

UNIVERSITI TEKNOLOGI MARA

**MOTIVATION IN PHYSICAL ACTIVITY USING
SPORT TRACKER APPLICATIONS**

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ABSTRACT

Obesity is the main factor that can lead to risk of illness. The smartphone sport tracker application is innovative device that can motivate people in performing physical activity. The purpose of this study was to investigate the overall satisfaction, the system usefulness, the motivation level and determined the relationship between the user overall satisfaction in using smartphone sport tracker application with motivation to do physical activity among Taman Bandar Kuantan recreational people. The instrument used in this study was The Post-Study System Usability Questionnaire (PSSUQ), Motivation for Physical Activity and Exercise/ Working out questionnaires and demographic questionnaire. The descriptive statistics were used to identify the overall satisfaction, the system usefulness and motivation level. Using Spearman Correlation to determine the relationships, the results show that there were no significant differences between the user overall satisfaction in using smartphone sport tracker application with motivation to do physical activity. As conclusion, there were positive results of overall satisfaction and the system usefulness as the score were low. Nevertheless, the score results intrinsic motivation was higher than extrinsic motivation to do physical activity. Lastly, it is showed that motivation did not depend on using of smartphones sport tracker application.

KEYWORDS: *Motivation, Recreational, Smartphones sport tracker application, Taman Bandar Kuantan Pahang.*