



***PREFERENCES OF RECREATIONAL ACTIVITY DURING LEISURE
AMONG MEDICAL STUDENTS IN UPM***

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**PREFERENCES OF RECREATIONAL ACTIVITY DURING LEISURE
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By

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requirements for the
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DEDICATION

I dedicated this to my parents,
Osman bin Abu Hassan and Jamaliah binti Zainal Abidin
who have always loved me unconditionally and whose good examples have
taught me to work hard for the things that I aspire to achieve.

Thank you to all my friends and my lecturers who have always be a constant
source of support and encouragement during the challenges of my college
life.

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Dr. Sheena binti Bidin.

Thank you very much.



ABSTRACT

University students, particularly medical students have a busy schedule that gives them little time to spend for recreational activities. This study is done to observe the preferences of recreational activity and factors influencing medical students at Universiti Putra Malaysia (UPM) to participate in recreation during leisure. The data were collected using a questionnaire among medical students in UPM. A total of 300 respondents were selected as the sample for this study. All the information from questionnaire has been analysed using SPSS. Results showed that the three highest preferred activities for medical students are playing electronic games ($M=4.13$), picnic ($M=3.94$) and jogging or running ($M=3.65$), while the three lowest mean for preferred activities were fishing ($M=2.46$), making crafts ($M=3.08$) and swimming ($M=3.14$). Results from this study also shows that accessibility ($p=0.004$), time ($p=0.001$), physical fitness ($p=0.001$) and skills ($p=0.019$) were significantly correlated with the frequency of participating in recreational activities. This study shows that medical students participate less in recreation, therefore suggestions such as providing a bus frequently to the recreational area, adding sports course or sport slot for ten minutes every morning or evening and provide more skills sports class for those who wants to join it.

ABSTRAK

Pelajar universiti, terutamanya pelajar perubatan mempunyai jadual yang sibuk dan mengehadkan waktu untuk mereka melakukan aktiviti rekreasi. Kajian ini dijalankan untuk mengkaji aktiviti rekreasi yang menjadi pilihan dan faktor yang mempengaruhi pelajar perubatan Universiti Putra Malaysia (UPM) melibatkan diri dalam rekreasi pada masa lapang. Data yang telah dikumpulkan dengan menggunakan borang soal selidik telah diedarkan di kalangan pelajar perubatan UPM. Seramai 300 responden telah dipilih sebagai sampel kajian ini. Semua maklumat dari borang soal selidik telah dianalisis dengan menggunakan SPSS. Keputusan kajian telah menunjukkan tiga pilihan aktiviti yang tertinggi iaitu bermain permainan elektronik ($M=4.13$), berkelah ($M=3.94$) dan jogging atau berlari ($M=3.65$), manakala tiga pilihan aktiviti terendah adalah memancing ($M=2.46$), membuat kraf ($M=3.08$) dan renang ($M=3.14$). Keputusan kajian juga telah menunjukkan bahawa akses ($p=0.004$), masa ($p=0.001$), kecergasan fizikal ($p=0.001$) dan kemahiran ($p=0.019$) yang ketara berkorelasi dengan kekerapan melibatkan diri dengan aktiviti rekreasi. Kajian ini menunjukkan bahawa pelajar perubatan kurang melibatkan diri dalam rekreasi, jadi terdapat beberapa cadangan antaranya dengan menyediakan bas ke tempat rekreasi dengan kerap, menamvuh kursus atau slot sukan selama sepuluh minit setiap pagi atau petang dan menyediakan kelas kemahiran sukan kepada mereka yang ingin menyertainya.

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APPROVAL SHEET

I certify that this research project report entitled “**Preferences of Recreational Activity during Leisure among Medical Students in UPM**” by Nur Aida binti Osman has been examined and approved as a partial fulfillment of the requirements for the Degree of Bachelor Park and Recreation Science in the Faculty of Forestry, Universiti Putra Malaysia.

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LIST OF ABBREVIATIONS

UPM	Universiti Putra Malaysia
SPSS	Statistical Package for Social Science



CHAPTER 1

INTRODUCTION

1.1 General Background

In this new era, people are exposed to recreational activities as there are many information through campaign, programmes, flyers, brochures and the most effective platform to spread the information is through social media. Moreover, recreational activities involves all ages including children, youth, adult and older adults. These lead to more participation in recreational activities depending on their preferences activities. Common examples of recreational activities are reading a fiction book, playing a game, physical fitness, hobbies and crafts and other activities that are enjoyable.

Involvements in recreational activities enhances self-expression, self-fulfilment ability, human relationship skills, techniques and methods of using leisure, physical strength, creative expressions and aesthetic sense (Koo and Lee, 2015). These characteristics that recreation holds can have a favourable effect on human beings who have limits in everyday life. Participation in the recreational activities helps participants recover from the low physical strength that cause by lack of exercise and develops inability to achieve self-realization.

However, university students are more likely tend to spend less time for recreational activity when they have free time. This is because they are spending more time on their assignments and classes. Despite having more activities in university for students involved, many students cannot commit to join any programs in university as they said their schedule are fully filled with classes and finish their assignments.

Based on this problem, when students do not engage with recreational activities, they have health problems but in the long term. This is because they lack of exercise and their body will feels more tiring. Another causes of lack physical-recreation based activity will having a mental health, which means the students only focus on study and assignment but no time for recreation and they will having a depression if they do not know how to overcome their study problems.

The finding of this study will give the result how much students spend their time for recreational activities during their leisure and what is the most recreational activities preferred by students so that the facilities can be provide around their faculty.

1.2 Problem Statement

There are many problems faced by students to participate in recreational activity. This may be due to lack of time and most of the students love to participate the recreational activity in a groups and some of them like to go in individuals. The recreational place for any activity also give an impacts to the students to enjoy their activities during leisure. According to Puthran, Zhang, Tam & Ho (2016), medical students are known to be stressful environments for students, and as a result, medical students are thought to have a greater incidence of depression than others.

Students are subjected to a lot of stress throughout their academic life. Studies have shown that medical students present higher levels of stress when compared with other young people of the same age in other program (Chan, 1991). Pagnin & Queiroz (2014) discovered that sleep problems in medical students showed that higher levels of emotional exhaustion. This become a constraint towards the medical students to participate in recreational activities as they are mostly filled their free time to having a rest.

Therefore, based on the problems faced by medical students that was discussed, this study is conducted to analyse the preferences of recreational activities during leisure among the medical students in Universiti Putra Malaysia, to identify what activities they preferred during their leisure time and

what factors influence medical students to participate in recreational activities. This is important so that there will be an improvement by referring the information obtain from the results.

1.3 Research Objectives

The aim of this study is to explore the preferences of recreational activity during leisure among medical students in UPM. There are two specific objectives which are:

- i. To identify the recreational activities preferred during leisure among medical students in UPM.
- ii. To analyse the factors influencing medical students in UPM and their level of participation in recreational activity during leisure.

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