



UNIVERSITI PUTRA MALAYSIA

***FACTORS INFLUENCING LEISURE PARTICIPATION AMONG FEMALE
ACADEMICIANS IN A MALAYSIAN PUBLIC UNIVERSITY***

MAHMUD ZUBAINA YARIMA

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By

MAHMUD ZUBAINA YARIMA

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

June 2016

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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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June 2016

Chairman : Halimatus Sakdiah Binti Minhat, DrPH
Faculty : Medicine and Health Sciences

Introduction: Leisure participation is beneficial towards maintaining a healthy living. It can be gained not only from vigorous activities but also through performing passive activities.

Objective: The main objective of the study is to determine the factors influencing leisure participation among female academicians in Universiti Putra Malaysia (UPM), Serdang.

Methodology: A cross-sectional study was conducted among female academicians in UPM from December 2014 to March 2015, involving 654 respondents, selected using simple random sampling method. A self-administered questionnaire followed by e-mail was used as method of data collection. The questionnaire was validated and consisted of seven sections namely socio-demography factors, perceived social support from family members and friends and also perceived time constraints at home and work place. The measurement scales used were a 5-point likert (0 to 4) for accessibility to leisure related facilities at home and work place and nominal scales (Yes vs No) for health status and leisure participation questionnaire were measured using a 5-point likert scale (0 to 4). The analysis involved descriptive, bivariate (Independent T-test and correlation) and multivariate analyses (linear regression). The level of significance was set at 0.05

Results: The mean scores for physical activity were 4.17 ± 4.26 and non-physical activity was 28.93 ± 8.88 . The mean age of the respondents was 42.21 ± 8.55 years old. Most of the respondents were Malay (70.0%), Muslims (70.1%), married (67.1%), senior lecturers (42.4%), Malaysians citizen (95.6%), high perceived social support received from family members (68.8%) and friends (66.8%), high perceived time constraints at home (72%) and workplace (50.9%), had high access to leisure-related facilities either at home (60.0%) or workplace (85.2%) and did not have chronic illness (58.7%).

The total mean score for leisure participation in physical activities was 4.17 ± 4.26 and 28.93 ± 8.88 for non-physical activities. The top five activities with the highest mean score for physical activities were regular exercise (1.43 ± 1.27), evening walk (0.90 ± 1.25), jogging (0.48 ± 0.96), playing golf (0.14 ± 0.50) and swimming (0.31 ± 0.71). Meanwhile, the top five non-physical activities with the highest mean scores were browsing (2.96 ± 1.19), watching television (2.82 ± 1.25), listening to the radio (2.64 ± 1.42), reading (2.63 ± 1.26) and cooking (1.97 ± 1.54)

However, the final model showed only age ($B = -0.107$, 95% CI: $-0.164, -0.051$, $p = 0.001$), accessibility leisure-related facility at home ($B = 1.030$, 95% CI: $-1.669, 0.392$ $P = 0.002$) and health status ($B = 1.550$, 95% CI: $-2.184, -0.916$, $p = 0.001$) were the only significant predictors of leisure participation in physical activity. Whereas, age ($B = -0.211$, 95% CI: $-0.342, -0.213$, $P = 0.001$) was the only significant predictor for leisure participation in non-physical activity. Unfortunately, both models revealed remarkably low Nagerkerk R^2 values of 15.8% and 2.8% respectively.

Conclusion: The results of this study indicate a considerably low level of leisure participation in physical activity as evidenced by the low mean score for each of the physical activities listed and also the total mean score as compared to non-physical activity. Age, health status and accessibility to leisure facilities at home were significantly predicting the participation of the respondents into physical activity during leisure, whereas non-physical activity was only significantly predicted by age. Relevant authorities should be acknowledged on the importance of providing leisure facilities in the residential area or in the neighbourhood such as gymnasium to enable them to participate in leisure activities.

Keyword: Leisure Participation, female academicians, UPM,

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

**FAKTOR YANG MEMPENGARUHI PENYERTAAN SENGGANG DALAM
KALANGAN AHLI AKADEMIK WANITA DI UNIVERSITI PUTRA
MALAYSIA, SERDANG**

Oleh

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Pengenalan: Penyertaan senggang bermanfaat bagi mengekalkan kehidupan yang sihat. Ia dapat dilakukan bukan sahaja melalui aktiviti lasak tetapi juga melalui aktiviti pasif.

Objektif: Objektif utama kajian ini adalah untuk mengenal pasti faktor-faktor yang mempengaruhi penyertaan senggang dalam kalangan ahli akademik wanita di Universiti Putra Malaysia (UPM), Serdang.

Metodologi: Satu kajian keratan rentas telah dilakukan terhadap ahli akademik wanita di UPM dari Disember 2014 hingga Mac 2015, melibatkan 654 responden, yang dipilih menggunakan kaedah persampelan rawak mudah. Soal selidik yang dijawab sendiri serta diikuti oleh emel digunakan sebagai kaedah pengumpulan data. Soal selidik yang telah disahkan mengandungi tujuh bahagian iaitu bahagian faktor sosiodemografi, anggapan sokongan sosial daripada anggota keluarga dan kawan-kawan serta anggapan kekangan masa di rumah dan di tempat kerja. Skala ukuran yang digunakan adalah Likert 5-mata (0 hingga 4) untuk aksesibiliti kemudahan senggang di rumah dan di tempat kerja serta skala nominal (Ya lwn Tidak) untuk soalan tentang keadaan kesihatan dan soal selidik bagi penyertaan senggang diukur menggunakan Likert 5-mata (0 hingga 4). Analisis yang terlibat adalah deskriptif, bivariat (Ujian-T bebas dan korelasi) dan multivariat (regresi linear). Tahap signifikan ditentukan pada 0.05

Dapatan kajian: Skor min untuk aktiviti fizikal adalah 4.17 ± 4.26 dan aktiviti bukan fizikal adalah 28.93 ± 8.88 . Umur min responden adalah 42.21 ± 8.55 tahun. Kebanyakan responden adalah berbangsa Melayu (70.0%), berkahwin (67.1%), pensyarah kanan (42.4%), warga negara Malaysia (95.6%), beragama Islam (70.1%) menganggap dapat sokongan tinggi daripada anggota keluarga (68.8%) dan kawan-kawan (66.8%), menganggap kekangan masa yang tinggi di rumah (72%) dan di tempat kerja (50.9%), dapat mengakses kemudahan yang berkaitan senggang

dengan tinggi sama ada di rumah (60.0%) atau di tempat kerja (85.2%) dan tidak menghidap penyakit kronik (58.7%).

Jumlah skor min bagi penyertaan senggang dalam aktiviti fizikal adalah 4.17 ± 4.26 dan 28.93 ± 8.88 untuk aktiviti bukan fizikal. Lima aktiviti fizikal teratas yang mempunyai skor min paling tinggi adalah senaman biasa (1.43 ± 1.27), berjalan di waktu petang (0.90 ± 1.25), berjoging (0.48 ± 0.96), bermain golf (0.14 ± 0.50) dan berenang (0.31 ± 0.71). Sementara itu, lima aktiviti bukan fizikal teratas yang mempunyai skor min paling tinggi adalah melihat-lihat komputer (2.96 ± 1.19), menonton televisyen (2.82 ± 1.25), mendengar radio (2.64 ± 1.42), membaca (2.63 ± 1.26) dan memasak (1.97 ± 1.54)

Walau bagaimanapun, model terakhir menunjukkan hanya umur ($B = -0.107$, 95% CI: $-0.164, -0.051$, $p = 0.001$), aksesibiliti kemudahan yang berkaitan senggang di rumah ($B = 1.030$, 95% CI: $-1.669, 0.392$ $P = 0.002$) dan keadaan kesihatan ($B = 1.550$, 95% CI: $-2.184, -0.916$, $p = 0.001$) yang menjadi peramal signifikan bagi penyertaan senggang aktiviti fizikal. Manakala umur ($B = -0.211$, 95% CI: $-0.342, -0.213$, $P = 0.001$) adalah satu-satunya peramal yang signifikan bagi penyertaan senggang aktiviti bukan fizikal. Malangnya, kedua-dua model menunjukkan nilai Negerkerk R^2 yang sangat rendah iaitu dengan masing-masing 15.8% dan 2.8%.

Kesimpulan: Hasil kajian ini menunjukkan dengan jelas penyertaan senggang yang rendah dalam aktiviti fizikal berdasarkan skor min yang rendah bagi setiap aktiviti fizikal yang disenaraikan dan jumlah skor min dibandingkan dengan aktiviti bukan fizikal. Umur, keadaan kesihatan dan aksesibiliti kepada kemudahan senggang di rumah menjadi peramal yang signifikan terhadap penyertaan responden dalam aktiviti fizikal pada waktu senggang, manakala umur satu-satunya peramal yang signifikan bagi aktiviti bukan fizikal. Pihak berkuasa yang terlibat perlu diberitahu pentingnya untuk menyediakan kemudahan senggang di kawasan perumahan atau di kawasan yang berhampiran seperti gimnasium bagi membolehkan mereka melibatkan diri dalam aktiviti senggang.

Kata kunci: Penyertaan senggang, ahli akademik wanita, UPM,

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I certify that a Thesis Examination Committee has met on 02 June 2016 to conduct the final examination of Mahmud Zubaina Yarima on her thesis entitled "Factors Influencing Leisure Participation Among Female Academicians in a Malaysian Public University" 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 recommends that the student be awarded the Master of Science.

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LIST OF ABBREVIATIONS

ABS	Australian Bureau of Statistics
MHM	Ministry of Health Malaysia
W H O	World Health Organization
RM	Malaysia Ringgit
LTPA	Leisure Time Physical Activity
ABU	Ahmadu Bello University
UPM	Universiti Putra Malaysia
USA	United State of American
SD	Standard Deviation
TPB	Theory of planned behaviour
SES	Socio- economic status
MDG	Millennium Development Goals
CVD	Cardio Vascular Disease
DF	Degree of Freedom
PAS	Physical Activity Score
NPAS	Non- Physical Activity Score
CI	Confidence Interval
M	Mean
X ²	Chi square
P	Level Significant
T	Independent test
UN	United nation
TV	Television
UD	Usman Danfidiyo University
PGDE	Post graduate diploma in education

CHAPTER 1

INTRODUCTION

1.1 Background of the study

Leisure is an important aspect of an individual's life, which involves conducting most desirable activities during the free time, which is commonly known as leisure time. Leisure time is a period of apparent freedom from formalized tasks. It is the time when an individual engages in worthwhile and productive activities that provide various benefits to the individual's health (Tseng . 2006;Vainio H, 2002). With the current economic factors, people tend to forget the idea of leisure as being part of their day-to-day activities (Taneja, 2013). Several studies have pointed out that "work-leisure conflict is an important factor that determines an employee's decision to continue working in their existing organization" Lie & Shani A.1991; Ford, et al. 2007;Slattery et al. (2008) which is commonly experienced by female employees. It arises as a result of improper allocation of workload and gender bias in an organization (Zhao, .& Rashid. 2010).

Various benefits and advantages have been reported in relation to leisure involvement. The positive effect not only affects the physical well-being but also the mental, social, moral, emotional and spiritual well-being (Tseng. 2006). According to a review by Faam et al. (2013), the data from 26 studies showed that people who are engaged in leisure activities have better health and fewer incidences of cardiovascular diseases (OR=0.73, 95%CI: 0.66-0.80, $p<0.001$), in which those who engaged in leisure were 0.73 times more protected against cardiovascular disease compared to otherwise. Apart from health benefits, leisure participation was also found to strengthen the relationship between family members, friends and the community in general; for example, family leisure provides an opportunity for the family to bond with each other, solve problems, and strengthen their relationship (Agate. 2009). According to Huff . (2003), an increase in communication has been reported among family members as a result of family leisure involvement. Furthermore, Agate. (2007) stated that family involvement in leisure has also been positively correlated with cohesion, family adaptability, and overall family functioning. Apart from family involvement, performing leisure with friends has also been proven to be beneficial. The involvement of friends in leisure acts as a social support, and decreases the sense of loneliness and isolation (Kleiber . 2002). A previous study by Iwasaki and co-researchers on the importance of friendship and leisure resources for stress coping has been addressed (Iwasaki. 2000). Community involvement in leisure brings about interaction, that is to say unity in the settings and among ethnic groups (Shinew et al.2004). The benefits of leisure can be gained not only from vigorous activities but also from performing inactive or passive activities, such as reading and watching television. Reading, for example, has been found to improve the cognitive function of aged people, and, thus, in some instances, improve their quality of life even informal social interaction has been found to affect the health of the aged (WHO, 2009). Leisure is an important domain of life regardless of gender, age, customs and social class (Minhat et al. 2014; Alayode et al. 2014). It is

also understood to be a way of refreshment, which an individual can partake during their free time in order to relieve their mind (Hu, Xiaoming, 2004). The leisure activities can range from sedentary to vigorous or passive to active activities. One of the commonest aspects of leisure being explored was involvement in physical activities.

Various factors are involved in structuring the pattern of individual leisure participation. These factors include time constraints, socio-demographic factors, health status and facilities (Arab-moghaddam & Henderson, 2006; Norman et al.2002; Stodolska & Shinew, 2010). Moreover, previous studies suggested that, the influence of personnel health status, lack of access to natural environment, lack of maintenance of park equipment, language problems and racial discrimination are factors that affect leisure participation (Ball, 2001; Stodolska & Shinew, 2010; Johnson et al. 2001). This study aims to determine the contributing factors towards leisure involvement among female academicians in Universiti Putra Malaysia (UPM).

1.2 Problem statement

Women are more likely to experience a greater burden to pursue leisure as a result of household responsibilities (Jacobs .2001). Working women are believed to experience a double burden, in which they have to commit themselves to domestic responsibilities and also to those in the workplace, which could jeopardize their leisure or free time. The burden that they experience not only increases their stress level, but also affects their health status Zuzanek & Veal, 2004; Chang, (2006) which could be reduced through leisure. However, women are restricted in their communities because of certain responsibilities in their social environment, such as culture, domestic and workplace commitments (Tsai & Chiug 2006). Women have limited leisure participation as a result of community norms, values, cultural or spiritual activities, societal roles and socio-economics (Apostolopoulos & Sonmez, S 2001).

The situation might be worse for women who are caregivers and also have to work at the same time, which is also known as the sandwich generation. The sandwich generation refers to women who are employees and also caregivers at the same time looking after children or their aged parents. In a review conducted by Schulz, R & Sherwood. (2008), it was reported that women caregivers experience a burden as a result of their socioeconomic status, lack of social support and health status. They are more likely to experience psychological distress, functional impairments and dementia (Razani et al. 2007), and also higher levels of depression and work-family conflict (Hammer, L. B., & Neal, 2008). Meanwhile, a study conducted by Schumache, (2012), reported that 63.0% of women believed that their caregiving task hindered their ability to pursue leisure, while only 12.0% of participants indicated that they protected their leisure time.

The increased number of women working outside home, created an increased strain on many women caregivers (Dautzenberg et al., 2000). Multiple role responsibilities have created the potential for strain on sandwich generation caregivers who have competing demands from the workplace and caregiving (Pierret, 2006). Research has suggested that once women occupy multiple caregiving roles, like family and work responsibilities, they experience more health related problems and stress (Neal, Chapman, Ingersoll-Dayton, & Emlen, 1993).

Low involvement of women in physical activity; less participation in PA it comes as a result of involvement in domestic and work place responsibilities (Kowal and Fortier 2007). Also, when women are advance in age (Lindstrom et al., 2010) they have less involvement in PA than the younger ones. Similarly, lack of time and amenities Azlan et al. (2010) contributed to the less participation in physical activities among women. Women who are mothers have less participation in physical activity compared to women who do not have children (Brown, Lee, Mishra, & Bauman, 2000). Low participation in leisure physical activity among women come as a result of lack of time, energy, socioeconomic status (SES), lack of social support (from partners, family, and friends) (Peter et al 2001).

Women prone to develop chronic diseases compared to men due to physical inability. Less involvement in physical activity among women can lead to development of chronic diseases (Muztagh and Hubert, 2004). Similarly, the study further emphasized that, women with less involvement in physical activity were potentially physically inactive often than men ($P < 0.05$) (Muztagh and Hubert, 2004). A study have showed low involvement in leisure physical activity especially among women leads to the development of chronic diseases such as depression and mental distress compared to men (Australian Bureau of Statistics, 1996).

On gender influence, how much time an individual spares for leisure while in the work place varies based gender. According to a previous study, men spend 5.8 hours, whereas women spend 5.1 hours a day in leisure activities (Bureau of Labor Statistics. 2012). Men continue to dominate leisure activities, especially in this era of high industrialization; women, however, pay more attention to the domestic affairs of their family (Monterrubio, 2009). Working women have less time for leisure -time physical activity compared to working men (Throne, 2000). Therefore, this study aims to study the contributing factors that could possibly constrain the female academician from actively being involved in leisure activities.

Previous studies such as Tel.2014, Sandikci et al 2013 and Biernat , Roguski 2005etc focuses on leisure activities among academicians . However, this study focus only on female academicians which will help to contribute to the growing literature on factors influencing leisure activities. The relationship in non-physical activity in some studies such as Kronenberg et al. 2000, Dimitri et al. 2004 and Bickham and Rich 2006 etc describe between individual variables such as watching TV, reading and listening to radio. These studies did not analysis the non-physical activity as a single entity. Therefore in this study non-physical activity as a whole was examined.

Association between physical activity and time constraints has been examined in many studies which includes Nyaupane & Andereck.2008, Arab-Moghaddan & Henderson 2007 and Wen et al.2007 However , this studies examined critically the association between time constraints at home and at work place instance of time constraints in general.

1.3 Significance of the Study

This study provides new knowledge and useful information related to factors that could possibly affect the leisure involvement of female academicians in UPM, Serdang. The findings can be utilized by other researchers as base line data in order to make comparable studies.

The benefit of this study on female academic staff is that, the information obtained can create awareness concerning the prevalence of leisure participation among working women, in general, and female academicians in particular. Moreover, it provides insight into the activities engaged by them, both physical and non-physical. This will encourage their participation in physical activities there by reducing their stress level and improving their concentration and health status.

To the university, the outcome of this research would provide information on the need to encourage female academic staff in physical activities, as this is found to boost the productivity of employees by meeting their physical and psychological needs which in turn reduces the rate of absenteeism, sick leaves and medical costs. Additionally, the findings could also provide relevant information to the university authorities on the need to provide adequate recreational and leisure facilities at workplace, such as gymnasium, table tennis, badminton and many others.

To human resources, leisure participation is a significant factor in employee performance. It increases the level of commitment, enhances bonding and improves employee wellbeing with a consequent positive effect on job satisfaction and increase productivity.

1.4 Research Questions

1. What are the patterns of leisure participation among the female academicians in UPM, Serdang?
2. What are the factors affecting the leisure participation of female academicians in UPM, Serdang?

1.5 Objectives of the Study

1.5.1 General Objective

To determine the factors influencing leisure participation among female academicians in UPM

1.5.2 Specific Objectives

1.5.2.1 To determine the mean score for physical activity and non-physical leisure activities.

1.5.2.2 To determine the distribution of respondents according to:

- a. Socio-demographic characteristics (age, marital status, years of service, country of origin, religion, academic position and ethnicity).
- b. Perceived social support received from family members and friends.
- c. Perceived time constraints at home and workplace.
- d. Accessibility to leisure-related facilities at home and workplace.
- e. Health status.

1.5.2.3 To determine the association between level of leisure participation in physical

Activity and non-physical activity among female academicians and:

- a. Socio-demographic characteristics (age, marital status, years of service, country of origin, religion, academic position and ethnicity).
- b. Perceived social support received from family members and friends.
- c. Perceived time constraints at home and workplace.
- d. Accessibility to leisure-related facilities at home and workplace.
- e. Health status.

1.5.2.4 To determine the predictive factors for leisure participation in

Physical activity and Non-physical activity among the female academicians in UPM

1.6 Research hypotheses

1. There is a significant relationship between leisure participation (Physical activity and Non-physical activity) and socio-demographic characteristics

(age, marital status, religion, years of service, and country of origin, academic position and ethnicity) among female academicians.

2. There is a significant relationship between leisure participation (physical activity and non-physical activity) and perceived social support received from (family member and friends) and leisure participation among female academicians.
3. There is a significant relationship between time constraints (home and workplace) and leisure participation (Physical activity and Non-physical activity) among female academicians.
4. There is a significant relationship between accessibility to leisure-related facilities (home and workplace) and leisure participation (Physical activity and Non-physical activity) among female academicians.
5. There is a significant relationship between health status of the respondents and leisure participation (Physical activity and Non-physical activity) among female academicians.

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