

The background of the entire 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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SPORTS AND PHYSICAL EXERCISE ASSEMBLY OF KNOWLEDGE SHARING

COLLOQUIUM PROCEEDINGS

EXTENDED ABSTRACT

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THE IMPACT OF NATURE ENGAGEMENT ON STUDENT WELL-BEING: EXAMINING THE RELATIONSHIP BETWEEN OUTDOOR RECREATION AND PERCEIVED BENEFITS

Muhammad Zulhairie Zulazizi, & Ummi Kalthum Mohd Mokhtar*

Faculty of Sports Science and Recreation, Universiti Teknologi MARA, Negeri Sembilan Branch, Seremban Campus, Negeri Sembilan, MALAYSIA

*Corresponding author: ummikalthum@uitm.edu.my

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I. INTRODUCTION

This study explores the influence of outdoor recreation on the perceived well-being of nature [1] among FSR students at UiTM Seremban 3. It aims to determine the role of outdoor activities in shaping student well-being and investigate the relationship between recreation and nature's perceived benefits, contributing valuable insights into student wellness and environmental engagement [2].

II. METHODS

The study employed convenience sampling to select 334 FSR students at UiTM Seremban 3. A structured questionnaire captured demographic data, outdoor recreation preferences, and perceived well-being effects using Likert scales. Descriptive statistics assessed participation trends and well-being effects, while Pearson correlation analyzed the relationship between outdoor recreation and perceived well-being, providing quantitative insights into student wellness and environmental engagement.

III. RESULTS AND DISCUSSION

A. Outdoor Recreation

FSR students showed high engagement in outdoor recreation, with "focus on experience" rated highest (4.20 ± 1.32). Engagement levels were consistent across activities, emphasizing freedom, self, and nature as primary motivators.

B. Perceived well-being

Perceived well-being effects highlighted balanced restoration (3.12 ± 0.58), social well-being (3.12 ± 0.52), and physical sensations (3.13 ± 0.52), indicating moderate well-being outcomes.

C. Relationship between Participation In Outdoor Recreation And Perceived Well-Being Of Nature

A strong positive correlation ($r = 0.732$, $p < 0.001$) was found between outdoor recreation and perceived well-being, confirming that greater participation significantly enhances well-being dimensions.

TABLE I

RELATIONSHIP BETWEEN OUTDOOR RECREATION AND PERCEIVED WELL-BEING

Outdoor Recreation	Perceived well-being	
	Pearson r	0.732
	df	343
	p -value	<0.001
	N	345

IV. CONCLUSIONS

This study confirms that outdoor recreation positively influences perceived well-being among FSR students at UiTM Seremban 3. Participation promotes restoration, social well-being, and physical sensations, with a strong correlation between recreation and well-being. These findings underscore the importance of outdoor activities for improving students' holistic well-being and highlight the value of fostering such opportunities within academic environments.

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