

The background of the cover is an abstract, high-energy image. It features a blurred figure of a person, likely a runner, in motion. The figure is overlaid with vibrant, streaky light trails in shades of teal, blue, and orange, creating a sense of speed and dynamic movement. The overall composition is energetic and modern.

INTERNATIONAL GRADUATE COLLOQUIUM

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EXTENDED ABSTRACT

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THE ASSOCIATION BETWEEN PHYSICAL ACTIVITY AND MENTAL HEALTH STATUS AMONG EMPLOYEES AT SEMENYIH ECO-VENTURE RESORT AND RECREATION

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I. INTRODUCTION

The relationship between physical activity and mental health status has been widely studied, but research focusing on employees in Malaysia remains limited. This study investigates the level of physical activity and mental health status among employees at Semenyih Eco Venture Resort and Recreation. By examining their association, the findings will contribute to workplace wellness strategies and address gaps in local research.

II. METHODS

This study employed a quantitative, non-experimental design using a purposive sampling approach. A structured questionnaire was administered to 33 employees at Semenyih Eco Venture Resort and Recreation. The International Physical Activity Questionnaire (IPAQ-short form) assessed physical activity levels [1], while the Depression Anxiety and Stress Scale (DASS-21) measured mental health status [2]. Descriptive and inferential statistics were used to analyze physical activity levels, METs/week, and mental health outcomes.

III. RESULTS AND DISCUSSION

A. Level of Physical Activity

Employees at Semenyih Eco Venture Resort engaged most frequently in walking for at least 10 minutes daily (6.06 ± 1.41), with moderate activities (4.88 ± 1.78) and vigorous activities (4.42 ± 1.62) occurring less often. Sitting time had the lowest frequency (3.48 ± 1.58), reflecting active daily routines.

B. Mental Health Status

Anxiety was the most prevalent mental health issue (2 ± 1.32), followed by depression (1.48 ± 0.87) and stress (1.36 ± 0.96). These findings align with existing research highlighting anxiety as a dominant concern.

C. Association Between Physical Activity and Mental Health Status

The Fisher Exact test revealed no significant association ($p = 1.00$) between physical activity and mental health status [3]. Despite this, physical activity remains crucial for employee productivity and well-being, supporting initiatives

like fitness programs to enhance both physical and mental health outcomes.

IV. CONCLUSIONS

Physical activity levels among employees at Semenyih Eco Venture reflect active engagement, with walking being most frequent. Mental health challenges, particularly anxiety, emphasize the need for targeted interventions. While no significant association between physical activity and mental health was observed, promoting wellness programs remains vital for improving employee well-being and organizational performance.

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