



UNIVERSITI TEKNOLOGI MARA

**SPORT INVOLVEMENT AND ACADEMIC ACHIEVEMENT  
AMONG UiTM SAMARAHAN SPORTS SCIENCE STUDENTS**

**FLORANORDIANA ENNYA ANAK NIRU**

**2018477358**

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

**AUGUST 2020**

## **TABLE OF CONTENT**

<b>CONTENTS</b>	<b>PAGES</b>
<b>LETTER OF TRANSMITTAL</b>	<b>I</b>
<b>DECLARATION</b>	<b>II</b>
<b>APPROVAL PAGE</b>	<b>III</b>
<b>TABLE OF CONTENT</b>	<b>IV</b>
<b>LIST OF TABLES</b>	<b>VIII</b>
<b>LIST OF FIGURES</b>	<b>IX</b>
<b>ACKNOWLEDGEMENT</b>	<b>X</b>
<b>ABSTRACT</b>	<b>XI</b>
<b>CHAPTER 1: INTRODUCTION</b>	
1.1 Background of study	1
1.2 Problem statement	3
1.3 Research questions	4
1.4 Research objectives	4
1.5 Hypotheses	4
1.6 Significance of study	5
1.7 Limitation of study	6
1.8 Delimitation of study	6
1.9 Definition of terms	7

### ***Abstract***

Sports involvement is found to offer several positive effects on physical health, mental health and influences academic achievement by modifying both brain structure and function. The purpose of this study was to investigate the relationship between Sport involvement and academic achievement among UiTM samarahan sports science students. A total of 213 respondents (N=213) sports science students were chosen. The frequency of sport involvement by Adachi and willoughby (2013) instrument were used to collect the data. The finding shows that there was no significant relationship between sport involvement and academic achievement ( $r = .041$ ). The finding of this study shows that sport involvement and academic achievement among UiTM Samarahan sport science students were not correlated to each other. The good academic achievement is not the result of active involvement in sport but rather is because the students have good time management and also because of university is effective in scheduling classes and providing good learning systems and attractive incentives to motivate the sport science students.

**Key words:** *Sports science students, The frequency of sport involvement, Academic achievement.*

# **CHAPTER 1**

## **INTRODUCTION**

### **1.1 Background Of The Study**

Sports involvement is found to offer several positive effects on physical health and mental health. Through involvement in sport, it promotes greater social interactions and opportunity to an individual to learn such skills, games, strategies, sportsmanship, discipline, and respect as well commitment. Sports involvement influences academic achievement by modifying both brain structure and function (Angelo, 2019). Sports involvement reported in a positive relationship with health and may improve cognitive health leading to improved academic achievement ( Kayani et al., 2018).

Academic achievement plays an important role for the student to succeed in their university life. By involving in sports activities, it is necessary for them to relieve themselves from stressful academic work. This is also will result that students tend to achieve better grades in their academics, have greater chances of implementing career objectives and are more satisfied with their university experience (Idris et al., 2013). For this reason, it is important to know the relationship between sports involvement that is likely to have an influence on the students' academic achievement.

## CHAPTER 2

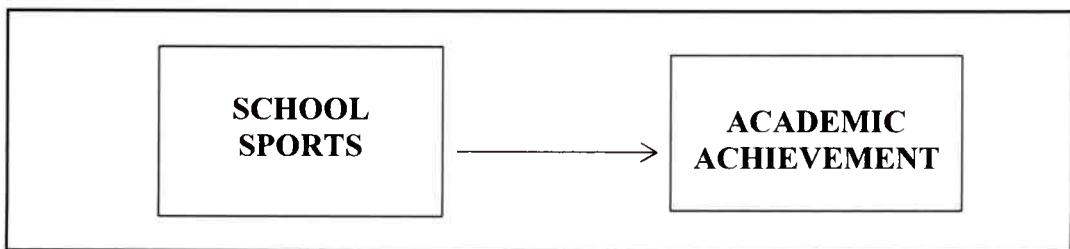
### LITERATURE REVIEW

#### 2.1 Introduction

There are several studies that have been done before about sport involvement and academic achievement among university students but less exactly use sport science student as subject. However, some of the study had arisen with different result and assumption. Several journals and articles that have been review discussed as below.

#### 2.2 Theories of sport involvement and academic achievement

##### 2.2.1 Conceptual model linking sport involvement and academic achievement



*Figure 2.1 : Conceptual model linking sport involvement and academic achievement*

Sports involvement reported in a positive relationship with health and academic achievement. Sports involvement may improve cognitive health leading to improved academic achievement (Yui et al., 2015). Many earlier researches have suggested that sports involvements improves mental health which in turn results improved academic achievement. With growing research on the positive relationship between sports involvement and academic achievement, more focus on the students' sports involvement is needed. (Kayani et al., 2018).