

**UNIVERSITI TEKNOLOGI MARA**

**EFFECT OF AEROBIC DANCE  
ACTIVITY ON STRESS AMONG  
RESIDENTIAL STUDENTS IN UiTM  
SEREMBAN**

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Dissertation submitted in partial fulfillment  
of the requirements for the degree of  
**Bachelor of Sports Science (Hons.)**

**Faculty of Sports Science and Recreation**

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## AUTHOR'S DECLARATION

I am, Ain Farhana Binti Mahadi, 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 my 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 to examine the effect of aerobic dance activity on stress among residential students in UiTM Seremban. This study addressed three main objectives which are; (1) to examine the effect of aerobic dance activity on participates stress; (2) to examine the contributing factors that affect to the stress among residential students in UiTM Seremban; and (3) to examine the difference on stress among residential students in UiTM Seremban in terms of gender. This study utilized pre and post quasi non-experimental method. A survey using questionnaire approach to 161 of students in UiTM Seremban were used ( $n = 161$ ). The respondents were chosen using the probability sampling which is random sampling. The instrument used is questionnaire that consist of two sections which is the demographic profiles and Perception of Academic Stress Scale (PAS) (Bedewy & Gabriel, 2015). This study utilized paired sample t-test, descriptive analysis and independent sample t-test. This study also highlighted four contributing factors of academic stress based on Model of Factors of Academic Stress (Bedewy & Gabriel, 2015); (1) pressures to perform; (2) perceptions of workload; (3) academic self-perceptions; and (4) time restraints

Keywords: Stress, Aerobic Dance and Residential Students .

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