

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

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SPORTS AND PHYSICAL EXERCISE ASSEMBLY OF KNOWLEDGE SHARING

COLLOQUIUM PROCEEDINGS

## **EXTENDED ABSTRACT**

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PHYSICAL ACTIVITY AND LIFE SATISFACTION: A STUDY IN MALAYSIAN URBAN SETTING

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I. INTRODUCTION

This study investigates the relationship between physical activity and life satisfaction among Georgetown citizens [1]. By analyzing activity levels and satisfaction metrics, the research identifies demographic factors influencing well-being. Insights aim to inform interventions promoting exercise and enhancing happiness in urban settings, contributing to public health and policy development [2,3].

II. METHODS

This study employed the International Physical Activity Questionnaire (IPAQ) and the Purpose in Life (PIL) test to measure physical activity and life satisfaction, respectively. Non-probability sampling targeted Georgetown citizens aged 20–60 years. Descriptive statistics summarized activity and satisfaction levels, while inferential tests, including correlation and t-tests, analyzed their relationship and gender differences.

III. RESULTS AND DISCUSSION

A. Physical Activity Level

This study examines the level of physical activity among citizens in Georgetown using the International Physical Activity Questionnaire (IPAQ). Data from 465 respondents show that 56.25% engage in high activity levels, 41.16% in moderate activity, and 2.58% in low activity. Walking is the most common form of exercise, while intense workouts are less frequent. These findings highlight the need for targeted interventions to promote sustained physical activity.

B. Life Satisfaction Levels

Life satisfaction was high, with an average score of 6/7. Purpose and optimism were most positively rated. Gender differences were significant, with males reporting higher satisfaction, while educational attainment showed a positive correlation with well-being.

C. Relationship Between Physical Activity and Life Satisfaction

TABLE I  
THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND LIFE SATISFACTION

Life Satisfaction	IPAQ	
	<i>r</i>	0.9
	Sig (2-tailed)	0.026
	<i>n</i>	464

This study investigates the relationship between physical activity and life satisfaction among citizens in Georgetown. Data analysis reveals a strong positive correlation ( $r = 0.90$ ,  $p = 0.026$ ) between the two variables, indicating that individuals who engage in regular physical activity report higher life satisfaction (Table 1). Exercise contributes to improved mood, reduced stress, and better social interactions. These findings highlight the importance of promoting active lifestyles to enhance overall well-being.

IV. CONCLUSIONS

This study demonstrates a significant positive relationship between physical activity and life satisfaction among Georgetown citizens. Moderate engagement in physical activities, particularly walking, enhances well-being, with demographic factors such as gender and income influencing this link. These findings support tailored interventions to promote regular exercise, fostering greater life satisfaction and improved public health outcomes..

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