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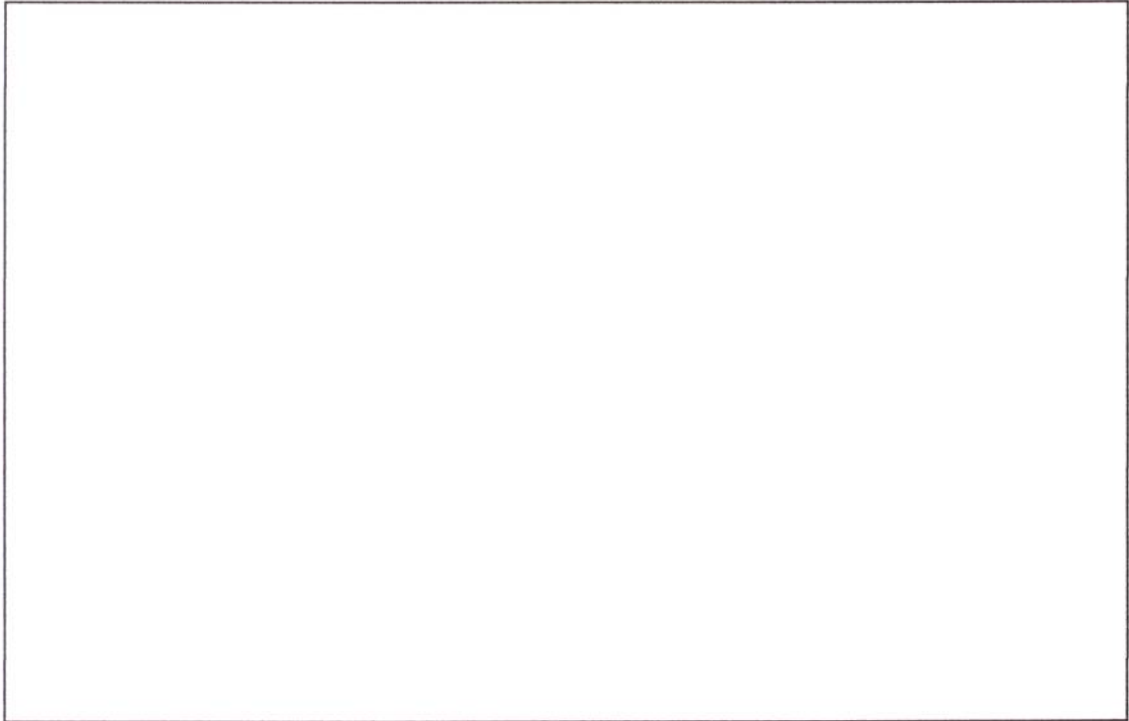


GYM EXERCISE AND ITS EFFECT ON THE HEALTH

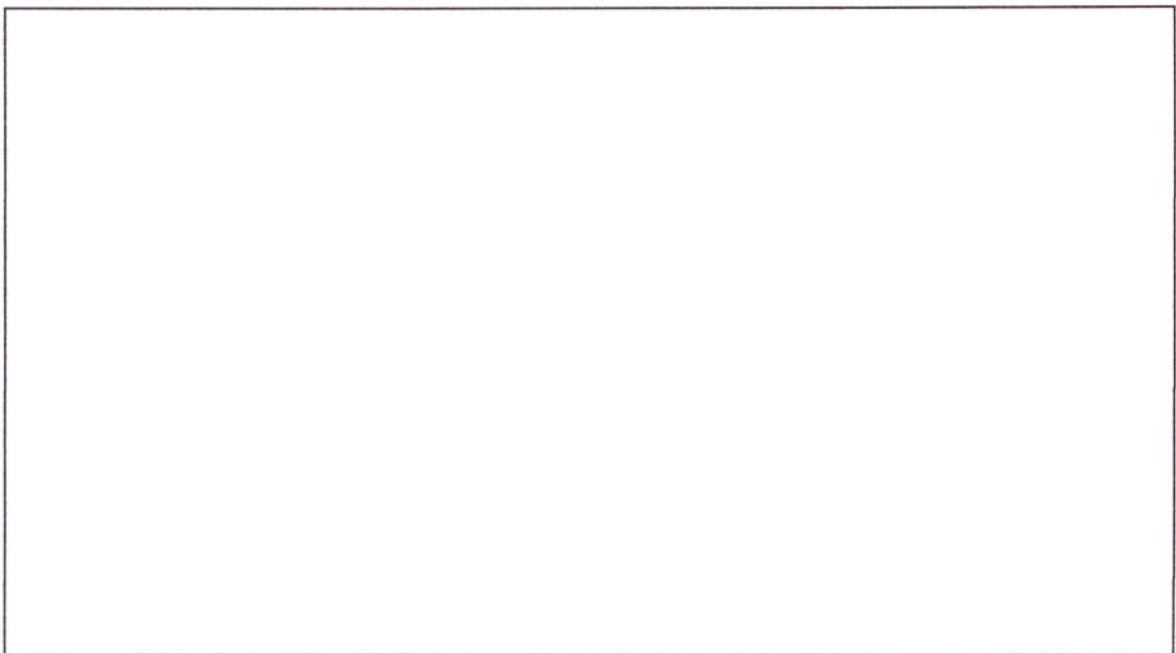
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JUNE 2016

Supervisor's Comments

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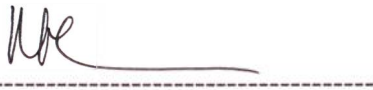
Moderator's Comments

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CLEARANCE FOR SUBMISSION OF THE RESEARCH PROPOSAL BY THE SUPERVISOR

[Puan Nur Aida Binti Kipli]

I have reviewed the final and complete research report and approve the submission of this report for evaluation.

A handwritten signature in black ink, appearing to be 'NA', is written above a horizontal dashed line.

(Signature)

Date: 23 June 2016

Acknowledgement

I am really grateful because I managed to complete my project assignment within the time given. However, I had the help of many parties that made this project less difficult. Special thanks to Dr Kuldip Singh that assist me with this research paper and guide me how to do the research properly and be completed on the due date. I thank him from the bottom of my hearts for being there in my moments of need.

My Supervisor, Puan Nur Aida Kipli deserves a special mention here for the guidance and encouragement in finishing this research proposal. Last but not least, I would like to express my gratitude to the respondents for the support and willingness to spend some times with me to fill in the questionnaires.

Declaration

I hereby declare that the work contained in this research report is my own except those which have been duly identified and acknowledged. If I am later found to have committed plagiarism or other forms of academic dishonesty, action can be taken against me under the Academic Regulations of UiTM's.

Signed



Name: SITI NUUR RAFIDAH BINTI ISMAIL (2013605934)

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CHAPTER 1

INTRODUCTION

1.1 Introduction

Mostly, people nowadays are too busy with their daily life and have no time for doing physical exercise and lack of concerning about their health. In this case, people actually can use other alternative to replace the regular exercise by going to the gym. Gym is a best place in order to help people to do exercise since there is a lot of equipment provided. These equipment could assists people do the exercise easily and no need to spend a big space to make the movements. Busy people nowadays decided to do exercise at the gym because at the gym they can have a trainer or instructor who will guide them to do exercise correctly and accordingly. The trainers who have more knowledge about health and expert in running the equipment at the gym will make the customers will feel confident to be trained by the trainer instead of doing exercise by their own without using any equipment such as doing physical exercise at the home. People nowadays also chose gym for their place to do exercise because of time constraint. They do not have so much time to do regular exercise because of other commitments in life including they are busy with their carrier and other work in their daily life.

They are choosing gym as a place or medium for them to do exercise in order to stay fit and health as well. The gym is the best place to assist people in order to keep health and easy to make exercise because it provides equipment or

facilities instead of doing exercise by their own without using any equipment such as jogging, star jumps, sit-ups etc. At the gym also, they can have a trainer. This trainer will guide them to do the exercise accordingly. So this particular person would get knowledge on how to use the equipment at the gym properly. The trainer will guide them by giving the correct step to achieve their main goals such as to circuit weight or to maintain their weight and also to keep healthy.

The individual who are going to the gym actually have their own purposes. Some of them want to circuit their weight and the rest want to keep health and fitness. In order to achieve their goals, the trainer will keep guide them so they will get the satisfied result in the end of their exercise session. The people nowadays still chose the gym as the place for exercise even they need to pay the fees instead of doing exercise by their own without any fee because they know they will get a lot of advantage when they are going to the gym. For example for those who want to circuit their weight, they will be guided correctly by the trainer and they will get the sooner results instead of doing exercise without using any equipment (Greenfield, 2013).

Actually, the person or customer who is going and do exercise at the gym can get a lot of advantages in term of their health. The advantages including boost brainpower, release stress, we become more energetic, helps ward off disease, and also can build relationship. For the first advantage, when the brainpower boosted, our mental will function well in any circumstances, increasing our energy level to stay active, and also improving mental clarity as well as improving the productivity so that they would not be sleepy at the workplace or school if she

or he is a student. (Kulas, 2013) It also can help in order to lower health care cost because diseases can be prevented if the person keep doing exercise and live in healthy lifestyle.

Second advantage is exercise can assist in order to release stress. The person who is busy at the workplace or the student who is having a lot of assignments need to be done mostly will feel pressure and the result is they will become stress. By going to the gym for exercising, they can reduce their stress and put the other things out of mind for a while. As an ordinary human being, we are not excluded from having stress in life especially who are working with a lot of work in daily life or having a lot of commitments in their life. There are a lot of things that they need to think and do. Therefore, in order to relax and release their stress over going to the gym is one of their alternatives besides self-exercising. The relaxation response will produce when we reduce or release our stress, as well as it will give positive distraction (Mayo, 2014).

The third advantage that the customer can get when they are going to the gym is they will become more energetic where they can improve strength and stamina. These people will not easily feel tired when they use a lot of energy for working or doing something. This is because their body always doing work out and sweat. There is a quote said that "Doing exercise may make you feel more tired at first, but it would not last long". It shows that when the person who was used to exercise and work hard, their body would be used to it and will not easily being tired.

Next advantage is to protect against disease. Mostly, a healthy person is when they live a healthy lifestyle and do regularly exercise. Exercising which requires bodily movement can cause sweating and eventually their body will release toxic which are not good for human body. These toxics that not needed in the body will be removed and the body will become more health. That person can feel the differences before and after exercise like feeling refresh, more energetic and the disease that can be prevented including heart disease, stroke, high blood pressure, obesity and many more. Gym also could be a place where the people can build relationship. This is because they make new friends when they are going to the gym (Mayo, 2014).

1.2 Problem statement

Health problem occur in society actually due to the lack of exercise. As a normal person, we all need to do the exercise in order to make our body sweat and put away the toxin from the body. We need to do physical exercise which consists of activity that enhances fitness and overall health and wellness. When we do exercise, it could help us to strengthen our muscles and cardiovascular system, assist to lose or maintain weight and merely enjoyment.

Regular physical exercise can help our body to boost the immune system and also help to prevent the diseases such as heart attack, obesity, high blood pressure, diabetes and many more which occur due to the extra fat or high cholesterol level in the body. Even everybody knows that the exercise could give us a lot of advantages but they still did not do it because of many reasons.

One of the reasons why people nowadays lack of exercise is including the time management. In this case, the individual or person could not have enough time to do exercise due to other commitment such as carrier and family. They find it inconvenient to exercise. We all know that almost people nowadays are more focus to their job or carrier in order to make sure that they can earn more money and have a good life in the future but they forget that the health is one of important thing that they need to focus on. When they are too busy with their work they could skip the exercise in their daily life and sometimes this will lead to other problem such as depression and having unproductive day in work.

Other factor that can cause the lack of exercise also may be caused by the individual itself which they feel lazy to do exercise and lack of self-motivation. When they are used to live in unproductive day, they will not think about exercise but more concern about what they are basically doing in their daily life. For example, it is normal for student daily life which they go to school and back home after finishing school. During their free time, they might only do the homework, reading other books, plays video games, or maybe sleeping. When they are used to do too much indoor activity, they will feel lazy to go outside for outdoor activity. It is different from sports student who have more time to do outdoor activity and it such a good activity to be done.

People also choose not to do exercise because they lack of confidence in their ability to be physically active or having low self-efficacy. They typically think that the exercise only fit with the people who are active in sports and always do physical exercise. This kind of thought might make they feel not confident to do a

lot of exercise and become active. They also find the exercise such a boring activity and not enjoyable. This is the reasons why they refuse to do exercise. (Sallis and Hovel, 1990; Sallis et al.1992)

Lack of exercise among the society also may be caused by the fear being injured or have been injured recently when they do exercise. People who involve in sports might have been injured recently and try to avoid it by stop doing the activity because they have feel the injury. People who never get injured because of exercise fear being injured because they afraid of the injury will be lead to other problem. Actually if they are knows how to do exercise correctly, they should not feel fear of being injured. Normal physical exercise will actually not causing any injury, they only feel tired at first and when their body used to it, they will find it easy and enjoy do the exercise. The injury only may occur when they do the wrong steps in doing exercise and that is why the warming up step is important before doing exercise and they also need to do cooling down step after finished the exercise.

Lack of self-management skills also could be one of the reasons why people choose not to exercise. Lack self-management skills including ability to set personal goals and monitor progress. Environment factor also can influence them toward the exercise. People who lack of encouragement and support will be not motivated to do exercise. Companionship from family and friends is important to encourage someone to do exercise because they feel motivated and supported and also enjoy the exercise. (Sallis and Hovel, 1990; Sallis et al.,1992)

1.3 Research objectives

1.3.1 To determine the understanding concept of gym exercise among the customers and how it effects on level of healthiness.

1.3.2 To identify the society's awareness regarding fitness and health that effect the level of healthiness.

1.3.2 To determine the influences of gender towards the level of healthiness.

1.4 Scope of the study

1.4.1 Level

This research will focus on the gym exercise and its effects on society's health.

Our respondents are the customer who is going to the gym.

1.4.2 Territory

The territory is located at Ultimate Athlete Gym, Taman Desa Ilmu Kota Samarahan, Sarawak.

1.4.3 Time

The research will be conducted within 2 semesters from September 2015 until June 2016.

1.5 Significance of the study

Firstly, this research can make the customer are be aware about the gym exercise and why it is important in order to keep them healthy. When they used to do physical exercise, they may find it as an enjoyable activity and they can practice it during the weekend and also encourage people around them to do the

same. In this case, family member is an important person to support and encourage an individual to make sure that they are concern about health and did not skip the physical exercise. Gym exercise actually can give many benefits to the individual who is concern about their health. They would not think that the exercise such a burden to them. This research can also make the people be more aware and understand about the physical exercise and find it such an important activity in their life because it can provide a healthy body and also can improve their strength and stamina.

Secondly, this research can help the individual who love doing physical exercise to maintain their perception about physical exercise and support the activity. They can also promote the activity to the family members and friends when they have knowledge about the important of doing exercise and it actually can give a lot of benefits to them. They can also maintain their fitness and health when they keep doing exercise. Exercise has been proved as a healthy activity which can be done at home (individually) or at gym (with instructor provided). For those who prefer to do exercise at the gym, it is much better rather the doing self-exercise. This is because when they are going to the gym, they can be monitored by the instructor and the instructor can help them to do the exercise correctly. At the gym also, the person can use the equipment provided there. For those who are want to circuit their weight or body building, they are suggested to do exercise at the gym because it is more effective rather than do it at home because using equipment at the gym may give sooner result and help them to achieve their goals in shortly.

Finally, this study can provide the useful information for the potential researcher who is doing research related to the study. This study will be a guideline for the future researcher to make a good research that related on the gym exercise and its effect to the society's health.

1.6 Definition of terms/concepts

1.6.1 Health

According to the World Health Organization, health can be defined as a state of complete physical, mental and social well-being and not simply the absence of disease or infirmity.

1.6.2 Gym

Gym can be defined as a large room with equipment for exercising the body and increasing strength. Gym is also known as a place where the physical exercises and activities performed inside, often using equipment, especially when done as a subject at school.

1.6.3 Physical Exercise

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, including strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, and merely enjoyment. Frequent and regular physical exercise boosts the immune system and helps prevent the disease such as diabetes, heart disease, high blood pressure and many more.

CHAPTER 2

LITERATURE REVIEW & CONCEPTUAL FRAMEWORK

2.0 Literature Review

A literature review is a text of a scholarly paper, which includes the current knowledge including substantive findings, as well as theoretical and methodological contributions to a particular topic. Literature reviews use secondary sources, and do not report new or original experimental work. It is also known as an evaluative report of studies found in the literature related to the selected area and the review should describe, summarize, evaluate, and clarify the literature. A literature review goes beyond the search for information and includes the identification and articulation of relationship between the literature and the field of research.

The purpose of the literature review is to establish a theoretical framework for the research topic or the subject area, to define key term, definitions and terminology, to identify studies, models, case studies and other matters to support the research topic, and lastly to define or establish the area of study or the research topic.

Based on our research topic, we had provide three subsections which are the physical exercise related to the health, the health and society, and the gym and other tools or method of exercise.

2.1 The concept of physical exercise and how it is related to the health.

Physical exercise can be defined as any bodily activity that enhances or maintains physical fitness and overall health and wellness. There are various reasons to perform it, including strengthening muscles and the cardiovascular system, improving athletic skills, weight loss or maintenance, and merely enjoyment. Frequent and regular physical exercise boosts the immune system and helps prevent the disease such as diabetes, heart disease, high blood pressure and many more. According to the World Health Organization, health is a state of complete physical, mental and social well-being and not simply the absence of disease or infirmity.

With the ageing of the population, there are increasing social, economic and political concerns about the health and care needs of individuals in later life. Most health experts agree that participating in regular physical activity and exercise can prevent or reverse about half of the physical decline normally associated with the ageing process (Chodzko-Zajko, 2000; Mathieu, 1999; O'Brien Cousins & Horne, 1999; Rowe & Kahn, 1998). Although there is a plethora of research showing that older adults achieve noticeable health benefits by participating in aerobic activities such as walking, dancing, swimming, biking, resistance training and flexibility and balance activities, individuals often reduce their activity patterns and become more inactive as they age. After age 65, nearly half of women and a third of men report no leisure time physical activity (National Center for Health Statistics, 1999). Living an inactive lifestyle has been associated with a variety of negative and costly physical health such as reduced

cardiovascular abilities, poor circulation, limited mobility, obesity, and socio-emotional such as depression and isolation outcomes that hinder quality of life in the later years. Ageing well has become a self-fulfilling prophecy for many older adults who are physically active and exercise regularly. One approach for advancing knowledge of what motivates people to participate in physical exercise programs is to take into consideration the influence of societal processes and opportunities, life roles and transitions, and personal perceptions of the definitions and benefits of physical activity.

Exercise can improve individual's physical capacity, which in turn gives a positive impact on other aspects of their lives (Bosscher, Van Der, Van Dasler, Deeg & Smit, 1995). They reported being focused and mentally alert, having little difficulty doing their daily chores and enjoying recreational and social activities. Many of them commented that if they had not been physically active throughout their lives, however, they may not have been as motivated to exercise in their later years. However, nine of the fifteen older adults firmly stated that exercise helps them to mentally function and stay alert. They believed that exercise 'gets their mind working', 'helps to stimulate their mental thinking and thought process,' and helps them 'solve the world's problems'. As noted by Jerry, being active and exercising reinforces feelings of accomplishment, independence and self-worth.

The study findings also suggest that as individuals grow older, the more important physical health and capacity become to their psychological well-being (Fontane, 1996; Grant, 2001; McAuley & Rudolph, 1995; Spirduso, 1994). For these older adults, their decision to be physically active and participate in a

formal exercise program promoted good health, improved adaptation to their social environment, and helped them to successfully manage the ageing process. Longitudinal research is necessary to document continuity and change in the type and frequency of physical activity and exercise and to explain how life roles and transitions promote and prohibit physical activity patterns. Physical activity serves as an expression of emotion that competitive sport can have a beneficial effect on a person when performed in favorable conditions, sport participation may generate transferable life skills, and finally, the acquisition of motor skills can lead to enhanced self-esteem and subsequent self-efficacy in other situations. An important review paper by Folkens and Sime (1981) had stated that exercise enhances psychological functioning. They showed how fitness training has a specific beneficial effect on mood, performance at work, cognitive function, and overall self-concept. It also leads to another term to set alongside those of self-efficacy and self-esteem.

Physical exercise could also provide mood modification. We hear a good deal about the importance of the so-called "feel-good factor" and Rejeski *et al.* (1987) have developed an instrument called the feeling scale to evaluate affect during exercise as reflected by a change in mood. The relevance of exercise psychology research to both sporting working environments is that it is important to recognize that while some people find exercise enjoyable, others do not. Moreover, one's mood can change several times during an exercise session or while playing in a competition and if we are able to monitor affect in the form of mood while performing physical activity.

Physical activity is the broader umbrella term, exercise forming a particular subset of activities that are planned and purposeful attempts to improve health and aspects of well-being. The activity could be related to the impact of involvement in forms of programmed exercise such as brisk walking, jogging, aerobic dance or a range of individual and team sports. While for gym exercise are more on the using of equipment at gym such as barbells, squat station, dumb bells and others which are more advance than ordinary exercise. The impact of physical activity on the mental health of the public could be viewed from several perspectives. Firstly, exercise may have a substantial indirect effect on mental wellbeing through reductions in illness and premature death and the consequent mental suffering of victims and their families and friends. Secondly, exercise may provide a valuable treatment mode for some mental illnesses. Thirdly, exercise may be useful for the enhancement of life quality of those suffering from mental illness, even if it is not effective as a cure. Fourthly, exercise may be effective in the prevention of mental illness and disorders. Finally, exercise may be a powerful medium for improvement in mental well-being among the general population.

There is sufficient evidence to show that physical activity should be promoted in all sections of the population, regardless of its impact on mental health. The ensuing reductions in suffering from debilitating illness and premature death will eliminate substantial amounts of mental anguish experienced by victims and their friends and families. Although the body of knowledge described in this paper is still in the early stages of development, it provides substantial added value to the

case for exercise. Not only can it be used as an effective treatment for depression and anxiety, its widespread use may also prevent mental illness and improve general well-being through improved mood, self-perceptions, subjective well-being, social interaction and quality of life. Currently, exercise is rarely used as a form of treatment for mental disorders such as depression. This is because the evidence for exercise and mental health has not been widely transmitted outside the exercise world. As a consequence, exercise specialists are rarely found in mental illness settings.

Physical activity has many known benefits for people with mental health problems. Its presence within mental health services, particularly since the publication of Grant's (2000) practitioner guidelines, is now commonplace. However, the difficulty of developing a sound evidence base to develop good practice is compounded in the case of physical activity and mental health because of the lack of a definitive consensus regarding the mechanism responsible for the relationship. Physical activity, if is to be valued and utilized to its full potential in the development of positive mental health, must be recognized for the various roles that it can play for people with mental health problems. Physical activity can help in the treatment, maintenance and promotion of mental health, it can assist with physical health issues such as weight control, mobility and stamina, it is a positive health behavior, it is purposeful and meaningful, and it can be used as a normalizing activity to assist people to become part of the local community. There is a substantial body of evidence that shows a positive relationship between physical activity and mental health (Biddle *et al*, 2000;

Biddle and Mutrie, 2001; Fontaine, 2000; Glenister, 1996), which is supported by a growing literature that attempts to explain the mechanism by which this effect occurs. Given the substantial evidence linking physical activity to mental health, recommendations have been made that exercise should be used as an adjunct to other forms of treatment (Martinsen, 1995; Burbach, 1997; Craft and Landers, 1998; Faulkner and Sparkes, 1999). As a consequence, physical activities are now commonplace within mental health services, particularly following the publication of practitioner guidelines for people working in mental health services (Grant, 2000).

2.2 Health and Society

According to the World Health Organization, health is defined as a complete state of physical, mental and social well-being and without the diseases or illness. A healthy society is happier and more productive and is a key driver of economic growth. In this 21st century, the improvement of population health continues to be a challenge. In the Western countries, and also in developing countries, chronic diseases such as diabetes and cancer as well as unknown diseases, replace the burden of infectious disease. Health is an important aspect for people especially for society. It is now widely recognized that physical activity is the best alternative to positive health. Eat too much or without proper diet plan also can cause many health problems such as heart attack, obesity and blood pressure. Therefore, physical activity or exercise can improve our health and reduce the risk of developing several diseases.

Back then people are not worry so much about health or any physical exercises. They have their own ways to stay healthy. We can see the differences on the eating habit. For example, eat less junk food compared to today youngster. But people change as time change. How to be healthy is easy by participating in regular physical activity and exercise. For example by using stairs, walking or riding a bike to encourage society to incorporate physical activity into their everyday lifestyle.

Being healthy in society is important because it will influence others. Although the case for exercise has been built largely on its impact on physical health, there is growing interest in its potential to influence mental health. According to Sallis and Patrick (1994), they tried to provide an amount of physical activity which was adequate for health maintenance for general population because the best amount of physical activity for health was not unknown. It is difficult to specify due to several factors. As recommended by ACSM (1991), those involved in designing training programs for children, it should include practical advice. The guidelines suggested the quantity of exercise to increase gradually, having adequate muscular strength and flexibility, proper body mechanics, using the proper footwear and appropriate running surfaces, and taking appropriate precautions in high temperature environments (ACSM, 1991). This will enhance the future health and well- being of young people.

In order to have a healthy society, it was suggested to start from childhood. Children required more activity than adults because they inherently active and need activity for normal growth and development. A study found that a part of the

variety exercises should include participation in activities that build all parts of health-related physical fitness, including cardiovascular fitness, strength, muscular endurance, flexibility and healthy body composition.

2.3 Gym and other tools or method of physical exercise.

2.3.1 Physical exercise can be defined as any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, including strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, and merely enjoyment.

Gym such a room or building equipped for gymnastics, games, and other physical exercise. People are mostly going to the gym in order to do physical exercise which the activity can provide such a good health condition to that person itself. People mostly have tendency to do physical exercise by using other tools or equipment provided at the gym or their own house. This is because doing physical exercise is become easier for those who are interested in doing exercise when the have this kind of tools instead of doing it without any tools like walking or jogging.

People decided to build physical activity into their daily life and the next step is to choose the right kind of activity for them. The most important thing to remember is to choose an activity that they should prefer the activity that can find them fun and look for a type of physical activity that they are likely to enjoy. Whether they prefer to spend time indoors or outdoors, alone or with people, they are more

likely to abandon a healthy lifestyle change if their chosen activity doesn't suit their preferences or lifestyle.

2.3.2 There are some of physical activities that people basically choose or such a method for them to do exercise including the first one is exercising alone where they consider it as self-motivated and if so, this is a good option, especially if their busy schedule prevents them from planning a regular time to be active every day. Second, training buddy which in some cases, people may be more likely to commit to a physical activity routine if they are doing it with someone else, because they don't want to let their training buddy down. Third, Team sports and group physical activity programs where the organized activities offer the chance to widen people or society social circle. The fourth one is mixing it up which some people like to combine two or three options like they may choose to exercise alone on two or three days of the week, and train with a buddy or participate in a team sport on a couple of the other days.

2.3.3 Different physical activities offer different results. People deciding their health goals will steer them towards the right intensity of activity for you. For example, weight-bearing activities such as walking, running, weight training or cycling are good choices for weight management because they help burn kilojoules. Due to the complexity of physical activity, people need to consider what is most important for their purposes when deciding to use a particular technique or method for physical exercise. People should considering different physical activities because the advantages and disadvantages of the physical activities can help for deciding which may be best for them.

The activity including cycling where it is can be defined as a weight-bearing activity that is gentle on the joints. It burns plenty of kilojoules and improves cardiovascular health. It can also be built into day as a means of transport. Another activity is by become Gym membership. Gyms stock a wide range of equipment and often offer classes such as aerobics or Pilates. Taking full advantage of membership should give the customer plenty of opportunities to improve their all-round health and fitness. Instructors should be on hand to help them use equipment correctly and reduce risk of injuries. Gym memberships can be expensive and gyms can be very busy at peak times, such as after work but some people think they may feel embarrassed or intimidated working out in front of people, then they find out when the gym is less busy. Another method or tools for exercising could be by using Home fitness equipment. For examples, home fitness equipment including stationary bicycles, treadmills and cross-trainers that work the arms and legs at the same time. Exercising on home fitness equipment is ideal for people who are housebound such as parents of small children or for those who don't wish to exercise outdoors or in gyms. People can also exercise while watching television or listening to music if they want to. Another activity could be running, swimming, team sports, and walking where each of the activity providing the different advantages or benefits for those who do the activities.

2.3.4 There are four basic categories of exercise and physical activity which are endurance, strength, balance, and flexibility. Most people tend to focus on one activity or type of exercise and think they're doing enough. Each type is different but doing all the exercise will give more benefits and mixing it up also helps to

reduce boredom and cut risk of injury. Though the activities described each type separately, some activities fit into more than one category. For example, many endurance activities also build strength. Strength exercises also help improve balance.

2.3.4.1 Endurance, or aerobic, activities increase breathing and heart rate. They keep heart, lungs, and circulatory system healthy and improve the overall fitness. Building endurance makes it easier to carry out many of everyday activities including Brisk walking or jogging, Yard work (mowing, raking, digging), and Dancing

2.3.4.2 Strength exercises make muscles stronger. Even small increases in strength can make a big difference in ability to stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. These exercises also are called "strength training" or "resistance training." the exercises including lifting weights, using a resistance band, and using own body weight.

2.3.4.3 Balance exercises help prevent falls, a common problem in older adults. Many lower-body strength exercises also will improve balance by doing standing on one foot, heel-to-toe walk, and tai chi.

2.3.4.4 Flexibility exercises stretch muscles and can help body stay limber. Being flexible gives more freedom of movement for other exercises as well as for everyday activities. The activities including shoulder and upper arm stretch, calf stretch, and doing yoga.

Actually there are a lot of methods that the people can use in order to do physical exercise and gain the benefits respectively. For those who prefer gym such a place to do exercise, they may go there and enjoy their exercises by using the equipment provided there while some prefer to do the activity at home or alone activity. For those who prefer to do exercise at the gym, it is much better rather the doing self-exercise. This is because when they are going to the gym, they can be monitored by the instructor and the instructor can help them to do the exercise correctly. At the gym also, the person can use the equipment provided there. However, the method or tools used to do exercise is chosen by the individual itself in order to achieve their goals and having fun while doing the activity.

2.4 Conceptual Framework.

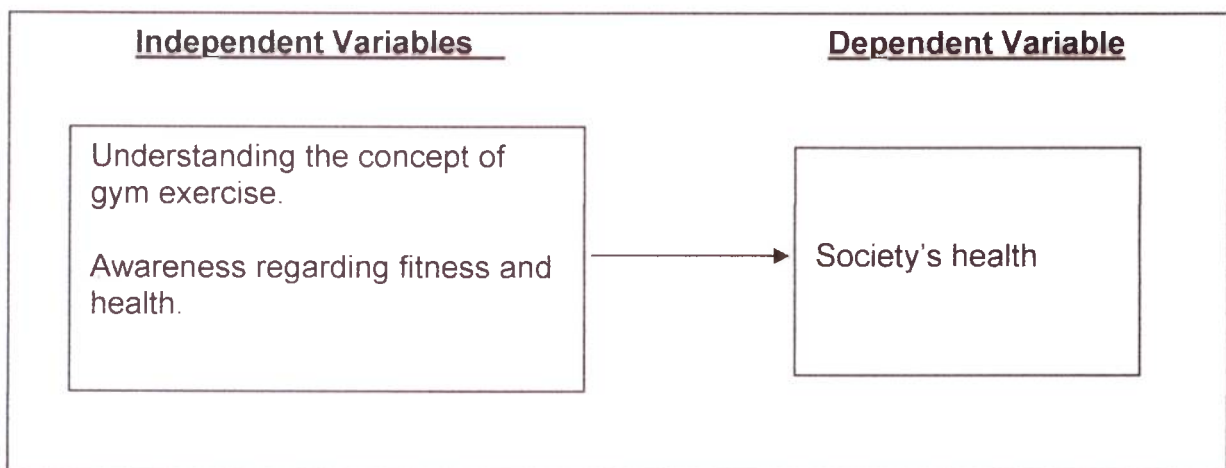


Figure 2.4: Conceptual framework of gym exercise and its effects on society health.

The above conceptual framework identify that health can be performed from physical and non-physical activities. The awareness among society regarding health on the physical exercise or physical activities can be defined through active and non-active society. The more their awareness regarding fitness and health the frequency of doing exercise is increase. According to the World Health Organization, health can be defined as a state of complete physical, mental and social well-being and not simply the absence of disease or infirmity. Actually, the person who is active in doing physical exercise can get a lot of advantages in term of their health. The advantages including boost brainpower, release stress, we become more energetic, helps ward off disease, and also can build relationship. People need to know how to keep healthier and have awareness on how important the physical exercise works to keep them healthy. Physical exercise is a healthy activity which can be done at home or gym. For those who prefer to do exercise at the gym, it is much better rather than doing self-exercise. This is because when they are going to the gym, they can be monitored by the instructor and the instructor can help them to do the exercise correctly. At the gym also, the person can use the equipment provided there.

Society can be defined as a group of people who live in a geographical location and each of them have different lifestyle. Some people are concern about their health and willing to do anything in order to ensure that their health could be maintained and some would not do that because of many reason such as busy, time constraint, no sufficient money for those who prefer the gym as place to do exercise, and many other reason that restricted them from having a healthy

lifestyle in term of exercise. The group of people who are prefer to do the exercise consider as the active society thus has high awareness regarding health and those who do not is consider as non-active society which has low awareness regarding health. Physical exercise could provide the benefits to the people including to protect against disease. Healthy body can come from the person who is always doing exercise because by doing that their body can release the toxic during they are sweating. These toxics that not needed in the body will be removed and the body will become more health. The disease that can be prevented including heart disease, stroke, high blood pressure, obesity and many more. In order to ease people to find a suitable place to do exercise, gym could be as a place where they can do the activity and in the same time they can build relationship with other people. They can make new friends when they are going to the gym and have intercommunication with them.

CHAPTER 3

RESEARCH METHODOLOGY

3.0 Introduction

Chapter 3 which is research methodology explained about the wellness along the study carried out. Section 3.1 discuss on Research Design while section 3.2 explain on the sample and sampling techniques. Section 3.3 discuss on Research Instrument. On the other hand, section 3.4 explains on Questionnaire Design. Finally, section 3.5 discuss on Data Collection.

3.1 Research design

This research is a cross sectional correlation sample survey of how the gym exercises can effects on the health. It will determine the differences in the place of doing exercise, the benefits of doing the exercise, and factor that influence the people do the gym exercise. This study also includes a mixed method research design, qualitative and quantitative methodologies that examine the society awareness regarding the gym exercise and the effect of gym exercise toward the body health. Qualitative and quantitative data included the questionnaire that we designed in order to gain the level of society awareness and how the gym exercise could effects the physical health. This study will be conducted at the Ultimate Athlete Gym, Taman Desa Ilmu Kota Samarahan.

3.2 Sample and Sampling Techniques.

Population

For this research, our population is the customers or clients of Ultimate Athlete Gym, Taman Desa Ilmu Kota Samarahan.

Sample

It is vital to select the most appropriate respondent in order to collect a valid result when investigating the customer awareness on the physical exercise issue. The customer selected comprises about fifty respondents that were interviewed via structured questionnaire. The structured questionnaire was distributed randomly to the customers of Ultimate Athlete Gym, Taman Desa Ilmu Kota Samarahan.

Sampling Method

In order to complete the study, we used Non-Probability Sampling which is Purposive Method to distribute our questionnaires. We choose this method because it is much easier and all the data can be collected immediately. The data was obtained from the structured questionnaires which have been distributed to the customers of Ultimate Athlete Gym, Taman Desa Ilmu Kota Samarahan in order to know about physical exercise and its effects on society's health.

3.3 Research Instrument

Data for this study were collected through a research instrument. In this study, random sampling technique will be used to select the sample size of respondents. Since there are 120 respondents being selected as the sample size, random sampling technique is firstly the units must be assembled into a sampling frame. In fact, random sampling is a very structured procedure that ensures all units in a sampling frame have equal chance of being selected. This is a simple random sampling as the random numbers are truly random and there is no bias in the choice of the units to be sampled. The questionnaires consist of section A, section B, and section C.

3.3 Questionnaire Design

Section A

This section is about respondent's profile, which comprises of respondents gender, age, education level, and occupation.

Section B

Section B consists of two elements which are the first one is about the physical exercise, and second is about the awareness of society regarding fitness and health. There are five scale used to indicate the objective of the study. Below is the scale we use for every section:

1= Strongly Disagree

2= Disagree

3= Neutral

4= Agree

5= Strongly Agree

Section C

This section consist of Level of Healthiness. The level was indicated by:

1 = Very Low

2 = Low

3 = Moderate

4 = High

5 = Very High

3.5 Data Collection

Primary Data

Questionnaire

We choose questionnaire as our type of survey since it cost less expensive, establish rapport and also can gain the opinion of the customers regarding the physical health. The questionnaires are printed in white paper and it is prepared in one language (English). Pilot test was first done to detect errors and also language clarity before the real questionnaires being distributed.

Secondary Data

Articles and Journals.

Apart of questionnaires, some of the information that we get is gained from the articles and journals. Most of the secondary data was browsed through UiTM Library online database that provided various sources of articles and journals. Through articles and journals, we are able to make comparisons about our study with previous findings. By doing this, our finding could be more successful and reliable.

3.6 Unit of analysis

The units of analysis in this study are:

- I. Customers who are going to Ultimate Athlete Gym, Taman Desa Ilmu Kota Samarahan, Sarawak.
- II. Ultimate Athlete Gym, Taman Desa Ilmu Kota Samarahan, Sarawak.

3.7 Data of Analysis

The study carried out and the data will be analyze through the use of SPSS system with the suitable test which is Spearman correlation and sample T-test based on the actual response rate. The Spearman Correlation is use to determine the relationship between understanding concept of gym exercise among the customers and how it effects on the level of healthiness. The correlation also will be used to identify the society's awareness regarding fitness and health that effect the level of healthiness. Independent sample T-test is used for Comparison of society awareness regarding health based on gender.

CHAPTER 4

RESEARCH FINDING

4.0 Introduction

This chapter is presenting on the results and findings of analysis and test conducted in this study. Section 4.1 shows the results and findings of the reliability test. Then, there is section 4.2 which presents the accumulation of all demographic background of respondent's profile. This is followed by finding by objectives in section 4.3 which is consist of three sections. Section 4.3.1 shows the relationship between the understanding concept of gym exercise and the level of healthiness. In section 4.3.2, it shows the relationship between the awareness regarding the fitness and health and the level of healthiness and in section 4.3.3, it shows the comparison of society awareness regarding health based on gender.

4.1 Reliability Analysis

The researchers adopted the use of reliability analysis. This needs to done to ensure that the data reliable to answer the research objectives and reliability is a necessary condition for validity. The questionnaire is tested where the result obtained should be close as possible to 1 to be accepted. Thus, the table 4.1.1 below shows the result of reliability analysis that has been conducted for this research.

Table 4.1.1

Reliability Analysis

Cronbach's Alpha	N of items
0.793	12

Based on the results obtained in Table 4.1.1, the Cronbach's Alpha of the questionnaires is closeness to value 1. According to Sekaran and Bougie (2011), the reliability less than .600 is considered poor reliability while .700 is acceptable and ranges over .800 is good. Nunnally (1976) stated that Cronbach's Alpha .600 is sufficient to be an acceptable value for research purpose. Therefore, the result obtained are reliable to the respondents which are the customer who is going to the gym located at Ultimate Athlete Gym, Taman Desa Ilmu Kota Samarahan, Sarawak.

4.2 Respondent's Profile

This section will be presenting on the demographic background of respondents in this study including gender, age, education's level and occupation.

Table 4.2.1

Gender

Gender	Frequency	Percent%
Male	42	35.0
Female	78	65.0
Total	120	100.0

Table 4.2.1 shows the frequency and percentage of the respondent gender. The frequency shows 42 for male and the percentage is 35.0. For the female, the frequency is 78 and the percentage is 65.0. Thus, the total frequency is 120.

Table 4.2.2

Age

Age	Frequency	Percent%
Below 20	2	1.7
21 - 40	115	95.8
Above 40	3	2.5
Total	120	100.0

Table 4.2.2 shows the age of the respondents. Most of the respondents are between 21-40 years old with the highest frequency which are 115 and the percentage is 95.8%. Next, the age above 40 years old with the percentage of 2.5%. Lastly, the lowest score is below 20 years with the frequency of 2 and the percentage of 1.7%.

Table 4.2.3

Education's Level.

Education's Level	Frequency	Percent%
SRP/PMR	1	0.8
SPM	3	2.5
STPM/DIPLOMA	45	37.5
UNDERGRADUATE	71	59.2
Total	120	100.0

Table 4.2.3 shows education's level of the respondents. Most of the respondents are undergraduates with 71 respondents and the percentage is 59.2%. Second highest score is STPM/DIPLOMA with 45 respondents and the percentage is 37.5%. While for SPM the score only 3 respondents with the percentage 2.5% and lastly SRP/SPM only 1 respondent with the percentage of 0.8%.

Table 4.2.4

Occupation

OCCUPATION	Frequency	Percent %
PUBLIC SECTOR	8	6.7
PRIVATE SECTOR	2	1.7
STUDENTS	110	91.7
Total	120	100.0

Table 4.2.4 shows the occupation of the respondent. Most of them are students with total 110 respondents and percentage is 91.7. Next is public sector with the frequency of 8 respondents indicate 6.7%. Then private sector 2 respondents with the percentage of 1.7%.

4.3 Finding by Objectives

4.3.1. The first objective of this study is to determine the understanding concept of gym exercise among the customers and how it effects on level of healthiness. Therefore, to answer this objective, the researchers are using Spearman Correlations test and the result as follows:

Table 4.3.1 Correlation analysis for understanding concept of gym exercise and the Level of Healthiness.

		Understanding the concept of gym exercise	Level of healthiness
Understanding The concept of Gym exercise	Spearman Correlation Sig. (2 tailed) N	1.000 120	.749** 0.000 120
level of healthiness	Spearman Correlation Sig. (2 tailed) N	.749** 0.000 120	1.000 120

Based on table shown above, there is strong relationship between the understanding the concept of gym exercise and the level of healthiness. Positive and significant relationship are existing between understanding concept of gym exercise and the level of healthiness with $r = 0.749^{**}$, $\alpha > 0.01$

4.3.2. The second objective of this study is to identify the society's awareness regarding fitness and health that effect the level of healthiness. Therefore, to answer this objective, the researchers are also using the Spearman Correlations test and the result as follows:

Table 4.3.2 Correlation analysis for awareness regarding fitness and health that effect the level of healthiness

		Awareness regarding fitness and health	Level of healthiness
Awareness regarding fitness and health	Spearman Correlation	1.000	.619**
	Sig. (2 tailed)		0.000
	N	120	120
level of healthiness	Spearman Correlation	.619**	1.000
	Sig. (2 tailed)	0.000	
	N	120	120

Based on table shown above, there is strong relationship between the awareness regarding fitness and health with the level of healthiness. Positive and significant relationship are existing between the awareness regarding fitness and health with the level of healthiness, $r = 0.619^{**}$, $\alpha > 0.01$

4.3.3. The third objective of this study is to determine the influences of gender towards the level of healthiness. This is to identify which gender have more awareness regarding healthiness. Therefore, to answer this objective, the researchers are using Sample T-test and the result as follows:

Table 4.3.3 Independent Sample T- Test for Gender

Group Statistics					
	GENDER	N	Mean	Std. Deviation	Std. Error Mean
levelofhealthiness	MALE	42	4.0714	.77752	.11997
	FEMALE	78	3.9872	.63437	.07183

Independent Samples Test						
Levene's Test for Equality of Variances						
		F	Sig.	t	df	Sig. (2-tailed)
levelofhealthiness	Equal variances assumed	3.992	.048	.640	118	.523
	Equal variances not assumed			.603	70.816	.549

From the table above, it shows that $p = 0.048 (< 0.05)$ for Levene's Test. This implies that there is significant difference level of healthiness between male and female because $p = 0.549 (> 0.05)$

Based on the table 4.3.3, the mean for male is 4.0714 (SD = 0.77752), while for female, the mean is 3.9872 (SD 0.63437). From the values of mean above, it shows that both group have neutral intention in level of healthiness. Thus, based on the table, the mean of male have more level of healthiness compared to mean of the female.

CHAPTER 5

CONCLUSION

5.1 Introduction

The previous chapter dealt with data analysis obtained from questionnaire answered by total respondents of 120. In this chapter, a brief summary on the research finding, the objectives and research question. Another section is about some recommendation for further research as well as the limitation and implication of the study.

5.2 Result and Discussion

This study carry out to determine the benefit of gym exercise and it effect on health. The respondents are the customer who is going to gym. Based on the first objective,

5.2.1 To determine the benefit of gym exercise toward health.

The relationship between the variables can be determined by running bivariate correlation because the variables are interval data. The result shows that there is strong relationship between gym exercise and the level of healthiness ($r = 0.749$, $p > 0.01$). Gym exercise also involve bodily movement which can improved individual's physical capacity thus give a positive impact on other aspect of lives (Bosscher, Van Der, Van Dasler, Degg & Smith, 1995).

5.2.2 To identify the society awareness regarding fitness and health.

The second objective also used correlation test to examine the level of awareness regarding fitness and health. Based on the result indicates that there is strong relationship between the effects on health and the level of healthiness. Positive and significant relationship are exists between effects on health and the level of healthiness ($r = 0.619^{**}$, $p > 0.01$).

5.2.3 To identify the influence of gender toward the level of healthiness.

From the independent sample T-test table, it shows that $p = 0.048$ (< 0.05) for Levene's Test. This implies that there is significant difference level of healthiness between male and female because $p = 0.523$ (> 0.05). Based on the table 4.3.3, the mean for male is 4.0714 (SD = 0.77752), while for female, the mean is 3.9872 (SD 0.63437). From the values of mean above, it shows that both have neutral intention in the level of healthiness. Thus, based on the result, the mean of male have more level of healthiness compared to mean of the female.

5.3 Implication

This study will increase the awareness and knowledge regarding fitness and health through gym exercise. Since there is less exposure about gym exercise, people become less concern about health and also lifestyle. Besides, going to the gym for exercise is helpful because there have instructor rather than doing self-exercise without someone monitor the movement.

Next implication for future study is clear which focus the health campaign on all level of society so that they aware about being healthy and live the healthier lifestyle.

5.4 Limitation of Study

In every research study, there must have several implications in order to collect data from sampling size. Firstly, the result is not representing the all level of society in Malaysia. Since this study is only carried out at Kota Samarahan area focusing at Ulthimate Athlete Gym in Taman Desa Ilmu. Therefore it cannot be applied to all society regarding their understanding about gym exercise and healthiness. There are different population which comprises different level of education, age and occupation that can affect the result. Thus it is no applicable to other area of research.

Secondly, the method of data collection used is questionnaire. It is a very common way of collecting data. However, we should minimize the use of

words and reduce lengthy questions to ensure higher return rate. People do not have patience to complete a 2 pages questionnaire thus the questionnaire must be simple, easy and precise with the information.

Other than that, there might be few respondents who refuse to answer the questionnaire. This is because they do not understand the questions or the high level of language uses. The respondents also not answer the questionnaire properly due to laziness to read.

In summary, we can state that the awareness regarding fitness and health is high among society as they doing exercise. The male are more aware about healthiness than female reflecting the trends now.

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gym exercise and its effect on health.

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Gym exercise and its effects on health

Abstract

This research will focus on the gym exercise and its effects on society's health. The respondents are the customer who is going to the gym which located at Ultimate Athlete Gym, Taman Desa Ilmu Kota Samarahan, Sarawak. The structured questionnaire was distributed randomly to the customers of the gym and data for this study were collected through a research instrument. There are 120 respondents being selected as the sample size. From research finding, it shows that the understanding the concept of gym exercise and the level of healthiness applied when the customer understand the concept of gym which must consist of gym instructor and wear proper attire. The awareness regarding fitness and health with the level of healthiness could be measured through body stamina or maintain body shape. Lastly, the research finding also shows that the male have more level of healthiness compared to female.

RESEARCH SUMMARY

Objectives	Variable/s	Measurement	Scale	Statistics	Findings
To determine the understanding concept of gym exercise among the customers and how it effects on level of healthiness.	Gym can be defined as a place where the physical exercises and activities performed inside, often using equipment	exercise per day	Scale	Spearman Correlation	Positive and significant $r = 0.749^{**}$, $p > 0.01$
To identify the society's awareness regarding fitness and health that effect the level of healthiness.	-Awareness is the state of knowing something or aware of a problem. - -Social awareness is defined as being aware of the problems that different societies and communities face on a day-to-day basis. According to the World Health Organization, health can be defined as a state of complete physical, mental and social well-being.	Level of healthiness	Scale	Spearman Correlation	Positive and significant $r = 0.619^{**}$, $p > 0.01$
To determine the influences of gender towards the level of healthiness.	Gender can be defined as the state of being male or female and typically used with reference to social and cultural differences rather than biological ones	Sex of subject (male or female)	Nominal	Sample T-test	$R = 0.55$ $P < .001$



اوتو ستيق تيكنولوغي مارا
UNIVERSITI
TEKNOLOGI
MARA

UiTM KOTA SAMARAHAN

QUESTIONNAIRE

A STUDY ON THE GYM EXERCISE AND ITS EFFECT ON HEALTH

Dear respondents,

I am currently pursuing Bachelor of Administrative Science and Policy (HONS.) studies at UNIVERSITI TEKNOLOGI MARA (UiTM), CAMPUS KOTA SAMARAHAN. I would like to make a study about **Gym Exercise and Its Effect on Health** for our course which is '**Research Methodology and Data Analysis**' with the code of ADS511. It really helps us in collecting data based on the simple questionnaire that I provide to you. I will feel so grateful if you can spend a few minutes to answer all those question honestly. This survey is purely for the educational purpose and your answer will be kept confidentially. Thank you for your cooperation.

Section A: Demographic Profile

Please indicate (/) in the appropriate information about yourself. Each question should only have ONE answer.

1. Gender:

Male

Female

2. Age:

Below 20 years

21-40 years

Above 40 years

3. Education Level

SRP/PMR

SPM

STPM/Diploma

Undergraduate

4. Occupation:

Public Sector

Private Sector

Students

Others: _____ (please specify)

Section B: Independent Variables

Please circle your answer to each statement using 5 Likert scale:

Strongly disagree	disagree	neutral	agree	Strongly agree
1	2	3	4	5

a) UNDERSTANDING THE CONCEPT OF GYM EXERCISE

NO.	QUESTION	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE
1	I understand what gym exercise is	1	2	3	4	5
2	It is very important for me to constantly doing exercise	1	2	3	4	5
3	I do not concern much about physical exercise because I believe that I could be health without doing the exercise.	1	2	3	4	5
4	I do not mind to do exercise at the gym or at home during my free time	1	2	3	4	5
5	I believe that physical exercise may give me a lot of benefits in term of health and lifestyle	1	2	3	4	5

b) AWARENESS OF FITNESS AND HEALTH

NO.	QUESTION	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE
1	I can prevent any disease and remain healthy by doing physical exercise	1	2	3	4	5
2	I must keep doing exercise to stay healthy.	1	2	3	4	5
3	Healthy body allowing me to do anything I want.	1	2	3	4	5
4	It is important for me to do the exercise correctly so that it would not give me injury later on.	1	2	3	4	5
5	I am sure most people nowadays did not concern about their health because of other commitments like busy with career, family, and others.	1	2	3	4	5
6	I enjoy doing exercise in order to stay healthy and fit.	1	2	3	4	5
7	I understand what exercise and healthy body is	1	2	3	4	5

Section C: Dependent Variables

Please circle your answer.

Level of Healthiness.

- 1 Very Low
- 2 Low
- 3 Moderate
- 4 High
- 5 Very High

Thank you for your cooperation!