

UNIVERSITI TEKNOLOGI MARA

**THE INFLUENCE OF BUILT ENVIRONMENT ON
JOGGING IN NEIGHBOURHOOD**

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DIPLOMA IN TOWN & REGIONAL PLANNING
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AUTHOR'S DECLARATION

I declare that the work in this Planning Project Paper was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This project paper has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Undergraduate, Universiti Teknologi MARA, regulating the conduct of my study and research.


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ABSTRACT

A neighbourhood is more than just a shelter; it is a place that can be developed into a society that is moral and has its own identity. Living in a certain environment can profoundly impact our mental and especially physical well-being. Low-income areas are often plagued by health problems. It is still unjust that the rich continue to be favored over the poor, despite the inextricable link between money and health. Health inequities are a term used to describe this. It is the purpose of this study to evaluate the built environment to find out if it encourages residents of Rumah Pangsia, Jalan Pantai Batu Pahat, to engage in physical activity. As a result, this study has three main objectives focused on examining the built environment and physical activities (jogging) in housing neighborhoods, identifying factors impacting built environments and physical activities (jogging) towards human health, and finally recommending the elements of built environment on housing neighborhoods. Through questionnaires, pedestrian safety, connectivity, and the environment in the surrounding area are surveyed. The data collected in this study are all quantitative data. There are 34 respondents selected by simple random method in this study. The survey was conducted on 29th May 2021. As a result of the findings of the study, 83% of respondents surveyed are extremely satisfied with the design of pedestrian walkways. There are 70.6% more respondents who say the environment is uncomfortable than those who agree. Most respondents who felt the least comfortable performing physical activities were female, with a total of 15 respondents, whereas most male respondents felt comfortable performing physical activities around their neighborhood. In this study, a few recommendations are made to improve the issues, such as zebra crossings, street lighting, and upgrading the pedestrian walkway. Last but not least, it is essential to keep people aware of their environment, since those things can definitely have an effect on their physical and mental wellbeing.

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TABLE OF CONTENT

CONFIRMATION OF COMPLETION	iii
AUTHOR'S DECLARATION	iv
ABSTRACT	v
ACKNOWLEDGEMENT	vi
TABLE OF CONTENT	vii
LIST OF TABLES	x
LIST OF FIGURES	xi
LIST OF PHOTOS	xii
CHAPTER 1: INTRODUCTION	1
1.1 Introduction	1
1.2 Problem Statement	2
1.3 Research Goal and Objectives	3
1.3.1 Research Goal	3
1.3.2 Research Objectives	3
1.4 Scope of Study	3
1.5 Research Organizations	4
1.5.1 Stage 1: Background Study	4
1.5.2 Stage 2: Literature Review	4
1.5.3 Stage 3: Data Collection, Analysis and Findings	4
1.5.4 Stage 4: Recommendation and Conclusion	4
1.6 Study Area	6
1.7 Summary	10
CHAPTER 2: LITERATURE REVIEW	11
2.1 Introduction	11
2.2 Built Environment	12
2.3 Pedestrian Connectivity	13
2.3.1 Good Network	13
2.3.2 Design	14
2.4 Safety and Security	14
2.4.1 Neighborhood Safety	15
2.5 Environment	15