

UNIVERSITI TEKNOLOGI MARA

**LEVEL OF PHYSICAL ACTIVITY PARTICIPATION
AND WORK PERFORMANCE AMONG EMPLOYEES IN
UITM SEREMBAN**

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DECLARATION OF ORIGINAL WORK
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All verbatim extracts have been distinguishes by quotation works and of my information have been specially acknowledged

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ABSTRACT

This study addressed four main purposes, which are; (1) to identify the level of physical activity participation among employee; (2) to examine the employee work performance; (3) to compare the physical activity participation between genders; and to identify the relationship between physical activity participation and work performance among employee. This study utilized quantitative design. The 27 items from International Physical Activity Questionnaire (IPAQ) and 18 items from the Individual Work Performance Questionnaire (IWPQ) was administered among (N=373) employee in Universiti Teknologi MARA (UiTM) Seremban campus and divided into two, academic staff and non-academic staff. The results showed the highest percentage for high level of physical activity 119(61%) and the highest mean of work performance is task performance($\bar{x} = 4.101$). The results of Independent sample T-test were indicated that there is no significant difference ($t = 1.503$, $p = .135$) recorded between male and female score of physical activity participation. Besides that, the result of Correlation analyses indicated were $r = .076$ (low correlation) and p value <0.05 (not significant). The researcher concludes that analyses suggested that there is no relationship between variables.

TABLE OF CONTENT

	Page
AUTHORS DECLARATION	i
LETTER OF TRANSMITTAL	ii
ABSTRACT	iii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENT	v
LIST OF TABLES	viii
LIST OF FIGURES	ix
LIST OF SYMBOL ABBREVIATIONS	x
 CHAPTER ONE: INTRODUCTION	
1.1 Background of study	1
1.1.1 Physical activity	1
1.1.2 Work performance	3
1.2 Statement of problem	3
1.3 Research questions	4
1.4 Research objective	4
1.5 Significance of study	5
1.6 Delimitations	5
1.7 Limitations	6
1.8 Definition of terms	6

CHAPTER TWO: LITERATURE REVIEW

2.1	Introduction	7
2.2	Physical activity	7
2.3	Work performance	9
2.4	Conceptual frameworks	9

CHAPTER THREE: METHODOLOGY

3.1	Introduction	10
3.2	Research design	11
3.3	Sampling	11
3.4	Instrumentation	12
	3.4.1 Section A – Demographic profile	12
	3.4.2 Section B – Physical activity participation	13
	3.4.2.1 IPAQ scoring	14
	3.4.3 Section C – Individual work performance	15
3.5	Pilot study	15
3.6	Data collection procedures	16
3.7	Data analysis	17

CHAPTER FOUR: RESULTS

4.1	Introduction	18
	4.1.1 Age	19
	4.1.2 Gender	20
	4.1.3 Marital status	20
	4.1.4 Highest education level	20
	4.1.5 Staff	20