



**UNIVERSITI PUTRA MALAYSIA**

***THE PERCEPTION TOWARDS RECREATIONAL ACTIVITY  
PARTICIPATION AMONG FOREIGN STUDENTS IN UNIVERSITI PUTRA  
MALAYSIA, SERDANG***

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**THE PERCEPTION TOWARDS RECREATIONAL ACTIVITY PARTICIPATION  
AMONG FOREIGN STUDENTS IN UNIVERSITI PUTRA MALAYSIA, SERDANG**

**By**

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**A Project Report Submitted in Partial Fulfillment of the Requirements for the  
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**SPECIAL DEDICATIONS TO:**  
**My beloved family, supportive friends and lecturers**

Special Thanks To:  
Dr Azita Ahmad Zawawi

**Thank you very much for everything.**

## **ABSTRACT**

People nowadays are seen already aware about the benefit of pursuing recreational activity during their leisure time. However, the foreign students do not participate in recreational activity and have some constraints that hinders them from taking part in the recreational activity. This study was done to investigate the perception and constraint towards recreational activity participation among foreign students in Universiti Putra Malaysia (UPM). The data were collected using a questionnaire that was being distributed among foreign students in UPM. One hundred and fifty respondents were selected as the sample for this study. All the information obtained from the questionnaire has been analyzed using SPSS. The results of the study indicated that the perception of respondents towards recreational activity is an activity that can reduce stress and as a hobby. However, most of the foreign students do not participate in recreational activities in their life. The main reasons for not participating in recreational activity are the lack of time due to study obligations.

## ABSTRAK

Generasi pada masa kini dilihat sudah sedar tentang manfaat sekiranya melakukan aktiviti rekreasi pada masa lapang. Walau bagaimanapun, pelajar asing seolah-olah tidak melibatkan diri dalam rekreasi dan mempunyai kekangan yang menghalang mereka daripada melibatkan diri mereka dalam aktiviti tersebut. Kajian ini dijalankan untuk mengkaji persepsi dan kekangan terhadap penglibatan aktiviti rekreasi di kalangan pelajar asing di Universiti Putra Malaysia (UPM). Data yang telah dikumpulkan dengan menggunakan boring soal selidik yang telah diedarkan di kalangan pelajar antarabangsa di UPM. Satu ratus lima puluh orang responden telah dipilih sebagai sampel kajian ini. Semua maklumat yang diperolehi daripada borang soal selidik telah dianalisis dengan menggunakan SPSS. Keputusan kajian menunjukkan bahawa persepsi responden terhadap aktiviti rekreasi merupakan satu aktiviti yang boleh mengurangkan tekanan dan sebagai hobi. Walau bagaimanapun, kebanyakan pelajar asing tidak melibatkan diri dalam aktiviti-aktiviti rekreasi dalam kehidupan mereka. Antara sebab utama mereka tidak melibatkan diri dalam aktiviti ialah kekangan masa kerana kewajipan pembelajaran.

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## APPROVAL SHEET

I certify that this research project entitled **“The Perception towards Recreational Activity Participation among Foreign Students in Universiti Putra Malaysia, Serdang”** by Nurul Fatimah Binti Mohammad had been examined and approved as a partial fulfillment of requirements for the Degree of Bachelor of Park and Recreation Science in the Faculty of Forestry, Universiti Putra Malaysia.

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### FIGURE

### PAGE

- 1      Location of Universiti Putra Malaysia, Serdang,  
Selangor

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## LIST OF ABBREVIATIONS

**UPM**      Universiti Putra Malaysia

**SPSS**      Statistical Package for Social Science



## CHAPTER 1

### INTRODUCTION

#### 1.1 General Background

Leisure and recreation have become more important concerns in societies nowadays. Recreation is a famous activity. Recreation activities not only limited for youth, but it can be done by everyone. Many people think that recreation activities is an extreme activities such as camping, hiking, jungle trekking, scuba diving and many more. If they understand the real meaning of leisure and recreation, they will know that it is not only fixed for extreme activities.

The phenomenon of leisure has evoked an immense variety of interpretations among scholars about its origin, meaning, benefits, problems and place in society. (Murphy, 1981). Many of these views offers diverse expressions of the human condition, therefore we must first understand how each person defines leisure perceives human behavior.

Recreation is any action that refreshes the mental attitude of an individual. It is a wholesome activity that is engaged in for pleasure, therefore, it is play. For example, the man who works

long hard days in a foundry or a coal mine may consider the working of crossword puzzles or the reading of short magazine articles the answer to his daily recreational needs. (Douglass, 1975). Mental activity in the evening balances, to an extent, the physical work load of the day. Since this worker pursues these activities for pleasure, he considers them a form of play and thereby recreation.

Participating in recreational activity has many benefits. A leisure and recreation activity affects quality of life and life satisfaction to whoever participates in it. Henderson & Biasleschki (1989) stated that no aspect of human behavior which holds a greater potential for self-fulfillment than participation in recreation. The benefits of participating in recreational activities are wide-ranging and most are available to everyone regardless of age or ability.

## **1.2 Problem Statement**

Recreational activity is beneficial in many varieties of ways and enhanced quality of life. However, there is still a question whether the students are aware of the importance of pursuit recreational activity during their leisure time.

Through the conversations from the personal interview with the foreign students, Amjad Malek from Sudan argued that he do not have time to do recreational activity due to packed schedule with classes and labs. These students claimed that he spend most of their time for academic purposes. The problem defined in this study is based on the participation of recreational activity among foreign students. Based on the interview with the other foreign students, Ibteesam from Iran said that she have no interest to do the recreational activity.

Therefore, this study focuses on finding the perception and constraints of foreign students towards recreational activity participation. With the information, this study will provide the foreign students new insights on recreational activities.

Everyone should try to participate in the recreational activity so that they will know the advantages and benefits of the recreational activity to fulfill their leisure time.

### **1.3 Research Objectives**

The objective of this study is to identify the perception and constraints towards recreation activity participation among foreign students in Universiti Putra Malaysia during their leisure time.

The specific objectives of this study are:

1. To identify the socio-demographic background of foreign students in Universiti Putra Malaysia.
2. To identify the perception towards recreational activity participation among foreign students in Universiti Putra Malaysia.
3. To identify the constraint towards involvement in recreational activity among foreign students in Universiti Putra Malaysia.



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