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**EXTENDED
ABSTRACT**

Exploring Outdoor Recreation and Physical Well-Being Among Residents in Iskandar Puteri

Muhammad Arif Loqman Mohd Sham¹ & Muhammad Wafi A. Rahman^{1*}

¹Faculty of Sports Science and Recreation, Universiti Teknologi MARA, Negeri Sembilan Branch, Seremban Campus, Negeri Sembilan, MALAYSIA

*Corresponding author: wafiarahman@uitm.edu.my

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I. INTRODUCTION

Outdoor recreation is increasingly recognized as vital to individual well-being. However, little is known about how such participation affects physical health outcomes in Malaysian urban communities. This study explores the frequency and intensity of outdoor recreation among Iskandar Puteri residents and investigates its association with perceived physical well-being, also considering gender-based differences in health benefits.

II. METHODS

Data were collected via an online Google Forms survey using the GLTEQ and GHQ-12 instruments. A total of 446 Iskandar Puteri residents participated through convenience sampling. Descriptive statistics assessed outdoor recreation patterns, correlation analysis (Spearman) examined links to physical well-being, and Independent t-tests compared well-being by gender. This self-administered method allowed efficient data capture during resource constraints.

III. RESULTS AND DISCUSSION

A. To Determine the Frequency and Intensity of Outdoor Recreation Participation Among Iskandar Puteri Residents

Strenuous activities like running and fast cycling were most common. Residents participated in such activities an average of 3.7 days per week. Participation was slightly higher among males and increased with age, especially in the 38+ group. Overall, monthly outdoor recreation occurred 6–8 times, indicating an active community engagement in outdoor physical activity.

B. To Examine the Relationship Between Outdoor Recreation Participation and Perceived Physical Well-Being

Pearson correlation analysis revealed a very weak positive relationship between outdoor activity and physical well-being. However, this was not statistically significant. Surprisingly, frequent participation did not strongly predict better well-being. This suggests other factors such as diet, stress, or sleep may play more critical roles and warrant further investigation to explain the limited impact observed.

TABLE I
CORRELATION BETWEEN OUTDOOR RECREATION PARTICIPATION AND PHYSICAL WELL BEING

	Physical well being	
Outdoor recreation	Correlation coefficient	-0.010
	Sig. (2 tailed)	0.834
	N	431

C. To Compare the Physical Well-Being Between Male and Female

The T-test showed no significant gender difference in perceived physical well-being. Although males reported slightly better scores, the difference was minimal and not statistically meaningful. This implies that both genders may derive comparable well-being outcomes from outdoor recreation, challenging assumptions about gendered health benefits in physically active urban populations.

TABLE III
COMPARISON BETWEEN MALE AND FEMALE ON PHYSICAL WELL BEING

Variable	Group	N	Mean	t	df	p
Physical well-being	Male	201	2.38	0.30	429	0.082
	Female	230	2.36			

IV. CONCLUSIONS

Outdoor recreation was frequent among Iskandar Puteri residents, especially strenuous activities. However, its link to physical well-being was weak and not statistically significant. No gender-based differences in well-being were found. These results suggest outdoor activity alone may not suffice for improved well-being and should be studied alongside other health-related factors.

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