

**A STUDY ON UiTM STUDENT'S PARTICIPATION IN SPORT
AND IT'S EFFECT ON THE STUDY HABITS, TIME
MANAGEMENT AND ACADEMIC ACHIEVEMENT**

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**Research Project Report is submitted in partial fulfillment
Of the requirement for Bachelor Of Sport Management (Hons.)**

ACKNOWLEDGEMENT

Assalamualaikum and salam sejahtera

Syukur Alhamdulillah to ALLAH S.A.W for giving me this chance to finish my project paper successfully. First of all, my special thanks to my advisor Dr. Muhamad Ali Bin Abd. Rahni for his guidance and encouragement, during the process of making this project possible.

I also would like to express my appreciations to my friends Normawati Mustafa Bakri, Fadillah Hashim, Asmatul Iza Azreena and all other individuals who are involved directly and indirectly in helping me during the process to finishing my project paper.

Lastly, I would like to thank my family for their sacrifice, support and encouragement that I can never forget.

Thank you.

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ABSTRACT

Sports provide a forum for the teaching of responsibility, conformity, and subordination, of self, shaping behaviors by encouraging efforts, social achievements as well as academics achievement. Personal discipline is also influenced by participation in sports. This study aims to determine the effect participation in sport and academic achievement among UiTM athletes. The study investigates whether participation in sport among UiTM athletes has an impact on their Cumulative Grade Point Average (CGPA) as well as their study habits and their time management. This study also tries to identify student's athlete's purposes for participating in sport. Forty students were chosen from three team sports. These are football; netball and hockey that involved 20 male and 20 female students. A convenient method of sampling was chosen for this study, as this sampling is suitable and representative of the purpose of the study. Data collected was analyzed using Statistical Package For Social Sciences (SPSS) for Windows Version 6.0 software. The data were analyzed and interpreted using frequencies and percentages. The results of the study indicated that a majority of the students' athlete has a consistent time management and obtained good result in their Cumulative Grade Point Average (CGPA). The data also indicated that majority of the students athlete concentrate or are involved in one game.

CHAPTER 1

INTRODUCTION

Background of the study

The proponents of sports have long considered that involvement in sports can contribute to personality and social development. There is a good reason for the view that sports provides a forum for the teaching of responsibility, conformity, subordination of self to the greater good and shaping of achievement behaviors by encouraging effort, persistence, delay of gratification and other social and achievement.

Sports are an institutional competitive activity that involves vigorous physical exertion or the use of relatively complex physical skills by individuals whose participation is motivated by a combination of intrinsic and extrinsic factors (Coakley, 1994, p.247). Sports are already the single most popular activity of the world rather than the other activity (Wolker, 2000).

Sports became one of the popular activities in UiTM. Sports are an annual activity in UiTM, it can be prove where every year UiTM will organize sport tournament such as Inter-college Tournament, Inter-Faculty Tournament and Inter-Campus Tournament that involved all UiTM students athlete.

Nowadays, sports becoming more popular in UiTM because almost UiTM athletes had an experience and still represent for club, states and national. Such as in Hockey, Football, Netball, Archery, Shooting and etc.

Many studies have examined the effects of athletic participation on the academic achievement in high school and college. In general, the experiential research has