



Cawangan Negeri Sembilan
Kampus Seremban

FACULTY OF SPORTS SCIENCE AND RECREATION

"Where sports and knowledge come together"



FSR@S3 e-BULLETIN

1ST EDITION

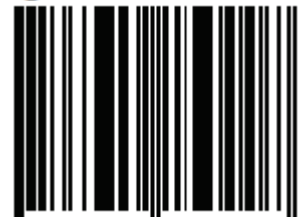
YEAR 2023

In conjunction with student association



Faculty of Sports Science and Recreation

eISSN 3009-1500



9 773009 150007

9 NOVEMBER 2023

Stay Alive and Kicking: De-Stress at Work for a Balanced Lifestyle

Haslinda Noradzan, Wan Aryati Wan Ghani, Sri Yusmawati Mohd Yunus,
Dr Nooradilla Abu Hasan
College of Computing, Informatics and Mathematics
UiTM Seremban



Early this year, in February 2023, just before the start of the March 2023 academic semester, the Computer Science (CS) department successfully organized a special event for its staff. This event took the form of a lively bowling competition held at Ole-Ole Superbowl Seremban 2. The primary goal was to engage all department members in a fun and interactive activity. In addition, it was imperative to create an opportunity for our department members to detach temporarily from electronic devices and relish genuine, in-person interactions.

The competition commenced at 10:30 a.m. and wrapped up around 1 p.m., with a total of 14 department members participating. The competition was divided into three groups, each vying for one of three prize scores. Surprisingly, the event transformed into a more relaxed and sociable gathering rather than a fierce competition.

The truth is our work often demands long hours and can be quite stressful. Maintaining a healthy lifestyle in such an environment can be challenging. Thus, the idea of hosting similar activities every semester is appealing to keep our adrenaline high. These events also offer a great way to rejuvenate our spirits after extended work hours and keep our energy levels high.

Another factor to consider is the change of Seremban municipality to a city status which was officially granted in 2020, a recognition achieved due to its substantial development progress and growing population. This change in status marked a significant milestone for the city, but it also highlighted the need to balance urban development with the preservation of nature and the promotion of a healthier lifestyle.

The paradox of recovery is discussed in an article by Meister, Cheng, Dael, & Krings in 2022, and it emphasizes the significance of exercise in recovering from work-related stress. It discusses the following key points related to exercise which cover: (1) physical activity as stress relief; (2) impact on cognitive function; (3) routine exercise; (4) social benefits; (5) sleep improvement; and (6) stress reduction techniques.

Furthermore, leisure activities are increasingly becoming a choice nowadays to fill free time and ensure personal health. Murray, Ross and Cannon (2021) describe components of healthy relationships are strong communication skills, a sense of connection, respect, appreciation for differences, a focus on strengths, and last but not least connection to social support and community resources. Friendship and family bonds can also be strengthened while revealing potential and talent through participation in activities like this. Among the leisure activities that are often chosen by Malaysians are indoor games such as futsal, badminton, ice skating, and bowling.

The bowling activity organized by the CS department revealed a strong bond among us, shifting our emphasis towards friendship rather than mere competition. The event concluded with a delightful lunch at the nearby Richiamo cafe. Our conversations took on a more relaxed tone, veering away from work-related topics. As this department-level activity was a first-time event, it received overwhelmingly positive feedback from all of us. The program left a positive imprint on everyone, both individually and collectively, making it a memorable and impactful experience.

We have captured remarkable moments that visually illustrate our journey. Here are some of the pictures to share.



Picture 1: The united front of teammates competing passionately in the bowling competition.



Picture 2: Participants at the bowling competition.



Picture 3: The excitement on the lanes as participants aim for the perfect role.

References:

- Meister, A., Cheng, B. H., Dael, N., & Krings, F. (2022). How to Recover from Work Stress, According to Science. *Harvard Business Review - Digital Article*, 1–10.
- Murray, C. E., Ross, R., & Cannon, J. (2021). The Happy, Healthy, Safe Relationships Continuum: Conceptualizing a Spectrum of Relationship Quality to Guide Community-Based Healthy Relationship Promotion Programming. *Family Journal*, 29(1), 50–59. <https://doi.org/10.1177/1066480720960416>