

UNIVERSITI TEKNOLOGI MARA

**UNDERSTANDING THE MOTIVES OF SUPPLEMENT
USAGE AMONG SAILOR ATHLETES IN MALAYSIA**

**MOHAMAD SYAHIR BIN MOHD FOUAT
2015145083**

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AUTHOR'S DECLARATION

BACHELOR OF SPORTS MANAGEMENT (Hons.)
FACULTY OF SPORTS SCIENCE AND RECREATION
UNIVERSITI TEKNOLOGI MARA

I, MOHAMAD SYAHIR BIN MOHD FOUAT , hereby declares that:

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All verbatim extracts have been distinguished by quotation works and of my information have been specially acknowledged.

Name of Student : Mohamad Syahir Bin Mohd Fouat

UiTM ID : 2015145083

Programme : Bachelor in Sports Management (Hons.)

Faculty : Faculty of Sports Science and Recreation

Thesis Title : Understanding the Motives of Supplement Usage among Sailor Athletes in Malaysia

Signature : _____

Date : July 2018

ABSTRACT

The purpose of this study was to examine the understanding of motives towards supplement usage among sailor athletes in Malaysia. Methods: This is quantitative research. There were 202 respondents involved in this study. They were reached at Langkawi Regatta Perdana Event. All obtained data were analysed by Statistical Package for Social Sciences (SPSS) version 23. One Way ANOVA was used to determine the differences between motives of usage and number of years involved in sport and Independent T-Test was used to investigate the differences between motives of usage and level of representatives in sport. Meanwhile descriptive statistic was used to identify other variables and demographic. The result yielded that, there is a significant difference between motives of usage and number of years involved in sport. Significant difference between motives of usage and level of representatives in sport also was reported.

Keywords: Motives of usage, performance enhancement related reasons, health-related reasons, sailor athletes, sources of advice.

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