

PHYSICAL ACTIVITY LEVEL AMONG THE YOUNG AND MIDDLE AGE IN SELANGOR

A. Ani¹, and R.A Latif²

¹Faculty Sport Studies, Widad University College. Bim point, bandar indera mahkota, 25200
Kuantan, Pahang. Malaysia

²Faculty of Sport Science and Recreationm Universiti Teknologi MARA.

Corresponding Author's Email: azlin@widad.edu.my

ABSTRACT: The purpose of this study was to examine the level of physical activity of participants. Method of simple random sampling were used for distribution of the questionnaire in the public. IPAQ-Short Form was used to determine the physical activity level. The result shows that high level was 44.2%, moderate level was 25.5% and low level was 30.3%. The finding of the study has shown higher participation of the participant in the physical activity. The promotion or strategy needed in encouraging the middle aged participants to involve with physical activity.

KEYWORDS: *IPAQ:S-F; Physical activity.*

1.0 INTRODUCTION

Physical inactivity established the risk factor for the development and maintenance of health problem. This is because it increases risk of many chronic disease and conditions including obesity, hypertension, non-insulin dependent diabetes, colon cancer, osteoarthritis, osteoporosis and coronary heart disease (Ewing, et al, 2003). According to the National Centre Chronic Disease Prevention and Health Promotion, young Malaysians are inactive, unfit, and overweight (Aniza, & Fairuz, 2009). This condition will lead to failure of maintaining health especially in fighting the chronic disease.

Physical inactivity is a modifiable risk factor for cardiovascular disease and a variety of other chronic disease, including diabetes mellitus, colon and breast cancer, obesity, hypertension, bone and joint diseases, as well as depression (Poh, et al, 2010). In addition, Ghazali in 2009 stated that physical inactivity is a major problem in Malaysia, 60% of the adult population classified as inactive, and it is associated with increasing risk of chronic diseases and health conditions including cardiovascular diseases, diabetes, certain cancers, obesity and premature death.

Regular participation in physical activity is component needed for healthy lifestyle. It will help preventing certain chronic childhood conditions, including hypertension, diabetes, obesity, abnormal lipid profiles as well as depression (Liu, et al, 2007). In Malaysia, the pace of industrialization and urbanization has been increasing rapidly in the past several decades leading to a more sedentary lifestyle among Malaysian (Poh, et al, 2010). This pace brought Malaysian to physical inactivity lifestyle. The purpose of this study was to examine the level of physical activity of participants

2.0 RESEARCH METHODOLOGY

All the participants (N = 310) were randomly selected from one district in Selangor state. They were aged 17 to 69 years which 61.6% were male and 38.4% were female. In terms of ethnicity, th majority of the participants were malay (99.7%). Participant was voluntary and simple random sampling were used. Out of 350 administered, 40 questionnaires were incomplete and discarded leaving the total number of sample to 310.

Physical activity was measured using IPAQ- Short Form (IPAQ:S-F). Craig, et al, in 2003 was stated that the reliability and validity of this measure has been well established. The short form of IPAQ has the question that asking about duration or time the physical activity done in active condition in the period of 7 day ago. In this study, adapted version of the questionnaire that available on the IPAQ website. The questionnaire distribution was done in a few days which the researcher approaches the participants in randomized approach. The participant spends an average of 10 minutes completing the questionnaire.

3.0 RESULTS AND DISCUSSION

The result shows the level of physical activity were suitable with the participants' background. Level of the physical activity classification refer to a total of MET min/week of >3000 indicates high activity, MET min/week of 600-2999 indicates moderate activity and MET min/week of < 600 indicates low activity (Hashim, et al 2011). Table 1, show the level of the participation in physical activity by the participants.

Table 1 Level of the participant was involved physical activity

Level	Frequency (N) (%)
Low	94 (30.3)
Moderate	79 (25.5)
High	137 (44.2)
Total	310 (100)

In Malaysia, the pace of industrialization and urbanization has been increasing rapidly in the past several decades leading to a more sedentary lifestyle among Malaysian (Poh et al, 2010). However, this result was opposite it because of the higher participant of the young group in the study which the participant of young group age 17 until 39 years old (74.51%). At this aged the young people still active in daily life.

4.0 SUMMARY

Firstly, in the self-reported measures, recall error and social bias may have influenced the measurement. The finding of the study has shown higher participation of the participant in the physical activity. The promotion or strategy needed in encouraging the middle aged participants to involve with physical activity. Future studies need to be establish in other district in order to determine if our finding were specific place or more general.

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