

**THE EFFECTIVENESS OF PHYSICAL ACTIVITY PROGRAM AMONG
RESIDENTS OF PPR COCHRANE PERKASA COMMUNITY
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ABSTRACT

Physical inactivity is the fourth leading cause of death worldwide. It is related to the rising growth rate of obesity. Obesity has been identified as a major cause of non-communicable diseases (NCD) which commonly known as a major health problem in the world including Malaysia. This study aims to determine whether the practice of physical activity programs conducted by the Department of Health, WP Kuala Lumpur (JKWPKL) in the community effectively helped in creating healthier society in terms of knowledge, practice and self-efficacy based on physically active behavior. Health education methods were carried out in a five week intensive program covering exhibitions, health camps, organization strategy and training in physical activities such as aerobics, walking 10,000 steps and other form of exercises. A 10,000 track steps was also created in the community's vicinity to create a positive environment towards healthy lifestyle. Study participants consisted of 59 residents from PPR Cochrane Perkasa from age of 18 to 65 years. Questionnaires were distributed before and after the program to measure the effectiveness of the program. These questionnaires were drafted to test the knowledge, practice and self-efficacy in physical activity of the participants. An analysis of this study was performed using SPSS version 21 and the test used was paired t test, Wilcoxon Signed Ranks and McNemar test of change. The results showed that there were significant changes in the basic knowledge of exercise ($p < 0.001$) and knowledge of the benefits of physical activity ($p < 0.047$). In terms of the level of moderately physical activity group has been increase from 45.8 % to 71.2 % after the program is run with the proportion of McNemar's test showed $p < 0.001$. However, in terms of self-efficacy level towards motivation and barriers of physical activity, there were significant changes ($p < 0.05$) but less impact (partial eta squared of effect size showed 0.06). This weak impact is due to the limited time frame available to conduct the overall study. In conclusion, the physical activity programs conducted by JKWPKL have shown significant positive impact in health behavior. It is proposed that this program to be continued in the long run. This is to ensure that the positive behavior practices towards physical activity is sustained with a focus on determining factors that can increase self-efficacy towards physical activity.