

UNIVERSITI TEKNOLOGI MARA

**BARRIERS AMONG ADOLESCENT FEMALE TO
INVOLVE IN PHYSICAL ACTIVITY**

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Research Project Submitted In Partial
Fulfilment of the Requirement for the Degree Of
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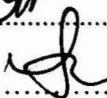
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AUTHOR'S DECLARATION

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ABSTRACT

The purpose of this study is to identify barriers among adolescent female to involve in physical activity. Three hundred two female students (64.24% normal, 19.21% underweight, 13.25% overweight and 3.31% obese) from Universiti Teknologi Mara Campus Jengka Pahang were selected this study. The current study use Perceived Barriers to Physical Activity Questionnaire to measure barriers among adolescent female to involve in physical activity. The research design that used this study was cross-sectional study. The data was analysed using descriptive analysis and Independent T Test. From the result internal barriers show the significant difference which were factor lack of energy ($p=000$) and external barriers value ($p=033$). It shows that internal barriers give the most impact towards physical activity among adolescents female.

Keywords: Adolescent female, Physical activity, Barriers

TABLE OF CONTENTS

| | |
|--|----------|
| AUTHOR'S DECLARATION | i. |
| LETTER OF TRANSMITTAL | ii. |
| AFFIRMATION | iii. |
| ACKNOWLEDGEMENTS | iv. |
| TABLE OF CONTENTS | v. |
| LIST OF TABLE | viii. |
| LIST OF FIGURE | ix. |
| LIST OF ABBREVIATIONS | x. |
| ABSTRACT | xi. |
| | |
| CHAPTER 1: INTRODUCTION | 1 |
| 1.1 Background of Study | 1 |
| 1.2 Statement of Problem | 2 |
| 1.3 Research Objectives | 3 |
| 1.4 Hypothesis | 4 |
| 1.5 Significance of Study | 4 |
| 1.6 Limitation and Delimitation of Study | 5 |
| 1.7 Definition of Terms | 5 |

| | |
|---|-----------|
| CHAPTER 2: LITERATURE REVIEW | 6 |
| 2.1 Physical Activity among Adolescent Female | 6 |
| 2.2 Barriers to involve to Physical Activity | 10 |
| 2.3 Internal Barrier | 12 |
| 2.4 External Barrier | 15 |
| 2.5 Summary | 17 |
| CHAPTER 3: RESEARCH METHODOLOGY | 18 |
| 3.1 Research Design and Simply Method | 18 |
| 3.2 Participants | 18 |
| 3.3 Material & Instrumentation | 19 |
| 3.4 Data Collection Procedure | 19 |
| 3.5 Statistical Analysis | 21 |
| CHAPTER 4: RESULTS | 22 |
| 4.1 Demographic Data | 22 |
| 4.1.1 The Education Level Participants | 22 |
| 4.1.2 The Faculty Of Participants | 23 |
| 4.1.3 The BMI Of Participants | 24 |
| 4.2 Internal Barriers | 25 |
| 4.2 External Barriers | 25 |
| 4.4 Internal and External Barriers | 26 |