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**EXTENDED
ABSTRACT**

Exploring Relationship Social Media Use and Physical Activity Among UiTM Seremban Students

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I. INTRODUCTION

This study focuses on the relationship between social media use and physical activity levels among UiTM Seremban students. Concerns are being raised regarding the low level of physical activity due to social media. This study intends to determine if social media affects students' physical engagement by analysing usage patterns and activity levels, therefore offering insight on balancing online and active lifestyles.

II. METHODS

Data were gathered through face-to-face and online questionnaires of 433 UiTM Seremban students. Participants were chosen just from this campus to maintain consistency. The Social Media Usage Scale (SMUS) monitored digital involvement, and the International Physical Activity Questionnaire (IPAQ) assessed activity levels. These established tools allowed for reliable examination of the relationship between social media use and physical activity.

III. RESULTS AND DISCUSSION

The data indicated a significant level of social media use among UiTM Seremban students. Although individual platform preferences were not recorded, total usage suggests significant daily involvement. No obvious patterns found depending on gender or year of study, indicating that strong social media use is constant across student demographics. Physical activity among students was often poor. Broader comparisons were not possible due to a lack of precise data on activity categories and academic programs. However, the general inactivity trend indicates the need for focused health promotion activities within the academic context to encourage more consistent and moderate physical activity.

There was a statistically significant negative connection between social media usage and physical activity levels. This suggests that increased social media use relates to decreased physical activity participation. Although internet behaviours were not examined, the findings raise concerns about digital habits substituting time for physical activity among students [1].

TABLE I
SOCIAL MEDIA LEVEL USAGE

| Social Media Use | Counts | % of Total |
|------------------|--------|------------|
| High | 304 | 70.2% |
| Moderate | 88 | 20.3% |
| Low | 41 | 9.5% |

Table I displays the amount of social media use among respondents. Most participants (304, or 70.2%) indicated extensive social media use. In addition, 88 respondents (20.3%) claimed moderate use, while just 41 respondents (9.5%) reported low use of social media. This shows that most of the students in the research were quite engaged on social media sites.

TABLE II
PHYSICAL ACTIVITY LEVEL

| Physical Activity Level | Counts | % of Total |
|-------------------------|--------|------------|
| High | 358 | 82.7% |
| Moderate | 44 | 10.1% |
| Low | 31 | 7.1% |

Table II displays the physical activity level of the 433 respondents. Most responders (358, or 82.7%) reported a low level of physical activity. Meanwhile, 44 respondents (10.1%) indicated moderate physical activity, while 31 respondents (7.1%) claimed high physical activity. These findings show that most respondents in this survey engaged in modest levels of physical exercise.

TABLE III
RELATIONSHIP BETWEEN SOCIAL MEDIA LEVEL USAGE PHYSICAL ACTIVITY LEVEL

| Social media use | Physical activity level | | | |
|------------------|-------------------------|----------|------|-------|
| | Low | Moderate | High | Total |
| High | 254 | 31 | 19 | 304 |
| Moderate | 63 | 13 | 12 | 88 |
| Low | 41 | 0 | 0 | 41 |
| Total | 358 | 44 | 31 | 433 |

TABLE IV
CHI-SQUARE

| Value | Df | p |
|-------|----|-------|
| 17.3 | 4 | 0.002 |
| 433 | | |

Table III shows a cross-tabulation of social media use and physical activity levels, as well as the chi-square test results. The chi-square value ($\chi^2 = 17.3$, $df = 4$, $p = 0.002$) shows a strong correlation between social media use and physical activity level among respondents. This suggests that students' physical activity behaviour may be influenced or correlated with their amount of social media usage.

IV. CONCLUSIONS

The study found that UiTM Seremban students use social media excessively and engage in little physical exercise, with a substantial negative relationship between the two. These findings point to the need of promoting healthy student behaviour through balanced digital engagement and active lifestyle initiatives.

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