

UNIVERSITI TEKNOLOGI MARA

**THE MOTIVATION TO PARTICIPATE IN
PHYSICAL ACTIVITY AMONG UiTM PERLIS
STUDENTS DURING MOVEMENT CONTROL
ORDER**

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Dissertation submitted in partial fulfilment of the requirement for the
degree of Bachelor of Health and Fitness (Hons.)


Faculty of Sports Science and Recreation

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AUTHOR'S DECLARATION

I hereby declare that the work presented in this project was carried out in accordance with the regulations of Universiti Teknologi MARA. Also, the result contained in this research are an original of my own work except for quotations and citations which have been duly acknowledged.

I, hereby, acknowledge that have been supplied with Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTARCT

Physical activity was defined as a movement that created by body or muscle that produced energy expenditure. In order to do physical activity, it is necessary to have motivation throughout exercise to lead people to increase quality of lifestyle, stress reduction and enjoyment. There were limited study on motivation to participate in physical activity among UiTM Perlis students during movement control order. Therefore, the aims for this study was to identify the motivational to participate in physical activity among UiTM Perlis students during movement control order. Particpate Motivation Questionnaire (PMQ) was used to collect 403 respondents from students UiTM Perlis by creating the questionnaire link in Google Forms and distributed it using Whatsapp. There are significant differences for certain faculties in terms of sports action with friends, popularity and sport events ($p = <0.05$) due sport action with friends was enjoyable to do physical activity with friends, popularity was encouraged and supported those in team sport and sport events was the activity to promote positive mental health. Therefore, the study offers sound psychometric and comparative findings that may be useful for research purposes and as a measurement tool for integrating motivation among students to engage in physical activities and sports.

Keywords: Physical Activity, Motivation, Participation, Movement Control Order

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