersonal menunjukkan perbezaan yang signifikan di antara ketiga-tiga dimensi. Ketiga, terdapat hubungan linear yang negatif di antara halangan kesenggangan dan penglibatan pelajar ($r = -.258$, $p = .0001$, $p < .05$). Ini bermakna setiap peningkatan pada intensiti halangan kesenggangan akan membawa kepada penurunan penglibatan pelajar. Keempat, analisa yang dilakukan ke atas tiga dimensi halangan kesenggangan menunjukkan bahawa dari ketiga-tiga dimensi itu, dimensi intrapersonal telah dibuktikan mempunyai kesan pengaruh yang paling kuat ke atas penglibatan pelajar dalam aktiviti rekreasi sukan di sekolah ($p = .0001$, $p < .05$). Kesimpulannya, dapatan-dapatan kajian ini membuktikan bahawa pembolehubah-pembolehubah berikut iaitu halangan kesenggangan dan penglibatan pelajar mempunyai perkaitan antara satu sama lain. Setiap satu darinya mempunyai kesan ke atas yang lain.

ACKNOWLEDGEMENTS

I would like to extend my sincere gratitude and appreciation to the many people who made this master thesis possible. I am truly indebted to Tuan Sheikh Kamarudin, the chairperson of the thesis supervisory committee, Prof. Dr. Jegak Uli and Encik Marjohan, the thesis supervisory committee members, who had provided motivating, enthusiastic, and constructive comments during the many discussions we had. It was a great pleasure for me to conduct this thesis under their supervision.

I would also like to acknowledge with much appreciation the exceptional cooperation given to me by administrators of Sekolah Menengah Sains Johor, Sekolah Menengah Sains Muar and Sekolah Menengah Sains Kota Tinggi.

Needless to say, that I am truly grateful to the Ministry of Education for granting me the scholarship and enabling me to pursue my master degree.

APPROVAL

I certify that an Examination Committee met on 18th May 2004 to conduct the final examination of Sakhyyah binti A. Rahim on her Master of Science thesis entitled " Relationship Between Leisure Constraints and Residential School Students' Participation in Recreational Sport Activities" in accordance with Universiti Pertanian Malaysia (Higher Degree) Act 1980 and Universiti Pertanian Malaysia (Higher Degree) Regulations 1981. The Committee recommends that the candidate be awarded the relevant degree. Members of the Examination Committee are as follow:

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DECLARATION

I hereby declare that this thesis is based on my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously or concurrently submitted for any other degree at UPM or other institutions.

SAKHIYYAH BINTI A. RAHIM

Date: 8th October 2004

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