



UNIVERSITI TEKNOLOGI MARA

**EXERCISE MOTIVATION DURING MOVEMENT CONTROL
ORDER AMONG UITM SAMARAHAN STUDENTS**

**AWG ABDUR RAHMAN BIN AWG MASJARR
2018484556**

**BACHELOR OF SPORTS SCIENCE (HONS)
FACULTY OF SPORTS SCIENCE AND RECREATION
UNIVERSITI TEKNOLOGI MARA SARAWAK**

AUGUST 2020

TABLE OF CONTENT

CONTENTS	PAGES
LETTER OF TRANSMITTAL	I
DECLARATION	II
APPROVAL PAGE	III
TABLE OF CONTENT	IV
LIST OF TABLES	VIII
LIST OF FIGURES	IX
ACKNOWLEDMENT	X
ABSTRACT	XI
CHAPTER 1: INTRODUCTION	
1.1 Background of Study	1
1.2 Problem Statement	3
1.3 Research Question	4
1.4 Research Objectives	4
1.5 Hypotheses	5
1.6 Significance of Study	8
1.7 Limitation of Study	9
1.8 Delimitation of Study	9
1.9 Definition of Term	10

ABSTRACT

Motivation was a key factor in determining whether a person could maintain a regular exercise routine. The purpose of this study was to identify exercise motivation among UiTM Samarahan students during movement control order. A total of 440 google form questionnaires were randomly distributed. The data collected were analysed by using the Statistical Package for the Social Science (SPSS) software version 22.0. My sampling technique used was stratified sampling to improve the accuracy and representativeness of the results by reducing sampling bias. Descriptive analysis was need to report the mean and standard deviation of general exercise motivation inventory chosen by respondent. Independent Sample T-Test was used for statistical analysis to investigate if there any significant difference of the exercise motivation that affect the desire to participate in exercise among students of UiTM Samarahan in terms of genders. There were 14 scales in EMI 2, which includes stress management, revitalisation, enjoyment, challenge, social recognition, affiliation, competition, health pressures, Ill-health avoidance, positive health, weight management, appearance, strength and endurance and nimbleness. The present study found 6 scales with significant mean differences that showed $p < 0.05$. The scales were challenge, social recognition, affiliation, competition, positive health and nimbleness. Few past studies found that differences existed between male and female for enjoyment and appearance which not aligned with the finding of the current study. The differences in results might be caused by the different types of sampling, environment of pandemic covid-19 and as well as the limitations of the study.

CHAPTER 1

INTRODUCTION

1.1 Background of the study

Exercise motivation has an important and irreplaceable role in all stages of life, especially in youth. The culture of exercise motivations were different in certain periods of life in terms of environments, such as countries and regions, rural or urban areas. Every person have their own exercise motivation to motivate them to keep exercise.

In past study, gender differences have been found in college students exercise motivation found that males student had a tendency to be more motivated by intrinsic factors, whereas females student were more motivated by extrinsic factors. Males were consistently to make reference to enjoyment, challenge, social recognition, affiliation, competition, and strength and endurance as propelling variables for work out, while females were consistently state to ill-health avoidance, maintain positive health, weight management, and appearance (Egli et al, 2011). Gao and Xiang (2008), revealed that ladies lead to calorie watch and that positive effect of satisfaction. It happened between the first minute of exercise and the minute before they reached their ventilator threshold. This results in female working out at the highest intensity and not enjoying their exercising at the same rates as men.

CHAPTER 2

LITERATURE REVIEW

2.1 Introduction

In this chapter, the researcher summarized the past studies of exercise motivation that were conducted by various researchers. There were studies conducted to compare exercise motivation between gender among university students only. Thus, this section will summarize past studies related to Exercise Motivation Inventory 2 and gender.

2.2 Motivation

There were lots of ingredients that go into creating a consistent exercise program having goals, being prepared, being disciplined and staying committed. However, one of the most important, and sometimes most elusive, was motivation. We often wait for the motivation to exercise thinking one day we would wake up and it would be there. Most of us, losing weight are the top of motivation to do exercise. It was because, we want to look good in front of others. Since most of us are working for some future goal, motivation can be defined in very simple terms, that what drives us to maintain or achieve goals. In EMI-2, the scale that probably accurate were weight management and appearance for this goal exercise motivation.

The significant comprehension of motivation to take part in physical activity (PA) was intelligent. Self-determination theory (SDT) was one of the largest speculations to clarify human conduct in various life condition, including exercise (Deci and Ryan, 1985). In SDT, the individual self-determination was influenced by