

UNIVERSITI TEKNOLOGI MARA

**FACTORS MOTIVATING WORKING ADULTS IN
SPORTS AND PHYSICAL ACTIVITIES: LIFESTYLE,
FACILITY QUALITY, AND SOCIETY**

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DECLARATION OF ORIGINAL WORK

BACHELOR OF SPORTS MANAGEMENT (Hons)
FACULTY OF SPORTS SCIENCE AND RECREATION
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I am, Nur Azwana Binti Ibrahim, hereby, declare that:

This work has not previously been accepted in substance 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 addressed four main purposes, that are (1) to investigate how lifestyle influence working adults' motivation in playing sports and joining physical activities; (2) to find out whether the quality of facilities play an important role in motivating working adults to participate in sports and physical activities; (3) to study the influence of society in working adults' sports and physical activities participation. (4) to study if there is a significant difference in the mean scores between male and female in the participation of working adults in sports and physical activities: lifestyle, facility quality, and society. This study used descriptive research method. The 14 items of Recreational Exercise motivation (REMM) developed by Roger and Morris (2003) and 7 items of Facility Survey developed by Greenstat (2006) was administered among 150 working adult. The finding of this study lifestyle, facility quality and society play an important role as a medium of motivation for working adults to participate in sports and physical activities. This study also found that no significant difference between male and female in the participation of working adults in sports and physical activities; lifestyle, facility quality and society. The implications of this study provide all these three factors had different degrees of influence. The study also provides an empirical data for future study.