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EXTENDED ABSTRACT

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Understanding The Barriers to Physical Activity Participation Among Employees at KBS Putrajaya

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I. Introduction

This study examined physical activity participation among employees at KBS Putrajaya and explored whether barriers influence their involvement in physical activity. Physical activity was essential for maintaining physical and mental health, yet many working adults struggle to remain active due to work commitments and lifestyle factors.

II. Methods

This study employed a quantitative design involving employees at KBS Putrajaya. Data were collected using a structured questionnaire, including the International Physical Activity Questionnaire (IPAQ) to measure physical activity levels. The barriers were measured using items from the Barriers to Being Active Questionnaire (BBAQ) developed by the Centers for Disease Control and Prevention (CDC). Statistical analyses, including descriptive statistics and chi-square test, were conducted using SPSS to examine relationships between variables.

III. Results and Discussion

A. Barriers to Physical Activity Participation

Findings showed that barriers among employees were generally low. However, the most reported barriers were lack of energy ($M = 2.60$, $SD = 0.867$), followed by lack of willpower ($M = 2.58$, $SD = 0.862$) and lack of time ($M = 2.45$, $SD = 0.804$). These results suggest that personal and motivational factors slightly influence participation in physical activity among employees.

B. Physical Activity Participation Level

Analysis of physical activity levels indicated that 48.5% of employees achieved high physical activity levels, while 20.3% were moderately active and 31.1% were classified as having low physical activity levels. Although many employees were active, a considerable proportion still demonstrated insufficient participation.

C. Gender Differences in Physical Activity Participation

An independent samples t-test revealed a significant difference in physical activity participation between male and female employees, with male employees showing higher participation levels (t (239) = 3.047, $p = 0.003$).

D. Relationship Between Barriers and Physical Activity Participation

The chi-square test indicated no significant relationship between barriers and physical activity participation ($\chi^2 = 0.361$, $p = 0.064$). This suggests that barriers did not significantly determine employees' participation levels.

TABLE I
RELATIONSHIP BETWEEN BARRIERS AND PHYSICAL ACTIVITY

Variable	Statistic	PA Level
Barriers	Pearson Chi Square	0.361
	Sig. (2-tailed)	0.064
	N	241

IV. Conclusions

In conclusion, the study found that most employees demonstrated moderate to high levels of physical activity, although a considerable proportion still showed low participation. Barriers were generally low, and no significant relationship was found between barriers and participation levels. These findings highlight the importance of workplace initiatives to further encourage consistent physical activity among employees.

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