

# **PERCEIVED BARRIERS TO PHYSICAL ACTIVITY AMONG UNIVERSITI TENAGA NASIONAL STUDENTS AT SULTAN HAJI AHMAD SHAH CAMPUS**

## **ABSTRACT**

A cross-sectional study was conducted to identify the barriers to physical activity among students from Universiti Tenaga Nasional, at Sultan Haji Ahmad Shah campus, Muadzam Shah, Pahang. These barriers were analysed with sociodemographic factors, physical activity level and body mass index (BMI). This study was carried out on 104 students aged between 18 to 24 years old. Systematic random sampling was used to select the samples. The data was collected by using self-administered questionnaires. Physical activity levels was assessed by using the short version of the International Physical Activity Questionnaire (IPAQ) and a questionnaire on barriers to physical activity including personal, social and environment aspects. Weight and height was also taken to calculate BMI. The study showed that 71.2% students had moderate level of physical activity and 73.1% students had normal BMI. Perception that „other recreational activities with family or friends was more fun“ was the most frequent barrier (66.3%), followed by „the weather“, „lack of time“, „lack of self discipline“ and availability facilities or sports area“ and „availability of transport“. Pearson’s correlation test showed significant relationship between physical activity level and perceived barriers ( $r=0.225$ ,  $p<0.05$ ). Based on multiple linear regression, there were significant associations between physical activity level, BMI and current year of study with perceived barriers in physical activity. Therefore, in conclusion, offering appropriate intervention programs related to physical activity may be able to increase physical activity levels among university students.