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**EXTENDED
ABSTRACT**

The Relationship Between Physical Activity and Body Image Across Ages at Taman Tasik Titiwangsa Kuala Lumpur

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I. INTRODUCTION

Body image and physical activity are interlinked but influenced by age-specific motivations and societal pressures. This study explores the relationship between physical activity and body image across different age groups at Taman Tasik Titiwangsa, Kuala Lumpur [1]. By addressing a lack of Malaysian-based, age-sensitive, and recreational-contextual research, this study aims to deepen understanding of how varying perceptions of body image relate to levels of physical activity in everyday public spaces.

II. METHODS

This study involved 377 participants aged 18 and above, selected through convenience sampling at Taman Tasik Titiwangsa, Kuala Lumpur. Physical activity was measured using the Godin Leisure-Time Exercise Questionnaire, while body image was assessed using the Body Image–Acceptance and Action Questionnaire. Data were collected throughout May 2025 during on-site interactions with adult park visitors who voluntarily agreed to participate in the study.

III. RESULTS AND DISCUSSION

A. Physical Activity Levels Across Age Groups

To determine physical activity levels across age groups, ANOVA analysis was conducted. Results showed no significant differences ($p = 0.564$), suggesting uniform engagement across all ages. Contrary to expectations, older adults were as active as younger ones, indicating that factors beyond age like environment or motivation may shape physical activity in urban parks.

TABLE I
PHYSICAL ACTIVITY LEVELS ACROSS AGE GROUP

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	10.808	41	.264	0.949	0.564
Within Groups	93.035	335	0.278		
Total	103.843	376			

B. Body Image Perceptions Across Age Groups

To assess variations in body image across age groups, ANOVA revealed no significant differences ($p = 0.636$). Body image perceptions appeared stable across all adult ages. This

consistency challenges assumptions that younger individuals possess more positive body image and suggests widespread societal or cultural influences affecting body image across generations.

TABLE II
BODY IMAGE PERCEPTION ACROSS AGE GROUPS

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	17.834	41	0.435	0.907	0.636
Within Groups	160.613	335	0.479		
Total	178.446	376			

C. Relationship Between Physical Activity and Body Image

To examine the relationship between physical activity and body image, Pearson correlation showed a weak but significant positive association ($r = 0.125$, $p = 0.015$). While increased activity was linked to better body image, the small effect size implies that additional psychological or social variables also play key roles in shaping body perception.

TABLE III
RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND BODY PERCEPTION

	Body Image	
Physical Activity	Pearson Correlation	0.125*
	r	
	Sig. (2-tailed)	0.015
	N	377

* Correlation is significant at the 0.05 level (2-tailed).

D. Interaction Effects of Physical Activity Level and Age on Body Image

To analyse body image differences across physical activity levels and age, a two-way ANOVA revealed no significant effects ($p = 0.051$). Although marginal, the result hints at a possible trend. Without post hoc data, no clear group differences were identified, suggesting body image may not differ substantially by activity level or age group.

TABLE IV
INTERACTION EFFECT OF PHYSICAL ACTIVITY AND AGE ON BODY IMAGE

	Sum of Squares	df	Mean Square	F	Sig.
Regression	2.826	2	1.413	3.009	0.051 ^b
Residual	175.620	374	0.470		
Total	178.446	376			

IV. CONCLUSIONS

This study found no significant age-based differences in physical activity or body image among adults at Taman Tasik Titiwangsa. However, a weak positive correlation between the two suggests physical activity slightly enhances body image. Broader psychosocial influences may shape these outcomes more strongly than age or activity level alone.

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REFERENCES

- [1] Sutan, R., Muhammad Amir, K., & Mohd Tamil, A. (2022). Sociodemographic and body image measures associated with overall and domain-specific physical activity among a group of Malaysian university undergraduates. *Journal of Health Research*, 36(6), 1131-1140.