

**PHYSICAL EDUCATION ENJOYMENT PROCESS AND  
BODY COMPOSITION AMONG RELIGIOUS  
SECONDARY SCHOOLS**

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## ABSTRACT

**Introduction:** Physical education (PE) movements have developed recently to integrate a bigger variety of activities besides typical sports. In Malaysia, the Ministry of Education had implements 'Dasar 1 murid 1 sukan' (1M1S) at the end of year 2010. This policy will help students maintaining their healthy lifestyle besides enjoy while perform the activities. By engaging in PE subjects, the students can help their self by prevent overweight problem associated with major health benefits. However, to implement PE in Islamic school, there are certain obstacles faced by the students to comply and followed the guidelines. **Objective:** The aim of this study was to measure the relationship between physical education enjoyment and body composition among Islamic religious secondary school in Johor. **Methods:** A total of 380 students of males and females adolescent are aged 13 to 16 in religious school in Johor. The measurement will be carried out by administrating physical education enjoyment process questionnaire (PEEPQ) consists of 26 items and measuring anthropometric parameters. Data were analyses using Pearson Correlation coefficient. **Result:** Peer Interaction is the higher for (PEEPQ) score ( $4.44 \pm 0.62$ ) while for correlation, body mass index (BMI), waist hip ratio (WHR) and body fat shows significant value to the enjoyment process. **Conclusion:** The study is expected to provide the information for guidelines to the Ministry of Education in Malaysia on improving PE in Malaysia Secondary School.

**Key words:** physical education enjoyment, body composition