

UNIVERSITI TEKNOLOGI MARA

**ANTHROPOMETRICS, BODY COMPOSITION,
PHYSICAL ACTIVITY, PHYSICAL FITNESS
AND BODY IMAGE PERCEPTION AMONG
FEMALE ADOLESCENTS IN SARIKEI,
SARAWAK**

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Author's Declaration

I declare that the work in this dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the result of my own work, unless otherwise indicated or acknowledged as referenced work. This dissertation has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledgement that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.


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Abstract

This study examined the body image perception and its relationships to anthropometry, body composition, physical activity and fitness among 439 female adolescents in Sarikei, Sarawak. A set of questionnaires were used to gather information on demographic factors, physical activity (GPAQ) and body image perception (MBIS). Anthropometry, body composition and physical fitness were also determined. There were significant differences ($p < .05$) in physical activity levels observed in relation to MBIS factors among the three groups (very active, moderately active and inactive groups). The inactive participants were more dissatisfied with body image. There were no significant correlations between body image satisfaction and skinfold body fat percentage in very active participants, or with weight in moderately active participants, and with waist in inactive participants ($p > .05$). All other correlations were significant ($p < .05$). Significant negative correlations were observed between waist to hip ratio and body image satisfaction in both very active ($p < .05$) and moderately active ($p < .05$) participants. The total body strength and flexibility were significantly correlated with body image satisfaction in all groups ($p < .05$). However, only aerobic fitness was significantly correlated with body image satisfaction in inactive participants ($p < .05$). There was no significant correlation observed between muscular endurance and body image satisfaction in all studied groups. The inactive group was observed to have more body image issues when compared to the other counterparts. Therefore, the present study recommends that intervention and prevention programs on physical activity and fitness would be beneficial in reducing body dissatisfaction among adolescents.

Keyword: Body image, physical fitness, female, adolescents

Abstrak

Kajian ini mengkaji persepsi imej tubuh dan hubungannya terhadap antropometri, komposisi badan, aktiviti fizikal dan kecergasan di kalangan 439 remaja perempuan di Sarikei, Sarawak. Satu set soal selidik telah digunakan untuk mengumpul maklumat mengenai aktiviti demografik, aktiviti fizikal (GPAQ) dan imej badan (MBIS). Antropometri, komposisi badan dan kecergasan fizikal juga telah ditentukan. Terdapat perbezaan yang signifikan ($p < .05$) diperhatikan dalam faktor MBIS di kalangan tiga kumpulan (sangat aktif, sederhana aktif dan tidak aktif) tahap aktiviti fizikal. Peserta tidak aktif kurang berpuas hati terhadap imej tubuh badan. Tiada hubungan yang signifikan antara kepuasan imej badan dan peratusan lemak badan di kalangan peserta sangat aktif, berat badan di kalangan peserta sederhana aktif dan ukur lilit pinggang di kalangan peserta sangat aktif ($p > .05$). Semua korelasi lain yang adalah signifikan ($p < .05$). Satu korelasi negatif yang signifikan telah diperhatikan antara ukur lilit pinggang dan kepuasan imej badan di kalangan peserta sangat aktif ($p < .05$) dan juga sederhana aktif ($p < .05$). Kekuatan keseluruhan badan dan fleksibiliti adalah sangat signifikan berkorelasi dengan kepuasan imej badan di dalam semua kumpulan ($p < .05$), namun hanya kecergasan aerobik sahaja yang mempunyai hubungan yang signifikan dengan kepuasan imej badan peserta yang tidak aktif ($p < .05$). Tiada hubungan yang signifikan diperhatikan di antara ketahanan otot dan kepuasan imej badan di dalam semua kumpulan yang dikaji. Peserta yang tidak aktif dilaporkan mempunyai lebih banyak isu imej badan apabila dibandingkan dengan peserta yang lain. Oleh itu, kajian ini mencadangkan bahawa program intervensi dan pencegahan melalui aktiviti fizikal dan kecergasan mungkin bermanfaat dalam mengurangkan imej badan negatif di kalangan remaja.

Kata kunci: Imej badan, kecergasan fizikal, perempuan, remaja

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