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**EXTENDED  
ABSTRACT**

# The Relationship Between Perceived Physical Literacy and Obesity Awareness Among UiTM Seremban Students

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## I. INTRODUCTION

Obesity among youth remains a global health concern. This study explores the relationship between perceived physical literacy and obesity awareness among UiTM Seremban 3 students. By evaluating students' physical literacy levels and obesity awareness, the research aims to understand their correlation and how they vary with BMI. Findings may inform targeted interventions for promoting healthier lifestyles within university settings.

## II. METHODS

This study involved 123 UiTM Seremban 3 students selected using simple random sampling. Data were collected using the Perceived Physical Literacy Instrument (PPLI) and the Obesity Awareness and Insight Scale (OASIS). Participants' BMI was also recorded. Pearson correlation analysis was applied to examine the relationship between perceived physical literacy, obesity awareness, and BMI differences.

## III. RESULTS AND DISCUSSION

### A. Physical Literacy Levels

Students showed consistently high physical literacy, with item means ranging from 4.24 to 4.53. The highest rated item was awareness of sports-related health benefits ( $M = 4.53$ ,  $SD = 0.618$ ). No significant differences emerged by gender or program. Findings suggest strong appreciation for physical activity, with positive attitudes, confidence, and coping skills evident across the sample.

TABLE I  
THE ITEMS OF PERCEIVED PHYSICAL LITERACY INSTRUMENT (PPLI)

	Mean	SD
I have a positive attitude and interest in sports.	4.36	0.748
I appreciate myself or others doing sports.	4.48	0.592
I am aware of the benefits of sports related to health.	4.53	0.618
I am physically fit, in accordance with my age	4.30	0.746
I possess self-management skills for fitness.	4.24	0.793
I possess self-evaluation skills for health.	4.29	0.744
I have strong social skills.	4.28	0.771
I am confident in wild/natural survival.	4.24	0.879
I am capable in handling problems and difficulties	4.37	0.716

### B. Obesity Awareness

Obesity awareness was mixed. Students rated their ability to maintain current lifestyles highest ( $M = 7.43$ ,  $SD = 2.06$ ), while low agreement appeared for having excess body fat ( $M = 3.77$ ,  $SD = 2.76$ ). Despite understanding obesity risks ( $M = 3.91$ ), personal recognition was limited. No significant demographic effects were found ( $p = 0.989$ )

TABLE II  
THE ITEMS OF OBESITY AWARENESS AND INSIGHT SCALE (OASIS)

	Mean	SD
My experiences are due to being overweight or obese.	3.88	2.75
My experiences are due to other reasons than my weight regardless of what other people think (e.g. doctors, family, friends, etc.)	3.90	2.64
I have an excessive amount of body fat.	3.77	2.76
I am at a healthy weight.	7.33	2.28
I am overweight or have obesity (i.e. Body Mass Index greater than 25 = overweight; Body Mass Index greater than 30 = obese).	3.94	3.08
I need to make or maintain healthy life style changes to improve my diet and increase the amount I exercise.	5.46	3.17
I can safely carry on my current lifestyle (i.e. eating and exercising as I currently do).	7.43	2.06
I need weight loss treatment.	4.01	3.21
My weight has led or can lead to negative health consequences (e.g. high cholesterol, hypertension, diabetes, heart disease, depression, etc.).	3.91	3.11

### C. Relationship Between PL and OA

A significant moderate correlation was found between physical literacy and obesity awareness ( $r = 0.351$ ,  $p < 0.001$ ,  $df = 121$ ). This suggests students with stronger physical literacy tend to be more aware of obesity-related issues. While the relationship is not strong, it supports the idea that health knowledge and physical competence are interlinked.

TABLE III  
RELATIONSHIP BETWEEN PHYSICAL LITERACY LEVELS AND OBESITY AWARENESS

PPLI Total Scores		
<b>Obesity Awareness</b>	(Pearson's r)	0.351
<b>Total</b>	df	121
	p-value	<0.001

### D. Body Mass Index and Physical Literacy

Levene's test showed no significant differences in perceived physical literacy ( $p = 0.989$ ) or obesity awareness ( $p = 0.989$ ) across BMI groups. This indicates BMI is not a determining factor in either construct. Instead, cognitive, social, or educational variables may shape awareness and literacy more than physiological status among these university students.

TABLE IV  
BODY MASS INDEX AND PHYSICAL LITERACY

	F	df1	df2	p
<b>Obesity Awareness Total</b>	0.0417	3	119	0.989

#### IV. CONCLUSIONS

The study reveals a moderate link between physical literacy and obesity awareness among UiTM Seremban 3 students. Despite no significant differences by BMI, higher physical literacy aligns with better obesity awareness. These insights support targeted health education strategies to strengthen students' knowledge and behaviors related to obesity prevention.

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