

UNIVERSITI TEKNOLOGI MARA

**MOTIVATION FACTOR IN PERFORMING
PHYSICAL ACTIVITY AMONG URBAN AREA**

MUHAMMAD BAKRI BIN MOHD PAUZI

**Thesis submitted in fulfillment
of the requirements for the degree of
Bachelor of Sport Science (Hons.)**


Faculty of Sport Science and Recreation

July 2019

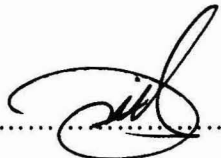
AUTHOR'S DECLARATION

I, Muhammad Bakri bin Mohd Pauzi (I/C Number:960109-03-5759) hereby, declare that this work has not previously been accepted in the substance of any degree, locally or overseas, and is not being concurrent, submitted for this degree and any other degree. This research project was the best 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 blame because of my work. All verbatim extracts have been distinguished by quotation marks and sources of information have been specifically acknowledged.

Name of Student : Muhammad Bakri bin Mohd Pauzi
Student I.D. No. : 2017697282
Programme : Bachelor of Sport Science (Hons.) – SR243
Faculty : Sport Science and Recreation
Thesis : Motivation Factor Level and Variable in Performing
Physical Activity Among Urban Area.

Signature of Student : 

Date : July 2019

Signature of Supervisor : 

ABSTRACT

Physical activity is well-defined as the body movement at any part that was created by the skeletal muscle of the body which is requires some energy expenses and energy beyond the basal metabolic rate. This study is designed to identify the motivation factor level and variable in performing physical activity and to investigate significant difference motivation factor among gender. The Physical Activity and Leisure Motivation Scale (PALMS) have been used in this study to identify motivation factor level. A total of 150 people (N= 150) from Bandar Utama Selangor that represents urban area were selected through convenience sampling. The result of this study showed that the highest ranking of the motivation factor level was physical condition (M= 4.55, SD= .468) whereas the lowest was Others expectation (M= 2.54, SD= .933). Besides, for the significant difference motivation factor among gender. The result showed, there was 4 factor had significant difference motivation factor between gender which was enjoyment, physical condition, psychological condition, competition/ego. Whereas the others 4 factor had no significant difference between gender which was mastery, appearance, others expectation, affiliation. To conclude, the present study suggests that motivation factors in performing physical activity were different on a gender.

KEYWORDS: Physical Activity, Motivation factors, Intrinsic motivation, Extrinsic motivation.

TABLE OF CONTENTS

	Page
AUTHOR'S DECLARATION	i
ABSTRACT	ii
ACKNOWLEDGEMENTS	iii
TABLE OF CONTENTS	iv
LIST OF TABLES	viii
LIST OF FIGURES	ix

CHAPTER

1	INTRODUCTION	
	1.1 Background of the study	1
	1.2 Problem statement	2
	1.3 Research objectives	3
	1.4 Research questions	3
	1.5 Significance study	4
	1.6 Limitations	4
	1.6.1 Cooperation of the subject	4
	1.6.2 Honesty of the participants	5
	1.7 Delimitations	5
	1.7.1 Subject selection	5
	1.7.2 Time accepted / limited	5

1.7.3 Focus on subject that always performing physical Activity	6
1.8 Operational terminology	6
1.8.1 Physical activity	6
1.8.2 Motivation	6
1.8.3 Intrinsic motivation	7
1.8.4 Extrinsic motivation	7
1.8.5 Urban area	7
2 LITERATURE REVIEW	
2.1 Introduction	8
2.2 Physical activity	8
2.3 Participation of physical activity	9
2.4 Motivation	10
2.5 The urban area	11
3 RESEARCH METHODOLOGY	
3.1 Introduction	12
3.2 Research design	13
3.3 Sampling technique	13
3.4 Ethic committee approval	13
3.5 Instrumentation	14
3.6 Data collection procedure	15