

**UNIVERSITI TEKNOLOGI MARA**

**EFFECT OF KAYAKING ACTIVITY  
ON TEAM COHESION LEVEL  
AMONG UiTM STUDENT**

**INTAN NURHANIS BINTI SAHARI**

**2015183723**

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## AUTHOR'S DECLARATION

I, **INTAN NURHANIS BINTI SAHARI** , hereby declares that:

This work has not being previously been accepted in substances for any degree, locally or overseas is not being concurrently submitted for this degree and any other degree.

This research paper is the result of my independent work and investigation, except where otherwise stated. I absolve 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 distinguishes by quotation works and of my information have been specially acknowledged.

Name of Student : Intan Nurhanis Binti Sahari  
Student I.D. No. : 2015183723  
Programme : Bachelor of Sports Science (Hons.)  
Faculty : Faculty of Sports Science and Recreation  
Thesis Title : Effect of Kayaking Activity on Team Cohesion Level  
among UiTM Student

Signature of Student :  .....

Date : January 2018

## ABSTRACT

This study addressed three main purposes, which is (1) to compare the team cohesion between treatment group and control group; (2) to identify the most lead dimension of team cohesion and to examine the relationship between age and team cohesion level. This study utilized by quantitative design. The 18 items from Group Environment Questionnaire (GEQ) was administrated among (N=88) student from Universiti Teknologi MARA (UiTM) and divided into two group which is who involved in kayaking activity (treatment group) and who not involved in kayaking activity (control group). It had intervention process and has pre and post-test. The result showed of Paired *t*-test was indicated that is no significant different team cohesion in treatment group ( $t = -0.868$ ,  $p = 0.390$ ) but control group have significant different ( $t = 7.595$ ,  $p = 0.001$ ) recorded for pre and post-test. The result for descriptive analysis identify that ATG-T lead the dimension for pre and post-test ( $\bar{\chi} = 4.1080, 4.2784$ ). After that, the result of Correlation analyses indicated for pre and post-test treatment group were ( $r = -0.188, 0.105$ ) and  $p$  value  $<0.05$  (not significant) between age and team cohesion. All things considered and the researcher concludes that analyses suggested that there is no relationship between variables.

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