

UNIVERSITI TEKNOLOGI MARA

**RELATIONSHIP BETWEEN PHYSICAL
ACTIVITY STATUS AND QUALITY OF
LIFE AMONG ELDERLY IN RURAL AREA
IN PAHANG**

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DECLARATION

**BACHELOR OF SPORT SCIENCE
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I, Nuraini Lailati Binti Mohd Razib (I/C Number: 971202-06-6422) hereby, declare that this work in this thesis was carried out in accordance with the regulations and research ethics guidelines of Universiti Teknologi MARA. This thesis was the originally from my independent work and investigation.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Undergraduate, Universiti Teknologi MARA, regulating the conduct of my study and research. I absolve Universiti Teknologi Mara (UiTM) and Faculty of Sport Science and Recreation from any blame because of my work.

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ABSTRACT

The purpose of this study is to identify the relationship between physical activity status and the quality of life. This study also aims to identify the mean difference between physical activity status among elderly in quality of life based on their gender. This study was collected the data at the middle of Pahang such as Jerantut, Maran and Kuala Lipis. This study used PASE questionnaire to evaluated the physical activity and CASP-19 questionnaire to evaluated the quality of life level. Statistical analysis of the test was conducted by using Spearman and Man-Whitney U test. There was negative correlation between physical activity status and the quality of life ($r=-.119$) ($p<0.05$). There was significant difference in mean difference between physical activity status among elderly in quality of life based on gender ($r=0.90$) ($p<.001$). The researcher found there was negative correlation between physical activity status and the quality of life. There was significant difference in mean difference between physical activity status among elderly in quality of life based on gender.

Keyword: *elderly, physical activity status, quality of life*

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