

UNIVERSITI TEKNOLOGI MARA

**FACTORS CONTRIBUTE THE CONTINUITY OF AN
ATHLETE IN UITM PAHANG**

By

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DECLARATION OF ORIGINAL WORK
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ABSTRACT

Objective of the study was to identify the main factors why athletes participate in sports and to determine the differences between male and female of why athletes participate in sports. There were one-hundred sixty five (n=165) of an athlete from UiTM Pahang who participated in the study, age ranging from 18 to 25 years old. There is consists of sixty two females athlete (n=62) and one-hundred and three males athlete (n=103). The Leisure Motivation Scale (LMS) questionnaire created by Beard & Ragheb (1983) has been used to complete the study. They are need to completed the questionnaire given that consists from three factors which is self-esteem, enjoyment and health. The questionnaire administered in this study involved closed-ended questions where subjects selected the most appropriate response for their circumstance. Descriptive Statistics and Independent T-Test Statistics was used to answered all of the research objective. An SPSS statistical package was used to determine an athlete means, standard deviations, minimums, maximums, and frequencies. Analysis of data revealed that an athlete from UiTM Pahang tend to continue and participate in sports because from the three factors.

Keywords: Physical activity, sports, athlete, participation

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