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SPORTS AND PHYSICAL EXERCISE ASSEMBLY OF KNOWLEDGE SHARING

COLLOQUIUM PROCEEDINGS

EXTENDED  
ABSTRACT

# Physical Activity Level Among Jerantut Pahang Community

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## I. INTRODUCTION

This study investigates physical activity levels among the Jerantut, Pahang community, focusing on overall participation, activity duration, and gender-based differences. Recognizing the rising concern over sedentary lifestyles in rural populations, this research seeks to provide localized data to inform community health interventions and promote active living in underserved areas.

## II. METHODS

This quantitative, non-experimental study used a self-administered online survey, including the IPAQ-Short Form, to assess physical activity levels. A total of 380 participants from Jerantut, Pahang were selected using convenience sampling. The questionnaire, distributed from April to June 2025, captured demographic data and physical activity metrics including walking, moderate, and vigorous activities.

## III. RESULTS AND DISCUSSION

### A. Physical Activity Level

Most participants (53.4%) reported high physical activity levels, with 34.7% moderate and 11.8% low. This suggests a generally active community, consistent with IPAQ guidelines, though a small sedentary segment exists. These findings offer a positive outlook on rural activity patterns in Jerantut, with most residents exceeding minimum health recommendations.

### B. Average Duration Time

Respondents engaged most frequently in walking (4.80 days/week), followed by moderate (3.60 days) and vigorous activity (2.88 days). Average session durations were 77.61, 92.38, and 83.73 minutes respectively. Despite active engagement, average sitting time was high (317.84 minutes/day), indicating notable sedentary behavior. Total mean MET-min/week was 4621.90, reflecting diverse but health-conscious activity patterns.

### C. Gender Differences

Gender differences were statistically significant, with females comprising 68.9% of the low activity group and males dominating the high activity category. A Chi-square test confirmed the association ( $p = 0.020$ ), emphasizing the influence of gender on physical activity patterns among Jerantut residents.

TABLE I  
PHYSICAL ACTIVITY LEVEL AMONG JERANTUT COMMUNITY

	N	%
Low	45	11.8%
Moderate	132	34.7%
High	203	53.4%

TABLE II  
AVERAGE DURATION SPENDS ON ACTIVITY AMONG JERANTUT COMMUNITY

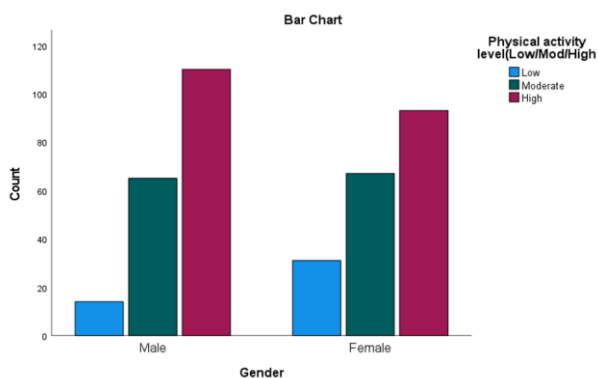
	N	Mean	Std. Deviation
Days of vigorous activity	380	2.88	2.088
Minutes of vigorous activity	380	83.73	78.391
Days of moderate activity	380	3.60	1.976
Minutes of moderate activity	380	92.38	62.874
Days walked	380	4.80	1.915
Minutes per walked	380	77.61	96.482
Minutes sitting per day	380	317.84	177.995
Total MET-min/week	380	4621.897	5080.0706
Valid N (listwise)	380		

TABLE III  
PHYSICAL ACTIVITY LEVEL BETWEEN GENDER AMONG JERANTUT COMMUNITY

		Low	Moderate	High	Total
Male	Count	14	65	110	189
	% within Physical activity level	31.1%	49.2%	54.2%	49.7%
Female	Count	31	67	93	191
	% within Physical activity level	68.9%	50.8%	45.8%	50.3%
Total	Count	45	132	203	380
	% within Physical activity level	100.0%	100.0%	100.0%	100.0%

TABLE IV  
CHI-SQUARE

	Value	df	Asymptotic Significance (2- sided)
Pearson Chi-Square	7.866 <sup>a</sup>	2	0.020
Likelihood Ratio	8.030	2	0.018
Linear-by-Linear Association	6.638	1	0.010
N of Valid Cases	380		



#### IV. CONCLUSIONS

The study reveals that most Jerantut residents are physically active, though significant sedentary time remains. Gender, age, and job status influence activity levels, with males and students being more active. These insights can support targeted public health strategies to encourage physical activity across all demographic segments.

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