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ABSTRACT

The Relationship Between Physical Activity Levels and Academic Performance Among Students at UiTM Seremban 3

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I. INTRODUCTION

This study investigates the relationship between physical activity and academic performance among students at UiTM Seremban 3, including gender-based differences [1]. Despite global interest in student wellness, limited evidence exists within this local context. By examining activity levels, academic outcomes, and gender variation, the study aims to inform institutional strategies for enhancing student well-being and performance.

II. METHODS

A cross-sectional design was employed with self-reported data from students at UiTM Seremban 3 via online questionnaires. The International Physical Activity Questionnaire (IPAQ) assessed physical activity levels, while the Academic Performance Scale (APS) measured academic outcomes. Data were analyzed using the Chi-square test to examine relationships between variables, including gender differences.

III. RESULTS AND DISCUSSION

A. Physical Activity Levels

Most students at UiTM Seremban 3 reported being physically active. Specifically, 41.4% were in the high activity category, 33.3% in moderate, and only 25.2% in low. This suggests that the majority maintain adequate physical activity levels, which may reflect an active student lifestyle or successful campus health promotion efforts.

TABLE I
PHYSICAL ACTIVITY LEVELS

Physical Activity	Counts	% of Total	Cumulative %
High	46	41.4%	41.4%
Moderate	37	33.3%	74.8%
Low	28	25.2%	100.0%

B. Academic Performance

Academic performance was generally high among the participants, with 47.7% achieving excellent results and 44.1% reporting good performance. Only 8.1% had moderate academic outcomes. These findings indicate strong overall academic achievement, possibly influenced by effective academic support systems or student motivation within UiTM Seremban 3.

TABLE II
ACADEMIC PERFORMANCE

Academic Performance	Counts	% of Total	Cumulative %
Excellent Performance	53	47.7%	47.7%
Good Performance	49	44.1%	91.9%
Moderate Performance	9	8.1%	100.0%

C. Relationship Between PA And AP

The chi-square test showed no statistically significant relationship between physical activity levels and academic performance ($p = 0.124$). Although students with higher activity levels tended to perform better academically, the association lacked statistical strength. This implies other factors may play a more critical role in academic outcomes.

TABLE III
RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND ACADEMIC PERFORMANCE

	Value	df	p
χ^2	7.23	4	0.124
N	111		

D. Gender Differences

Gender differences in physical activity were statistically significant ($p = 0.048$). More male students reported high physical activity, while female students more often fell into moderate or low categories. These differences suggest gender-specific factors influence activity habits and should be considered in future health promotion programs.

TABLE IV
GENDER DIFFERENCES

	Value	df	p
χ^2	6.08	2	0.048
N	111		

IV. CONCLUSIONS

While most students demonstrated both high physical activity levels and strong academic performance, no significant relationship was found between the two. However, gender differences in activity levels were statistically significant. These findings highlight the need for tailored health initiatives and further exploration of factors affecting student success.

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