

**UNIVERSITI TEKNOLOGI MARA
NEGERI SEMBILAN BRANCH**

**DIFFERENCES OF EXERCISE
MOTIVATION AMONG UITM
SEREMBAN 3 WORKERS**

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Research Project submitted in partial fulfilment of the
requirements for the degree of
Bachelor of Sports Science (Hons.)

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AUTHOR'S DECLARATION

I declare that the work in this research was carried out in accordance with the regulation of Universiti Teknologi MARA. It is original and is the result of my own work, unless otherwise indicates or acknowledge as references work. This research project has not been submitted to any to any other academic institution or non-academic institution for any degree of qualification.


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

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ABSTRACT

The number of university in Malaysia has increased tremendously for the past few years. Due to the increasing number of universities in Malaysia, university academic staffs may face more problems in their job as the managements are facing competitive pressure from other universities. Work demands and pressures that were not equal to their knowledge and capabilities, and which challenge their ability to cope was the reaction people may have when presented by known as occupational stress. Regular exercise is a crucial component of disease prevention. Despite the many clear benefits of an active lifestyle, lack of physical activity is a major health problem in the university among staffs. The key in physical activity research is developing an understanding of motivation. The purpose of this study was to investigate the differences of exercise motivation between academic and non-academic workers in UiTM Seremban 3. A quantitative research design that utilized a survey tool was the Exercise Motivation Inventory-2 (EMI-2) to measure motives influenced by both academic (n= 144) and non-academic (n= 76) workers. Analysis showed no differences were found on stress management, enjoyment, health pressure, ill health avoidance, positive health, weight management, appearance, strength and endurance, and nimbleness. However, there were statistically significant differences were found between academic and non-academic in terms of revitalization, challenge, social recognition, affiliation and competition. The results of this study highlighted the message that understanding strong participation motives across positions in institution may be effective in promoting physical activity in university workers. The research finding would also to attract a particular group of employees to participate in physical activities by the help of government department who is responsible to design physical activity programs that is suitable for the employees, thus simulating employees to engage in physical activity in working areas.

Keywords

Motivation, Academic, Non-academic, Exercise, Exercise Motivation

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