



**INTRINSIC MOTIVATION AND LEVEL OF PHYSICAL ACTIVITY
AMONG STUDENTS IN FACULTY OF EDUCATION, SEKSYEN 17
UiTM SHAH ALAM**

**SHAHRIL BIN ABD SAMAT
2009509633**

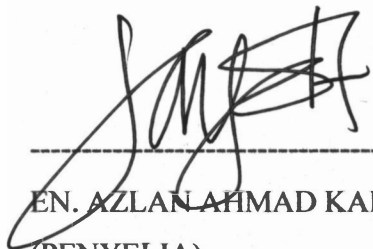
**FACULTY OF EDUCATION
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UNIVERSITI TEKNOLOGI MARA
FAKULTI PENDIDIKAN


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LATIHAN ILMIAH INI TELAH DIKEMUKAKAN UNTUK MEMENUHI
SEBAHAGIAN DARIPADA SYARAT UNTUK MEMPEROLEH IJAZAH
SARJANA MUDA DALAM PENDIDIKAN JASMANI DAN KESIHATAN



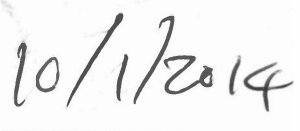
EN. AZLAN AHMAD KAMAL
(PENYELIA)



TARIKH



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TARIKH

DECLARATION

“I hereby declare that the work of this exercise is mine except for the quotations and summaries that have been duly acknowledged”.

DATE

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PENGAKUAN

“Saya akui karya ini adalah hasil karya saya sendiri kecuali nukilan dan ringkasan yang setiap satunya telah saya nyatakan sumbernya”.

TARIKH

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ABSTRACT

The level of physical activity is usually influenced by the high motivation factors. There are many motivating factors such as internal and external factors. This study is carried out to determine and investigate the factor of intrinsic motivation that influence people in sport participation and level of physical activity. There were 140 respondents involved in this study; the people who involve are students of Faculty of Education in Uitm Shah Alam, Selangor. Questionnaires were administered randomly in order to obtain information and responses regarding their intrinsic motivation factors. The survey is based on the source of "Sport Motivation Scale" (SMS) and the "International Physical Activity Questionnaire" (IPAQ), which was subsequently edited to meet the needs of the study. The data collected via the questionnaire was calculated manually and the findings were tabulated, and then presented in an orderly and easy-to-read manner in SPSS system. The findings of this study observe the factors of intrinsic and level of physical activity and sport participation among students that involved in their daily live activities. The results showed positive significance between intrinsic motivation and physical activity as well as the differences between men and women.

ABSTRAK

Tahap aktiviti fizikal biasanya dipengaruhi oleh faktor motivasi yang tinggi. Terdapat banyak faktor motivasi seperti faktor dalaman dan luaran. Kajian ini dijalankan untuk menentukan dan menyiasat faktor-faktor motivasi dalaman yang mempengaruhi orang ramai dalam penyertaan sukan dan tahap aktiviti fizikal mereka. Terdapat 140 orang responden yang terlibat dalam kajian ini, mereka yang terlibat ialah pelajar-pelajar di Fakulti Pendidikan Uitm Shah Alam, Selangor. Soal selidik telah diberi secara rawak untuk mendapatkan maklumat dan maklum balas mengenai faktor motivasi dalaman mereka. Kajian soal selidik ini berdasarkan sumber daripada “Sport Motivation Scale” (SMS) serta “International Physical Activity Questionnaire” (IPAQ) yang kemudiannya telah disunting untuk memenuhi keperluan kajian. Data yang terkumpul melalui soal selidik tersebut telah dikira secara manual dan kemudian hasil kajian telah dijadualkan dan dibentangkan supaya teratur dan mudah dibaca dalam sistem SPSS. Hasil kajian ini melihat hubungan di antara faktor-faktor motivasi dalaman dan tahap penglibatan aktiviti fizikal dan sukan di kalangan pelajar yang terlibat dalam kehidupan seharian mereka. Hasil kajian menunjukkan signifikasi positif diantara motivasi dalaman dan aktiviti fizikal serta perbezaan yang ketara diantara lelaki dan wanita.