

**UNIVERSITI TEKNOLOGI MARA**

**RELATIONSHIP BETWEEN PHYSICAL ACTIVITY  
PARTICIPATION AND LIFE SATISFACTION AMONG  
ADULTS AT SEREMBAN, NEGERI SEMBILAN**

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Research Project submitted in partial fulfillment of the  
requirements for the Degree of Bachelor of Sports  
Management (HONS)

**Faculty of Sports Science and Recreation**

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## AUTHOR'S DECLARATION

I, Anis Adibah Binti Shahrom hereby declare that this thesis is original and is the result of my own work, unless otherwise indicated or acknowledgement as referenced work. Neither the Universiti Teknologi MARA (UiTM) nor the Faculty of Sports Science and Recreation, UiTM is liable to be blamed for any false report or any disclosure of classified made by me.

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**ABSTRACT**

Life satisfaction was directly impacted by individual daily physical activity participation. This study was aimed to determine the relationship between physical activity participation and life satisfaction among adults. This study also was designed to determine the difference of physical activity participation between gender. The survey using questionnaire approach to 461 of adults at Seremban, Negeri Sembilan. The respondents were chosen by using convenience sampling. For the purpose of this study, the questionnaire was adopted from IPAQ Research Committee (2005) for physical activity participation and Diener, Emmons, Larsen, & Griffin (1985) for life satisfaction. There two statistical that the researcher used which are Pearson correlation to determine the relationship and Independent T-Test to determine the differences. The current study has indicated that, there is no significant relationship between physical activity participation and life satisfaction among adults ( $r=0.013$ ,  $p=0.80$ ) and there is significant difference of physical activity between gender ( $p=0.003$ ) where male ( $M=2.52$ ,  $SD=0.80$ ) and female ( $M=2.26$ ,  $SD=0.88$ ). This finding will help the government to develop new requirement which all working people from any sector must be physically active and healthy.

*Keywords: physical activity, participation, life satisfaction,*

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