

**UNIVERSITI TEKNOLOGI MARA**

**THE RELATIONSHIP BETWEEN  
MOTIVATION, FITNESS LEVEL AND  
SOCIAL INFLUENCE TOWARDS TRAINING  
ADHERENCE AMONG ROTU CADET**

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

**Faculty of Sports Science and Recreation**

January 2018

## AUTHOR'S DECLARATION

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

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

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## ABSTARCT

**Purpose:** To investigate the relationship between motivation, fitness level and social influence towards training adherence among ROTU cadet at UiTM Shah Alam. **Method:** Thirty two (n=32) junior ROTU cadet at UiTM Shah Alam participated in this study. Physical fitness test battery was conducted in order to investigate the fitness level of the cadet. It consists of vertical jump, 300 meter sprints, 1.5 mile or walk, maximum push up and one minute sit up. Participant had to answer a questionnaire that consist of three section (Section A: Demographic profile, section B: family sport orientation and peer influences questionnaire and section C: sport motivation scale). **Result:** Result showed the moderate relationship between fitness level and training adherence with the ( $p < 0.05$ ) and ( $r = 0.538$ ). There was high moderate relationship between motivation and training adherence with ( $p < 0.05$ ) and ( $r = 0.649$ ). For the social influence, researcher divided the result by two. There were very high relationship between friend social influence and training adherence with ( $p < 0.05$ ) and ( $r = 0.851$ ) and there were high moderate relationship between family social influence and training adherence with ( $p < 0.05$ ) and ( $r = 0.723$ ). **Conclusion:** The finding showed that, there were significant relationship between motivation, fitness level and social influence towards training adherence among ROTU cadet at UiTM Shah Alam.

**Keywords:** Motivation, Fitness Level, Social Influence, Training Adherence

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