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EXTENDED ABSTRACT

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THE DYNAMICS OF PHYSICAL ACTIVITY AND HAPPINESS INDEX: INSIGHTS FROM MALAYSIAN UNIVERSITY STUDENTS

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I. INTRODUCTION

This study explores the relationship between physical activity and happiness among UiTM Seremban 3 students. While prior research highlights their correlation, the temporal and causal dynamics remain understudied [1]. This study uses quantitative research design and used two questionnaires which are International Physical Activity Questionnaire (IPAQ) to measure the physical activity of the UiTM Seremban 3 students and Oxford Happiness Questionnaire (OHQ) to measure their happiness index. Addressing this gap can offer valuable insights into how increased physical activity impacts UiTM Seremban 3 student's happiness level.

II. METHODS

The research used qualitative research design. The questionnaire was distributed online using Google Form to all the respondents incorporating the International Physical Activity Questionnaire (IPAQ) [4] to measure physical activity level and to get physical activity total for variables, and the Oxford Happiness Questionnaire (OHQ) [5] to assess happiness level and to get the mean of the UiTM Seremban 3 student's happiness index. A total of 300 UiTM Seremban 3 students participated. Descriptive analysis and statistical correlation were applied to determine the relationship between physical activity and happiness levels.

III. RESULTS AND DISCUSSION

A. Result for Physical Activity level

Physical Activity Level Frequency among UiTM Seremban 3 Students

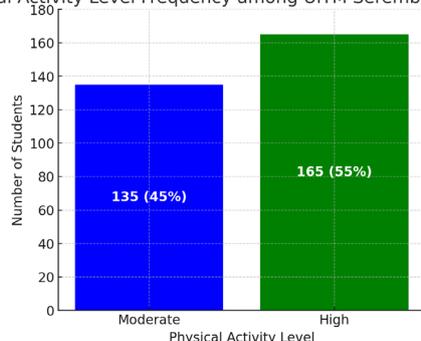


Fig. 1 Physical Activity Level Frequency among UiTM Seremban 3 Students. 45% moderate and 55% high on physical activity level.

Most participants reported students involved in high physical activity and happiness which is 165 students, indicating a common ground for student well-being. The findings indicate that 55% (165 students) of students had high physical activity levels, while 45% (135 students) exhibited moderate activity, with no reports of low activity. Higher physical activity is strongly linked to greater happiness. Strong positive correlation between higher levels of physical activity and increased happiness [1] and Engaging in regular moderate physical activity reported significantly higher levels of happiness and life satisfaction compared to less active individuals [2].

B. Result for Happiness Index

TABLE I
RESULT FOR HAPPINESS INDEX

Descriptive	
N	300
Missing	2
Mean	4.07
Median	4.07
Standard Deviation	0.952
Minimum	1.48
Maximum	6.00

Happiness levels were predominantly moderate, the average happiness index score among participants was 4.07, with a standard deviation of 0.95. This suggests that most people have a strong happiness index, but there's a wide range in how happy the students are.

C. Result For Relationship Between Physical Activity and Happiness Index

Research indicates that low levels of happiness among students are associated with increased depression, heightened stress, and reduced physical activity [3]. and a strong positive correlation (Pearson coefficient 0.989) was observed between physical activity and happiness. These results suggest that significant students who engage in higher levels of physical activity tend to report greater happiness, reinforcing existing literature on the benefits of an active lifestyle (Figure 2).

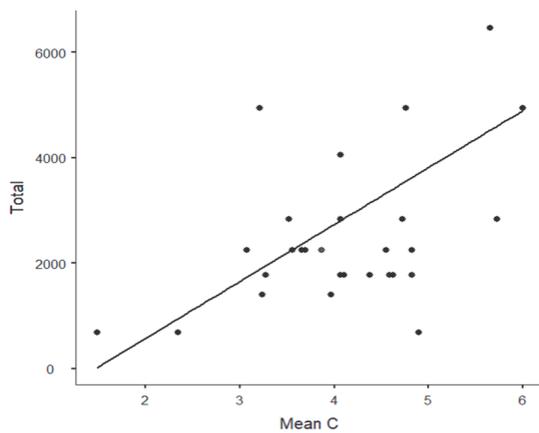


Fig. 2 The Correlation Between Physical Activity and Happiness Index among UiTM Seremban 3 Students

IV. CONCLUSIONS

This study confirms a strong positive correlation between physical activity and happiness among UiTM Seremban 3 students. The findings highlight the importance of promoting an active lifestyle to enhance well-being. Future research should explore causal relationships using longitudinal or experimental designs to determine whether increased physical activity directly contributes to higher happiness levels.

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