

UNIVERSITI TEKNOLOGI MARA

**RELATIONSHIP BETWEEN LEVEL OF
PHYSICAL ACTIVITY AND HEALTH
RELATED QUALITY OF LIFE AMONG
GOVERNMENT WORKERS IN SEREMBAN**

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of the requirements for the degree of

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AUTHOR'S DECLARATION

I am Amalina Binti Rozali, hereby declares that:

This research project has not previously been accepted in substances for any degree, locally or overseas, and is not being concurrently submitted for this degree or any other degree.

This work is the result of my independent work and investigation, except where otherwise stated. I absolve Universiti Teknologi MARA and its Faculty of Sports Science and Recreation from any blame as a result of my work.

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

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ABSTRACT

The purpose of this research was to identify the level of physical activity among government workers in Seremban, to identify the health related quality of life among government workers in Seremban and to determine the relationship between the level of physical activity and health related quality of life among governments workers in Seremban. The actual sample used for this research is 200 from Pejabat Setiausaha Kerajaan Negeri Sembilan (SUK). The International Physical Activity Questionnaire (IPAQ) Short Form Version 2.0 consist seven items was used to identify the level of physical activity among government workers in Seremban. The Research and Development (RAND) Corporation Health Version 1.0 consist 36- items that divided eight factors was used to identify the health related quality of life among government workers in Seremban. Analysis involved the use of Spearman Rank Correlation Coefficient to determine the relationship between the level of physical activity and health related quality of life among governments workers in Seremban. The results showed that most of respondents was moderate (63%). The results also demonstrated that the highest mean score is Physical Functioning ($M = 72.70$, $SD = 18.83$) and the lowest mean score is Role Limitations due to Physical Health ($M = 45.75$, $SD = 41.58$). Therefore, there is a significant relationship between level of physical activity and health related quality of life among government workers in Seremban.

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