

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.

INTERNATIONAL GRADUATE COLLOQUIUM

# *i*-SPEAK 2025<sup>①</sup>

SPORTS AND PHYSICAL EXERCISE ASSEMBLY OF KNOWLEDGE SHARING

COLLOQUIUM PROCEEDINGS

## **EXTENDED ABSTRACT**

EDITOR | ADAM LINOBY



# INVESTIGATING THE IMPACT OF REGULAR PHYSICAL ACTIVITY ON THE STRENGTHENING OF RESILIENCE IN MALAYSIAN HIGHER EDUCATION STUDENTS

Muhammad Fikri Jamal, Nur Dalilah Dahlan, & Muhammad Wafi A. Rahman\*

*Faculty of Sports Science and Recreation, Universiti Teknologi MARA, Negeri Sembilan Branch, Seremban Campus, Negeri Sembilan, MALAYSIA*

\*Corresponding author: wafiarahman@uitm.edu.my

**Keywords:** Physical Activity, Resilience, University Students, Mental Well-Being, Collegiate student

## I. INTRODUCTION

This study investigates the relationship between physical activity and resilience among UiTM Seremban students. It aims to identify their physical activity levels, assess their resilience, and explore the connection between these variables [1]. Addressing gaps in tailored interventions and understanding environmental factors, this research contributes to strategies for enhancing student well-being and resilience through physical activity, overcoming limitations in current knowledge and self-reported data reliability [2].

## II. METHODS

This quantitative, non-experimental study employed a questionnaire survey method. Physical activity was measured using the International Physical Activity Questionnaire (IPAQ-SF), and resilience was assessed via the Connor-Davidson Resilience Scale (CD-RISC). A total of 438 UiTM Seremban students were sampled, based on Krejcie and Morgan's (1970) guidelines, with an additional 20% added to account for unreturned questionnaires.

## III. RESULTS AND DISCUSSION

### A. Physical Activity Level

The mean physical activity score among 438 respondents was  $2.55 \pm 0.53$ , indicating a moderate activity level. Variation was minimal, suggesting most students fell within this category. These findings align with prior research, affirming that university students often maintain moderate activity due to lifestyle and academic constraints.

### B. Resilience Level

Resilience scores averaged  $3.75 \pm 0.47$ , reflecting moderate to high resilience among respondents. Low variation suggests consistent resilience levels, likely influenced by students' adaptive abilities. This result supports existing studies linking resilience to coping with academic and personal challenges.

### C. Relationship between Physical Activity and Resilience

Table 1 shows a strong positive relationship was found between physical activity and resilience (contingency coefficient = 0.953,  $\chi^2 = 4364$ ,  $df = 1426$ ,  $p < 0.001$ ). Promoting physical activity could enhance resilience, highlighting the importance of integrating wellness programs into university policies to improve student well-being.

TABLE I  
RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND RESILIENCE

	Value	df	p-value
Chi-Square ( $\chi^2$ )	4364	1426	<0.001
N	438		
Contingency coefficient	0.953		

## IV. CONCLUSIONS

This study highlights moderate physical activity and resilience levels among UiTM Seremban students, with a strong positive relationship between the two. Findings emphasize the potential of promoting physical activity to enhance resilience. Integrating physical activity into university wellness programs could significantly improve students' capacity to cope with academic and personal challenges.

## ACKNOWLEDGMENT

The authors sincerely appreciate UiTM Seremban students for their participation, as well as Mrs. Nur Dalilah Binti Dahlan, and friends for their support.

## REFERENCES

- [1] Xu, S., Liu, Z., Tian, S., Ma, Z., Jia, C., & Sun, G. (2021). Physical Activity and Resilience among College Students: The Mediating Effects of Basic Psychological Needs. *International Journal of Environmental Research and Public Health*, 18(7), 3722. <https://doi.org/10.3390/ijerph18073722>.
- [2] Yu, J. J., & Ye, J. (2023). Resilience is associated with physical activity and sedentary behaviour recommendations attainment in Chinese university students. *Complementary Therapies in Clinical Practice* 51 (2023). <https://www.sciencedirect.com/science/article/abs/pii/S1744388123000282>.