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Lifestyle and Physical Activities among Ibans Students' Co-Curricular Activities in Bintulu, Sarawak

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Abstract

The lifestyle and pattern of physical activities at school play a role to ensure students being active. This study was conducted to identify the lifestyle and pattern of physical activities in school co-curricular activities in Bintulu. The design of this study is a cross-sectional study. The sample of this study was 284 students. This study used lifestyle and school co-curricular activities questionnaire. The findings show that 131 Ibans, 52 Melanaus, 38 Malays, 33 Chinese and 30 other ethnic groups. Overall, Iban's student's lifestyle is inactive. The related lifestyle regarding their transportation to school, where Iban students using a car which is M=2.27. Nutrition habits indicate that students have a high appetite before eating (M=1.91), students love to find extra food to increase their appetite (M=1.83) and ready to control food intake (M=1.93). The attitude showed that students confident that exercise gives benefit and positive impact on health (M=1.30) and influenced body weight (M=1.39). The pattern of physical activities showed that they are active during the PJK class (M=1.81). Physical activities in co-curricular events showed that Iban students are categorized as inactive in sports (M=1.64), uniform bodies (M=1.66) and club and society (M=1.64) and also the pattern of physical activities are exhausted (M=2.27). The student is categorized as having normal BMI (M=2.35) and have a low health risk. Lifestyle among students should in positive trend to reduce the disease risk and physical activities pattern should be systematic to build up balanced students in terms of intellectual, emotional and health.

Keywords: Lifestyle, Physical Activities, co-Curricular, Health

Introduction

Physical activity and health are significantly related to today's lifestyle. The rate of obesity in Malaysia is at an alarming level. The study showed that Malaysia is a country which has high obesity population compared to other countries in South East Asia (WHO, 2018). According to National Health and Morbidity Survey (NHMS) (2017), the number of obese women is higher than men which are 20.6% and 15% in 2015 compared to 17.6% and 12.7% in 2011.

NHMS study stated that there is increment the number of obese among teenagers which is from 9.9% in 2011 to 11.7% in 2015.

In Malaysia, unhealthy lifestyle scenario gives a negative impact on individual health. Lifestyle referred to the way how the individual spend their time (activities), what they thought important in the environment (passion) and what they thought (opinion) (Assael, 1984) such as smoking habit, alcohol uptake and eating habit (Lam & Khor, 1997; Burke et al. 2001) as well as lifestyle such as physical activities, sleeping pattern, social and family relationship, spiritual, safety and relaxation (Atkinson & Davenne, 2007). A healthy lifestyle is an important factor as prevention way towards the risk of diseases (Can et al. 2008). The increment in unhealthy lifestyle influence the increment of death rate especially in Malaysia and generally in the world. Physical inactivity gives a negative impact on the individual. Physical inactivity becomes the fourth highest contribution towards death risk (WHO, 2010) around the world especially to those high and moderate income group (Jin-Jong Chen & Lee, 2013).

Physical activities comprising of exercise is the key for a healthy lifestyle to maintain body health and quality of life for all ages ((Jin-Jong Chen & Lee, 2013). Gill et al., (2013) stated that there is a significant relationship between physical activities and quality of life, where physical activities not only enhance the quality of life but it is the main motivation key in physical activities. There are various diseases causes by lack of physical activities and less active which affect the level of health such as (CVD), Coronary Heart Disease (CHD), diabetes, obesity, hypertension, high triglycerides, and cholesterol.

Hence, lifestyle and physical activities play an important role which affect the level of health among students. In this study, the lifestyle was measured regarding eating habit, the movement pattern of students and attitude regarding physical activities. Physical activities measured through the involvement of students in school which is involvement in PJK class and co-curricular activities. This study used to investigate the lifestyle and pattern of physical activities in school among Ibans in Bintulu, Sarawak. This study helps students, school management and ministry in planning and enhancing as well as encouraging students to involve actively in school activities.

Research Methodology

The study conducted is a survey study which is cross-sectional study. The population consists of Form 4 students. The sample determination method using Krecjie and Morgan (1970) methods which showed that 248 selected students. This study use lifestyle and co-curricular activities questionnaire. The students need to report the lifestyle and physical activities done in PJK class and co-curricular activities. Data collection was done in PJK class for 15 minutes.

Research Finding

The findings on descriptive analysis showed that 248 students are investigated which are 132 are males and 152 are females. Analysis according to races showed that 131 are Ibans, 52 are Melanaus, 38 are Malay, 33 are Chinese and 30 are other races. Analysis of parents' occupation showed that 62.3% of them work as government employees with 58.5% having monthly income less than RM2,000. The findings exhibited that students are going to school by car are 60.2% and analysis on the distance to school in range 1 to 2 kilometer is 42.6%. Table 1 showed the descriptive analysis regarding the research background.

Table 1
Research Background Descriptive analysis

Items	Frequency (N)	Percentage (%)	Min	S.P.
Gender			1.54	.500
Male	132	46.5		
Female	152	53.5		
Race			2.22	1.403
Ibans	131	46.1		
Melanaus	52	18.3		
Malay	38	13.4		
Chinese	33	11.6		
Others	30	10.6		
Parents' occupation			1.54	.753
Government	177	62.3		
Private	62	21.8		
Self-employed	45	15.8		
Not working	-	-		
Parents' income			4.02	1.443
≥ RM5,000	40	14.1		
RM4,000 – RM4,999	11	3.9		
RM3,000 – RM3,999	19	6.7		
RM2,000 – RM2,999	48	16.9		
< RM2,000	166	58.5		
Transportation to school			2.19	1.708
Car	171	60.2		
Bus	30	10.6		
Bicycle	2	0.7		
Motorcycle	37	13.0		
Walking	27	9.5		
Others	17	6.0		
Distance to school			2.24	.915
≥ 5 kilometres	80	28.2		
3 – 4 kilometres	70	24.6		
1 – 2 kilometres	121	42.6		
< 1 kilometres	13	4.6		

Body mass index showed that the students have normal composition and percentage of body fat and low health risk which is 65.1%, M=2.35. Table 2 shows BMI level and health risk among the students according to races.

Table 2
Level of body mass index (BMI) and risk towards health according to races

Race	Category	Health risk	N	%	Min	S.P.
Ibans	Less weight Normal Overweight Obesity	High Low High Very high	8 82 23 18	6.1 62.6 17.6 13.7	2.39	.800
Melanaus	Less weight Normal Overweight Obesity	High Low High Very high	4 33 3 12	7.7 63.5 5.8 23.1	2.44	.938
Malay	Less weight Normal Overweight Obesity	High Low High Very high	1 32 5 -	2.6 84.2 13.2 -	2.11	.388
Chinese	Less weight Normal Overweight Obesity	High Low High Very high	4 22 5 2	12.1 66.7 15.2 6.1	2.15	.712
Others	Less weight Normal Overweight Obesity	High Low High Very high	2 16 5 7	6.7 53.3 16.7 23.3	2.57	.935

The findings related to lifestyle showed that the students do not practice cycling to school which is 94.7%, M=1.95. In school, a student does not running while climbing the stairs for the upper level to increase their level of physical fitness which is 44.3%, M=2.61. During the leisure time, students prefer to sit compared doing physical activities which are 35.9%, M=2.27. The findings showed that better lifestyle could be seen when students are late to school or somewhere which need them to run (45.8%), M=1.98. Students showed that they have a high appetite before eating which is 58.8%, M=1.90 and ready to take as much as they like to increase their appetite level which is 53.4%, M=1.84 and have high willingness level to control their food intake if necessary which is 64.1%, M=2.02. Related behavior regarding the benefit of exercise towards health showed that students have a positive attitude towards the benefit of exercise although it is troublesome and exercise influenced their body weight which is 66.4%, M=1.34 and 60.3%, M=1.41 respectively. Table 3 illustrated the analysis of the students' lifestyle in school and their attitude regarding the importance of exercise towards health.

Table 3
Analysis of lifestyle and students' attitude towards health

Lifestyle	**Categories**	**N**	**%**	**Min**	**S.P.**
Cycling	Yes No	7 124	5.3 94.7	1.95	.226

Running while climbing the stairs	Very frequent Frequent Medium Seldom	16 38 58 19	12.2 29.0 44.3 14.5	2.61	.881
Sedentary on leisure time	Very high High Medium Low	32 47 37 15	24.4 35.9 28.2 11.5	2.27	.959
Running if late	Very high High Medium Low	39 60 27 5	29.8 45.8 20.6 3.8	1.98	.813
Eating habit	Very high High Low Very low	35 77 16 3	26.7 58.8 12.2 2.3	1.90	.689
Extra food	Very high High Low Very low	42 70 17 2	32.1 53.4 13.0 1.5	1.84	.700
Food intake control	Very high High Low Very low	25 84 17 5	19.1 64.1 13.0 3.8	2.02	.690
Good exercise for health	Very high High Low Very low	87 44 - -	66.4 33.6 - -	1.34	.474
Exercise influence body weight	Very high High Low Very low	79 50 2 -	60.3 38.2 1.5 -	1.41	.524

Analysis of the pattern of physical activities during the Physical and Health Education class showed that the students are active which is 49.6%, M=1.90. Analysis regarding the pattern of physical activities during co-curricular activities showed that the students are inactive in co-curricular activities involved games and sports, uniform bodies, as well as club and society which is 64.1% (M=1.64), 65.6% (M=1.66) and 64.1% (M=1.64) respectively. The findings also showed that physical activities among students in schools could be categorized as exhausted which is 61.1% (M=2.27). Table 4 showed the pattern of physical activities during PJK class dan co-curricular activities in school.

Table 4
Analysis of the pattern of physical activities during PJK class and co-curricular activities in school

Physical activities	Categories	N	%	Min	S.P.
Physical and Health Education	Very active Active Inactive Very inactive	43 65 16 7	32.8 49.6 12.2 5.3	1.90	.812
Sports and Games	Active Inactive	47 84	35.9 64.1	1.64	.481
Uniform body	Active Inactive	45 86	34.4 65.6	1.66	.477
Club and society	Active Inactive	47 84	35.9 64.1	1.64	.481
Physical activities in school	Very exhausted Exhausted Medium Inexhausted	12 80 31 8	9.2 61.1 23.7 6.1	2.27	.711

Discussion and Conclusion

Overall, the findings showed that Iban students in Bintulu, Sarawak practiced unhealthy lifestyle when the findings showed that students use cars as their transportation to school or somewhere, they do not practice running while climbing stairs, practicing high sedentary pattern compared to doing physical activities during leisure, and having a high appetite before eating. In addition, students love to take as much as they like the foods to satisfy their desire. Students' attitude shows that students have a positive attitude towards the importance of exercise towards health although exercise makes them inconvenience and believe that exercise could affect individual body weight. The pattern of physical activities during Physical and Health Education class causes students being active compared to co-curricular activities.

The education system is the asset of national development which provides knowledge and skills towards the individual to drive economic growth and prosper the nation. The implementation of co-curricular activities is seen as a platform for the development and management of human resources to acquire knowledge, skills, and attitude. This finding is in line with the statement stated by Mohd Fazli Hassan (2013), where co-curricular activities are important to help students to complete and reinforce the learning process in the classroom, as well as show the behavioral changes and influence students' personality and emotions.

The concept of a healthy lifestyle is a reflection of the governments' aspiration to create a healthy, active, prosperous and disease free society. In Malaysia, student health status is associated with overweight and obesity population. This phenomenon was considered as a symptom that only occurs in developed countries, but now, it has spread like an epidemic in most Asian countries (WHO, 2003).

This study can be carried out further by studying the comparison on the pattern of students' physical activities, lifestyle and co-curricular activities and its relationship with BMI in urban, rural and inland schools in Sarawak to see how co-curricular activities are conducted by students in these areas. Instead of suggestion to improve the quality of data collection, the quality of teachers' skills to ensure the pattern of physical activities, lifestyle and students' co-curricular activities should be addressed. It covered the aspect of physical and theoretical part. For example, this task is the responsibility of Physical and Health Education teachers. Teachers are required to have the skills and abilities to ensure the learning and teaching objectives achieved.

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