

UNIVERSITI TEKNOLOGI MARA

RELATIONSHIPS BETWEEN PHYSICAL EDUCATION
ENJOYMENT AND EXERCISE HABIT STRENGTH
AMONG THE SELECTED RELIGIOUS SECONDARY
SCHOOLS STUDENT IN JOHOR

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ABSTRACT

The Relationships between Physical Education Enjoyment and Exercise Habit Strength among the Selected Religious Secondary Schools Student in Johor.

Introduction: Physical Education (PE) is a part curriculum school in Malaysia and to examine a model of physical education (PE) enjoyment and exercise habit strength among school student aged 13, 14, and 16 years in Johor. **Objective:** To identify and to determines the relationships between physical education enjoyment and exercise habit strength among the selected religious secondary school student. **Method:** A total of thirty hundreds and eighty (N=380) from four selected religious secondary school student in Johor were participant. They were completed self-report measures of PE enjoyment (PEEPQ) and exercise habit strength (EHS). **Results:** Peer Interaction (PI) was significant correlation with pattern, negative and stimulus in exercise habit strength.

Discussion: Physical education is an important in school student and encourage for growth and development. Several studies have shown that PE should be perceived enjoyable. PE enjoyment was measured in six processes. The processes were self referent competency (SRC), teacher generates excitement (TGE), peer interaction (PI), parental encouragement (PAE), other referent competency (ORC) and activity generates excitement (AGE). All of these processes have been previously shown that correlation with PE enjoyment. The studies suggest that have a positive correlation on PE enjoyment and exercise habit strength. The result shown that enjoyable PE experiences may affect the physical activity participation exercise habit strength. **Conclusion:** The findings support that Peer Interaction (PI), Activity-generated Excitement (AGE) and Self-referent Competency (SRC) perceiving in PE enjoyment. They were also a significant relationship between PE enjoyment and exercise habit strength among this selected sample.