

The background of the entire cover is an abstract, high-energy image. It features a blurred figure of a person, likely a runner, in motion. The figure is overlaid with vibrant, streaky light trails in shades of teal, blue, and orange, creating a sense of speed and dynamic movement. The overall composition is energetic and modern.

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SPORTS AND PHYSICAL EXERCISE ASSEMBLY OF KNOWLEDGE SHARING

COLLOQUIUM PROCEEDINGS

EXTENDED ABSTRACT

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INVESTIGATING THE RELATIONSHIP BETWEEN PHYSICAL EXERCISE AND SELF-ESTEEM AMONG COLLEGE STUDENTS IN UiTM SEREMBAN 3

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I. INTRODUCTION

This study explores the relationship between physical exercise and self-esteem among college students at UiTM Seremban 3. It highlights the importance of physical exercise in overall health [1]. Many college students struggle to balance academics and self-care, leading to reduced physical exercise. Understanding the link between exercise and self-esteem can provide insights to improve students' mental health. Physical exercise reduces stress levels, yet students are not exercising regularly during their leisure time. While regular physical activity reduces social isolation and loneliness by creating opportunities for social contact, there is a lack of studies on university students [2]. This gap highlights the need to explore how physical exercise influences self-esteem in this population.

II. METHODS

This study involved 300 college students from UiTM Seremban 3, selected through random sampling. Data collection utilized questionnaires, including the Physical Exercise rating scale used the Physical Activity Rating Scale (PARS-3) revised by Liang [3] and Rosenberg Self-Esteem Scale (SES) by Morris Rosenberg [4]. Participants completed these in a controlled setting, Pearson correlation analysed the relationship between physical exercise and self-esteem.

III. RESULTS AND DISCUSSION

A. Physical Exercise

Physical exercise among students showed varying frequencies, durations, and intensities. The result showed 50.3% reported a low level of physical exercise, making it the most common category. Meanwhile, 22.7% of students engaged in a moderate level of exercise, and 27.0% reported a high level of physical exercise. These findings suggest that a significant proportion of students have low physical activity levels. Evidence indicates that more individuals rarely participate in sports than those who do so regularly. This trend may be due to university students' demanding schedules and long class hours, which contribute to fatigue and limit time for regular physical activity [5].

B. Self-esteem

Self-esteem scores, measured on a 10-item scale. The result showed the majority (77.0%) reported a moderate level of self-esteem, while 20.3% indicated a low level of self-esteem. Only a small proportion (2.7%) engaged in a

high level of self-esteem. These findings highlight that most college students maintain a moderate self-esteem level, with fewer individuals participating in low or high levels of self-esteem. Research suggests that students with high self-esteem tend to achieve better academic outcomes, as a certain level of self-esteem is essential for persistence and success [6].

C. Relationship Between Physical Exercise and Self-Esteem

A significant negative correlation was found between physical exercise and self-esteem. This correlation is statistically significant ($p < 0.001$) at significance level. The findings of this study suggest that physical exercise does not effectively enhance self-esteem among university students. Therefore, it may not be a reliable method for fostering positive self-perception or cognitive confidence [7].

TABLE I
CORRELATION ANALYSIS OF PHYSICAL EXERCISE AND SELF-ESTEEM AMONG STUDENTS IN UiTM SEREMBAN 3

Variables	Mean \pm SD	Pearson's (r)	p-value
Physical Exercise (PE)	30.1 \pm 31.4	-	-
Self-esteem (AE)	23.3 \pm 3.94	-0.231	<.001

IV. CONCLUSIONS

This study highlights the significant relationship between physical exercise and self-esteem among UiTM Seremban 3 college students. Findings emphasize the need to promote physical exercise to enhance self-esteem. These insights provide a foundation for interventions in higher education to foster healthier lifestyles and improved confidence among students.

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