

Factors Contributing to Physical Activity among University Employees in East Malaysia: A Cross-sectional Study

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ABSTRAK

Aktiviti fizikal membawa banyak manfaat kepada kesihatan yang merangkumi kesejahteraan fizikal, mental dan sosial. Walaupun kepentingan dan faedah aktiviti fizikal sering ditekankan, namun jumlah populasi yang melakukan aktiviti fizikal yang mencukupi masih berada pada tahap yang rendah. Kajian ini bertujuan untuk mengenal pasti faktor-faktor yang mempengaruhi tahap aktiviti fizikal dalam kalangan kakitangan Universiti Malaysia Sarawak (UNIMAS). Ini adalah kajian keratan rentas menggunakan soal selidik yang dikendalikan sendiri melalui dalam talian. Seramai 163 kakitangan UNIMAS yang terdiri daripada 37.4% ahli akademik dan 62.2% bukan ahli akademik mengambil bahagian dalam kajian ini yang dipilih menggunakan kaedah pensampelan pelbagai peringkat. Regresi logistik berganda digunakan untuk mengkaji faktor-faktor yang berkaitan dengan tahap aktiviti fizikal. Majoriti responden terdiri daripada wanita (74.2%), Melayu (60.1%), sudah berkahwin (65.5%), kakitangan bukan akademik (62.6%), dan mempunyai pendidikan tinggi (85.9%). Purata waktu bekerja adalah 8.25 jam sehari. Tahap aktiviti fizikal yang diukur menggunakan soal-selidik berkaitan aktiviti fizikal (IPAQ) menunjukkan majoriti responden mempunyai tahap aktiviti fizikal sederhana (56.4%), diikuti dengan tahap aktiviti fizikal tinggi (33.7%) dan tahap aktiviti fizikal rendah (9.8%). Terdapat penemuan yang signifikan terhadap hubungan antara penghalang tingkah laku bersenam ($p = 0.003$) dan keberkesanan diri ($p = 0.009$) dengan tahap aktiviti fizikal. Analisis regresi logistik berganda menunjukkan bahawa penghalang tingkah laku bersenam ($OR = 1.170$, 95% $CI = 1.027, 1.334$, $p=0.019$) dan keberkesanan diri ($OR = 1.091$, 95% $CI = 1.015, 1.172$, $p=0.017$) mempunyai kaitan dengan tahap aktiviti fizikal yang rendah dan sederhana. Hasil kajian menunjukkan bahawa penghalang tingkah laku bersenam

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dan keberkesanan diri mempengaruhi hasil tahap aktiviti fizikal dalam kalangan responden.

Kata kunci: aktiviti fizikal, faktor halangan, faktor penggalakkan

ABSTRACT

Physical activity (PA) is known to have numerous health benefits. However, despite the frequent emphasis on the importance and benefits of being physically active, the number of people engaged in regular physical activity is still on the low side. This study aims to identify the factors that can influence physical activity levels among staffs from a public university staff in Sarawak, Malaysia. This was a cross-sectional study using a self-administered questionnaire distributed online. A total of 163 of Universiti Malaysia Sarawak (UNIMAS) staffs comprising of 37.4% academician and 62.2% non-academician participated in this study. The participants were selected using a multistage sampling method. Multiple logistic regression (MLR) was performed to examine the factors associated with physical activity level. Majority of the respondents were female (74.2%), Malays (60.1%), married (65.5%), non-academic staffs (62.6%), had tertiary education (85.9%) with mean working hours per day of 8.25 hours. Physical activity (PA) level measured by International Physical Activity Questionnaire (IPAQ) showed the majority of respondents had a moderate PA level (56.4%), followed by a high PA level (33.7%) and a low PA level (9.8%). There were significant findings on the association between exercise attitude barrier ($p=0.003$) and self-efficacy ($p=0.009$) with physical activity level. Multiple Logistic Regression analysis showed that exercise attitude barrier (OR=1.170, 95% CI=1.027, 1.334, $p=0.019$) and self-efficacy (OR= 1.091, 95% CI= 1.015, 1.172, $p=0.017$) was associated with low and moderate PA level. The findings indicated that exercise attitude barrier and self-efficacy influence the outcome of physical activity level among the respondents.

Keywords: barrier, facilitating factor, physical activity

INTRODUCTION

In recent years the rising prevalence of non-communicable diseases has been strongly linked to the physical activity status of an individual. It is well recognised that are physical activity level are able to lower the risk of certain non-communicable diseases such

as cardiovascular diseases, diabetes mellitus, hypertension and many more (World Health Organization 2019).

However, despite the frequent emphasis on the importance and benefits of being physically active, the number of those engaged in regular physical activity is still on the low side. Globally, based on a current estimate