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Relationship Between Sports Participation and Academic PerformanceAmong Multi-Sport KARiSMA Athletes UiTM Seremban 3

Mohamad Razman[1] & Azman Ahmad Tajri[1*]
[1]*Faculty of Sports Science and Recreation, University Teknologi MARA, Seremban Campus, Negeri Sembilan, Malaysia*
[*]*Corresponding author: azmantajri@uitm.edu.my*

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I. Introduction

Sports participation plays an important role in students physical, psychological, and academic development. University sports programs such as KARiSMA provide opportunities for students to engage in structured sports activities while pursuing academic studies. However, concerns remain regarding whether active involvement in sports may affect students' academic performance. Some researcher suggests that sports participation improves discipline, time management, and cognitive skills which contribute positively to academic performance. Therefore, this study aimed to determine the sports participation, identify the level of academic performance, and examine the relationship between sports participation and academic performance among multi-sport KARiSMA athletes UiTM Seremban 3.

II. Methods

This study used a quantitative correlational research design. A total of 158 KARiSMA athletes from UiTM Seremban 3 were selected using purposive sampling. Data were collected using two questionnaires which is the adapted version of Sport Participation Model Questionnaire (SPMQ) to measure sports participation and the Academic Performance Scale (APS) to measure academic performance. The data were analysed using descriptive statistics and Pearson correlation analysis to determine the relationship between sports participation and academic performance.

III. Results and Discussion

A. Sports Participation

The table I showed the descriptive statistics for sports participation among KARiSMA athletes UiTM Seremban 3. The mean score for sports participation was 3.57 with a standard deviation of 0.42, indicating a generally high level of sports participation among the respondents. The high level of participation suggests that KARiSMA athletes are strongly engaged in sports activities, supported by institutional programs and sports facilities. Active involvement in sports is important for developing discipline, teamwork, and physical fitness among student-athletes.

TABLE I
DESCRIPTIVE STATISTICS OF SPORTS PARTICIPATION

	Mean	Std. Deviation (SD)
Sports Participation	3.57	0.42

B. Academic Performance

Table II showed the descriptive statistics of academic performance levels among the multi-sport KARiSMA athletes UiTM Seremban 3. The majority of students demonstrated excellent academic performance with 98 respondents (62.0%), followed by good performance with 56 respondents (35.4%), while 4 respondents (2.5%) were categorized as having moderate academic performance. This finding suggests that involvement in sports does not negatively affect academic performance and may contribute positively by improving time management, discipline, and motivation among student-athletes.

TABLE II
DESCRIPTIVE STATISTICS OF ACADEMIC PERFORMANCE

Level of Academic Performance	Frequency (n)	Percentage (%)
Excellent	98	62.0 %
Good	56	35.4%
Moderate	4	2.5%

C. Relationship Between Sports Participation and Academic Performance

Table III showed the results of the correlation analysis between sports participation and academic performance. The results revealed a moderate positive correlation and significant relationship between sports participation and academic performance ($r = 0.372$, $p < 0.001$).

TABLE III
CORRELATION BETWEEN SPORTS PARTICIPATION AND ACADEMIC PERFORMANCE

		Academic Performance
Sports Participation	Pearson's r	0.372
	p-value	< 0.001
	Frequencies (n)	158

IV. CONCLUSIONS

In conclusion, this study found that KARiSMA athletes demonstrated high sports participation and good academic performance. The results also confirmed a moderate positive and significant relationship between sports participation and academic performance. This indicated that sports participation does not negatively affect academic performance and may support students' academic success when properly balanced. These findings highlight the importance of promoting sports participation among university students while ensuring academic achievement.

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