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YOUTH RESEARCH
MALAYSIA

Institut Penyelidikan Pembangunan Belia Malaysia (IYRES)

Kementerian Belia dan Sukan Malaysia

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PERUTUSAN MENTERI BELIA & SUKAN



"Bagi memastikan pembangunan belia dan sukan yang komprehensif, elemen perancangan, pelaksanaan dan pemantauan berasaskan **fakta dan statistik** sangat wajar untuk dipraktikkan. Kerjasama dan penglibatan yang berterusan secara **intra dan inter Kementerian** dapat menghasilkan idea kreatif dan kolaboratif antara jabatan atau agensi. Usaha ini dapat dilaksanakan dengan meminimumkan kos dan pelaksanaan segera untuk mendapatkan hasil yang berimpak tinggi serta usaha meningkatkan sistem penyampaian kerajaan kepada rakyat"

Hannah Yeoh

Menteri Belia dan Sukan Malaysia

PERUTUSAN KETUA SETIAUSAHA, KBS



"Kementerian Belia dan Sukan akan terus menggerakkan semua badan gabungan sukan dan kumpulan pelaksana program sukan bagi merealisasikan Malaysia menjadi sebuah negara bersukan (*sporting nation*). Usaha ini mendukung dan memenuhi aspirasi masyarakat Madani Malaysia ke arah melahirkan belia yang patriotik, bersatu, berdisiplin dan berbudaya sukan".

Ts. Dr. Nagulendran Kangayatkarasu
Ketua Setiausaha
Kementerian Belia dan Sukan Malaysia

PERUTUSAN KETUA PEGAWAI EKSEKUTIF, IYRES



"Indeks Budaya Sukan dibangunkan sebagai penanda aras status budaya sukan rakyat Malaysia. Indeks ini menjadi asas kepada inisiatif pembentukan Visi Sukan Negara 2030 dan menjadi garis panduan pemantauan program pembudayaan sukan seluruh negara. Meningkatkan budaya sukan adalah tanggungjawab kita bersama. Saya, bagi pihak IYRES yakin hasrat Malaysia menjadi Negara Bersukan (*Sporting Nation*) akan tercapai sekiranya setiap rakyat Malaysia menyedari, mempelajari dan terus mengamalkan gaya hidup aktif".

Dr. Vellapandian Ponnusamy

Ketua Pegawai Eksekutif, IYRES

SENARAI PAKAR RUJUK



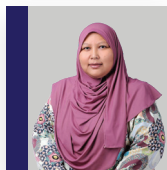
Prof. Dr. Mohd Salleh Aman
Universiti Malaya
(UM)



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**Prof. Madya Dr. Shamsuritawati
Sharif**
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(UUM)



**Prof. Madya Dr. Nur Riza
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**Prof. Madya Dr. Farrah
Hani Imran (UKM)**
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Malaysia (UKM)



**Prof. Madya Dr. Mohd Mursyid
Arshad**
Universiti Putra Malaya (UPM)

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LATAR BELAKANG

"Usaha bersepadu dilaksanakan untuk mempromosikan budaya sukan bagi membina masyarakat yang aktif dan sihat."
(Rancangan Malaysia Ke-12)



EVOLUSI IBSM 2018 - 2022

RMK-11



RMK-12



IBSM 2018 - 2020

5 DOMAIN 8 INDIKATOR

INDIKATOR

- Keterlibatan
- Keaktifan
- Rasa Ikatan (*Attachment*)
- Dedikasi
- Penajaan (Sumbangan Kewangan/barangan)
- Barangan & Perkhidmatan
- Ketersediaan, Kebolehcapaian, Keselamatan, Kesesuaian & Kefungsian



IBSM 2021 - 2022

2 DOMAIN 5 INDIKATOR

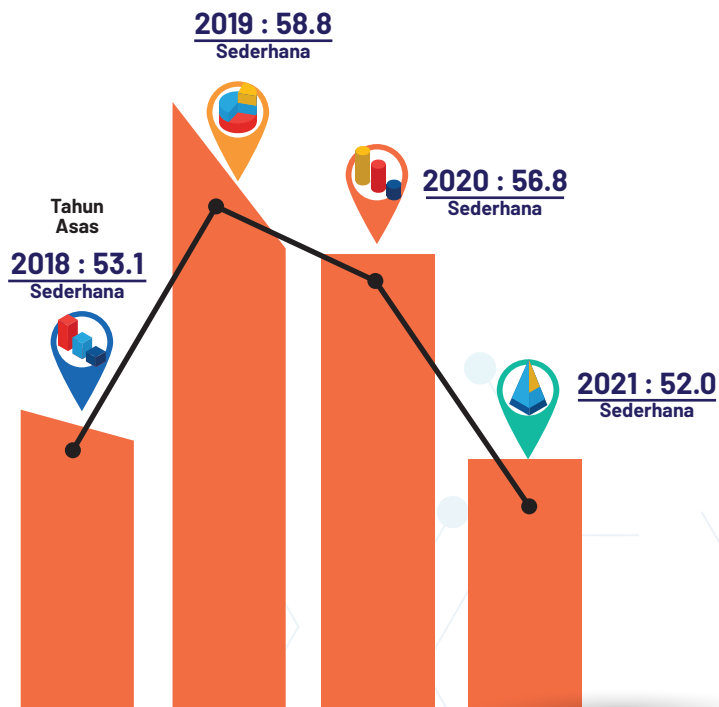
INDIKATOR

- Keaktifan
- Kesukarelaan
- Dedikasi
- Perbelanjaan
- Sumbangan

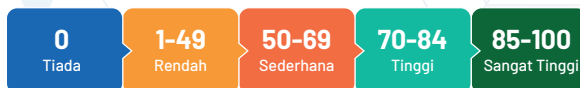


- Fasiliti
- Tadbir Urus
- Barangan & Perkhidmatan
- Pengembangan Bakat
- Pengetahuan

SKOR IBSM (2018 - 2021)



Skala Skor Indeks





Pengenalan IBSM'22

"Teras Pembudayaan Sukan merangkumi perspektif yang luas dalam usaha kerajaan memupuk semangat kesukanan dan gaya hidup aktif dalam semua lapisan masyarakat. Selain itu, ekosistem sukan di Malaysia perlu menyediakan platform yang inklusif dan selamat agar rakyat Malaysia boleh menjalankan aktiviti sukan dalam persekitaran yang kondusif."

(Visi Sukan Negara, 2030)



Objektif Kajian IBSM'22



Definisi Budaya Sukan

BUDAYA SUKAN

Aktiviti sukan, senaman dan rekreasi telah menjadi gaya hidup serta wujudnya *Ekosistem Budaya Sukan.

PEMBUDAYAAN SUKAN

Gerakan dilaksanakan bagi memupuk dan menggerakkan gaya hidup aktif melalui aktiviti sukan, senaman dan rekreasi.

NEGARA BERSUKAN

Malaysia menjadi sebuah negara Sukan (*Sporting Nation*) di mana masyarakat secara keseluruhannya telah mengamalkan Budaya Sukan seiring dengan ketersediaan ekosistemnya.

BUDAYA BERSUKAN

Aktiviti sukan, senaman dan rekreasi menjadi amalan dan rutin ke arah gaya hidup aktif, cergas dan bersaing dengan inisiatif sendiri.

*Ekosistem Budaya Sukan merujuk kepada dua domain iaitu Penglibatan dan Semangat Kesukanan. Semangat Kesukanan merangkumi Kesukarelaan, Dedikasi, Perbelanjaan dan Sumbangan. Faktor Budaya Sukan juga dipengaruhi oleh Fasiliti, Tadbir Urus, Barangan dan Perkhidmatan, Pengembangan Bakat dan Pengetahuan.

Struktur IBSM'22

2 Domain, 5 Indikator



Definisi Operasi Domain Penglibatan



Domain Penglibatan

Kekerapan penyertaan dalam aktiviti sukan sekurang-kurangnya sekali dalam tempoh satu (1) bulan.



Indikator Keaktifan

Tahap penglibatan aktiviti sukan dalam masa seminggu berdasarkan adaptasi dari piawaian antarabangsa (WHO, 2020).



≥150 minit
seminggu

Aktif

30-149 minit
seminggu

Sederhana
Aktif

< 30 minit
seminggu

Kurang
Aktif

Definisi Operasi Domain Semangat Kesukanan



Domain Semangat Kesukanan

Minat, kesungguhan, kesanggupan dan kerelaan dalam melakukan perkara yang berkaitan dengan sukan.



Indikator Kesukarelaan

Kesanggupan meluangkan masa dan tenaga dalam aktiviti kesukarelaan berkaitan sukan tanpa mengharapkan balasan.



Indikator Dedikasi

Kesungguhan dan kesanggupan dalam melakukan aktiviti serta sumbangan idea berkaitan sukan melalui pelbagai medium.



Indikator Perbelanjaan

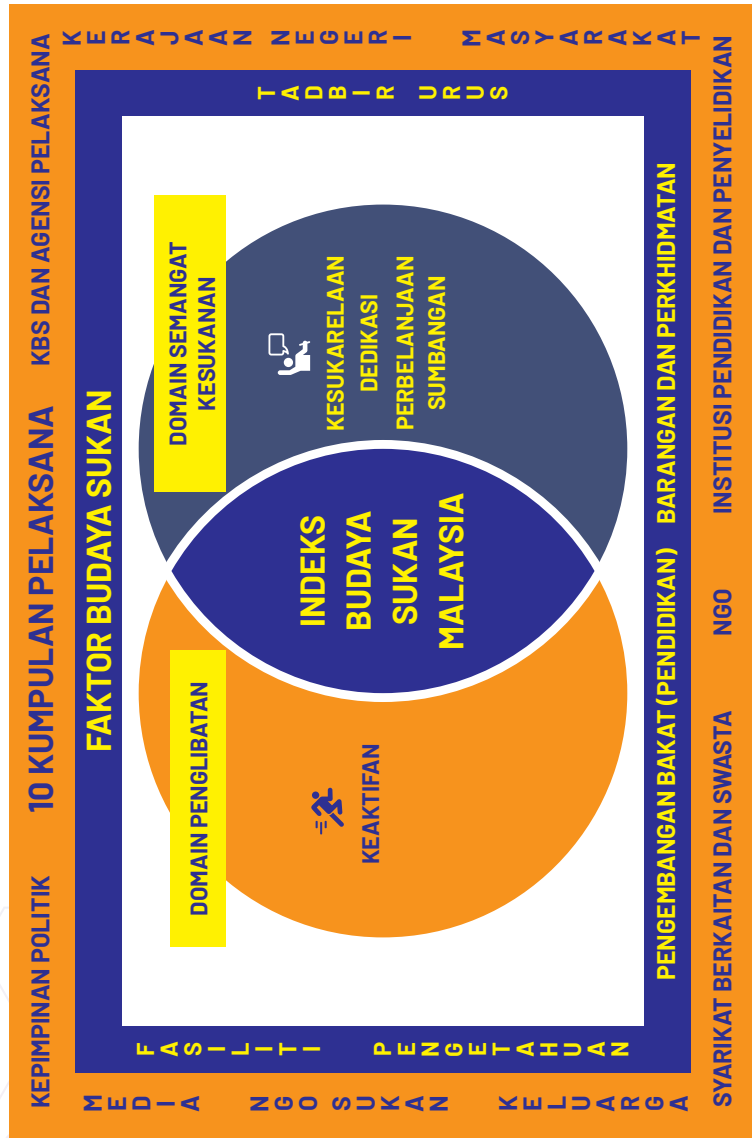
Pengeluaran wang oleh individu ke atas barangan dan perkhidmatan berkaitan sukan.



Indikator Sumbangan

Peruntukan dan pembiayaan aktiviti berkaitan sukan dalam bentuk sumbangan wang atau barangan.

Kerangka Konsep IBSM



Nisbah & Pengelasan Skor

1 Penentuan Nisbah Pemberat bagi Domain Penglibatan dan Domain Semangat Kesukanan

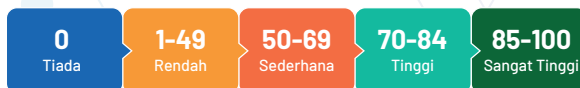
Nilai sumbangan Domain Semangat Kesukanan terhadap Domain Penglibatan diperolehi dengan menggunakan Analisis Regresi Logistik (Nagelkerke R-squared) Secara umumnya, Semangat Kesukanan yang diwakili oleh empat indikator telah menyumbang sebanyak 40%.

Oleh itu penetapan 60:40 telah digunapakai dalam mendapatkan IBSM' 22.

Nisbah Domain Penglibatan : Domain Semangat Kesukanan (60:40)

2 IBSM'22 adalah mengambil nilai antara skor 0 hingga 100 di mana skor 0 adalah nilai skor minimum dan skor 100 adalah nilai skor maximum. Berikut merupakan pengelasan skor IBSM'22 iaitu Tiada, Rendah, Sederhana, Tinggi dan Sangat Tinggi.

Skala Skor Indeks



3 Rumus Pemberat Domain Semangat Kesukanan

$$w_j = \frac{r_j}{\sum |r_{ij}|} \quad -1 < r_j < 1$$

Di mana,

r_{ij} adalah nilai pekali korelasi antara i dan j indikator

4 Rumus Indeks Semangat Kesukanan

$$ISK_i = \frac{\sum w_j x_{ij}}{\sum w_j} \times 100 \quad \sum w_j = 100, w_j \geq 0$$

Di mana,

ISK_i = Indeks Semangat Kesukanan bagi faktor i

w_j = Pemberat bagi indikator j , $j = 1, 2, 3, \dots, k$.

x_{ij} = jumlah nilai min bagi faktor i , $i = 1, 2, 3, \dots, n$, dengan mengambil kira indikator j .

5 Pembentukan IBSM'22



METODOLOGI KAJIAN



Kaedah Pengumpulan Data IBSM'22

Kuantitatif

Instrumen Soal Selidik
Menggunakan Sistem Kaji
Selidik IYRES



Kualitatif

1. Perbincangan Kumpulan Berfokus (FGD)
2. Temubual Mendalam (*In-Depth Interview*)



4

Sesi
Temubual
mendalam



27 JUL - 2 SEPT
2022

12

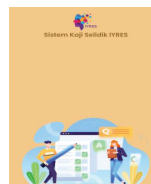
FGD/87
Informan



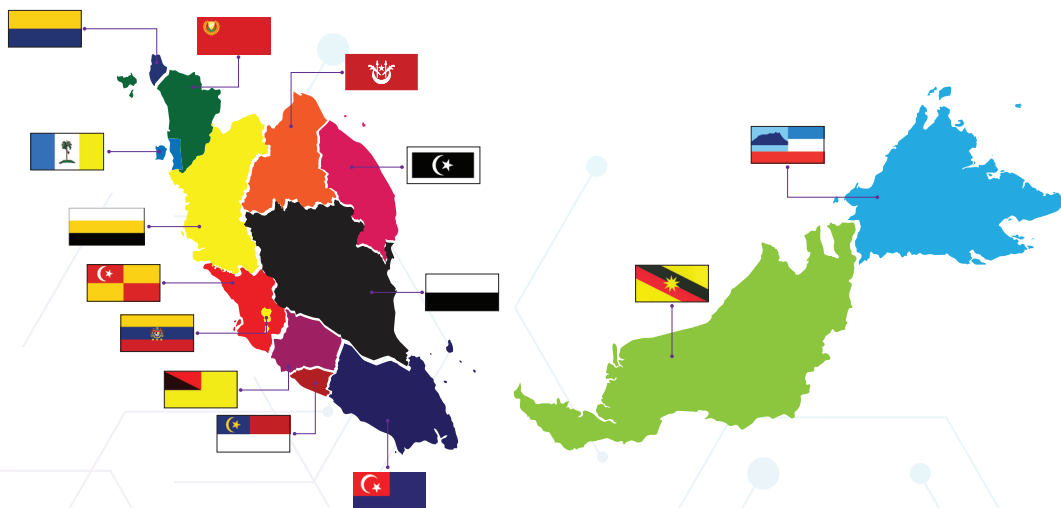
8 - 28 SEPT
2022

3,735

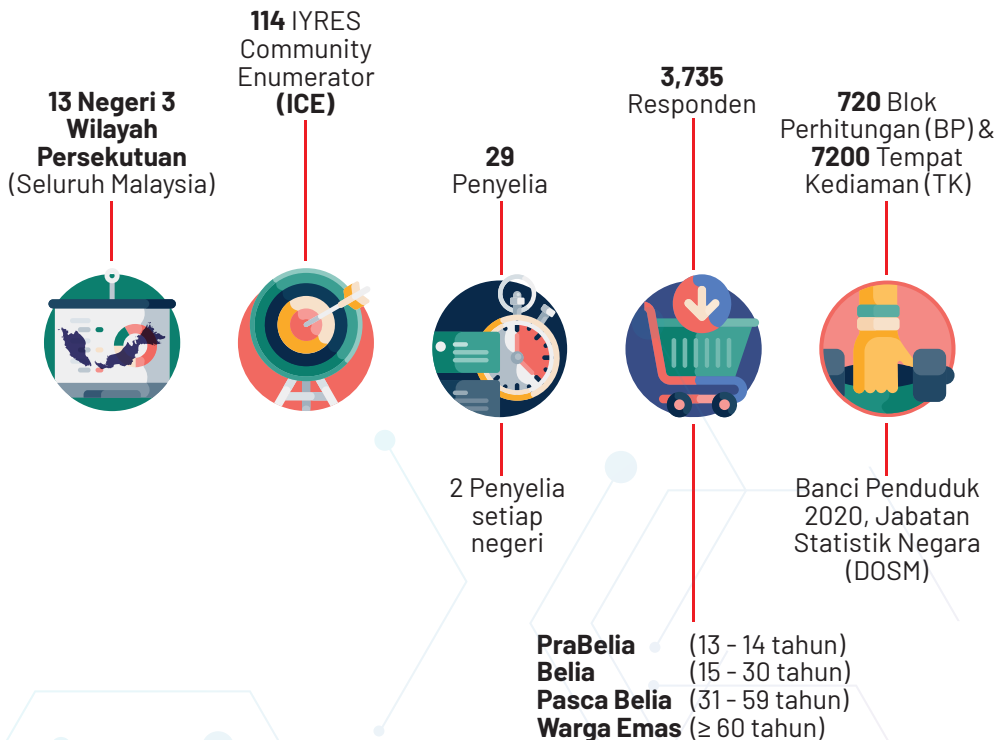
data Borang
Soal Selidik



30 OKT - 30 DIS
2022



Mekanisme Pelaksanaan Kaedah Kuantitatif



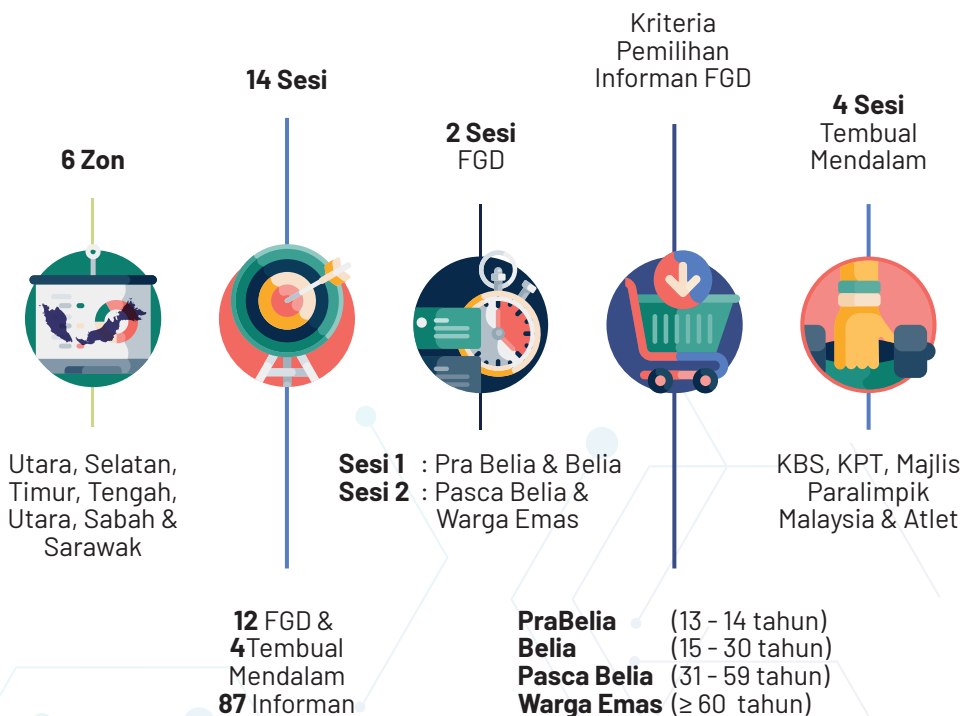
Sistem Kaji Selidik IYRES

<http://indeks.iyres.gov.my/>



Kaedah Penyelidikan Kualitatif

Temubual Mendalam (*In-depth Interview*) & Perbincangan Kumpulan Berfokus (FGD)



Persoalan Kajian Kualitatif



Sejauhmanakah keterlibatan kesukanan ke arah budaya sukan?



Sejauhmanakah pembinaan semangat kesukanan ke arah memupuk budaya sukan?



Bagaimana fenomena sukan dan strategi meningkatkan pembudayaan sukan?

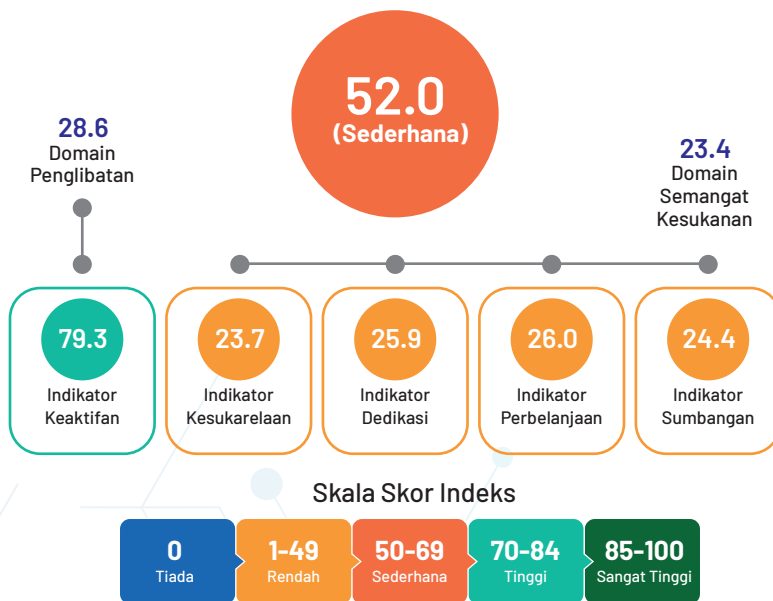
DAPATAN IBSM'22



INDEKS BUDAYA SUKAN MALAYSIA 2022 (IBSM'22)

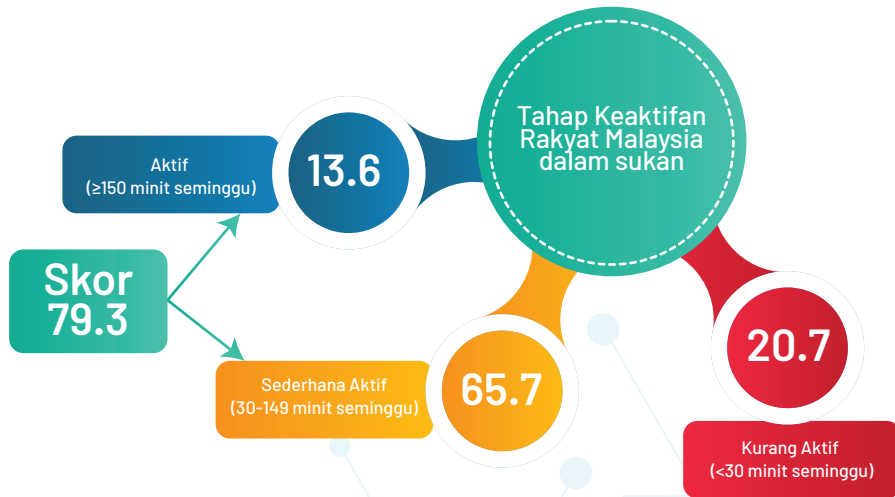


Indeks Budaya Sukan Malaysia 2022 (IBSM'22)



- Indeks Budaya Sukan tahun 2022 masih lagi di tahap sederhana iaitu pada skor 52.0. Skor Domain Penglibatan 28.6 dan skor Domain Semangat Kesukanan 23.4.
- Perincian dapatan kajian ini menunjukkan bahawa jumlah skor Indikator aktif dan sederhana aktif dalam Domain Penglibatan berada di tahap tinggi. Manakala kesemua Indikator Domain semangat kesukanan (Kesukarelaan, Dedikasi, Perbelanjaan dan Sumbangan) masih berada di tahap rendah mengikut skala skor IBSM'22.

Indikator Keaktifan

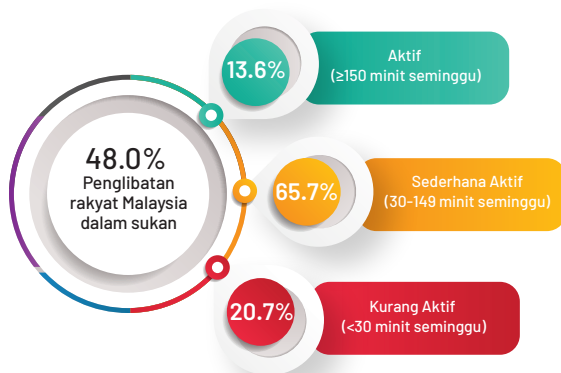


Nota: Definisi Aktif, Sederhana Aktif dan Kurang Aktif merujuk kepada takrifan World Health Organization (WHO, 2020)

DOMAIN PENGLIBATAN



Tahap Penglibatan Rakyat Malaysia dalam Sukan



Nota: Definisi Aktif, Sederhana Aktif dan Kurang Aktif merujuk kepada takrifan World Health Organization (WHO, 2020)

- Dapatan kajian IBSM 2022 menunjukkan sebanyak 48.0% rakyat Malaysia terlibat dalam aktiviti sukan, senaman dan rekreasi.
- Daripada 48.0%, hanya 13.6% aktif, 65.7% sederhana aktif dan 20.7% kurang aktif berdasarkan takrifan WHO (2020).
- 52.0% lagi rakyat Malaysia masih tidak terlibat dalam aktiviti sukan atau hanya melakukan aktiviti fizikal sekali sekala.



Sumber: World Health Organization (WHO, 2020)

Penglibatan mengikut kategori sukan

55.5%



SUKAN

(Badminton, Bola Jaring, Bola Sepak, Bola Tampar, Bowling, Futsal, Golf, Olahraga, Ping Pong, Sepak Takraw)

37.0%



SENAMAN

(Berjalan, Joging, Gim, Senamrobik, Yoga)

21.6%



REKREASI

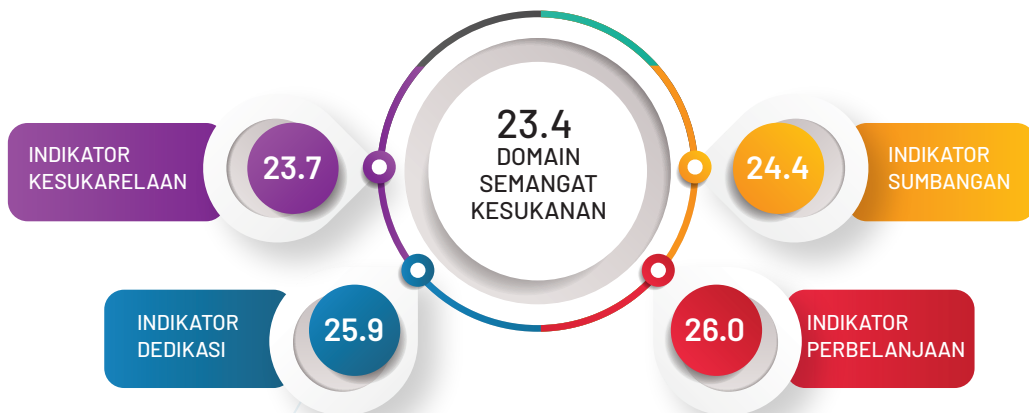
(Permotoran, Berbasikal, Jungle Tracking, Mendaki)

DOMAIN SEMANGAT KESUKANAN



Skor Indeks Semangat Kesukanan

Semangat Kesukanan diukur berdasarkan empat indikator

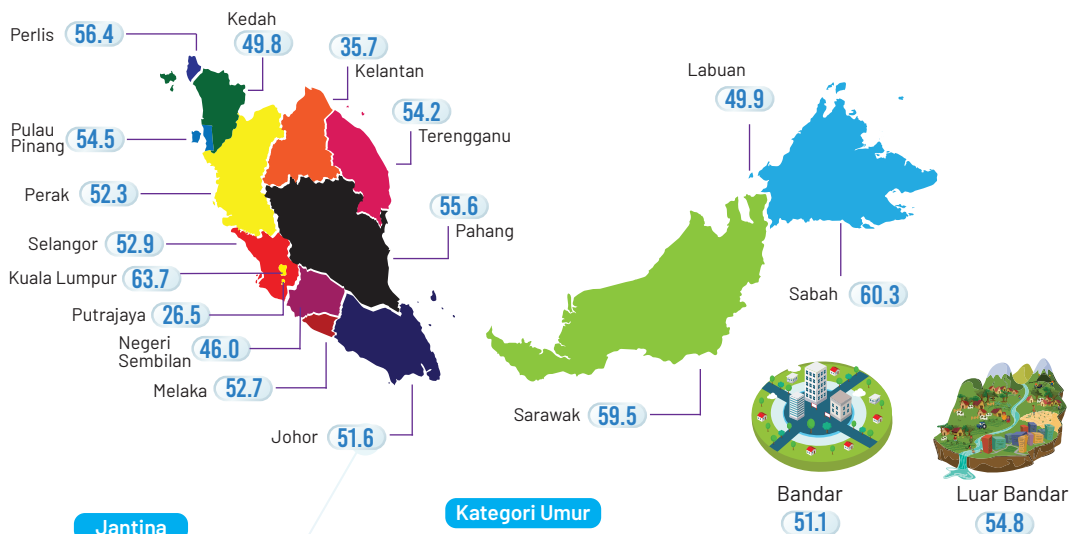


- Semangat kesukanan juga menyumbang ke arah pembudayaan sukan dalam kalangan rakyat Malaysia. Skor Domain Semangat Kesukanan adalah 23.4. Skor ini terdiri daripada 4 Indikator seperti berikut.
 - i. Indikator Kesukarelaan
 - ii. Indikator Dedikasi
 - iii. Indikator Perbelanjaan
 - iv. Indikator Sumbangan
- Indikator Perbelanjaan (26.0) merupakan penyumbang utama kepada skor indeks semangat kesukanan. Ini diikuti oleh Indikator Dedikasi (25.9), manakala Indikator Sumbangan (24.4) dan Indikator Kesukarelaan (23.7).

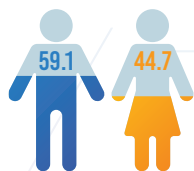
IBSM'22 MENGIKUT DEMOGRAFI



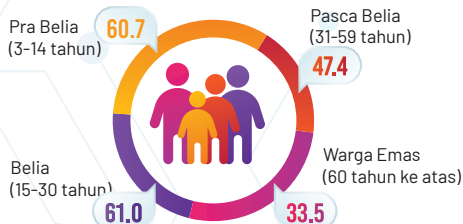
IBSM'22 Mengikut Demografi



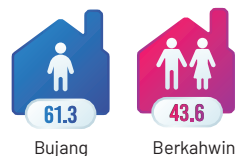
Jantina



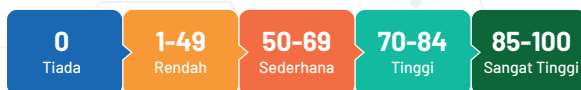
Kategori Umur



Status Perkahwinan

MELAYU
52.8CINA
48.1INDIA
49.2ETNIK
SABAH
55.8ETNIK
SARAWAK
59.3ORANG ASLI
43.7LAIN-LAIN
46.5

Skala Skor Indeks



FAKTOR BUDAYA SUKAN

"Faktor-faktor yang menyumbang kepada budaya sukan rakyat Malaysia, iaitu fasiliti, tadbir urus, barangan dan perkhidmatan, pengembangan Bakat dan pengetahuan"



Faktor Budaya Sukan (FASILITI)

Fasiliti sukan
yang mencukupi

68.5%

Fasiliti sukan yang
disediakan bersesuaian
dengan minat dan keperluan

69.7%

Fasiliti sukan yang
disediakan mudah
digunakan

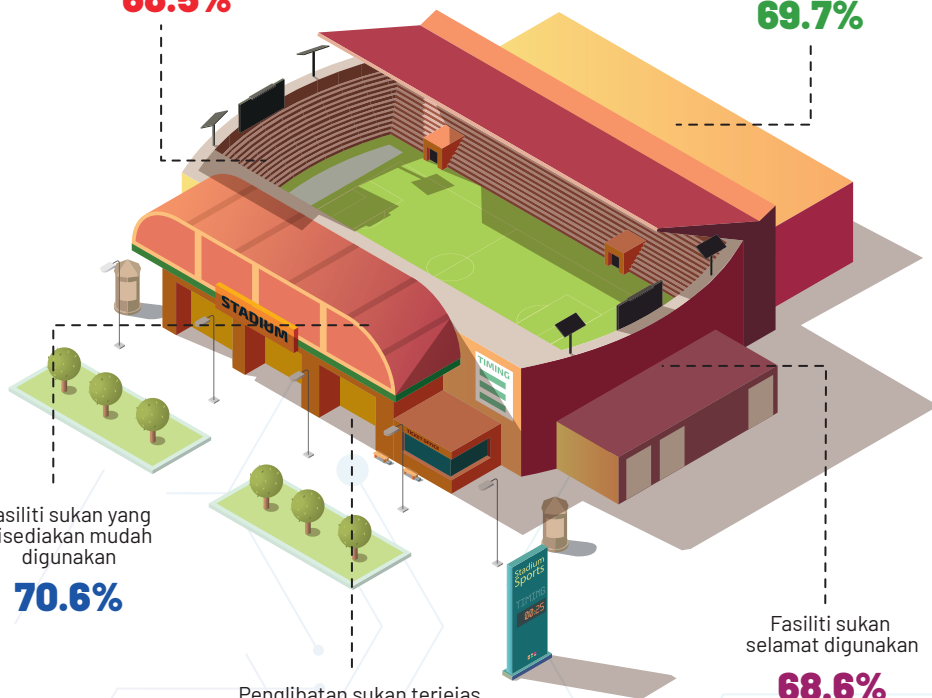
70.6%

Penglibatan sukan terjejas
kerana fasiliti sukan terbiar dan
tidak diselenggara

60.5%

Fasiliti sukan
selamat digunakan

68.6%



Faktor Budaya Sukan (TADBIR URUS)

Tenaga pengajar
diperlukan di
fasiliti sukan

60.9%

Jadual penggunaan
fasiliti menepati
keperluan

61.6%

Tempahan penggunaan
fasiliti sukan
mudah

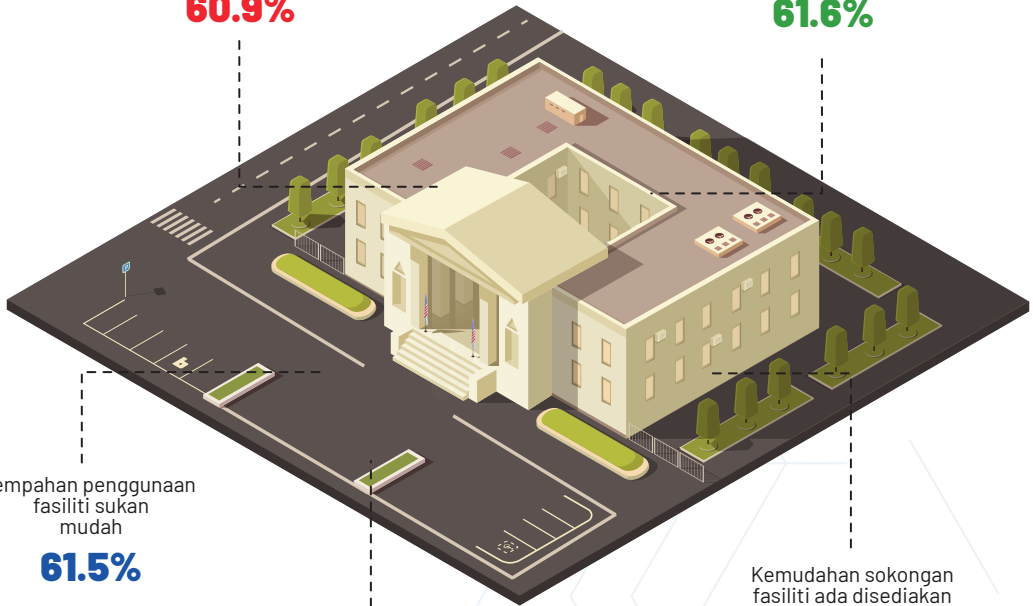
61.5%

Arahan dan prosedur
penggunaan peralatan
sukan disediakan

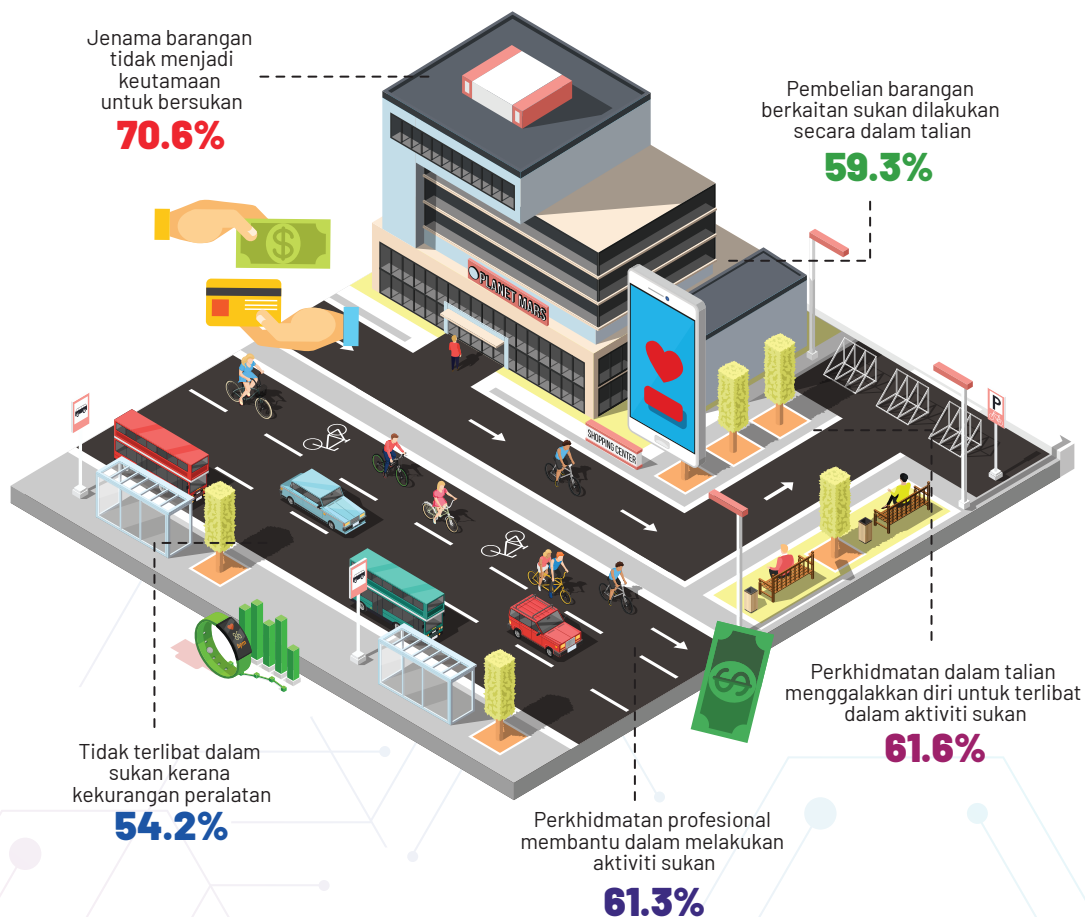
66.7%

Kemudahan sokongan
fasiliti ada disediakan
(Cth: tandas, parking dll)

71.9%



Faktor Budaya Sukan (BARANGAN DAN PERKHIDMATAN)



Faktor Budaya Sukan (PENGEMBANGAN BAKAT)

Program kesedaran berkaitan sukan menggalakkan bagi melakukan aktiviti sukan
(Cth: Fit Malaysia)

66.5%

Ilmu pengetahuan dan kemahiran sukan membantu dalam melakukan aktiviti sukan

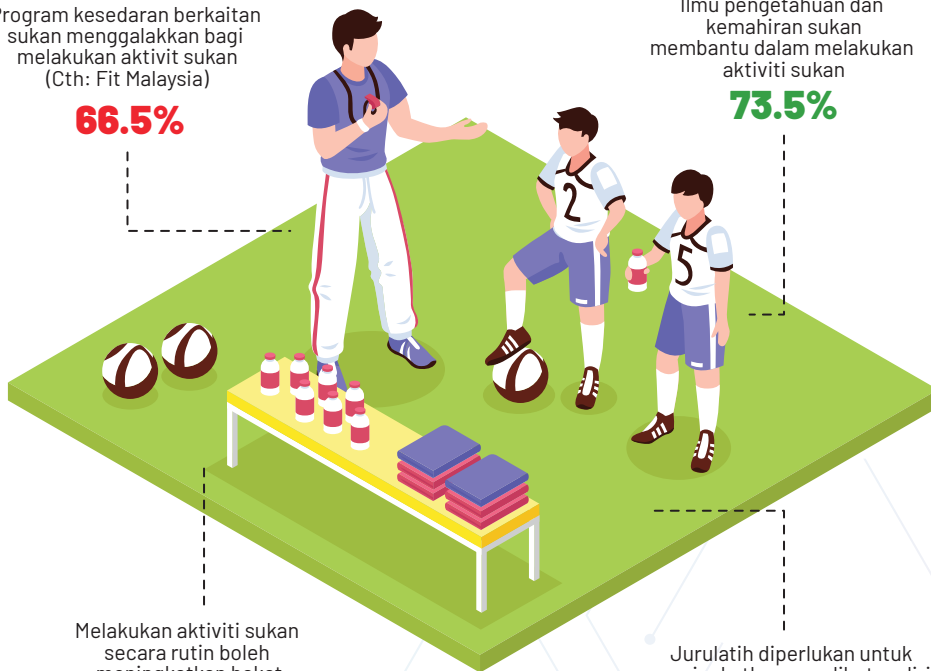
73.5%

Melakukan aktiviti sukan secara rutin boleh meningkatkan bakat

72.1%

Jurulatih diperlukan untuk meningkatkan penglibatan diri dalam aktiviti sukan

57.1%



Faktor Budaya Sukan (PENGETAHUAN)

Perkembangan baru
dalam sukan terkini
membantu untuk lebih
aktif dalam sukan

69.2%

Kepelbagaian jenis
sukan menggalakkan
diri untuk terlibat
dalam sukan

69.9%

Aktiviti sukan
mengelakkan kecerdasan
dan tahap kesihatan

78.8%

Keprihatinan mengenai
aspek keselamatan
semasa melakukan
aktiviti berkaitan sukan

80.1%



Sejumlah 52% rakyat Malaysia tidak terlibat dalam sukan. Mengapa?

Motivasi sendiri yang rendah

Fasiliti sukan yang rosak dan kurang diselenggara

Komitmen keluarga menghalang aktiviti bersukan

Fasiliti sukan yang sukar diakses

Kesuntukan masa

Kurang penganjuran program latihan sukan di peringkat komuniti

Faktor kesihatan yang kurang baik

Wujud kerenah birokrasi penganjuran sukan

Peralatan sukan dan caj fasiliti yang semakin mahal

Kurang ikon sukan setempat diketengahkan

Fasiliti yang kurang menepati trend sukan semasa

Pengaruh fasiliti terhadap penglibatan dalam sukan: Isu dan cadangan

» ISU



- ◆ Fasiliti sukan yang rosak dan kurang diselenggara
- ◆ Fasiliti sukan yang jauh dan sukar diakses
- ◆ Fasiliti tidak mengikut trend sukan semasa
- ◆ Peruntukan kewangan bagi penyelenggaraan fasiliti sukan

» CADANGAN



- ◆ Fasiliti sukan perlu lengkap dengan pelbagai kemudahan
- ◆ Memperbanyakkan fasiliti sukan yang tidak berbayar
- ◆ Memperbanyakkan fasiliti sukan di kawasan pedalaman
- ◆ Memperkasa tadbir urus penganjuran, keselamatan dan kebersihan fasiliti

Cabaran pembudayaan sukan



01

Belia beralih kepada
E-Sport



02

Fasiliti sukan yang ketinggalan
zaman



03

Pelaksanaan strategik dalam menyediakan
fasiliti tidak menyeluruh



04

Penyediaan fasliti sukan spesifik yang
terhad



05

Fasiliti sukan mahal tetapi tidak digunakan
sepenuhnya (Gajah Putih)

FAKTOR PENDORONG & PENGHALANG BUDAYA SUKAN DI MALAYSIA



Faktor Pendorong & Penghalang Penglibatan Dalam Budaya Sukan

FAKTOR PENDORONG

PERATUS (%)

a Mengekalkan kecergasan	87.4
b Mengekalkan kesihatan	86.8
c Mengurangkan stres	85.5
d Mengisi masa lapang	83.8
e Meluangkan masa bersama rakan	83.2
f Meluangkan masa bersama ahli keluarga	82.2
g Pengurusan berat badan	81.5
h Menghindari gejala sosial	79.8
i Sebahagian daripada cara hidup	76.6
j Minat	75.0

FAKTOR PENGHALANG

PERATUS (%)

a Faktor cuaca	78.6
b Kekangan masa	75.8
c Kurang kemudahan sukan di kawasan perumahan	70.6
d Tiada maklumat tentang kemudahan sukan sedia ada	66.8
e Tiada peralatan dan kemudahan bersukan	66.1
f Lokasi fasiliti jauh	65.7
g Jadual penggunaan kemudahan sukan tidak sesuai	65.6
h Tiada teman untuk melakukan aktiviti bersukan	61.0
i Terlalu banyak birokrasi untuk menggunakan kemudahan sukan	60.2
j Peralatan sukan terlalu teknikal untuk digunakan	59.3
k Tiada kemudahan pengangkutan ke lokasi sukan	57.5

- Faktor mengekalkan kecergasan (87.4%), kesihatan (86.8%) dan mengurangkan stres (85.5%) merupakan tiga faktor utama yang mendorong penglibatan rakyat Malaysia dalam melakukan aktiviti sukan, senaman dan rekreasi.
- Faktor cuaca (78.6%), kekangan masa (75.8%) dan kurang kemudahan sukan di kawasan perumahan (70.6%) merupakan tiga faktor utama yang menghalang penglibatan rakyat Malaysia dalam sukan, senaman dan rekreasi.
- Kesedaran sendiri perlu diterapkan di setiap peringkat umur dalam usaha membudayakan sukan dalam kalangan rakyat Malaysia.



PERBANDINGAN IBSM'21 & IBSM'22



Perbandingan SKOR DOMAIN IBSM'21 & IBSM'22



Perbandingan 2021 & 2022 (FASILITI)

	2021	2022
A Fasiliti sukan mencukupi	73.4%	68.5%
B Fasiliti sukan yang disediakan bersesuaian dengan minat dan keperluan	75.7%	69.7%
C Fasiliti sukan yang disediakan mudah digunakan	80.8%	70.6%
D Penglibatan sukan terjejas kerana fasiliti sukan terbiar dan tidak diselenggara	60.8%	60.5%
E Fasiliti sukan selamat digunakan	80.9%	68.6%

Perbandingan 2021 & 2022 (TADBIR URUS)

	2021	2022
A Tenaga pengajar diperlukan difasiliti sukan	63.5%	60.9%
B Jadual penggunaan fasiliti menepati keperluan	68.5%	61.6%
C Tempahan untuk menggunakan fasiliti sukan	65.9%	61.5%
D Arahan dan prosedur penggunaan peralatan sukan disediakan	74.1%	66.7%
E Kemudahan sokongan fasiliti ada disediakan (Cth: tandas, <i>parking</i> dll)	81.8%	71.9%

Perbandingan 2021 & 2022

(BARANGAN & PERKHIDMATAN)

	2021	2022
A Jenama barangan tidak menjadi keutamaan untuk bersukan	73.2%	70.6%
B Pembelian barangan berkaitan sukan secara dalam talian	61.8%	59.3%
C Tidak terlibat dalam sukan kerana kekurangan peralatan	53.3%	54.2%
D Perkhidmatan profesional membantu melakukan aktiviti sukan	62.8%	61.3%
E Perkhidmatan dalam talian penggalakkan diri untuk terlibat dalam aktiviti sukan	64.3%	61.6%

Perbandingan 2021 & 2022

(PENGEMBANGAN BAKAT)

	2021	2022
A Program kesedaran berkaitan sukan menggalakkan bagi melakukan aktiviti sukan (Cth: Fit Malaysia)	75.6%	66.5%
B Ilmu pengetahuan dan kemahiran sukan membantu melakukan aktiviti sukan	80.9%	73.5%
C Melakukan aktiviti sukan secara rutin boleh meningkatkan bakat	79.4%	72.1%
D Jurulatih diperlukan untuk meningkatkan penglibatan diri dalam aktiviti sukan	57.1%	57.1%

Perbandingan 2021 & 2022 (PENGETAHUAN)

	2021	2022
A Perkembangan baru dalam sukan terkini membantu saya lebih aktif dalam sukan	73.4%	69.2%
B Kepelbagaian jenis sukan menggalakkan diri untuk terlibat dalam sukan	75.9%	69.9%
C Aktiviti sukan mengekalkan kecergasan dan tahap kesihatan	86.4%	78.8%
D Keprihatinan mengenai aspek keselamatan semasa melakukan aktiviti berkaitan sukan	86.7%	80.1%



E-SPORT



Penglibatan dalam E-Sport (n=836)



YA

22.4%

TIDAK

77.6%

Penglibatan dalam E-Sport & Sukan

E-Sport (n=836)

22.4%

Sukan (n=1,781)

48.0%

E-Sport & Sukan (n=836)

83.4%

Jenis Aktiviti E-Sport



Mobile Legend

25.1%



Dota

29.8%



PUBG

65.1%



PES

31.9%



Lain-lain

11.7%

Kekerapan penglibatan dalam E-Sport

**27.5%**

Sekurang-kurangnya sekali sehari

**45.3%**

2-3 kali sehari

**17.5%**

4-5 kali sehari

**9.7%**

> 5 kali sehari

Tempoh Akses kepada skrin berkaitan E-Sport

21.7%

< 1 jam sehari

47.4%

1-2 jam sehari

20.8%

3-4 jam sehari

10.1%

> 4 jam sehari

PROFIL RESPONDEN



Demografi Responden

Persampelan merujuk kepada populasi belia 13 tahun dan ke atas oleh
Jabatan Perangkaan Malaysia 2021 (DOSM, 2021)

Jantina

Lelaki



50.0%

Perempuan



50.0%

Lokasi

Bandar



79.6%

Luar Bandar



20.4%

Kategori Umur

2.5%

Pra Belia

44.9%

Belia

38.5%

Pasca Belia

14.1%

Warga Emas

Status Perkahwinan

Bujang



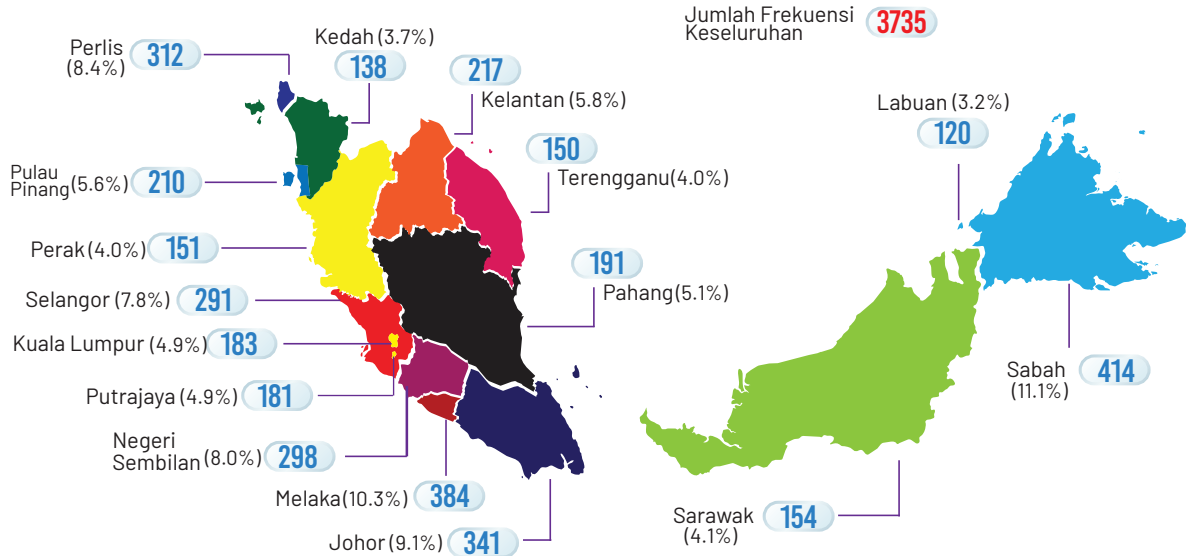
46.7%

Berkahwin



53.3%

Demografi Responden



Etnik

MELAYU
56.8%

CINA
14.7%

INDIA
8.9%

**BUMIPUTERA
SABAH**
9.5%

**BUMIPUTERA
SARAWAK**
3.3%

LAIN-LAIN
1.6%

ORANG ASLI
5.2%

Demografi Responden

Tahap Pendidikan



**Tidak
bersekolah**
2.9%



UPSR
5.9%



**SRP/PMR/
PT3**
10.7%



**SPM/SPMV/
MCE**
33.2%



**STPM/STAM/
Matrikulasi**
6.3%



**Sijil Kemahiran/
Ikhtisas**
4.4%



Diploma
15.9%



Ijazah
17.2%



Sarjana
2.5%



PHD
0.5%



Lain-lain
0.5%

Status Pekerjaan

Lain-lain 1.1%

Pesara 5.3%

Suri Rumah 11.5%

Bekerja Sendiri 12.0%

Pelajar 23.5%

Pekerja Swasta 23.2%

Tidak bekerja 11.0%

Kerja Sementara/ Kontrak 3.3%

Pekerja Keluarga Tanpa Gaji 0.3%

Penjawat Awam 8.8%

Medium Melakukan Aktiviti Sukan (Sukan, Senaman & Rekreasi)



Media Sosial
40.4%



Media Konvensional
4.4%

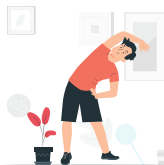


Persidangan Video
14.0%

Waktu Melakukan Aktiviti Sukan (Sukan, Senaman & Rekreasi)



Petang
62.4%



Pagi
21.0%



Malam
15.1%



Tengahari
1.5%

Teman Melakukan Aktiviti Sukan



Rakan
38.1%

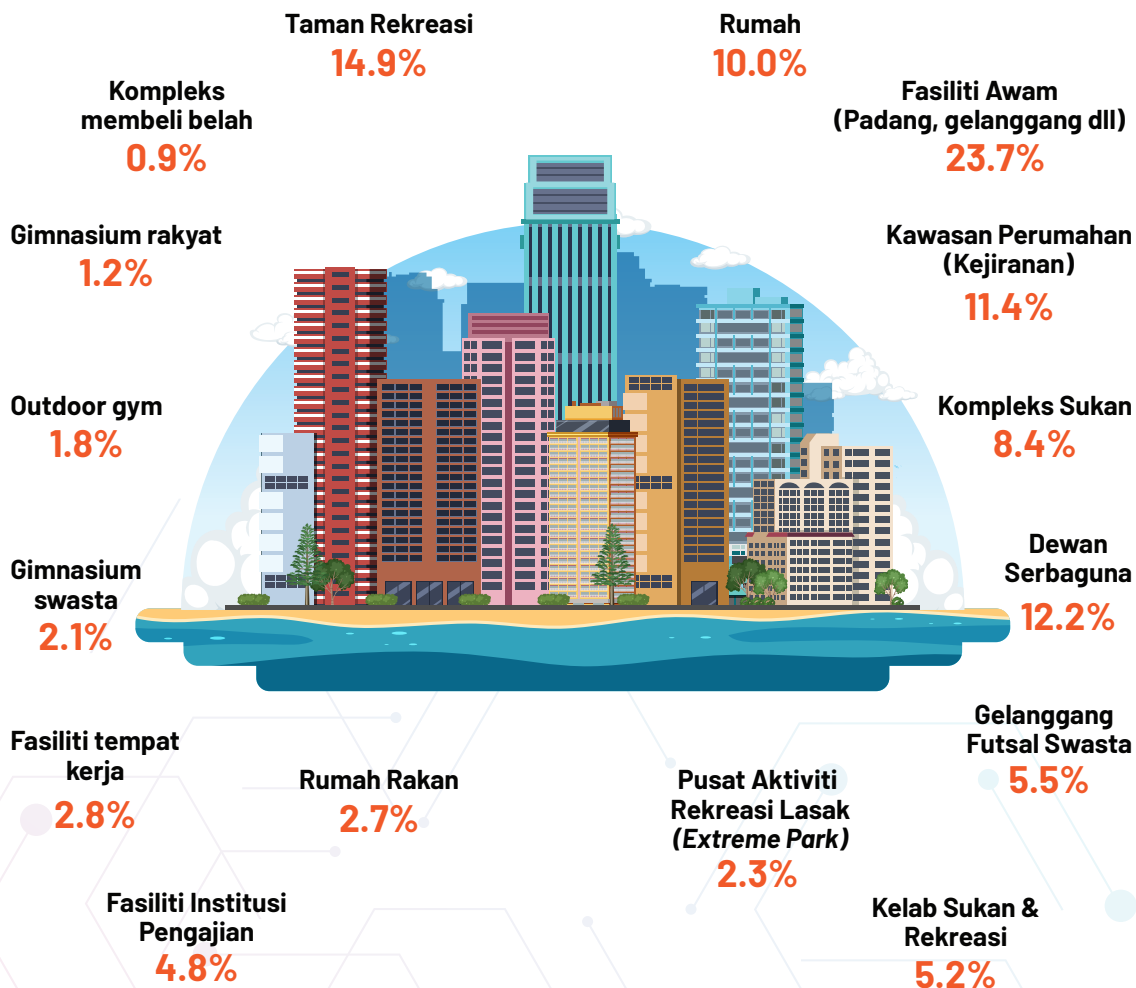


Keluarga
18.3%



Sendiri
17.2%

Lokasi Melakukan Aktiviti Sukan (Sukan, Senaman & Rekreasi)



LIMITASI KAJIAN



Limitasi

- Operasi penyelidikan masih terikat dengan SOP pasca pandemik.
- Kesanggupan responden memberikan kerjasama dalam situasi trauma terhadap pandemik.
- Kebimbangan penularan Covid-19 dalam kalangan IYRES Community Enumerator (ICE) dan responden semasa pengumpulan data dilaksanakan.
- Ketiadaan responden di lokasi kediaman mengikut pemilihan Blok Perhitungan (BP) dan Tempat Kediaman (TK) yang disediakan oleh pihak Jabatan Perangkaan Malaysia (DOSM).



SYOR & RUMUSAN



Syor untuk meningkatkan budaya sukan rakyat Malaysia

01

Menambahbaik pelaksanaan tadbir urus fasiliti sukan di institusi berkaitan pembangunan sukan

02

Mempromosikan aktiviti/program sukan secara berkumpulan bagi kumpulan umur belia & berasaskan komuniti bagi kumpulan umur pasca belia

03

Penggunaan teknologi (aplikasi info sukan) bagi menggalakkan penglibatan belia dan rakyat Malaysia dalam sukan

04

Merujuk pelaksanaan negara di peringkat antarabangsa sebagai penanda aras agar perancangan lebih sistematik

Syor untuk meningkatkan budaya sukan rakyat Malaysia

05

Melibatkan pemegang taruh (kerajaan negeri/ tempatan) dalam usaha pembudayaan sukan

06

Meningkatkan promosi dan program kesedaran penjagaan kesihatan dalam kalangan rakyat Malaysia

07

Menyediakan pelan pelaksanaan aktiviti/ program berkaitan sukan dalam mendepani cabaran pada masa hadapan

08

Memperkasakan platform urus tabir sukan seperti Majlis Tindakan Pembangunan Belia Negara dalam usaha mencapai matlamat negara bersukan

Syor untuk meningkatkan budaya sukan rakyat Malaysia

09

Meningkatkan penglibatan golongan OKU dan masyarakat peribumi dalam program sukan dan penyelidikan

10

Meningkatkan tadbir urus yang lebih efisien dalam pengurusan fasiliti sukan

11

Mengurangkan karenah birokrasi dalam tadbir urus fasiliti sukan

12

Pemantauan secara berkala dan cekap fasiliti sukan di bawah agensi kerajaan

Penyelidikan dalam meningkatkan penglibatan rakyat bersukan

INTERNATIONAL JOURNAL ON INFORMATICS VISUALIZATION

Improving Sports Participation among Students through Mobile Application

Heng Zhuang Ching^a, Norfaradilla Wahid^a, Hanayanti Hafit^a, Shahreen Kasim^a

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Abstract— Technologies are advancing at incredible speed with great purposes. Unfortunately, as technologies grow, some people have lost their motivation to keep up with their health by neglecting their physical activities like sports, outdoor games, etc. There are less people willing to step outside to do physical activities especially those which requires companions or members. We cannot deny the fact that there are still people who are willing to come out and do sports in a group. However, most of the time they do not have enough members to conduct the sport. This situation can lead to discouragement and stopping them from doing any more sports activity just because of insufficient team member. This situation can lead to discouragement and stopping them from doing any more sports activity just because of insufficient team members. The Sports Team Finder is a mobile application that helps the students in Universiti Tun Hussein Onn Malaysia (UTHM) to reach other people who has the same intention, i.e., to get team members. Students can use this application to find team members for team-oriented games such as basketball, football, netball, etc. The aim is to design an application where it motivate users to engage other people through sports and meeting new friends along the way. The application is able to function properly and successfully gather users with similar interest together. It has shown that the application has caused an improvement of sport involvement among students in UTHM.

Keywords— sports, team, finder, application, participation.

RESEARCH

Open Access

How community sport programs may improve the health of vulnerable population groups: a program theory

Karen Van der Veken¹, Emelien Lauwerier^{1,2} and Sara J. Willems^{1*}



Abstract

Background: Groups at risk of exclusion from society appear to have a lower health status and more health-related problems. Prevention efforts in these groups are not always successful, and new ways have to be sought by which health messages can be delivered. Many agree on low-threshold sport activities, also called 'community sports', to be a powerful tool to target socially vulnerable groups. Until now, it has not been investigated how and when such sport initiatives may be able to impact health outcomes in socially vulnerable populations. This study aims at developing a program theory that clarifies the mechanisms and necessary conditions for sport programs to be effective in health promotion. Such a program theory may constitute a backbone for developing health promotion initiatives within a sport for development setting.

RUMUSAN & KESIMPULAN CADANGAN

Fasiliti

Menyemak semula status fasiliti sukan di bawah seliaan pihak bertanggungjawab (KBS, KPT, KPM, Kerajaan Negeri/ Tempatan, Swasta dan individu) supaya penggunaannya maksimum serta berada dalam keadaan baik dan selamat.

Sikap

Usaha membentuk dan membangunkan budaya sukan adalah tanggungjawab bersama pihak kerajaan dan individu supaya wujudnya kesedaran bagi mengekalkan kecergasan, kesihatan dan kesejahteraan.

Pasca Covid-19

Kajian semasa menjelaskan pandemik Covid-19, yang melanda negara sejak awal 2020 telah memberi pengaruh yang besar dan menjadi penyebab utama berlakunya penurunan penglibatah rakyat Malaysia dalam sukan sepanjang tahun 2022.



Kajian berkaitan penglibatan dalam sukan & impak pandemik Covid-19



Contents lists available at ScienceDirect

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journal homepage: www.elsevier.com/locate/jesf

Results from the Malaysia 2022 report card on physical activity for children and adolescents

Mohd Razif Shahril ^{a,*}, Tubanur Irfan Unal ^a, Jyh Eiin Wong ^a, Razinah Sharif ^a,
Denise Koh ^b, Shoo Thien Lee ^a, Bee Koon Poh ^a

Electronic supplementary material:
The online version of this article contains supplementary material.

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The impact of COVID-19 movement restrictions on physical activity in a low-income semi-rural population in Malaysia: A longitudinal study

Chen et al. / *Journal of Exercise Science & Fitness* 22 (2021) 100429

journal of
global
health

RESEARCH THEME 1:
COVID-19 PANDEMIC



International Journal of
Environmental Research
and Public Health



Article

A Path Model of the Relationship between Mood, Exercise Behavior, Coping, and Mental Health among Malaysians during the COVID-19 Pandemic

Jing Mun Yew ¹, Yee Cheng Kueh ^{1,*}, Bachok Norsaadah ¹, Foo Weng Leong ², Heen Yeong Tang ³
and Garry Kuan ^{4,*}



sustainability

Article

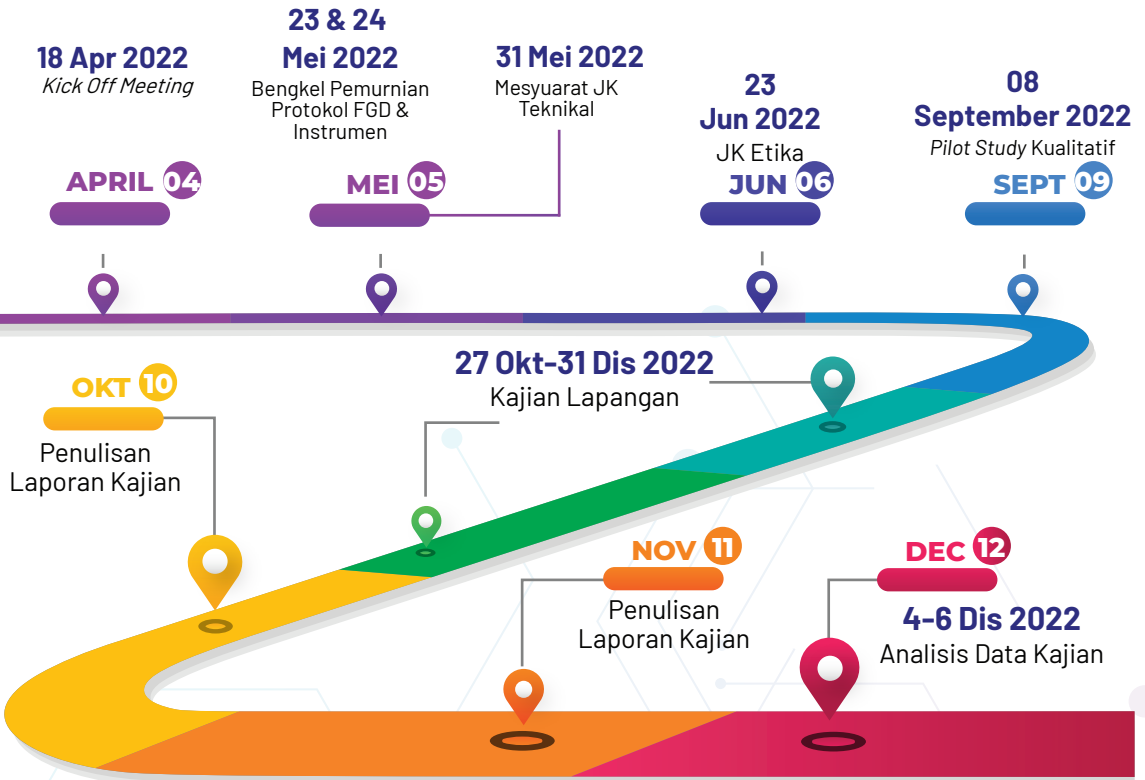
The Influence of COVID-19-Induced Daily Activities on Health Parameters—A Case Study in Malaysia

Mujahid Ali ^{1,*}, Afonso R. G. de Azevedo ², Markssuel T. Marvila ³, Muhammad Imran Khan ¹,
Abdul Muhaimin Memon ³, Faisal Masood ^{4,5}, Najib Mohammed Yahya Almahbashi ¹,
Muhammad Kashif Shad ⁶, Mudassir Ali Khan ¹, Roman Fediuk ^{7,*}, Roman Timokhin ⁷, Aleksey Borovkov ⁸
and Ihtisham Ul Haq ⁹

KRONOLOGI KAJIAN



Perancangan Gerak Kerja IBSM'22



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NOTA

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IYRES is a national research centre that studies various aspects of the stream and development of the younger generation and its relevance to the changes taking place at the national, regional and international levels. To achieve its goals, the Institute will implement a wide range of research programmes; organize conferences, workshops, lectures and seminars; publish journals, brochures on research results; creating research and training programmes; and provide various research facilities including a resource centre and data on youth development.

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MESSAGE FROM MINISTER OF YOUTH & SPORTS



"To ensure a comprehensive youth and sports development, the elements of planning, implementation, and monitoring through **facts and statistics** are very desirable to be practiced. Continuous collaboration and engagement **intra- and inter-Ministry** can produce creative, collaborative ideas between departments or agencies. This effort can be implemented by minimizing the cost, quick implementation to obtain high-impact outcomes as well as efforts to improve the government's delivery system to the people"

Hannah Yeoh

Minister of Youth and Sports Malaysia

MESSAGE FROM THE SECRETARY GENERAL, MYS



The Ministry of Youth and Sports will continue to mobilize all sports-affiliated bodies to transform Malaysia into sports (Sporting Nation). This effort supports and fulfills the aspirations of the Malaysian Madani community toward producing patriotic, united, disciplined, and sports-cultured youths.

Ts. Dr. Nagulendran Kangayatkarasu
Secretary General
Ministry of Youth and Sports Malaysia

MESSAGE FROM THE CHIEF EXECUTIVE OFFICER OF IYRES



Cultural Index was developed as a benchmark for the status of Malaysian sports culture. This Index is the basis for the formation of the National Sports Vision 2030 and serves as a guideline for monitoring sports culture programmes throughout the country. Improving sports culture is our shared responsibility. On behalf of IYRES, I am confident that Malaysia's desire to become a sporting nation will be achieved if every Malaysian realizes, learns, and continues to live an active lifestyle.

Dr. Vellapandian Ponnusamy
IYRES Chief Executive Officer

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BACKGROUND

"A concerted effort will be made to promote sports culture to build an active and healthy society." (12th Malaysia Plan)



EVOLUTION OF MSCI 2018-2022

RMK-11



RMK-12



MSCI 2018-2020

5 DOMAINS 8 INDICATORS

INDICATORS

- Participation
- Activeness
- Sense Of Bond (Attachment)
- Dedication
- Sponsorship (Financial Contribution/goods)
- Goods & Services
- Availability, Accessibility, Security, Suitability & Functionality)



MSCI 2021-2022

2 DOMAINS 5 INDICATORS

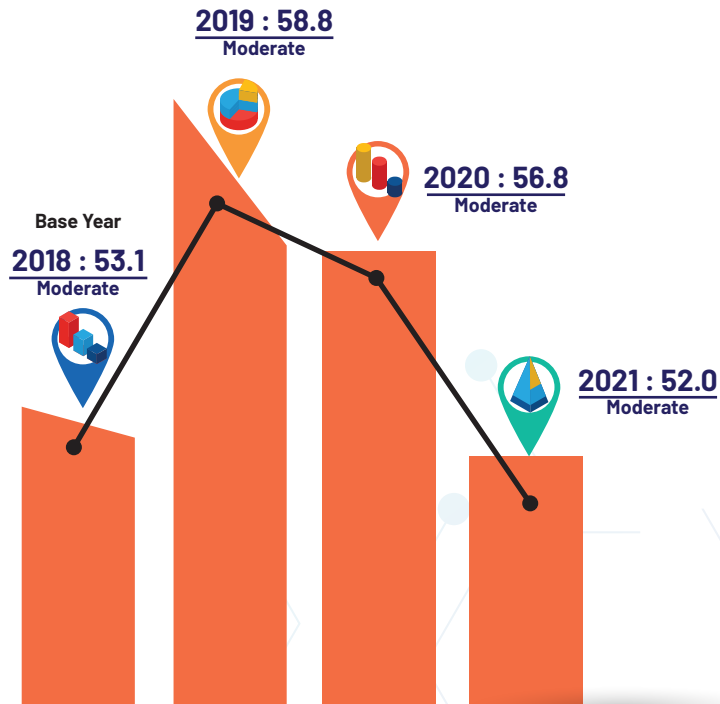
INDICATORS

- Activeness
- Voluntarism
- Dedication
- Expenditure
- Contribution

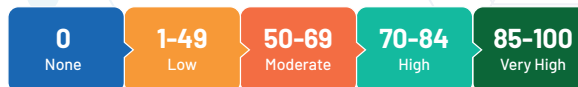
- Facilities
- Governance
- Goods & Services
- Talent Development
- Knowledge



MSCI SCORE (2018 - 2021)



Index Score Scale



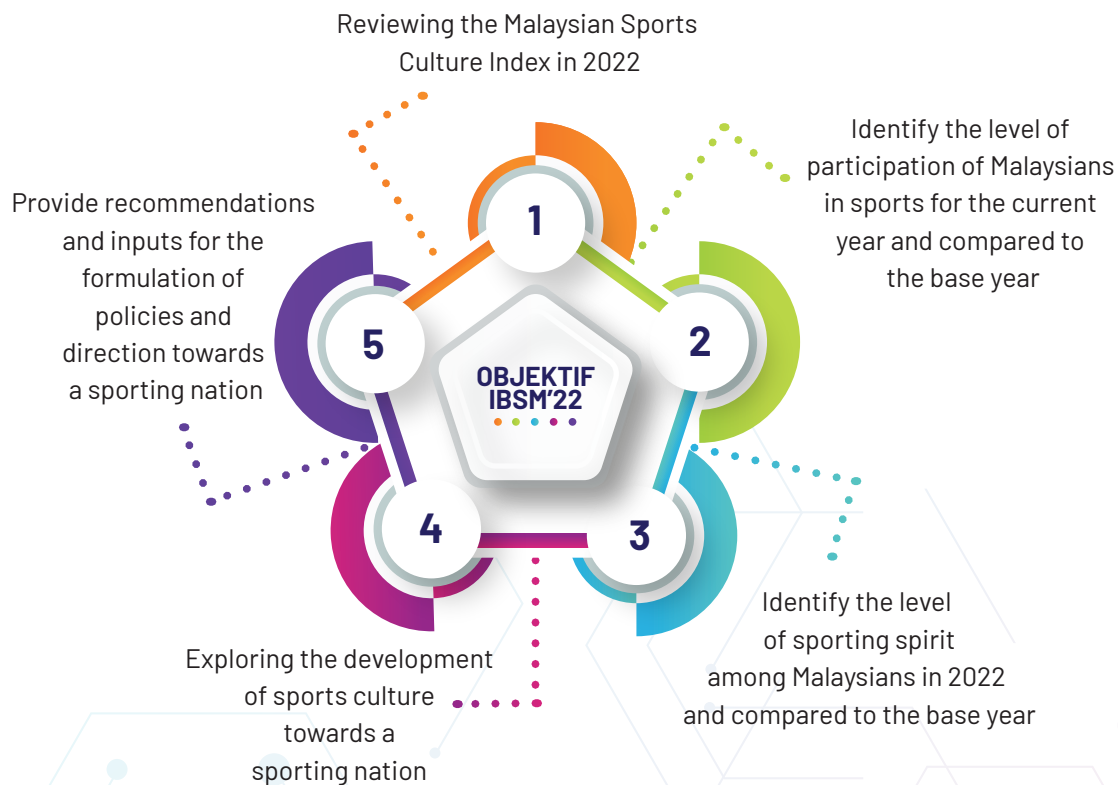


MSCI'22 INTRODUCTION

"The core of sports acculturation includes a broad perspective in the government's efforts to foster sportsmanship and an active lifestyle in all walks of life. In addition, the sports ecosystem in Malaysia needs to provide an inclusive and safe platform so that all Malaysians can carry out sports activities in a conducive environment."
(National Sports Vision, 2030)



Objectives Of The MSCI'22 Study



Sports Culture Definition

SPORTING NATION

Malaysia becoming a Sporting Nation where the society has adopted Sports Culture together with the availability of its ecosystem.

SPORTS CULTURE

Sports, exercise and recreational activities have become a lifestyle as well as the existence of the Sports Culture Ecosystem

1

SPORTS ACCULTURATION

Movements implemented to foster and encourage an active lifestyle through sports activities, exercise and recreation.

3

2

4

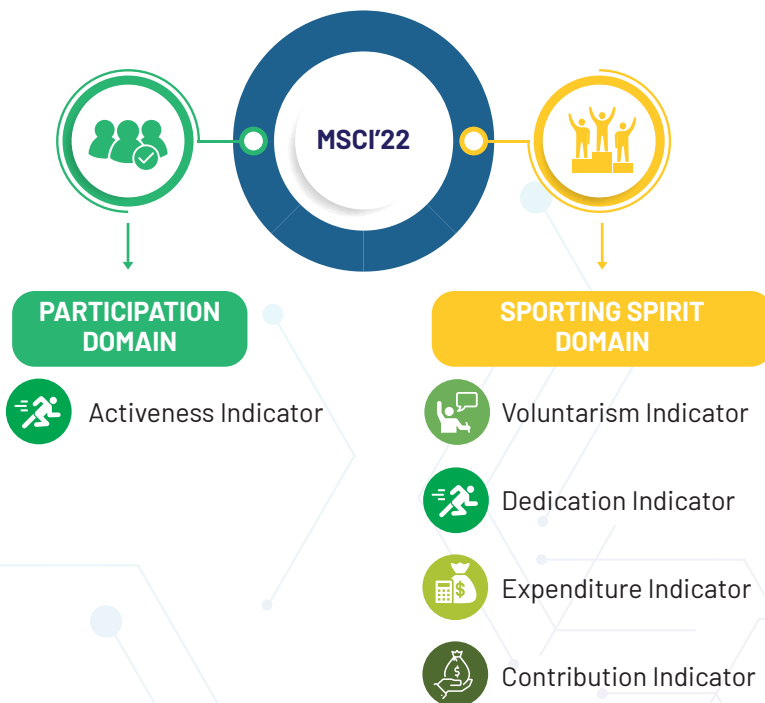
SPORTING CULTURE

Sports, exercise and recreational activities become habits and routine towards an active, fit lifestyle and to be competitive with self-initiative.

****Sports Culture Ecosystem refers to two domains, namely Participation and Sporting Spirit. Sporting Spirit includes Voluntarism, Dedication, Expenditure and Contribution. Sports Culture Factors are also influenced by Facilities, Governance, Goods and Services, Talent and Knowledge Development.**

MSCI'22 Structure

2 Domains, 5 Indicators



Operation Definition of Participation Domain



Participation Domain

The frequency of participation in sports activities of at least once in a period of one (1) month.



Activeness Indicator

The level of sports activities participation within a week, based on an adaptation from international standards (WHO, 2020).



≥ Exceeding
150 minutes
per week

Active

30 minutes
to 149
minutes
per week

Moderately
Active

< Less than
30 minutes
per week

Less
Active

Operation Definition of Sporting Spirit Domain



Sporting Spirit Domain

Interest, determination, drive and willingness to do things related to sports.



Voluntarism Indicator

The willingness to spend time and energy in sports-related volunteering activities without expecting rewards.



Dedication Indicator

Determination and willingness to do sports-related activities and sports-related idea contribution through various mediums.



Expenditure Indicator

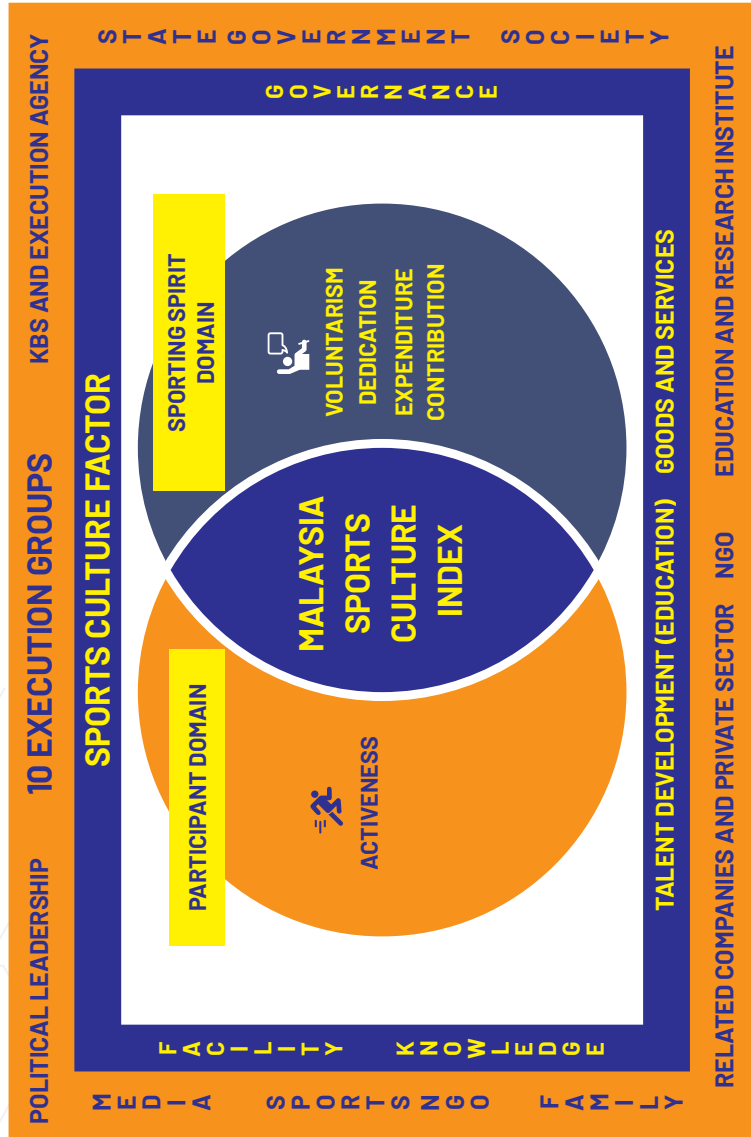
The spending of money by individuals on sports-related goods and services.



Contribution Indicator

Provision and financing of sports-related activities in the form of monetary or goods contribution.

MSCI Conceptual Framework



Ratio & Score Classification

1 Determination of Weighting Ratio for Participation Domain and Sporting Spirit Domain

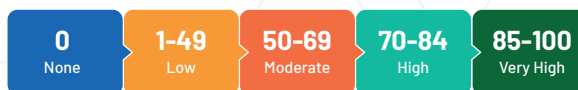
The Value of Sporting Spirit Domain Contribution Towards Participation is obtained using Logistic Regression Analysis (Nagelkerke R-squared). In general, Sporting Spirit which is represented by four indicators contributed as much as 40%.

Therefore the designation 60 : 40 has been used in obtaining MSCI'22.

Participation Domain : Sporting Spirit Domain Ratio (60:40)

2 MSCI'22 takes a value between a score of 0 to 100 where a score of 0 is the minimum score and a score of 100 is the maximum score. The following is the classification of MSCI'22 scores i.e. None, Low, Moderate, High and Very High.

Index Score Scale



3 Sporting Spirit Domain Weighting Formula

$$w_j = \frac{r_j}{\sum |r_{ij}|} \quad -1 < r_j < 1$$

Where,

r_{ij} is the correlation coefficient between indicators i and j

4 Sporting Spirit Domain Index Formula

$$ISK_i = \frac{\sum w_j x_{ij}}{\sum w_j} \times 100 \quad \sum w_j = 100, w_j \geq 0$$

Where,

ISK_i = Sporting Spirit Index for factor i .

w_j = weighting of indicator $j, j = 1, 2, 3, \dots, k$.

x_{ij} = the sum of the mean values of factor $i, i = 1, 2, 3, \dots, n$, taking into account the indicator j .

5 Formation of MSCI'22



RESEARCH METHODOLOGY



MSCI'22 Data Collection Methods

Quantitative

Questionnaire Instrument
using IYRES Survey System



Qualitative

1. Focused Group Discussion (FGD)
2. In-depth Interview



4
in-depth
interview
sessions



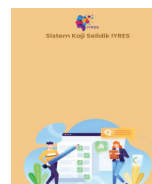
**27 JUL - 2 SEPT
2022**

12
FGD/87
Informan

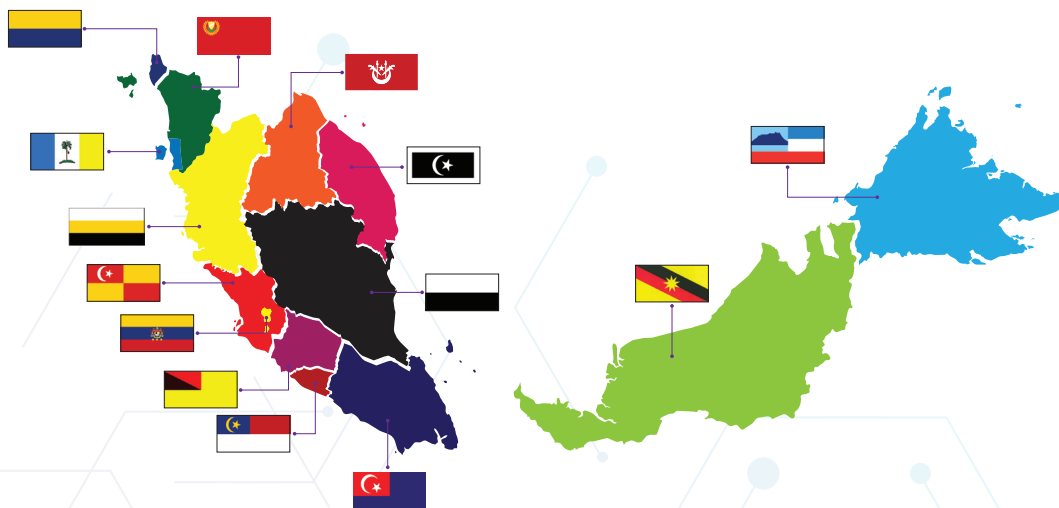


**8 - 28 SEPT
2022**

3,735
questionnaire
data



**30 OCT - 30 DEC
2022**



Implementation Mechanism Of Quantitative Methods

**13 States
3 Federal Territories**
(Whole Malaysia)



**114 IYRES
Community
Enumerator
(ICE)**



**29
Supervisors**



**2 Supervisors
per state**

**3,735
Respondent**



**720 Counting
Block (CB) &
7200 Place of
Residence (PR)**



Population
Census 2020,
Department of Statistics
Malaysia (DOSM)

Pre-Youth (13 - 14 years old)
Youth (15 - 30 years old)
Post-Youth (31 - 59 years old)
Senior Citizen (≥ 60 years old)

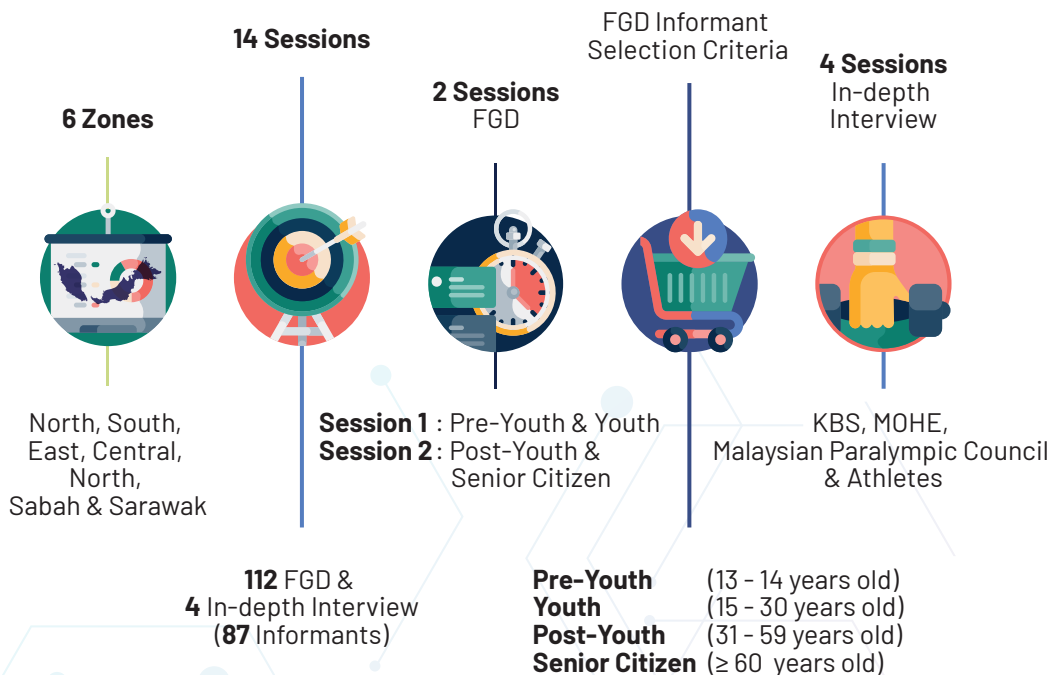
IYRES Survey System

<http://indeks.iyres.gov.my/>



Qualitative Research Methods

In-depth Interview & Focused Group Discussion (FGD)



Qualitative Study Questions



How far is sporting spirit participation in sports culture?



To what extent does the building of sporting spirit foster sports culture?



How sports phenomena and strategies increase the acculturation of sports?

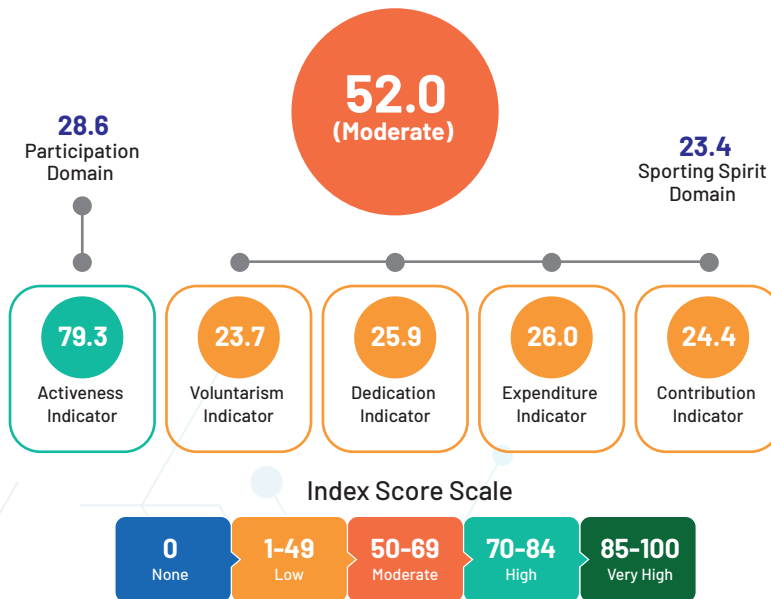
MSCI'22 FINDINGS



SPORTS CULTURE INDEX 2022 (MSCI'22)

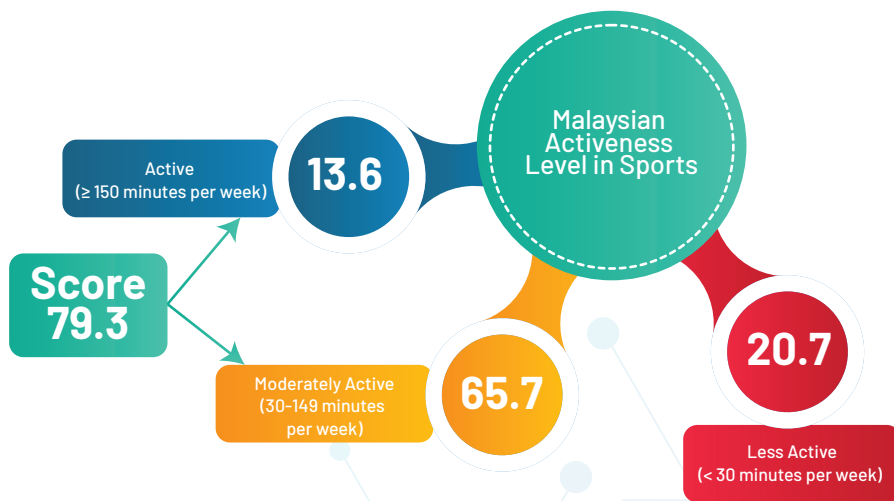


Malaysian Sports Culture Index 2022 (MSCI'22)



- The Sports Culture Index of 2022 is still at a moderate level of 52.0. Participation Domain Score is 28.6 and Sporting Spirit Domain score is 23.4.
- Details of the findings of this study show that the total score of active and moderately active Indicators in the Participation Domain is at a high level. While all Sporting Spirit Domain Indicators (Voluntarism, Dedication, Expenditure & Contribution) are still at low levels according to the MSCI'22 score scale.

Activeness Indicator

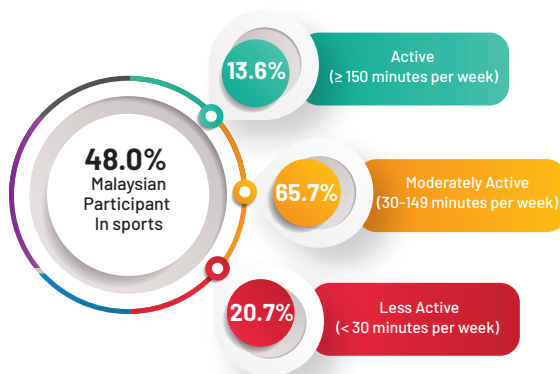


Note: Active, Moderately Active and Less Active Definitions refer to (WHO, 2020) definition.

PARTICIPATION DOMAIN



Level of Malaysian Participant in Sports



Note: Active, Moderately Active and Less Active Definitions refer to (WHO, 2020) definition

- The findings of the MSCI 2022 study shows that 48.0% of Malaysians are involved in sports, exercise and recreational activities.
- Of the 48.0%, only 13.6% were active, 65.7% moderately active and 20.7% less active based on the (WHO, 2020) definition.
- Another 52% of Malaysians are still not involved in sports activities or only do physical activities once in a while.



≥150 minutes
per week

Active

30-149
minutes
per week

Moderately
Active

< 30 minutes
per week

Less
Active

Source: World Health Organization (WHO, 2020)

Participation by sports category

55.5%



SPORT

(Badminton, Netball, Football, Volleyball, Bowling, Futsal, Golf, Track & Field, Ping Pong, Foot Volleball)

37.0%



EXERCISE

(Walking, Jogging, Gym, Aerobics, Yoga)

21.6%



RECREATIONAL

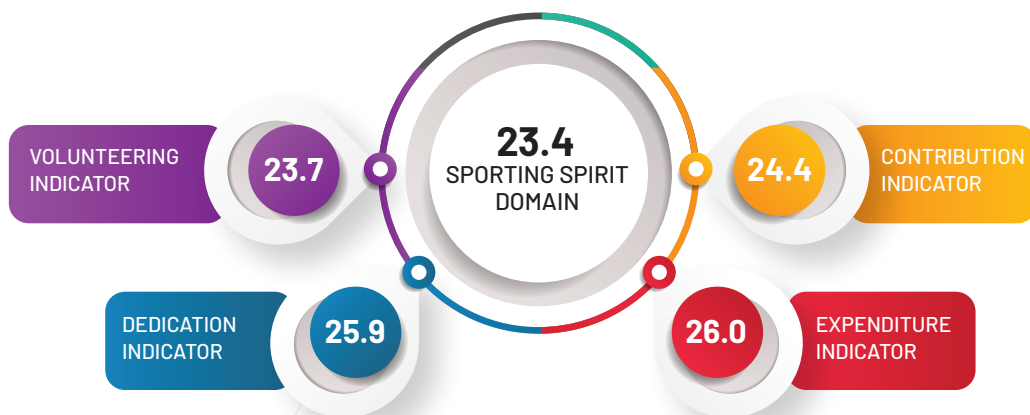
(Motoring, Cycling, Jungle Tracking, Climbing)

SPORTING SPIRIT DOMAIN



Sporting Spirit Index Score

Sporting Spirit is measured based on four indicators

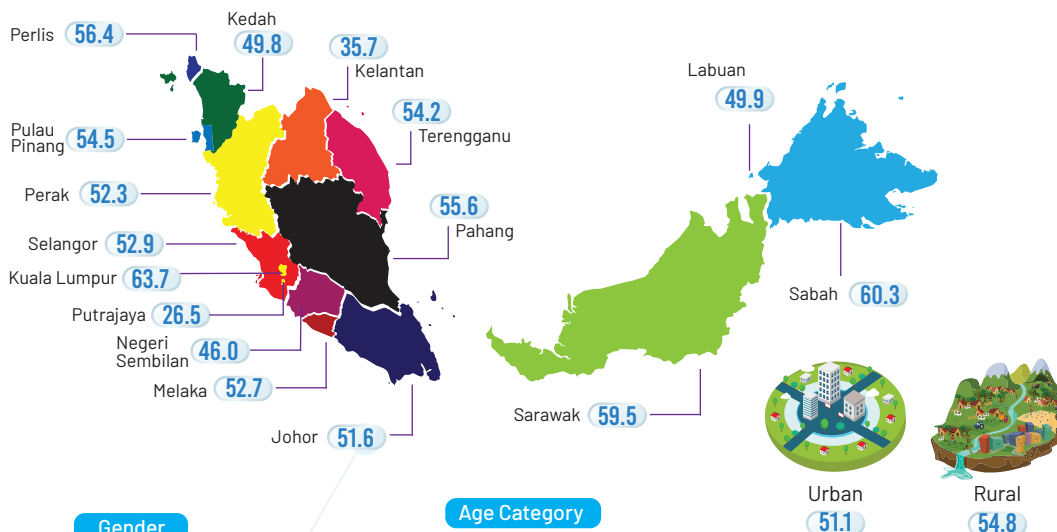


- Sporting Spirit also contributes towards the acculturation of sports among Malaysians. The Sporting Spirit Domain score is 23.4. This score consists of 4 Indicators as follows.
 - i. Voluntarism Indicator - 23.7% (4)
 - ii. Dedication Indicator - 25.9% (2)
 - iii. Expenditure Indicator - 26.0% (1)
 - iv. Contribution Indicator - 24.4% (3)
- The Expenditure Indicator (26.0%) is the main contributor to the Sporting Spirit index score. Followed by the Dedication Indicator (25.9%) and the Contribution Indicator (24.4%) and the Voluntarism Indicator (23.7%).

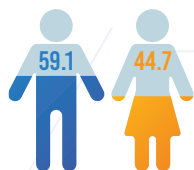
MSCI'22 BY DEMOGRAPHICS



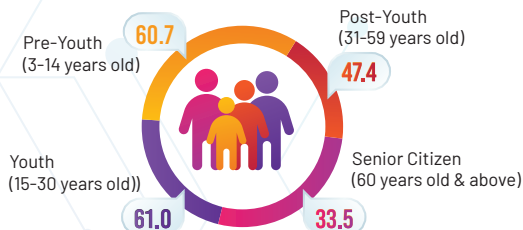
MSCI'22 By Demographics



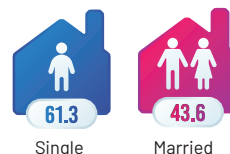
Gender



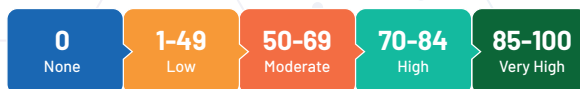
Age Category



Marital Status

MALAY
52.8CHINESE
48.1INDIAN
49.2SABAH
BUMIPUTERA
55.8SARAWAK
BUMIPUTERA
59.3INDIGENOUS
BUMIPUTERA
43.7OTHERS
43.7

Index Score Scale



SPORTS CULTURE FACTORS

"Factors that contribute to the sports culture of Malaysians, namely facilities, governance, goods and services, talent development and knowledge "



Cultural Factors Sports (FACILITIES)

Adequate sports facilities

68.5%

Sports facilities provided in accordance with interests and needs

69.7%

The sports facilities provided are easy to use

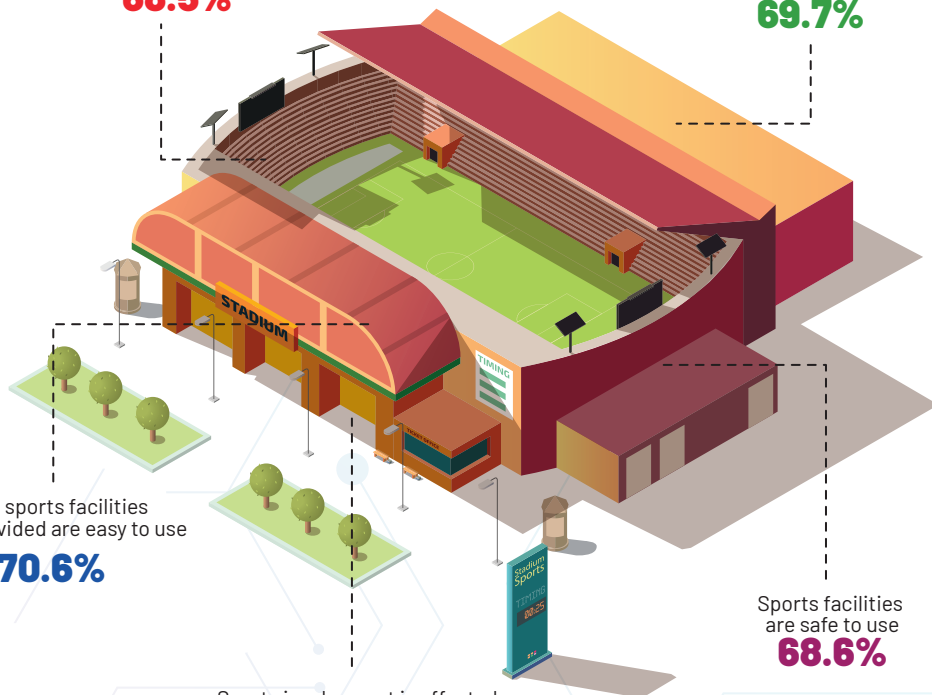
70.6%

Sports involvement is affected because sports facilities are neglected and not maintained

60.5%

Sports facilities are safe to use

68.6%



Cultural Factors Sports (GOVERNANCE)

Instructors are
required at
sports facilities

60.9%

The schedule for the
use of the facilities
is in accordance with
the requirements

61.6%

Booking the
use of sports
facilities is easy

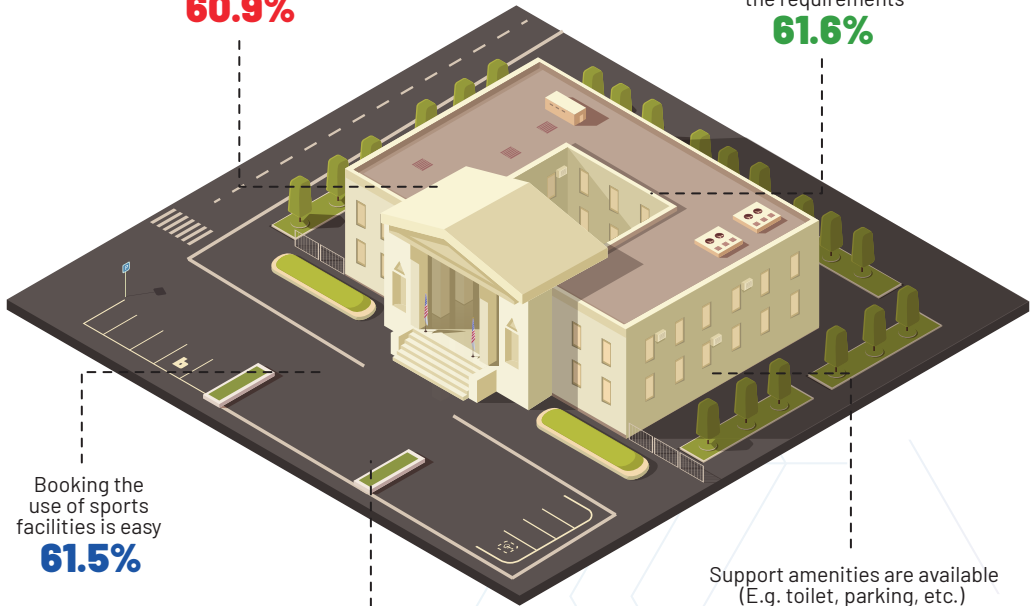
61.5%

Instructions and procedures
for using sports
equipment are provided

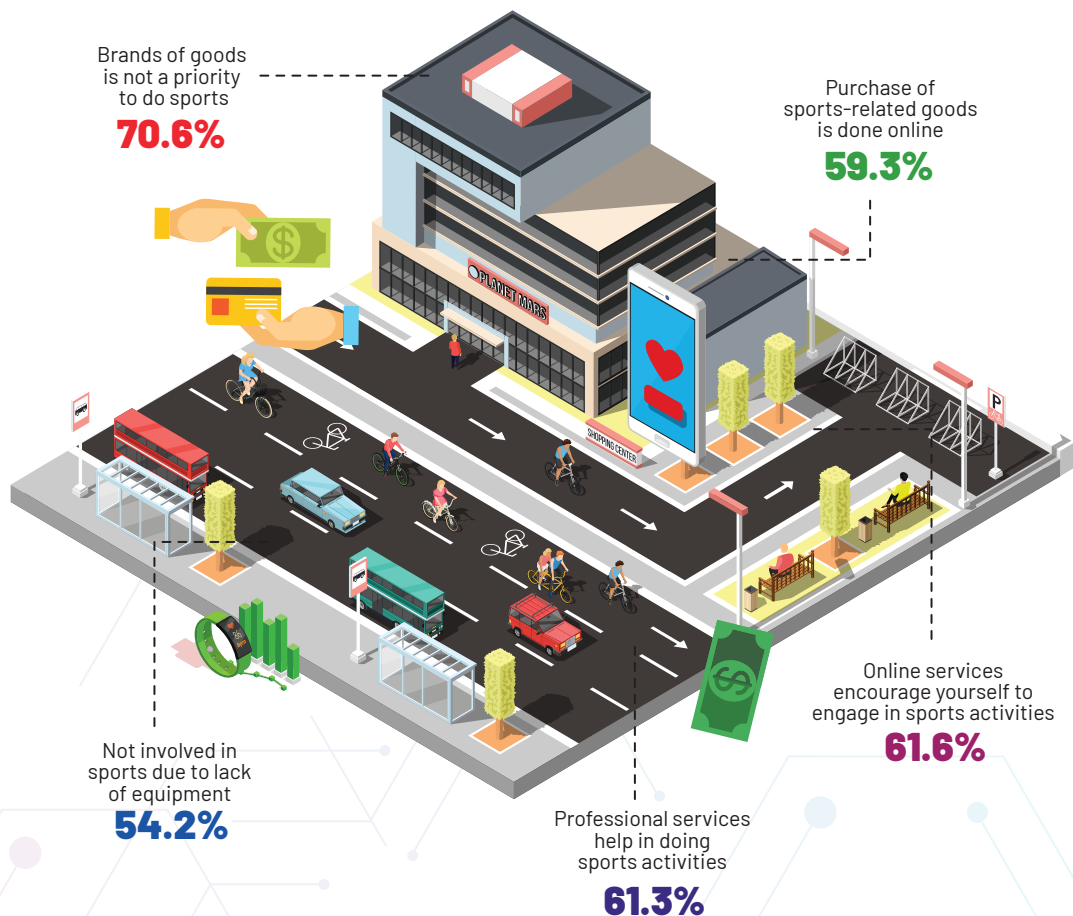
66.7%

Support amenities are available
(E.g. toilet, parking, etc.)

71.9%



Cultural Factors Sports (GOODS & SERVICES)



Cultural Factors Sports (TALENT DEVELOPMENT)

Sports-related awareness
programmes encourage
sports activities
(E.g. Fit Malaysia)

66.5%

Sports knowledge
and skills help in doing
sports activities

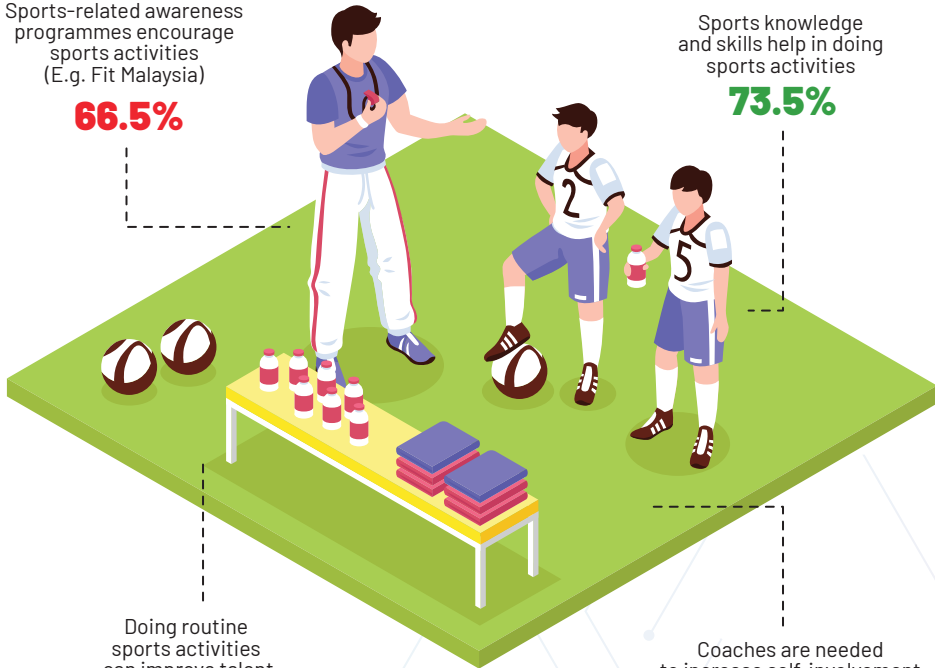
73.5%

Doing routine
sports activities
can improve talent

72.1%

Coaches are needed
to increase self-involvement
in sports activities

57.1%



Cultural Factors Sports (KNOWLEDGE)

New developments in the latest sports help to be more active in sports

69.2%

Diversity of sports types encourages yourself to be involved in sports

69.9%

Sports activities maintain fitness and health level

78.8%

Concerns about safety aspects when doing sports-related activities

80.1%



Why is 52% not participated in Sports?

Low self-motivation

Damaged and poorly maintained sports facilities

Family commitment prevents sports activities

Hard-to-access sports facilities

Lack of time

Lack of sports training programmes organised at the community level

Poor health factor

There is a bureaucratic hassle in sports organising

Sport equipment and facility charges that are becoming increasingly expensive

Lack of promoted local sports icons

Facilities that are less appropriate with current sports trends

The influence of facilities on participation in sports: Issues and Challenges

» ISSUES



- ◆ Damaged and poorly maintained sports facilities
- ◆ Remote and hard-to-access sports facilities
- ◆ Facilities do not follow current sports trends
- ◆ Financial provision for the maintenance of sports facilities

» SUGGESTION



- ◆ Sports facilities should be equipped with various amenities
- ◆ Increase free sports facilities
- ◆ Increase the number of sports facilities in rural areas
- ◆ Empowering the organising governance, safety and cleanliness of facilities

Sports culture challenges

**01**

Youths turn to *E-Sports*

**02**

Obsolete sports facilities

**03**

Strategic implementation in the provision of facilities is not comprehensive

**04**

Limited specific sports facilities provision

**05**

Sports facilities are expensive but not fully utilised 'White Elephant'

DRIVERS & BARRIERS IN SPORTS PARTICIPATION



Drivers & Barriers to Participation in Sports

DRIVERS

PERCENTAGE (%)

a	Maintaining fitness	87.4
b	Maintaining health	86.8
c	Reducing stress	85.5
d	Fill up free time	83.8
e	Spend time with friends	83.2
f	Spend time with family members	82.2
g	Weight management	81.5
h	Avoid social problems	79.8
i	Part of lifestyle	76.6
j	Interest	75.0

BARRIERS

PERCENTAGE (%)

a	Weather factor	78.6
b	Time constraint	75.8
c	No information on available sports facilities	70.6
d	No sports equipment and facility	66.8
e	Lack of sports facilities in neighbourhood area	66.1
f	Remotely located facilities	65.7
g	Sports facilities usage schedule not suitable	65.6
h	No partner to do sports activities	61.0
i	Too much bureaucracy to use sports facilities	60.2
j	Sports equipment are too technical to be used	59.3
k	No transportation facility to sports location	57.5

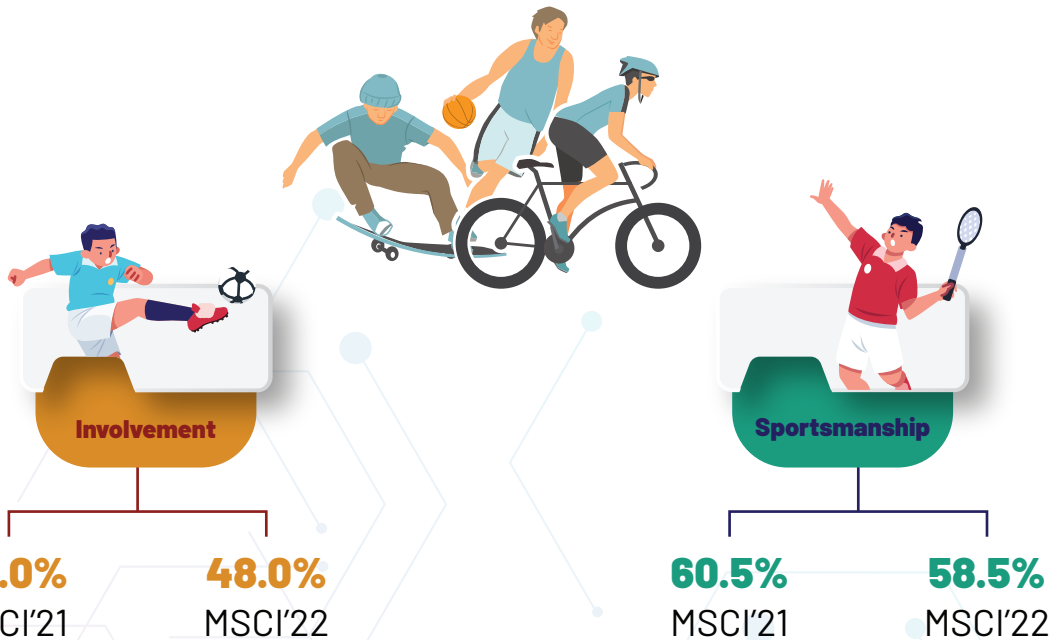
- Maintaining fitness (87.4%), health (86.8%) and reducing stress (85.5%) are the three main factors driving Malaysian involvement in sports, exercise and recreation.
- Weather factor (78.6%), time constraint (75.8%) and no information on available sports facilities (70.6%) are the three main factors that hindered the participation of Malaysians in sports, exercise and recreation.
- Self-awareness should be applied at all ages in the effort to cultivate sports among Malaysians.



MSCI'21 & MSCI'22 COMPARISON



MSCI'21 & MSCI'22 DOMAIN SCORE Comparison



2021 & 2022 Comparison (FACILITIES)

	2021	2022
A Adequate sports facilities	73.4%	68.5%
B Sports facilities provided in accordance with interests and needs	75.7%	69.7%
C The sports facilities provided are easy to use	80.8%	70.6%
D Sports participation is affected because sports facilities are neglected and not maintained	60.8%	60.5%
E Sports facilities are safe to use	80.9%	68.6%

2021 & 2022 Comparison (GOVERNANCE)

	2021	2022
A Instructors are required at sports facilities	63.5%	60.9%
B The schedule for the use of the facilities is appropriate with the needs	68.5%	61.6%
C Reservations to use sports facilities	65.9%	61.5%
D Instructions and procedures for the use of sports equipment are provided	74.1%	66.7%
E Support amenities are available (E.g. toilet, parking etc.)	81.8%	71.9%

2021 & 2022 Comparison (GOODS & SERVICES)



2021 2022

73.2%	70.6%
61.8%	59.3%
53.3%	54.2%
62.8%	61.3%
64.3%	61.6%

2021 & 2022 Comparison (TALENT DEVELOPMENT)



2021 2022

75.6%	66.5%
80.9%	73.5%
79.4%	72.1%
57.1%	57.1%

2021 & 2022 Comparison (KNOWLEDGE)

	2021	2022
A New developments in the latest sports help me to be more active in sports	73.4%	69.2%
B Diversity of sports types encourages yourself to engage in sports	75.9%	69.9%
C Sports activities maintain fitness and health level	86.4%	78.8%
D Concerns about safety aspects when doing sports-related activities	86.7%	80.1%



E-SPORTS



Participation in E-Sports (n=836)



YES

22.4%

NO

77.6%

Participation in E-Sports & Sports

E-Sport (n=836)

22.4%

Sports (n=1,781)

48.0%

E-Sport & Sports (n=836)

83.4%

Types of E-Sports Activities

**Mobile Legend**

48.0%

**Dota**

29.8%

**PUBG**

65.1%

**PES**

31.9%

**Others**

11.7%

Frequency of participation in E-Sports

**27.5%**

At least once a day

**45.3%**

2-3 times a day

**17.5%**

4-5 times a day

**9.7%**

> 5 times a day

Period of Access to E-Sports-related screens

21.7%

< 1 hour a day

47.4%

1-2 hours a day

20.8%

3-4 hours a day

10.1%

> 4 hours a day

RESPONDENTS' PROFILE



Respondents' Demographics

Sample refers to youth population of 13 years and above by the Department of Statistics Malaysia 2021 (DOSM, 2021)

Gender

Male



50.0%

Female



50.0%

Location

Urban



79.6%

Rural



20.4%

Age Category

2.5%

Pre-Youth

44.9%

Youth

38.5%

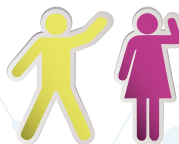
Post-Youth

14.1%

Senior Citizens

Marital Status

Single



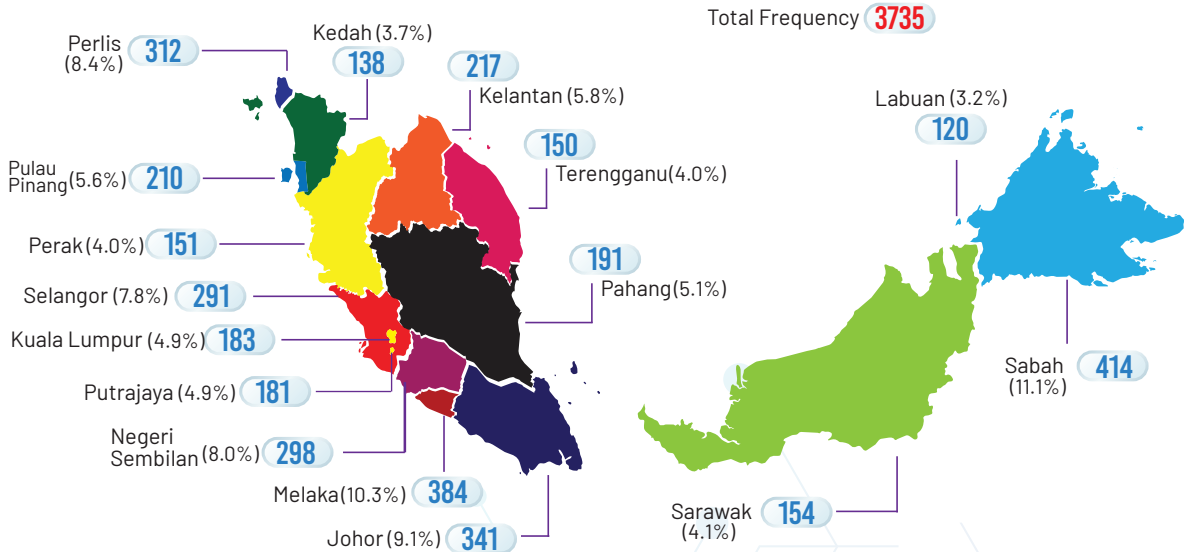
46.7%

Married



53.3%

Respondents' Demographics



Ethnic

MALAY
56.8%

CHINESE
14.7%

INDIAN
8.9%

**SABAH
BUMIPUTERA**
9.5%

**SARAWAK
BUMIPUTERA**
3.3%

OTHERS
1.6%

INDIGENOUS
5.2%

Respondents' Demographics

Highest Education



**Did not attend
school**
2.9%



Diploma
15.9%



UPSR
5.9%



Degree
17.2%



**SRP/PMR/
PT3**
10.7%



Master
2.5%



**SPM/SPMV/
MCE**
33.2%



PHD
0.5%



**STPM/STAM/
Matriculation**
6.3%



Others
0.5%



**Certificate of
Skills/Ikhtisas**
4.4%

Employment Status

Others 1.1%

Retiree 5.3%

Housewife 11.5%

Self-employed 12.0%

Student 23.5%

Private sector worker 23.2%

Not working 11.0%

Temporary work/ Contract 3.3%

Family worker without salary 0.3%

Public servant 8.8%

Doing Sports Activities (Sports, Exercise & Recreation)



Social Media

40.4%



Conventional Media

4.4%



Video Conference

14.0%

The Time For Sports Activities (Sports, Exercise & Recreation)



Evening

62.4%



Morning

21.0%



Night

15.1%



Afternoon

1.5%

With Whom To Do Sports Activities?



Friends

38.1%



Family

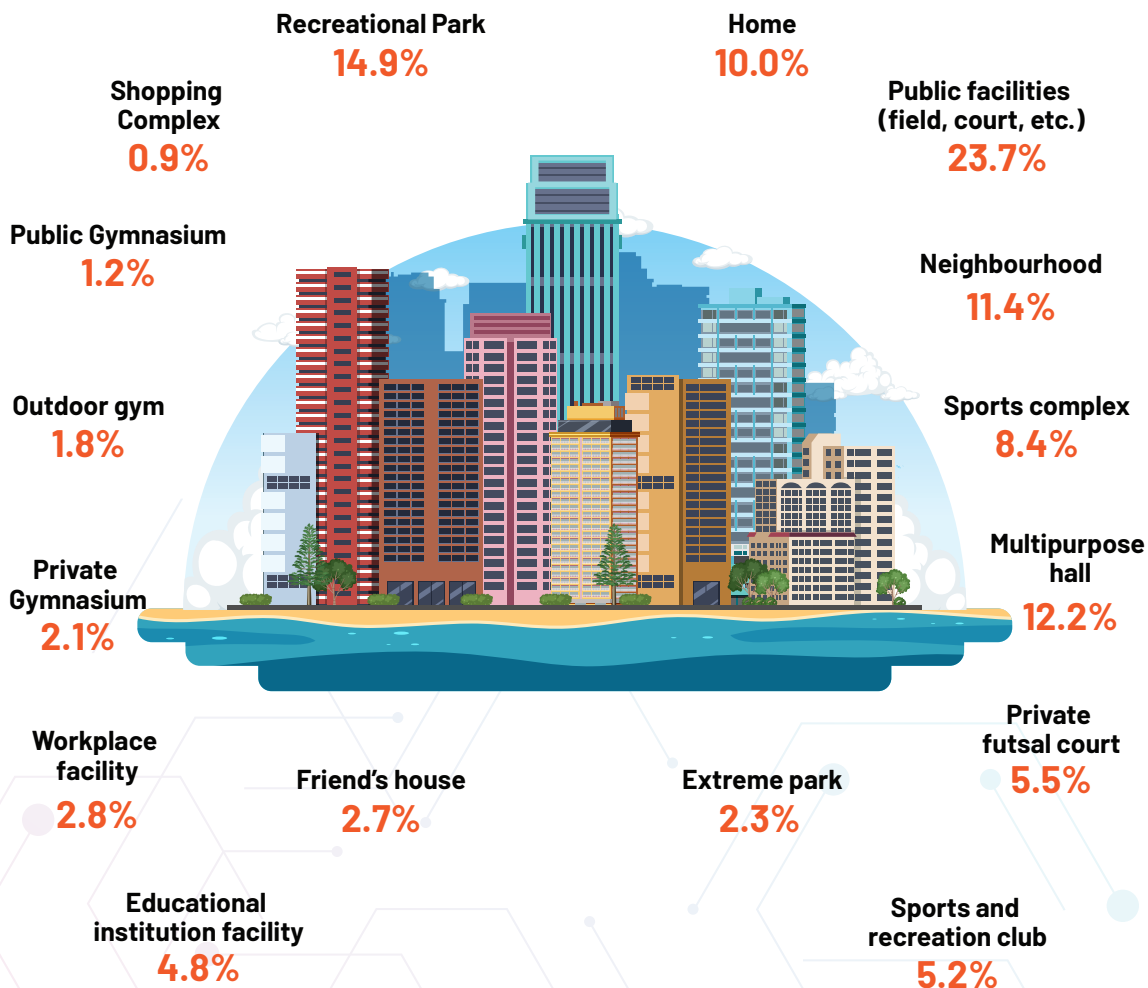
18.3%



Alone

17.2%

Location for Sports Activities (Sports, Exercise & Recreation)



RESEARCH LIMITATIONS



RESEARCH LIMITATIONS

- The transition of the pandemic phase to endemic.
- The willingness of respondents to cooperate in situations of trauma from the pandemic.
- Concerns of Covid-19 transmission among IYRES Community Enumerator (ICE) and informants during data collection.
- The absence of respondents at the location of residence according to the selection of the Counting Block (CB) and Place of Residence (PR) provided by the Department of Statistics Malaysia (DOSM).



RECOMMENDATIONS & SUMMARY



Recommendations to improve the sports culture of Malaysians

01

Improving the governance of sports facilities, institutions related to sports development

02

Promoting sports activities/group sports programmes for the youth age group & community-based sports programmes for post-youth age group

03

Use of technology (sports information application) to encourage the involvement of youths and Malaysians in sports

04

Refer the country's implementation to the international level as a benchmark so that planning is more systematic.

Recommendations to improve the sports culture of Malaysians

05

Involving stakeholders (state/local governments) in sports acculturation efforts

06

Increase healthcare awareness promotion and programmes among Malaysians

07

Prepare a plan for the implementation of sports-related activities/programmes in facing the future of challenging environments

08

Empower platforms such as the National Youth Development Action Council in order to achieve the goal of a sporting nation.

Recommendations to improve the sports culture of Malaysians

09

Increase the involvement of the disabled and indigenous communities in sports and research programmes

10

Improve the efficiency of governance in the management of sports facilities

11

Reducing bureaucratic redundancies in the governance of sports facilities

12

Regular and efficient monitoring of sports facilities under government agencies

Research in increasing the of people in sports

INTERNATIONAL JOURNAL ON INFORMATICS VISUALIZATION

Improving Sports Participation among Students through Mobile Application

Heng Zhuang Ching[#], Norfaradilla Wahid[#], Hanayanti Hafit[#], Shahreen Kasim[#]

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Abstract— Technologies are advancing at incredible speed with great purposes. Unfortunately, as technologies grow, some people have lost their motivation to keep up with their health by neglecting their physical activities like sports, outdoor games, etc. There are less people willing to step outside to do physical activities especially those which requires companions or members. We cannot deny the fact that there are still people who are willing to come out and do sports in a group. However, most of the time they do not have enough members to conduct the sport. This situation can lead to discouragement and stopping them from doing any more sports activity just because of insufficient team member. This situation can lead to discouragement and stopping them from doing any more sports activity just because of insufficient team members. The Sports Team Finder is a mobile application that helps the students in Universiti Tun Hussein Onn Malaysia (UTHM) to reach other people who has the same intention, i.e., to get team members. Students can use this application to find team members for team-oriented games such as basketball, football, netball, etc. The aim is to design an application where it motivate users to engage other people through sports and meeting new friends along the way. The application is able to function properly and successfully gather users with similar interest together. It has shown that the application has caused an improvement of sport involvement among students in UTHM.

Keywords— sports, team, finder, application, participation.

RESEARCH

Open Access

How community sport programs may improve the health of vulnerable population groups: a program theory

Karen Van der Veken¹, Emelien Lauwerier^{1,2} and Sara J. Willems^{1*} 



Abstract

Background: Groups at risk of exclusion from society appear to have a lower health status and more health-related problems. Prevention efforts in these groups are not always successful, and new ways have to be sought by which health messages can be delivered. Many agree on low-threshold sport activities, also called 'community sports', to be a powerful tool to target socially vulnerable groups. Until now, it has not been investigated how and when such sport initiatives may be able to impact health outcomes in socially vulnerable populations. This study aims at developing a program theory that clarifies the mechanisms and necessary conditions for sport programs to be effective in health promotion. Such a program theory may constitute a backbone for developing health promotion initiatives within a sport for development setting.

RECOMMENDATIONS CONCLUSION & SUMMARY

FACILITIES

Review the status of sports facilities under the supervision of responsible parties (MYS, MOHE, MOE, State/Local, Private & Individuals so that their usage is maximum and in safe and good condition.

ATTITUDE

The effort to shape and develop sports culture is a shared responsibility of the government and individuals so that there is awareness to maintain fitness and health.

POST COVID-19

The current study explains that the Covid-19 pandemic, which has plagued the country since the beginning of 2020, has had a significant influence and is the main cause of the decline in Malaysian involvement in sports throughout 2022.



Studies related to the participation in sports & the Impact Of the COVID-19 Pandemic



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Journal of Exercise Science & Fitness

journal homepage: www.elsevier.com/locate/jesf

Results from the Malaysia 2022 report card on physical activity for children and adolescents

Mohd Razif Shahril ^{a,*}, Tubanur Irfan Unal ^a, Jyh Eiin Wong ^a, Razinah Sharif ^a,
Denise Koh ^b, Shoo Thien Lee ^a, Bee Koon Poh ^a

Electronic supplementary material:
The online version of this article contains supplementary material.

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https://doi.org/10.1016/j.jesf.2021.100029

The impact of COVID-19 movement restrictions on physical activity in a low-income semi-rural population in Malaysia: A longitudinal study

Chor et al. Subagay R, Su TT, Ismail R, Amnoring MEG, Foster C, Johnson L. The impact of COVID-19 movement restrictions on physical activity in a low-income semi-rural population in Malaysia: A longitudinal study. J Orth Health 2021;23:100029

journal of
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health

RESEARCH THEME 1:
COVID-19 PANDEMIC



International Journal of
Environmental Research
and Public Health



Article

A Path Model of the Relationship between Mood, Exercise Behavior, Coping, and Mental Health among Malaysians during the COVID-19 Pandemic

Jing Mun Yew ¹, Yee Cheng Kueh ^{1,*}, Bachok Norsaadah ¹, Foo Weng Leong ², Heen Yeong Tang ³
and Garry Kuan ^{4,*}



sustainability

Article

The Influence of COVID-19-Induced Daily Activities on Health Parameters—A Case Study in Malaysia

Mujahid Ali ^{1,*}, Afonso R. G. de Azevedo ², Markssuel T. Marvila ³, Muhammad Imran Khan ¹,
Abdul Muhaimin Memon ³, Faisal Masood ^{4,5}, Najib Mohammed Yahya Almhabsi ¹,
Muhammad Kashif Shad ⁶, Mudassir Ali Khan ¹, Roman Fediuk ^{7,*}, Roman Timokhin ⁷, Aleksey Borovkov ⁸
and Ihtisham Ul Haq ⁹

RESEARCH CHRONOLOGY



MSCI'22 WORKS PLANNING

18 Apr 2022
Kick Off
Meeting

APRIL 04

**23 & 24
Mei 2022**
FGD Protocol &
Instrument
Refinement
Workshop

MEI 05

31 Mei 2022
Technical
Committee
Meeting

**23
Jun 2022**
Ethics Committee

JUN 06

**08
September 2022**
Qualitative Pilot Study

SEPT 09

27 Okt-31 Dis 2022
Field Works

OKT 10
Research Report
Writing

NOV 11
Research Report
Writing

DEC 12

4-6 Dis 2022
Analysis of
Research Data

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NOTES



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