

## **THE PROMOTING FACTORS ON PHYSICAL ACTIVITY AMONG HEALTH PERSONNEL AT PEJABAT KESIHATAN KAWASAN BELURAN**

### **ABSTRACT**

The purpose of this study is to determine the contributing factors promoting physical activity among health workers. Cross-sectional study was conducted in Pejabat Kesehatan Kawasan Beluran by using the purposive sampling technique. A total of 86 questionnaires were distributed, guided self-administered by the respondent. The questionnaires are divided into 5 sections namely demographic data, physical activity level, predisposing factors, reinforcing factors and enabling factors. International Physical Activity Questionnaire were used (IPAQ) and analysed by using the Metabolic Equivalents (MET) index. Comparative analysis of mean, standard deviation, independent t-test and one-way ANOVA were used with SPSS version 21 application. Results showed 69% of respondents (n = 86) conducted medium level of physical activity and above. There was no significant difference among the predisposing factors ( $t = 0,269$ ;  $p > 0.05$ ), reinforcing factors ( $t = 1,868$ ;  $p > 0.05$ ), and enabling factors ( $t = -3.15$ ;  $p > 0.05$ ) on physical activity. The results showed no significant difference in mean score of predisposing factors, the reinforcing factors, enabling factors of respondents according to gender, age, marital status, race, earning per month and working post. Based on the findings, there was no difference among the predisposing factors, reinforcing factors and enabling factors in encouraging the practice of physical activity among health workers. The study also showed no difference between sociodemographic factors on physical activity practice. This study can serve as a guide to determine the main factors that encourage the implementation of physical activity among health workers. Thus ensuring daily healthy practice is done and improve the physical activity level among health workers in rural areas. Factors that have been identified to be the decisive factors can ensure the physical activity be implemented by them actively and remain obliged in doing physical activity.