



***MOTIVATIONAL FACTORS TO PARTICIPATE IN RECREATIONAL
ACTIVITIES AMONG FEMALE UNDERGRADUATE STUDENTS OF
UNIVERSITI PUTRA MALAYSIA, SERDANG***

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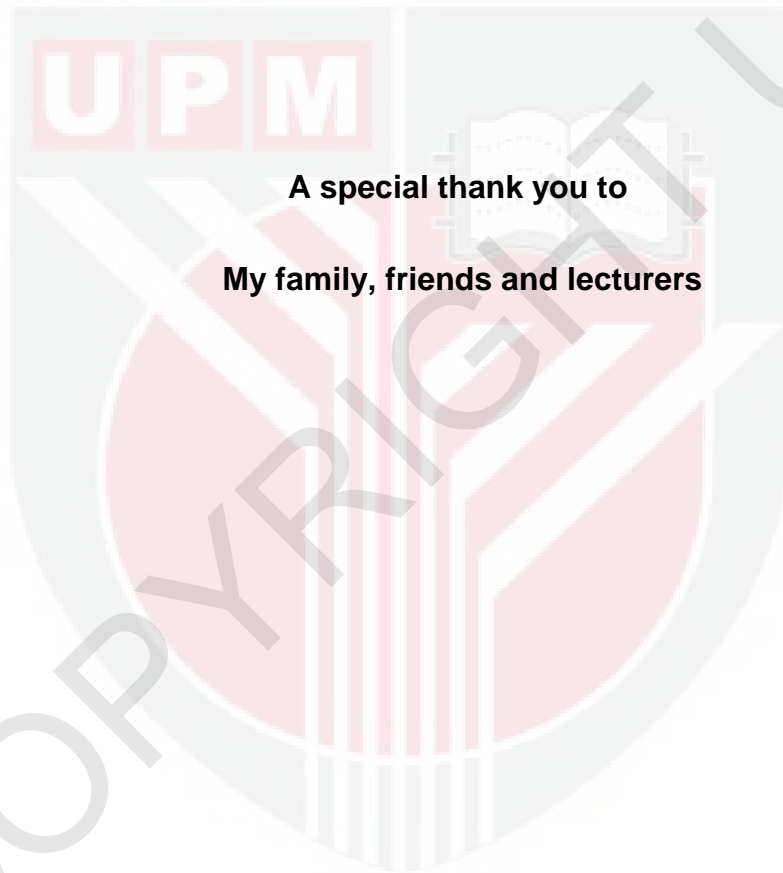
By

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**A Project Report Submitted in Partial Fulfilment of the Requirements
for the Degree of Bachelor of Recreational and Park Science in the
Faculty of Forestry
Universiti Putra Malaysia**

2018

DEDICATION



A special thank you to

My family, friends and lecturers



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ABSTRACT

Although demand for recreational activities among Malaysian are rising, there has been lack of studies conducted focusing on recreation involving female students from universities. The purpose of the study is to identify the motivational factors to participate in recreational activities among female undergraduates students of Universiti Putra Malaysia (UPM) Serdang, Selangor. Data was collected from 150 respondents who are students at UPM. Questionnaire was used to determine the motivational factors in recreation activity among female undergraduate's students at UPM Serdang. The data was analysed using Mann Whitney U Test. Result showed important motivational factors for UPM female undergraduates students to participate in recreational activities are to increase self-confident, guarantee of good health, stress release, influence of friend and the suitability of facilities provided.



ABSTRAK

Penyertaan aktiviti rekreasi dalam kalangan rakyat Malaysia semakin meningkat namun kurang kajian yang dijalankan melibatkan kalangan pelajar perempuan di universiti. Tujuan kajian ini adalah untuk mengenal pasti faktor-faktor motivasi untuk penyertaan mahasiswa perempuan ijazah sarjana muda Universiti Putra Malaysia (UPM) Serdang, Selangor dalam aktiviti rekreasi. Data telah dikumpul daripada 150 responden perempuan yang belajar di UPM. Borang soal selidik digunakan untuk mengenalpasti faktor-faktor motivasi mahasiswa perempuan ijazah sarjana muda dalam menyertai aktiviti rekreasi. Data telah dianalisis dengan menggunakan Mann Whitney U Test. Hasil kajian menunjukkan faktor-faktor motivasi penyertaan mahasiswa perempuan ijazah sarjana muda Universiti Putra Malaysia (UPM) Serdang, Selangor dalam aktiviti rekreasi adalah untuk meningkatkan keyakinan diri, menjamin kesihatan yang baik, melepaskan tekanan, pengaruh kawan dan kemudahan kesesuaian disediakan.

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Last but not least, I would like to thank those who were involved directly or indirectly in helping me to make this final year research project a success. Your assistance to me will be truly appreciated.

Thank you very much.

APPROVAL SHEET

I certify that this research project entitled “**Motivational Factors to Participate in Recreational Activities among Female Undergraduate Students of Universiti Putra Malaysia, Serdang**” by Mawaddah Binti Saleh had been examined and approved as a partial fulfilment of requirements for the Degree of Bachelor of Park and Recreation Science in Faculty of Forestry, Universiti Putra Malaysia.

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LIST OF ABBREVIATIONS

UPM	Universiti Putra Malaysia
SPSS	Statistical Package for Social Science
WHO	World Health Organisation
NST	News Strait Times



CHAPTER 1

INTRODUCTION

1.1 Introduction

Recreation is about the activities undertaken during the leisure time and will to be done by an individual without any forces (Aman, Omar Fauzee, & Mohamed, 2007). Knowingly, recreational activities are to fulfil the leisure time or gained benefits in return. Recreational activities are offering a positive impact on people who participate in it as they able to gain value from recreational experiences.

There was growth of numbers people participate in National Sports Day conducted by Ministry of Youth and Sports Malaysia from 2016 and 2017. In 2016 the number of participation in that national event was 2,729,881 while in 2017 was 5,195,869 (Department of Sports, Ministry of Youth and Sports Malaysia, 2017). The different number between the two years showed that participation in recreational activities has increased (Adli & Wirdati, 2017). The involvement including a large population by various categories of native such as senior citizens, adults, adolescent, children and also disabilities groups. Societies are now aware of the advantages of participation in recreational activities such as maintaining the physical health and physiological treatment gained by the recreational activities (Lim et al., 2016).

Hashem, Akhbar, Ali, and Masume (2012) suggested that students who participate in recreational activities will improve their self-confidence and positive thinking. They added, that students are able to develop the recreational experiences and values from recreational activities. Therefore, students will have a good health and great lifestyles as they managed to participate in recreational activities.

Malaysia is still new in the education of recreation. Many studies on recreational activities were conducted in Europe. Therefore, this research is focusing on the participation motive of female students of Universiti Putra Malaysia in recreational activities because the number of research on female undergraduate students is still lacking.

1.2 General Background on Recreational Activities

In the recent era, leisure and recreational activities are gaining unpredictable degrees of significance in the people's way of life in the leading-edge civilization (Özesen, 2007). Leisure and recreation are well-known activities that can be done by anyone not just limited to young generation but also can be done by the senior citizen who has the capability to do it (Nurul, 2016). According to Kamal, Khadir, and Yunus, (2010) people understand about recreation activities are associated with extreme activities such as hiking, scuba diving, camping and many more.

But it is not restricted only to extreme sports only. Recreational activities can be varied in many more activities which underlying willingly to do it without any forces. It includes any activity that considers as similar to other leisure activities (e.g. walking and jogging) which bring the self-satisfaction and contribution to the health of a person (Headley, Ownby, & John, 2004).

Recreational activities offer healthy lifestyle to an individual while participating in it (Kamal et al., 2010). There are many benefits that can be obtained from recreational activities such as physical, emotional, mental and spiritual benefits (Fitri, Sul-toni, Salamuddin & Taib, 2017). However Ozesen (2007) states that, mental and social requirements are the reason that trigger participants to undertake recreational activities.

Although society are aware of the countless positive advantages of recreational activities, a 2011 National Health Morbidity Survey found that almost half a million children and adolescents are obese (Institute for Public Health, 2011). In addition, NST (2014) reported that data from the World Health Organization (WHO) shows that more than 42% of Malaysian adults are overweight or obese. According to the Population and Housing Census of Malaysia in 2010, there were approximately 8.4 million young people in the age of 10 to 24 years old, which constituted

about 30% or one third of Malaysia population (Department of Statistic Malaysia, 2012).

Those young Malaysians are the potential human capitals of the future for the nation building. Therefore, it is utmost priority for Malaysia and every developing nations to focus on developing a healthy young generation with sufficient knowledge and skills competencies. However, in order to develop a healthy society, one of the strategies could be undertaken is by determining their motivations to participate in recreational activities. Hence, more appropriate and effective health promotion and active lifestyle intervention could be initiated

1.3 Problem Statement

Of late, recreational activities have become preferred among the Malaysian public. People go to parks, fields, gyms, pools and other venues for recreation. The activities that was once monopolised by men are now championed by women too. In fact, female participation in recreational activities has begun to increase (Little, 2002). Although their number lags behind the male, females have shown that they have the motivation to inspire themselves to be involved in recreational activities. These activities are traditionally seen as a field for masculinity (Humberstone, 2000) which has been as autonomous, skilful, in control and influential. Femininity, on the other hand has traditionally been defined as submissive, nurturing and helpless (Little, 2002). In addition,

according to Bennett et. al. (2007), women are afraid of being attacked to recreational activities as they fear of violence, crime and their general safety which create apparent restrictions to their participation.

For instance, the Malaymail (2014) reported that, a routine morning jog for a woman took a gruesome turn when she found body parts in an abandoned suitcase at a car park along Jalan Kebun Bunga, Georgetown, Penang. Next, as reported by Bernama (2017) four men were charged as gang-raping a 14-year-old girl at a public toilet at a recreational park in Taman Setia Tropika, Kempas, Johor Bharu, Johor. Furthermore, as reported by The Star Online (2017), two female students from the University of Nottingham Malaysia Campus had been reported missing during a hike at Broga Hill in Semenyih.

Despite the constraints as mentioned, there has been an increase in women's participation in recreational activities. Berita Harian (2017) reported that 'The Color Run 2017' organized by CIMB Bank in Kuala Lumpur successfully attracted women participation. It was recorded that 13,000 women took part in the run. Apart from that, Utusan Online (2017) reported that a young woman, Syaza Adilah Mohd Roslan had magnificently reached 88 peaks of local and international mountains at the age of 26. She said that, hiking was one of her learning processes to

boost up her personality and this recreational activity was for her self-satisfaction.

Additionally, Universiti Sains Malaysia (USM) encouraged their female students to participate in recreational activities by developing recreational programmes on campus exclusively for the female students. Hafiz (2016) stated that the programs which completely involved female students had positive feedback from them and also the female staff of the university. This shows that female participation in recreational activities is commonplace in the society despite the safety threats they may face.

However, there is lack of studies that have been done to explore what motivates female to participate in recreational activities. As such, this study focuses on finding the motivational factors to participate in recreational activities among women by sampling out female undergraduate students of Universiti Putra Malaysia (UPM). The findings of this study will provide the public with new insights on the elements of recreational activities among women, specifically the motivational factors of their involvement.

1.4 Objectives

The objectives of this study are

- a. To determine motivation factors to participate in recreational activities among female undergraduate of Universiti Putra Malaysia.
- b. To compare motivational factors participation among female undergraduate in recreational activities between Science and Non-Science faculty.
- c. To identify activities that preferred by female undergraduate.

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