

UNIVERSITI TEKNOLOGI MARA

**THE FACTOR INFLUENCES TO DO
EXERCISE DURING MOVEMENT
CONTROL ORDER AMONG UITM
PERLIS STUDENTS**

NURUL FATHIN NABELLA BINTI AHMAD ZAMRI

Research project submitted in partial fulfillment of the
requirements for the degree of Bachelor of Health and Fitness
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AUTHOR'S DECLARATION

I declare that the work in this thesis/dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student : Nurul Fathin Nabella binti Ahmad Zamri
Student I.D. No : 2019586323
Programme : Banchelor of Health and Fitness (Hons)
Faculty : Sports Science and Recreation
Thesis : The Factors Influence To Do Exercise During Movement
Control Order (MCO) Among UiTM Perlis Students

Signature : 

Date : February 2021

ABSTRACT

Exercise is involves the things that were meant for health or preparation rather than something that was part of our everyday routine. However, due to the pandemic issues which is COVID – 19, Malaysia government had announced the Movement Control Order (MCO) where people a need to stay at home and prohibited to do any exercise such going to recreational park, going for gym to workout, mass gathering or any outdoor activity that exposed to the external environment. To date, there was limited study on factor influences to do exercise during MCO among UiTM Perlis students. Therefore, the purpose of this study is to investigate the factors influence to do exercise during MCO among UiTM Perlis students. A total of 389 respondents among UiTM Perlis were set up in WhatsApp to answer International Physical Activity questionnaire by using Google Form. The result of this study indicate that there was significant different on external factors influence to do exercise during MCO ($p < 0.05$) observed among UiTM Perlis students. Besides, the result prove that there was a significant different on external factor due to the lack of time was one of the most important external factor for exercise that affect people to do exercise. Therefore, the factors influence to do exercise during MCO among UiTM Perlis students was internal factor due to the key reasons for the students do exercise were improving the look, improving health and losing weight whereas the factor of internal.

Keywords: Exercise, Movement Control Order (MCO), University students.

TABLE OF CONTENTS

AUTHOR’S DECLARATION	i
ABSTRACT	ii
ACKNOWLEDGEMENT	iii
TABLE OF CONTENT	iv
LIST OF TABLES	vi
LIST OF FIGURES	vii
LIST OF SYMBOLS	viii
LIST OF APPENDIX	ix
CHAPTER ONE: INTRODUCTION	
1.1 Background of Study	1
1.2 Problem Statement	5
1.3 Research Question	5
1.4 Research Objective	5
1.5 Research Hypothesis	5
1.6 Significant of Study	6
1.7 Definition of The Terms	6
CHAPTER TWO: LITERATURE REVIEW	
2.1 Exercise	7
2.2 Factors Influence to do Exercise among Students	12
2.3 Movement Control Order (MCO)	16
2.4 Conclusion	17

CHAPTER THREE: METHODOLOGY

3.1 Introduction	18
3.2 Research Design	18
3.3 Sampling and Population Technique	19
3.4 Instrumentation	19
3.5 Data Collection	20
3.6 Statistical Analysis	20

CHAPTER FOUR: DATA ANALYSIS AND RESULT

4.1 Introduction	21
4.2 Demographic Data	21
4.3 Data Analysis	25
4.4 Hypothesis Testing	27

CHAPTER FIVE: DISCUSSION, CONCLUSION AND RECOMMENDATION

5.1 Introduction	32
5.2 Discussion of Findings	32
5.2.1 The Factors Influence to do Exercise During MCO Among Uitm Perlis Students	
5.3 Limitation	34
5.4 Recommendation	34
5.5 Conclusion	35
REFERENCES	36
APPENDICES	43