INTERNATIONAL GRADUATE COLLOQUIUM

i-SPEAK 2026

SPORTS AND PHYSICAL EXERCISE ASSEMBLY OF KNOWLEDGE SHARING



SERIES 1. 2026

COLLOQUIUM PROCEEDINGS

EXTENDED ABSTRACT

Malaysia, 10 February 2026

eISBN 978-629-7989-01-3

The Relationship Between Screen Time Duration and Physical Activity Level Among Student UiTM Seremban 3

Muhammad Amiele Khairudin[1], Ummi Kalthum Mohd Mokhtar[1*], Muhammad Wafi A. Rahman[1], Siti Aida Lamat[1], Mohamad Firdaus Ahmad[1], &Aishah Nadirah Mohamed Alauddin[1]
[1]*Faculty of Sports Science and Recreation, Universiti Teknologi MARA, Seremban Campus, Negeri Sembilan, Malaysia*
[*]*Corresponding author: ummikalthum@uitm.edu.my*

Keywords: *Questionnaire For Screen Time of Adolescents (Quest), International Physical Activity Questionnaire (IPAQ)*

I. Introduction

Digital technology has increased screen time among young adults globally [1]. Excessive screen exposure is associated with sedentary behaviour and health risks such as obesity and cardiovascular problems [2]. High screen time may reduce time available for physical activity [3]. Low physical activity levels are linked to poorer physical and psychological health [4]. However, limited studies have examined this relationship among Malaysian university students [3]. Therefore, this study investigated the relationship between screen time duration and physical activity level among UiTM Seremban 3 students.

II. Methods

This study used a quantitative cross-sectional survey design [5]. A total of 200 UiTM Seremban 3 students participated in the study. Screen time was measured using the Questionnaire for Screen Time of Adolescents (QueST) [6]. Physical activity level was assessed using the International Physical Activity Questionnaire (IPAQ) [7]. Descriptive statistics and Chi-square analysis were used to analyse the data [5].

III. Results and Discussion

A. Screen Time

Most respondents (99.5%) were classified in the high screen time category based on the QueST instrument. High screen exposure among young adults has been widely reported in previous studies [2] [6]. Prolonged screen engagement is commonly associated with sedentary behaviour [2].

B. Physical Activity

Based on the IPAQ results, 51.0% of respondents demonstrated moderate physical activity levels, followed by 31.5% low and 17.5% high levels. Moderate physical activity contributes to maintaining overall health and fitness [4]. However, low activity levels among young adults remain a public health concern [4].

Table I
Physical Activity Level

PA Level	Counts	% of Total	Cumulative %
	35	17.5%	17.5%
Low	63	31.5%	49.0%
Moderate	102	51.0%	100.0%

C. Relationship Between Screen Time Duration and Physical Activity Level Among Students UiTM Seremban 3

The Chi-square analysis showed no significant relationship between screen time duration and physical activity level ($\chi^2 = 2.19$, $p = 0.335$). This finding aligns with previous research indicating that screen time does not necessarily reduce moderate-to-vigorous physical activity [8]. Other lifestyle and environmental factors may influence physical activity behaviour among university students [8].

Table II
Chi Square Value

	Value	df	p
χ^2	2.19	2	0.335
N	200		

IV. Conclusions

Most UiTM Seremban 3 students reported high screen time and moderate physical activity levels. However, no significant association was identified between the two variables. Further research should examine additional lifestyle factors influencing physical activity behaviour.

Acknowledgment

The author would like to express sincere appreciation to all respondents who participated in this study, as your time, honesty, and willingness to share your experiences greatly contributed to the success of this research. The author also extends heartfelt thanks to the organizations and individuals who granted permission and provided support throughout the data collection process, as your

cooperation and trust were invaluable in enabling the completion of this study.

REFERENCES

[1] Fanxing, K., Gao, Y., Herold, F., Hossain, M. M., Yeung, A. S., Ng, J. L., Kramer, A. F., & Zou, L. (2023). Relationships between physical activity, sleep, and screen time with academic performance and psychological functioning among US children and adolescents with depression. Complementary Therapies in Clinical Practice, 53, 101806.

[2] Haghjoo, P., Siri, G., Soleimani, E., Farhangi, M. A., & Alesaeidi, S. (2022). Screen time increases overweight and obesity risk among adolescents: a systematic review and dose-response meta-analysis. BMC Primary Care, 23(1).

[3] Christofaro, D. G. D., De Andrade, S. M., Fernandes, R. A., Cabrera, M. A. S., Ritti-Dias, R. M., & Cardoso, J. R. (2015). Screen time is associated with physical activity, overweight and blood pressure in adolescents. Revista Paulista de Pediatria, 33(2), 153–159.

[4] Nagata, J. M., Vittinghoff, E., Gabriel, K. P., Rana, J. S., Garber, A. K., Moran, A. E., Reis, J. P., Lewis, C. E., Sidney, S., & Bibbins-Domingo, K. (2022b). Physical activity from young adulthood to middle age and premature cardiovascular disease events: a 30-year population-based cohort study. International Journal of Behavioral Nutrition and Physical Activity, 19(1), 123.

[5] Sekaran, U., & Bougie, R. (2010). Research methods for business: A skill-building approach (5th ed.). John Wiley & Sons.

[6] Knebel, M. T. G., Da Costa, B. G. G., Santos, P. C. D., De Sousa, A. C. F. C., & Silva, K. S. (2021b). The conception, content validation, and test-retest reliability of the Questionnaire for Screen Time of Adolescents (QueST). Jornal De Pediatria, 98(2), 175–182.

[7] Craig, C. L., Marshall, A. L., Sj??Str??M, M., Bauman, A. E., Booth, M. L., Ainsworth, B. E., Pratt, M., Ekelund, U., Yngve, A., Sallis, J. F., & Oja, P. (2003). International Physical Activity Questionnaire: 12-Country Reliability and Validity. Medicine & Science in Sports & Exercise, 35(8), 1381–1395.

[8] Aira, T., Vasankari, T., Heinonen, O. J., Korpelainen, R., Kotkajuuri, J., Parkkari, J., Savonen, K., Uusitalo, A., Valtonen, M., Villberg, J., Vähä-Ypyä, H., & Kokko, S. P. (2021b). Physical activity from adolescence to young adulthood: patterns of change, and their associations with activity domains and sedentary time. International Journal of Behavioral Nutrition and Physical Activity, 18(1), 85.