UNIVERSITI TEKNOLOGI MARA

RELATIONSHIP BETWEEN EXERCISE SELF-EFFICACY, NUTRITIONAL PROFILE AND EXERCISE CAPACITY AMONG POSTPARTUM WOMEN

NURUL HUSNA BINTI MOHD NASIR

Thesis submitted in fulfillment
of the requirements for the degree of
**Master of Health Science
(Physiotherapy)**

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AUTHOR'S DECLARATION

I declare that the work in this thesis 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 thesis 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 Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student   :   Nurul Husna Binti Mohd Nasir

Student I.D. No.   :   2017649726

Programme   :   Master of Health Science (Physiotherapy) – HS763

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Signature of Student   :   …………………………………………..

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ABSTRACT

The relationship between exercise self-efficacy and nutritional profile on exercise capacity for the postpartum period has a great impact among postpartum women. Yet, these significant relationships are not well defined or understood, and there is a lack of recent research. The objectives of this study were 1) to determine the sociodemographic characteristics, level of exercise self-efficacy, nutritional profile, and exercise capacity among postpartum women, 2) to determine the relationship between sociodemographic characteristics, exercise self-efficacy, nutritional profile and exercise capacity among postpartum women 3) to explore the determinants of exercise capacity among postpartum women. A total of 134 postpartum women (mean age = 32 ± 5 years) at Kepala Batas Health Clinic, Penang, were recruited using purposive sampling and performed screening tests before recruitment. Data on sociodemographic characteristics, level of exercise self-efficacy (ESE) using Malay translated Self-Efficacy Scale (ESE-M), nutritional profiles and exercise capacity (EC) using the 2-Minutes Step Test (TMST) were been used. The majority of the postpartum women who had a low level of education, low gross monthly income, and living in high-rise residential showed poor ESE level (mean ESE=38.95 ± 22.08, $p<.05$), (33.2 ± 20.36, $p<.001$) and (35.71 ± 24.98, $p<.05$) respectively. Meanwhile, participants with high fat intake, low calcium and fibre intake had low levels of nutritional profile. Participants who recorded poor level of exercise capacity claimed to be have less duration of exercise and barriers to exercise. Analysis of Pearson's correlation shows that subjects aged 21 to 46 years old, behavior 10 in ESE, overweight and calories intake have a positive relationship with exercise capacity which are the determinants factors in this study. Postpartum women with this factor should receive intervention from a health practitioner especially physiotherapist and dietitian in order to maintain exercise capacity and woman's fitness.

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