

UNIVERSITI TEKNOLOGI MARA

**FITNESS PROFILE AND MENTAL TOUGHNESS
AMONG POLICEMAN IN PASIR MAS,
KELANTAN**

By

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DECLARATION**BACHELOR OF SPORT SCIENCE****FACULTY OF SPORT SCIENCE AND RECREATION****UNIVERSITI TEKNOLOGI MARA**

I, Nur Fasihah Bt Roni (I/C Number: 920830-03-6208) Hereby declare that:

This work has not previously been accepted in substances of any degree, locally or overseas and is not being concurrently submitted for any other degrees.

This project paper is the result of my independent work and investigation, except where otherwise stated, I absolve Universiti Teknologi Mara (UiTM) and Faculty of Sport Science and Recreation from any blames as result of my work

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ABSTRACT

This study described and compared the physical fitness profile and mental toughness among policeman in Pasir Mas, Kelantan. There were 100 subject aged 29.48 ± 4.12 years old participated for this study in different gender which is consists 91 subjects of male and 9 of female. Cross sectional study design was used for this study. Descriptive statistic was used to describe physical fitness profile and mental toughness meanwhile Independent T-Test analysis to compare in different gender. Based on the results fitness test, subjects achieve a good fitness level on muscular endurance meanwhile very poor results on body composition. For the comparison, there is significance different ($p < 0.05$) for handgrip and sit and reach test. There is not significant different ($p > 0.05$) for the rest of physical fitness test. For mental toughness, there is not significant different ($p > 0.05$) between male and female. Hence, all component is needed all subjects in order to dealing problem during carry out their duty.

Keywords: Policeman, Mental Toughness, Fitness Profile, Gender

LIST OF TABLES

Table 1:	Classification of body mass index for Asian population (kg/m ²)	27
Table 2:	Classification of body fat percentage (Norms)	28
Table 3:	Standard value for grip strength-dominant hand (kg)	29
Table 4:	Classification of one minute maximum sit up test	29
Table 5:	Classification of one minute maximum push up test (male)	30
Table 6:	Classification of one minute maximum push up test (female)	30
Table 7:	Classifications for modified sit and reach test (cm)	31
Table 8:	Norms for predicting VO ₂ max (mL/kg/min)	32
Table 9:	Body mass index (BMI) scores (kg/m ²)	36
Table 10:	Fat percentage score	37
Table 11:	Hand grip dynamometer score	38
Table 12:	1 minute sit up score	38
Table 13:	One minute maximum push up score	39
Table 14:	Modified sit and reach score	40
Table 15:	Predicted VO ₂ max score	41
Table 16:	Comparison of the physical fitness level	42
Table 17:	Test of normality for BMI	43
Table 18:	Test of normality for handgrip strength	44
Table 19:	Test of normality for maximum push up	45
Table 20:	Test of normality for maximum sit up	45
Table 21:	Test of normality for sit and reach	46
Table 22:	Test of normality for VO ₂ max	47
Table 23:	Psychology performance inventory questionnaire score	49
Table 24:	Results of descriptive statistics component of psychological performance inventory questionnaire (PPI) (n=100)	50
Table 25:	Independent sample T-test among policeman in difference gender	51

LIST OF FIGURES

Figure 1:	Data collection flow chart and procedure	33
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