

UNIVERSITI TEKNOLOGI MARA

**ASSESSING QUALITY OF LIFE AMONG UITM SEREMBAN
STUDENTS IN RELATION TO PHYSICAL ACTIVITIES**

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ABSTRACT

Quality of life is closely related to physical and mental health. Malaysia was listed in the top ten physically inactive countries. A descriptive research design was used to measure the level of quality of life and physical activities of the students. This study also aimed to assess the relationship between quality of life among students and their physical activities by using logistic regression model. On top of that, Kruskal Wallis Analysis was used to compare the quality of life scores among students from three faculties. This study was carried out at Universiti Teknologi Mara (UiTM) Campus Seremban 3 located in Negeri Sembilan. The study sample was 150 students from three different faculties who agreed to participate in the study. Three instruments were used to gather the required data. The first tool was used to collect socio-demographics characteristics of the respondents such as age, gender and faculty. The second tool was 36-Item Short Form Survey (SF-36) to assess students quality of life and last but not least, International Physical Activity Questionnaire (IPAQ) was used to determine the level of students physical activity. The results of this study revealed that 60 out of 150 student had poor mental health and the rest had good mental health. Furthermore, 67 students had poor physical health and the other 83 students had good physical health. This study also indicated that there were 93 students who were HEPA active, 14 students were inactive while the remaining 43 students were minimally active during their days. By using logistic regression model, it was found that there was no relationship between quality of life and physical activities of the students. There was also a significant difference in the quality of life score among students from different faculties.

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