

**UNIVERSITI TEKNOLOGI MARA**

**COMPARISON HEALTH RELATED  
FITNESS COMPONENTS BETWEEN  
URBAN AND RURAL SECONDARY  
SCHOOL STUDENTS.**

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Dissertation submitted in partial fulfilment of the  
requirement for the degree of

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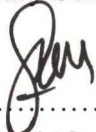
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## AUTHORS DECLARATION

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# HEALTH RELATED FITNESS COMPONENTS BETWEEN URBAN & RURAL SECONDARY SCHOOL STUDENTS

## ABSTRACT

Rural students are an individual who lived in areas that are not familiar while urban students lived in developed areas and work in the office. Based on the urbanization it was increased income and effect of the health that change people dietary and physical activity. Along with the modernization of the world, most technologies nowadays make people less active. So the purpose of this study was to compare health-related fitness components between urban and rural secondary school students. Moreover, 26 subjects from SMK Tuan Tuah, Melaka (urban) and 26 subjects from SMK Selandar (rural). The sample undergoes the 5 components health-related fitness which are body composition, muscular strength, muscular endurance, flexibility and cardiovascular endurance. The end of the result, the mean score of body composition for urban subjects (M=19.77, SD=3.82) while for a rural subject (M=19.43, SD=2.98). Furthermore, mean score muscular strength for urban (M=28.43, SD=7.60) while for the rural mean (M=29.38, SD=5.06) and the mean score for muscular endurance for urban (M=21.35, SD=6.32) also mean score for muscular endurance rural (M=21.96, SD=4.11). Moreover, for mean scores flexibility for urban (M=22.62, SD=8.13) while for the rural mean score for flexibility (M=24.08, SD=7.21). Lastly, for the result, the mean scores cardiovascular endurance urban subjects (M=5.55, SD 1.45), while for rural subjects (M=6.11, SD=1.43). This result showed that there is no significant difference between body composition, flexibility and cardiovascular endurance ( $p>0.05$ ) while there is a significant difference between muscular endurance and muscular strength urban and rural secondary school students ( $p<0.05$ ). It can be concluded that rural subjects are better in their physical fitness than urban secondary school students.

*Keywords:* health related fitness, urban, rural, body composition, muscular endurance, muscular strength, flexibility, cardiovascular endurance

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