

UNIVERSITI TEKNOLOGI MARA

**RELATIONSHIP BETWEEN PHYSICAL
ACTIVITY, DEMOGRAPHIC VARIABLES AND
ACADEMIC ACHIEVEMENT AMONG MALE
SECONDARY SCHOOL STUDENTS**

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Dissertation submitted in partial fulfilment of the requirements for the
degree of
Master of Sports Science

Faculty of Sport Science and Recreation

December 2011

Abstract

The purpose of this study was to investigate relationships between physical activity, body mass index (BMI), socioeconomic status and academic achievement. The data were collected from the full population of form four student of Klang High School in District Of Klang Selangor, Malaysia in 2011.(n=274)Specifically physical activity, BMI and socioeconomic status were compared to mathematics scores on the form four students of Klang High School students. Physical Education teachers annually receive training in anthropometry and data entry measurement prior to data collection.For the purpose of this study, school record data that include matemahthical scores from System Analysis for Examination in Malaysia and BMI information for students were used. This study examined the physical activity level measured by International Physical Activity Questionnaire (IPAQ) short form and the data for socioeconomic status was gathered from Student Information System (SMM) of Klang High School. Multiple regression and multiple correlations was used to analyzed the data. Physical activity had a negative relationship with academic achievement. The multiple regression and multiple correlation for physical activity, indicate that physical activity levels (0.075) was not significant predictor of academic achievement ($p < 0.001$). BMI and socioeconomic status had a positive relationship with academic achievement. The multiple regression and multiple correlation for academic achievement, indicate, the scores are positively correlated with both 'body mass index, 0.006 ($p < 0.01$) and socioeconomic status, 0.002($p < 0.01$). The study suggests that the relationship between physical activity and academic achievement is weak.

Acknowledgement

First and foremost, I would like to express my gratitude to my parents and family that has been supportive to Me to continue and finished my master course. Special thanks to my Principle, Pn. Asmah Binti Markom' for her understanding and giving me the opportunity currently continue to work as well as pursuing my study. My acknowledgment goes to my colleagues at Klang High School that have been lending the equipments and sharing idea and their knowledge especially on my research area.

I wish to take this golden opportunity to express my deepest appreciation and gratitude to PM. Haji. Mustafa Yen, my supervisor, for his guidance and encouragement at all this and more also his persistence comments to enable me to complete this dissertation for my Sports Science Master degree at UiTM.

Very special thanks to Pn.Norliza Binti Basar, Klang High School System of Analysis for School Examination in Malaysia Officer and Mr. Zahari Bin Jasman, Klang High School Students Information System's Officer.. Without them, my data collection process would not have been successful. Last, not to forget Mr. Zaiham Bin Abdul Hamid, Education Faculty Lecturer that had assisted me in statistical data analysis.

My acknowledgement goes to Ministry Of Education Malaysia, making my student life easier by giving permission to conduct the study at Klang High School.

Finally, this study would not have been successful without the cooperation of the Klang High School form four students (n=274) and Physical Education Teacher of Klang High School, En.Razak Bin Muslim that had been agreed to spend their time as subject for my study. Without their cooperation, the result couldn't be completed. To all of them, I extend my sincere thanks.

Thank you

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CHAPTER 1

INTRODUCTION

1.0 Background of the study

Interest in the relationship between health behaviours and academic achievement has recently intensified in the face of an epidemic of childhood and adolescent obesity and converging school reforms in Malaysia and other nations. Epidemiologic research by researcher has demonstrated that poor diet and lack of adequate physical activity place children at risk for being overweight and obese and thus influence future health status. Additional research has also shown that children and adolescents whose participation in physical activity is high tend to perform better on various measures of cognitive performance and academic achievement. Chomitz et al. (2009), discovered that the association between physical fitness and academic performance has received understandable attention in response to the growing prevalence of children who are overweight and out of shape, as well as demands placed on schools to produce students who meet academic standards. School administrators nowadays, focusing on academic achievement rather than physical activity achievement. Despite a number of nationwide health initiatives to reduce childhood obesity by promoting healthy lifestyle behaviors, the decreasing of physical activities in schools sends a message to stakeholders that students' physical activity has little impact to their academic performance. The reducing of physical activity may indirectly occur, due in part to which Malaysian Education Act, which mandated that schools evaluate the academic performance of all students not the