

## **The Relationship Between Sports Recreational Satisfaction, And Involvement In Physical Activity Among Universiti Tun Hussein Onn Malaysia (UTHM) Students**

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**Abstract:** *The study aims to identify the relationship between sports recreational satisfaction, and involvement in physical activity among Universiti Tun Hussein Onn Malaysia (UTHM) students. 241 respondents were involved in this study. To serve the purpose of the study, Satisfaction questionnaire was developed through Alexandris et al. (1999), and (IPAQ-M) questionnaire by (Craig et al. 2003) to test the relationship between sports recreational satisfaction, and involvement in physical activity among UTHM students. The data was analyzed using Descriptive Analysis, and Spearman Rank Correlation Coefficient Analysis. Based on the result of this study, the major factor that influences satisfaction participation of UTHM students is relaxation, health, and fitness with a high percentage with high domain ( $M=4.36$ ,  $SD=0.449$ ). The result of the Spearman's Correlation of physical activity participation shows that there is no significant relationship between sports recreational satisfaction, and physical activity involvement among UTHM students which the result indicated  $r(241) = 0.06$ , it is moderately positive relationship and  $p$ -value is  $p=0.33 > 0.05$ . Identifying these factors of sports recreational satisfaction, and the variable can be advantageous for the management of Sports Centre in UTHM to improve their work performance to retain more student's satisfaction toward the facility provided, indirectly it will increase the percentage of the student's involvement in physical activity at UTHM.*

**Keywords:** *Satisfaction, Sports Facility, Sports Involvement, Physical Activity.*

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### **I. INTRODUCTION**

Satisfaction can describe what the perception and expectation need that people think by using the things that can be tangible which facilities. Various aspects might affect those who can use the facilities fully satisfied in management facilities positively affect the satisfaction person who can use the facilities. In this context, a study conducted by Eun and Lee (2012) on the quality of the service might be significant towards increasing fulfilment of individuals who used the facilities especially sports recreation, gym, and court. Students' satisfaction is a multidimensional process, which is influenced by different factors in the mentality perception, and expectation among genders. For example, fulfill all the students' satisfaction by developing the perceived service quality by utilizing the facilities without fees (Rahman et al. 2020).

In Malaysia, the frequency of often used are fields, gym, and recreation center because they are complete with the needs and provide satisfaction to the public. According to the data of Statista (2018), the percentage of total community involvement in Malaysia in 2018 stated they play soccer/ football regularly (4.57%). Furthermore, according to the research from Anon (2020), a sports center is a unit entrusted to enhance the level of health, and wellbeing of students. The higher numbers percentage of user sports facilities may motivate an organization or government to improve the university performance by providing more sport facilities in the university at once keeping students from being physically inactive. For example, the environmental influences of a young person's use of sports facilities have shown a strong, and positive correlation between physical activity and the availability of sports facilities, open parks, and leisure facilities

(Eime et al. 2017). On the other hand, it can be adequate towards the availability of sports facilities that can change the mind-set, and physical of the student to be health.

Physical activity refers to a person doing that can make our body movement and actively require the best energy and be healthy for daily life. According to Anon (2020), sports activities led to physiological adaptation such as respiratory adaptation, musculoskeletal, cardiovascular and hormone to encourage individual capability in increasing physical and mental tolerance and eventually prevent mental disorders. The probability of graduate students suffering from depression and panic were six times higher than the general population (Anon 2020). Moreover, in the current situation, our global society is facing a pandemic, so the student cannot perform various activities during the quarantine period from the Covid-19 pandemic. According to this reported Camoens (2021), the sports government announced the decision to close all sports and physical activity during this Movement Control Order (MCO) within two weeks. Involving in exercise and physical activities has been associated with lower mental health problems and increased happiness level satisfaction. According to Forrester, Arterberry, and Barcelona (2006), regular participation in physical activity has positively affected many health benefits: heart disease, hypertension, and cancer, reducing the level of mental health dimension. Some researchers have studied the satisfaction of recreational and physical activity involvement among students, but many studies has completed abroad in Malaysia. Therefore, the purpose of this study is to examine the relationship between sports recreational satisfaction and involvement in physical activity among students in UTHM. This research is essential to emphasize so that it can help the basis and future basis for designing the satisfaction of sports facilities as much as possible to help increase student involvement in physical activities while on campus and at home.

### **1.1 Sports Recreational Satisfaction**

Student satisfaction consist of factors related to comfortable learning environment, where public spaces and campus accessibility play vital roles. Staff satisfaction can be characterized as a comprehensive campus experience, where laboratory and teaching facilities create value to the staff. However, wellness or recreational sport are provided by campus, allowing students to engage in sports and fitness activities (Celik and Akyol 2015). Despite that, there is compelling evidence from Celik and Akyol (2015) that support the idea that student services quality on university campuses was regulated a crucial role in developing surrounding lives about recreation with improving the quality of services of sports facilities. These are because the provision of sports facilities such as student recreation centers is a very acceptable element essential for students on the campus that can be achieved their primary purposes. Otherwise, relaxation, health, and fitness have referred to factors that were focusing on improved service quality. Improving many aspects of recreation sports center to make sure the customer will satisfy the service quality provided (Ampofo-Boateng 2009). Therefore, skill, variety and accomplishment is a persons who work in sports facilities should evaluate their company performance and make their self-criticism (Gozcu and Ciftci 2019). The necessary knowledge about skill in managing the facilities must considered making the sports organization and management provide the best staff performances. In particular, the sports manager's ability to do the task, teach the steps on using the facilities like in the gym.

### **1.2 Involvement in Physical Activity**

Physical activity refers to exercise and involves our body movement to make sure the physical fitness improve and body composition has total energy to be recover from affect body felt down of mental and physical. In a research study by Van Uffelen, Khan, and Burton (2017), regular physical activity benefits a person aligns the daily life routine among students or society, including specific in different ways of physical, psychological, and cognitive well-being. The physical activity was consist of 3 Category which is vigorous, moderate and low that are become from the factors of physical activity in which stated formula MET minutes/week. Vigorous physical activity is refer to activity required a lot of energy align with > 6 METs to complete the activity. For example, vigorous physical activity which swimming, cycling in high level of speed. The better physical fitness and lower adiposity has requires the higher number of minutes on doing the physical activity on the average of age children and adult, (Lopez Sanchez et al. 2017). Moderate physical activity refers to activity that focuses on the high level of heart rate in the average of moderate-intensity with advice on doing an average of 150 minutes per week or about 30 minutes in five days. In 2021, the researcher found that the percentage of involvement in

physical activity decreased according to pandemic covid-19. Cheval et al. (2021) leisure time replace as moderate physical activity because it shows better ways of increasing physical activity during covid-19 and lowers the percentage of mental health problems. The walking group can be affected for those experiencing mental health difficulties and social isolation (Cooley et al. 2021). In addition, according to (Pathare et al. 2020), walking is one of the parts of measuring physical activity with the benefit of reducing and increasing physical therapist students' knowledge. Sitting refers to activities that spend more time doing anything, which is study, play, games, and reading. According, minutes of physical activity increased, as did minutes of sitting time. They were affected by the environment during lockdown to be the cause of the changes in physical activity and sedentary behaviour (Romero-Blanco et al. 2020). Meanwhile, for this study have been stated three categorical for measuring the level of physical activity is vigorous (20 minutes/3 days/1500 MET-minutes/week, moderate (at least 20 minutes per day/5 days/600 MET-minutes/week) and low (no activity).

Therefore, the study aims to refer to the actions of a user who started using the facilities, and they were satisfied with all aspects of the facilities provided in UTHM. In particular, the study focuses on the facilities services, maintenance, instructors, and the various skills that can help users gain knowledge in using the facility. Therefore, through such satisfaction, one can undoubtedly influence others to use the facility. This study has several research objectives which are:

RO1: To identify the factor satisfaction toward sports recreational among UTHM students.

RO2: To differentiate factor of sports recreational satisfaction among students in UTHM based on gender.

RO3: To investigate the relationship between sports recreational satisfaction and involvement in physical activity among UTHM students.

## **II. METHODOLOGY**

This study employed a descriptive study to serve the purpose of the study is quantitative. The quantitative method be collecting by using the online questionnaire. The primary targeted population of this study is the students of Universiti Tun Hussein Onn Malaysia (UTHM) with an estimated number of total populations is 241 students that record from Universiti Tun Hussein Onn Malaysia official website (UTHM, 2020). According to the table estimation sample size by Yamane (1967), the 95% confidence level and  $p= 0.7$  are assumed for equation (7). As a result, the sample size that must be drawn from the population is 201. An additional (20%), 40 of samples were consider and included to prevent a non-return rate from dropping out of the population. Therefore, the total actual sample taken is 241. Next, the sampling technique was used simple random sampling in which selected with randomly and the total authorized using computer and drawing the sampling (Elfil and Negida, 2019). Besides, both sides of the gender of UTHM students can participate and complete the questionnaire once the study chosen on sample random sampling.

The questionnaire was consist of three dimension in which section A, section B, and section C. Section A is demographic profile, section B is sports recreational satisfaction, and section C is involvement in physical activity. Besides, the questionnaire was develop two differences selected instrument be stated in section B, and section C. Section B was measuring the satisfaction towards sports recreational needed to be adopted and adapted from Alexandris et al. (1999) consists of 18 items on five-point Likert scale ranging from (1); Strongly Disagree to (5); Strongly Agree based . Otherwise, the section C was developed the instrument of International Physical Activity Questionnaire (IPAQ-M) by (Craig et al. 2003).with the dimension of four domains questionnaire in which vigorous activity, moderate activity, walking, and sitting. Descriptive statistic, and inferential statistical analysis used was for the data analysis. On the other hand, descriptive statistic used to calculate the significance of the questionnaire result, which accurately measure the demographic profile. It can be measure based on the first objective to show the level score of mean and standard deviation. Meanwhile, the inferential statistical analysis can be measured based the second objective (RO2) used Mann-Whitney U Test to show the different of factors satisfaction and third (RO3) used was spearman's correlation to determine the relationship between sports recreational satisfaction and involvement in physical activity among UTHM students.

### III. RESULT AND DISCUSSION

#### 3.1 Descriptive Analysis Result

##### 3.1.1 Descriptive Statistic of Demographic Data

Table 1: Demographic Profile for UTHM Students

Variable	Frequency (n)	Percent (%)
Gender	Male	50.2
	Female	49.8
	<b>Total</b>	<b>100</b>

The profile of the respondent is illustrated in Table 1 indicating their frequency (*f*) and percentage (%) were obtained and listed about gender. Data were collected from UTHM students with a total of sample size  $N=241$  who offered to complete the questionnaire regarding the satisfaction towards sports recreational and involvement in physical activity. From the result, it shows majority of the study sample is male 50.2 % ( $N=121$ ) and female 49.8% ( $N=120$ ). The result show that male are more to take part in this study difference with female. However. The average percentage is not far, and still affecting the change in outcomes for each response offered.

##### 3.1.2 Factor Satisfaction toward Sports Recreational among UTHM Student

Table 2: Analysis for the Participation Factor of Satisfaction Scale

Based on Table 2 above the result of factor satisfaction towards sports recreational was illustrates the highest mean score for the factor satisfaction toward sports recreational among UTHM student is relaxation, health, and fitness ( $M=4.36$ ,  $SD=0.449$ ), the second highest factors are skills, variety, and accomplishment ( $M=4.32$ ,  $SD=0.533$ ). Followed by satisfaction factor is facilities, staff attitude, and staff competence is ( $M=4.29$ ,  $SD=0.473$ ).

Satisfaction dimension	Mean (M)	Standard Deviation (SD)
Facilities, staff attitude, and staff competence	4.29	0.473
<b>Relaxation, Health and fitness</b>	<b>4.36</b>	<b>0.449</b>
Skills, variety, and accomplishment	4.32	0.533

Based on the findings, it indicates three factors of sports recreational fulfilment that impact the attraction user at UTHM when they utilize the university's sports recreational facilities. The main factor satisfaction toward sports recreational among UTHM student is the relaxation, health and fitness. Generally, this factor are more focused on maintain the quality of their services on sport recreation user because the provision of services quality provided can affect the high perception of consumer satisfaction. This study is in line with previous study by Gunel and Duyan (2020), the provision of high service quality has become a phenomenon whereby the management of sports recreation at every university needs to be realized by taking essential steps in considering the user's perception and expectation on the availability of sports facilities.

Next, the factor satisfaction toward sports recreational is skill, variety, and accomplishment because this factor influences a person's actions to give their satisfaction to the facilities provided. According to Ampofo-Boateng, (2009) the management and staff should represent a good attitude and competence, which

have a variety to manage the Sports Centre. These could achieve a high level of satisfaction, especially for a female to be involved in physical activity and use the facility with a high level of self-confidence.

### 3.2 Inferential Analysis Result

#### 3.2.1 Differentiate Factor of Sports Recreational Satisfaction among Student in UTHM Based on Gender

Table 3: Differentiate Factor of Sports Recreational Satisfaction among Student in UTHM Based On Gender

	Group	N	Mean Rank	Sum of Ranks
Facilities, Staff Competence Attitudes, Staff	Male	121	129.94	15723.00
	Female	120	111.98	13438.00
Relaxation, Health, and Fitness	Male	121	<b>136.13</b>	16471.50
	Female	120	105.75	12689.50
Skill, Variety and Accomplishment	Male	121	129.02	15611.50
	Female	120	<b>112.91</b>	13549.50

	Expenditure		
	Facilities, Staff Competence Attitudes, Staff	Relaxation, Health, and Fitness	Skill, Variety and Accomplishment
Mann-Whitney U	6178.000	5429.500	6289.500
Wilcoxon W	13438.000	12689.500	13549.500
Z	-2.017	-3.428	-1.873
Asymp. Sig. (2-tailed)	.044	.001	.061

Preferences for result of Mann-Whitney U test revealed in Table 3 above that there are two factors has significant different towards sport recreational satisfaction among student in UTHM based on gender because the p-value was  $p = 0.001 - 0.044 < 0.05$ . Based on the findings, the result showed male and female respondent had different factor in their sports recreational satisfaction. It is because the satisfaction for both factors more effected of student male and female. Otherwise, satisfaction with the existing facilities has given a new achievement where each student can use the facilities compared to the facilities outside the university, which are difficult to find and require high costs. This study is in line with the findings of the survey by Zou et al. (2019) the percentage of men in recreational activity involvement was higher compared to women because their satisfaction towards availability of recreational Sports Centers impact high perception and confidence level use the facility for daily routine.

Meanwhile for relaxation, health and fitness scores were also significantly differences between male and female. It is concluded that male is more likely to have sport recreational satisfaction in term of relaxation, health and fitness with the score is 136.13. The benefits of a university sports centers have a high potential for assisting students in improving the culture and environment in the institution regarding health and fitness. On

the other hand, students' satisfaction is always prioritized to assist the parties involved in improving the quality of sports centers (Yusof, Popa, & Geok, 2018). For example, management of Sports Centre UTHM may apply to balance the need for both genders, which offer personal training classes for male, and female based on safety and privacy.

However, the result of factor skill, variety and accomplishment revealed that there were no significantly differences between male and female for sports recreational satisfaction. It is because male students agree that facilities utilized in UTHM can provide a new achievement for them to be more active in physical activity. This is due to fact that a diversity of service quality management techniques maybe given, in particular the function of the instructors in promoting themselves as having a good expertise of sports recreation from beginning to display the best progressive. Consequently, it has the potential to foster a new level of accomplishment in male and female students in order to build their character as individual who are always motivated by the desire to increasing satisfaction in terms of emotional, cognitive, and recreational activity knowledge (Kwon, Cheung, & Ahn, 2021).

### **3.2.2 The Relationship between Sports Recreational Satisfaction and Involvement in Physical Activity among UTHM Students**

Table 4: Correlation between Sports Recreational Satisfaction and Involvement in Physical Activity

		<b>Involvement of physical activity (MET-Min/Week)</b>
<b>Sports recreational satisfaction</b>	Correlation Coefficient	0.06
	Sig. (2 tailed)	0.33
	N	241

\*\* Correlation is significant at  $p < 0.05$

Based on Table 4, preferences for sports recreational satisfaction are not related to involvement in physical activity, which shows no significant relationship between sports recreational satisfaction and involvement in physical activity in UTHM(MET-Min/Week),  $p = 0.33$ . However, the result positively correlated sports recreational and involvement in physical activity (MET-Min/Week) among UTHM students,  $r(241) = 0.06$  and  $p = 0.33 > 0.05$ . So, that the researcher concluded that there was a moderately positive correlation, but, on the other hand, it indicated there is no significant relationship between sports recreational satisfaction and involvement in physical activity MET-Min/Week) among UTHM students.

Based on the result, the study report found no significant relationship between satisfactions with sports facilities in physical activities among university students and align with a moderate positive correlation. The constraints that occur due to the availability of facilities and the satisfaction factor do not give more achievement to users of the UTHM sports center. In addition, individuals who engage in physical activity also assume that they can also perform physical activities without sports facilities, especially doing moderate activities Zheng and An (2015) support this study. However, several factors support this study where the rural population gives a lower mean of satisfaction with the quantity, variety, time management, and service provided in that area of available sports facilities. Therefore, this study shows that satisfaction with sports facilities is less or does not affect involvement in physical activity. Abdullah and Mohamad (2016) aligned this study which stated there was no significant relationship because the meet the reasonable, which lacking sports facilities and quality services on the university and it, was affected the decreasing of attraction students to involve in physical activity. Otherwise, one of the previous studies also related that people who participate in physical activity are more likely to use the sports facilities and equipment. So that it showed as proven this previous was meet that the relationship between sports facilities satisfaction and involvement in physical activity among students (Niznikowska et al. 2019).

#### IV. CONCLUSION

In conclusion, sports recreational satisfaction has no relationship between involvements in physical activity among UTHM students. In addition, the researcher was found that both genders have emphasized the multidimensional of satisfaction toward sport recreational. Because of that, the factor satisfaction is more being affected towards the low satisfaction students to utilize the sports facilities. It involved the decreasing of percentage student involvement in physical activity. The proven as supported by the previous study, could help the researcher finding the different information and strong suggestion for improvement for this research study. On the other hand, the findings of this study will determine the different factors of sports recreational satisfaction based on gender and the theory and understanding about physical activity individually

The evidence collected from this study is reliable and valid instrument confirm used was by further studies to examine the relationship between sports recreational satisfaction and involvement in physical activity. Nonetheless, the satisfaction of management facilities is essential to take advantage of improving their skill, variety, and being best sports practices.

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