

UNIVERSITI TEKNOLOGI MARA

**THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY
PARTICIPATION AND SELF-ESTEEM AMONG
STUDENTS AT UiTM SEREMBAN 3**

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Dissertation 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

**BACHELOR OF SPORTS SCIENCE (Hons).
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I am, Nurul Ain Binti Mad Johari, hereby, declare that:

This work 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 degrees.

This research project was the best result of my independent work and investigation, except where otherwise stated. I absolved 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 distinguished by quotation marks and sources of my information have been specifically acknowledged.

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ABSTRACT

This study was focus on four main purpose, which are; (1) To identify the level of physical activity of the students in UiTM Seremban 3; (2) To determine the level of self-esteem of the students in UiTM Seremban 3; (3) To examine the difference level of self-esteem between gender; (4) To investigate the relationship between the level of physical activity participation and the level of self-esteem among students at UiTM Seremban 3. Three hundred fifty seven students completed the Physical Activity Scale and Rosenberg Self-Esteem Scale questionnaire. Descriptive statistical techniques, Pearson's Chi-squared and Spearman's Rank Correlation Coefficient (Spearman Rho) was used to analyze the data of the study. Result showed significant differences between male and female on the level of self-esteem. The level of physical activity participation was generally low and most of the students are normal in the level of self-esteem. Significant differences were found for the level of self-esteem due to gender. Moreover, there is no significant relationship between physical activity participation and self-esteem among students at UiTM Seremban 3. This study found that physical activity and self-esteem level is depends on each person. There are factor that influences a person with their level of self-esteem and physical activity participation specifically toward female students.

Keyword: physical activity, self-esteem, students

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