

**RELATIONSHIP BETWEEN THE ENJOYMENT TO PHYSICAL EDUCATION
CLASS AND INVOLVEMENT IN PHYSICAL ACTIVITY AMONG
SELECTED SECONDARY SCHOOL IN KUCHING, SARAWAK**



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Executive summary

Recently, changes in dietary trends and modern lifestyles have led to many lifestyles related diseases. Physical activity is the best preventive measure against these diseases. Physical education (PE) has the proven potential to promote participation in physical activity. Therefore it is important to study PE enjoyment in relation to the effectiveness of PE in secondary schools in promoting active lifestyles. The objectives is to provide the enjoyment profile among selected secondary school around Kuching Sarawak and to study relationship between enjoyment and participation in physical activity among secondary schools students in Kuching, Sarawak. A total of 370 students aged between 13-16 years were selected among the six secondary schools in the vicinity of Kuching, Sarawak. From the 273 students involved 141 male and 132 of them are female. The research involved two daily schools, two elite schools and two missionary schools. Measurements were carried out by administrating two sets of questionnaire which are shorter versions of the international questionnaire for physical activity (IPAQ) and the physical education enjoyment questionnaire (PEEPQ). For analytical purposes, descriptive statistics were used for primary measures, and the Pearson correlation coefficient analysis was performed to examine the relationship between PE enjoyments and total physical activity scores. Activity Generated Excitement (AGE) revealed the strongest processes of enjoyment in this study. However, there was no significant relationship between PE enjoyment and participation in physical activity ($p>0.05$) among the selected secondary schools student around Kuching, Sarawak. This research finding support that the Activity Generated Excitement process is the most important factor influencing enjoyment in PE experience. Therefore, the PE class should consider this process in order to promote enjoyment among adolescents.

1.0 INTRODUCTION

Physical education is taught in Malaysia from the primary school level onwards. According to the Ministry of Education Curriculum Development Center of Malaysia in 1999, the physical education (PE) curriculum was designed to promote individual growth and to create a vibrant, prosperous and productive community. The most interesting goal of physical education was aimed at helping students to become active through the learning process. The main objectives of physical education was to improve and maintain health and fitness-based treatment, and control of basic motor movement. Theoretically, students who could master the skills taught, and enjoyed the physical education classes, would be more willing and more likely to be involved in physical activity within or outside the classes. They were also expected to maintain an active lifestyle till the later stages of their lives. Thus, it is very important to know the students' level of enjoyment of physical education classes and the tendency to participate in exercises. The effectiveness of PE has a big impact on the community and will help our country to reduce the health care costs of chronic diseases such as cardiovascular disease. However, whether the effectiveness of physical education in Malaysia has met its performance goals, is still unknown. Moreover, there is no such investigation carried out in Malaysia to view the situation from this perspective.

1.1 Problem statement

Physical education has been introduced in Malaysia and became an important curriculum in school. In western countries, various studies have been made to examine the effectiveness of physical education or school based education. Such efforts have since caused the realization that the importance of physical education as a preventive measure and a key strategy to promote healthy lifestyles cannot be denied. However, there is no data that has been obtained from research in this country focusing on this issue. There is no study conducted to evaluate whether the implementation of physical education in our country has already effectively achieved the purpose of its implementation. This study tries to answer that important question. Thus, the effectiveness of school based education to encourage the involvement of students involved in physical activity in the future can be measured.

1.2 Research objectives

1. To determine the profile of physical education enjoyment and exercise habits strength among secondary school students in selected areas around Kuching, Sarawak.
2. To determine the relationship between enjoyment of physical education students and participation in physical activity.

1.3 Significances of the study

1. To identify the factors those contribute to the enjoyment of physical education classes among secondary school students.
2. To provide information to the Ministry of Education about the effectiveness of the physical education subject in Sarawak.
3. To provide an information about the effectiveness of physical education in schools as a public health promotion.
4. To strengthen physical education in schools as agents of public health promotion and healthy lifestyle.