

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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BARRIERS TO LEISURE-TIME PHYSICAL ACTIVITY PARTICIPATION AMONG YOUTH

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I. INTRODUCTION

Physical activity participation among youth is a growing concern, leading to severe health and economic consequences [1]. Despite global recommendations, many fail to meet the required activity levels due to various barriers. This study identifies key obstacles to youth participation in leisure-time physical activity, examines gender differences, and explores their impact on activity levels [2]. Understanding these barriers is crucial for developing targeted interventions to promote a healthier and more active lifestyle [3].

II. METHODS

A survey was conducted with 3138 respondents (172 males, 141 females). Data were analyzed using Jamovi software, employing Chi-Square tests to assess associations between barriers and leisure-time physical activity [4]. A purposive sampling used for individuals that age range 18 and above who attend the interview at FSR Seremban Campus.

RESULTS AND DISCUSSION

A. To identify the main barriers faced by youth

The study identified personal barriers (2.92 ± 0.47) as the primary barrier preventing youth from engaging in leisure-time physical activity. These barriers significantly influenced participation, limiting opportunities for an active lifestyle.

B. To identify the level of leisure-time physical activity participation among youth

Among the 313 respondents ($n = 237$, 75.7%) the recommended activity level, with most reporting high activity levels. This suggests that, despite barriers, many youth still engage in physical activity.

C. To investigate the barriers to leisure-time physical activity participation among youth in terms of gender

This study examines gender differences in barriers to leisure-time physical activity (LTPA) among 313 participants (172 males, 141 females) using an Independent-Samples t-Test. The analysis focused on three domains: personal barriers, social influence, and environmental factors. The results indicate no statistically significant differences between males and females across all barrier domains. Males reported slightly lower personal barriers ($M = 3.01$)

compared to males ($M = 2.85$), but the difference was not significant ($t = -2.90$, $p > 0.05$). Similarly, males experienced marginally higher social influence barriers ($M = 2.22$) than females ($M = 2.17$), yet this difference was also non-significant ($t = 0.61$, $p > 0.05$). Environmental factors showed minimal gender variation ($t = 0.31$, $p > 0.05$). Since all p-values exceeded 0.05, the findings suggest that both genders face similar challenges to LTPA. These results highlight the need for inclusive interventions that address barriers across all individuals rather than being gender-specific.

D. To examine the difference between type of barriers and leisure-time physical activity among youth

The contingency coefficient (0.779) indicated a strong association between barriers and activity levels. However, the chi-square test ($p = 0.063$) showed no statistical significance, suggesting that barriers may not universally determine participation levels despite their apparent influence (Table 1).

TABLE I
CHI-SQUARE ANALYSIS OF THE ASSOCIATION BETWEEN BARRIERS AND
LEISURE-TIME PHYSICAL ACTIVITY PARTICIPATION AMONG YOUTH

Barriers	Leisure-Time Physical Activity Participation Among Youth	
	Pearson Chi-Square	.06
	Sig (2-tailed)	.88
	N	313

III. CONCLUSIONS

Personal barriers significantly impact youth participation in leisure-time physical activity, particularly among females. While gender differences were evident, statistical analysis found no significant association between barriers and activity levels. These findings highlight the complexity of factors influencing youth engagement in physical activity, emphasising the need for targeted intervention strategies.

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