

## PHYSICAL EXERCISE ENJOYMENT AND RELATIONSHIP WITH SOCIO-DEMOGRAPHIC CHARACTERISTICS AMONG ADULTS IN MALAYSIA

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**Background:** Regular physical exercises have been documented to benefit an individual's physical, mental, and social well-being. Many factors have been associated with practising exercise regularly, and enjoyment is a key factor. Thus, despite physical tiredness and exhaustion experienced during exercise, many people still do regular exercise.

**Objectives:** To investigate the relationship between feeling of enjoyment during physical exercise performance and socio-demographic factors.

**Method:** A cross-sectional study was conducted at five recreational areas in Shah Alam. A total of 495 adults were interviewed while exercising in these areas using a reliable and valid questionnaire. In addition to socio-demographic information, 13 items referring to various kinds of enjoyment felt were included in the questionnaire. Each item of feeling enjoyment measured by a seven-point scale, from (1) strongly negative to (7) strongly positive feeling. Median score of all the 13 items was used as the

dependent variable versus each sociodemographic factor.

**Results:** The total median and interquartile range (IQR) score for 13 items was 84.5 (14). The median (IQR) score was significantly higher for feeling of enjoyment, among male-86 (13), ever married-87 (12), education of less than college-84 (15) and un-employed-86 (16); whereas, smoking and co-morbidity status showed insignificance. Spearman's correlation showed a significant correlation of enjoyment with the age,  $r=0.208$ ,  $p<0.001$ . No correlation was found either with BMI or household income.

**Conclusion:** Feeling of enjoyment during exercise performance has a significant relationship with an individuals' age, gender, marital status, education level and employment status. Active promotion of regular exercise should therefore be focused more on all groups of the population.

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