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Master's Thesis of Global Sport Management

Factors Influencing Sports Participation  
Among Women in Malaysia: Case Study of  
Putrajaya

말레이시아 여성의 스포츠 참여에 영향을 미치는 요인:  
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이 논문은 문화체육관광부와 국민체육진흥공단 지원을 받아 수행된 연구임

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# Factors Influencing Sports Participation Among Women in Malaysia:

Case Study of Putrajaya

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Submitting a master's thesis of Global Sport Management

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## DEDICATION

To my lovely wife.

Amalina Ramdzan Binti Saaid Ramdzan.

Thank you for being a mother of my kids, Orked Malika & Kausar Mikael.

Thank you for your kindness and devotion.

Thank you for your honest and persistent.

Thank you for your passion and respect.

Thank you very much for all of your help and encouragement.

Thank you for the hugs and kisses on each victory.

Thank you for your understanding in the light of loss and failure.

Thank you for reaching me up and bringing me back to the right path, where my earth is always with you for accomplish this wonderful journey.

Thank you for everything.

I love you more.

## **ABSTRACT**

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The main goal of this study was to determine the characteristics that influence women's participation in sports in Putrajaya, Malaysia. Likewise, to figure out how to deal with these problems. In total, 11 women from various educational backgrounds, marital status, institutions, and job positions in the community around the Federal Territory of Putrajaya participated in a research interview to learn about the challenges they face in sports participation and to express their opinions on how to overcome those problems.

The interview and interview questions were guided by the theoretical framework developed by Wyllemman, Reints, and Knop (2013). The final thematic analysis was created and answered three research questions which are (1) exploring the perspective of Putrajaya women in sports (2) Identifying the influences that have an impact and implications toward women involvement in sports in Putrajaya and (3) exploring the challenges and benefits by women in sports in Putrajaya.

These topics are then discussed in depth to determine what may be done to overcome the sports participation issues among women in Putrajaya. According to the research findings, majority of women in Putrajaya community have less enthusiasm in participation in sports due to time constraints on how to balance everyday life such as managing career and family commitment. Women's sport involvement is also hampered by a lack of public safety facilities, as well as restrictions on cultural practise and societal expectations, physical appearance, women's health issues, and weather factor.

Furthermore, this research has highlighted the factors that influence women's participation in sports in Putrajaya, such as sports as a coping and escape mechanism, enhancing life skills, exploring new life experiences, finding life networking, and improving stress management. Future proposals have been identified to encourage and boosting the women's engagement in sports in Putrajaya by utilizing the available support and benefits.

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Keywords: Women's Sports Participation, Women in Putrajaya, Motives and Barriers, Physical Activity

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# **Chapter 1. Introduction**

## **1.1. Background**

What will happen if there are no Malaysian women participating in any sport event and they spend less than 150 minutes per week doing physical activity? While it is expected that women at all age to stay healthy and participate in sport. Physical inactivity is the 4<sup>th</sup> leading risk factor for global mortality (World Health Organization, 2019).

Malaysia is one of the developing countries in South East Asia with 32.7 million populations. According to Current Population Estimate of Malaysia Year 2020, male population in Malaysia slightly outnumbered the female with 16.8 million (males) and 15.9 million (females) but from all of the 14 states in Malaysia maintained to record more males over females, except in Putrajaya.

Women's sport participation is totally new research topic for Malaysia. There has not been done much research on this topic. This study will focus on the factors that have contributed women's sport participation in Malaysia. In order to identify the major factors contributing women's sport participation and promote women participation in sports.



In line with the Twelfth Malaysia Plan (12<sup>th</sup> Plan), the development of national sports will undergo a transformation for the incoming five years. The transportation for becoming sporting nation will highly focus on the development of women in sports in line with the Government's aspirations of inclusive development.

Policy formulation and implementation of special programs for women need to be intensified to increase women's engagement and participation from a variety of backgrounds and ages including physical, economic status and socially different. Provision of sports ecosystem conducive to women also need to be streamlined to attract interest and encourage the participation of more women in various sports and physical activity. Cleland et al., (2010) have shown that women participation in sport based on three topics: personal, social, and environmental.

### **1.1.1. Socioeconomic in Putrajaya**

The Federal Territory of Putrajaya was launched on August 29, 1995 with the construction of the Landmark Putrajaya. On February 1, 2001, Putrajaya is officially declared as Third Federal Territory. Landmark the first was built in Taman Putra Perdana which has its own attractions as well symbolizes the starting point of development from a farm developed into a Federal Territory.

Due to overcrowding and congestion, the Malaysian federal government's seat was moved from Kuala Lumpur to Putrajaya in 1999. Putrajaya was the brainchild of Malaysia's former Prime Minister Mahathir Mohamad, and it is a planned metropolis that serves as the country's administrative and judicial center. It is also tourist destinations and tourist attractions due to the unique design of the building, landscape beauty, product attractions as well as the organization of events at the national level and international.

It is a new 'progressive Muslim' identity that will house all of Malaysia's federal government ministries and national level civil workers, host all diplomatic activities for the country, and serve as a potential symbol of the country's ambitious modernization drive.

There are some facts of Putrajaya, which are Putrajaya has the largest civil service in South-East Asia in year 2019 (Prime Minister's Office, 2019). For the period 2019–2020, Putrajaya has the highest annual population growth rate (6%) (Current Population Estimate of Malaysia, 2019). In 2020, Putrajaya had the second highest population density (2,246 person/sqft), with the highest total number of young age with 34.6% (Malaysia Department of Statistics, 2019). Last but not least, as an administrative and judicial capital, the number of females is more than male and the majority of the citizens are from the government's sectors with 1.4 million people (Malaysia Department of Statistics, 2019).

#### **1.1.1.1. Population**

Putrajaya has land area 49.3 sq km. Population of Putrajaya in 2019 is projected at 93.1 thousand people with population growth rates annual 1.7 percent. The male population is 46.8 per cent and women 53.2 per cent.

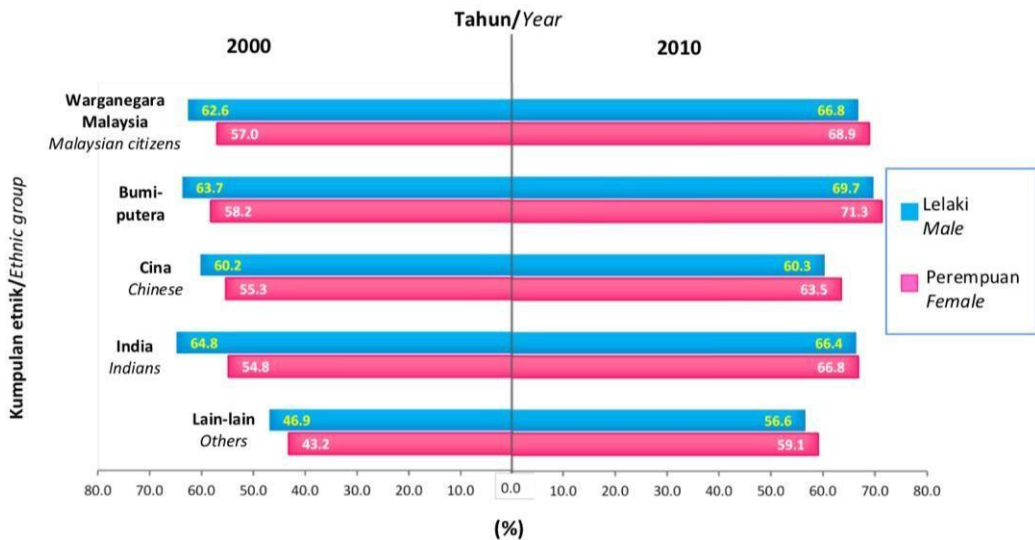
There are 39.3 thousand places residences with 33.7 thousand households and the average size of household members was 2.9 people. Residents of Putrajaya consists of 96.9 percent of citizens by composition by ethnicity is 97.7 percent Bumiputera, 1.6 per cent Indian, 0.6 per cent Chinese and 0.1 percent Others (My Local Stats Wilayah Persekutuan Putrajaya, 2019).

#### **1.1.1.2. Education**

Putrajaya has 25 schools namely 14 primary schools and 11 schools secondary recorded by the Department Federal Territory Education (JPWP) Putrajaya in 2019. Number of teachers and pupils in primary schools are 1,249 teachers and 18,586 students while high school recorded 824 teachers and 8,723 students on 2019 (My Local Stats Wilayah Persekutuan Putrajaya, 2019).

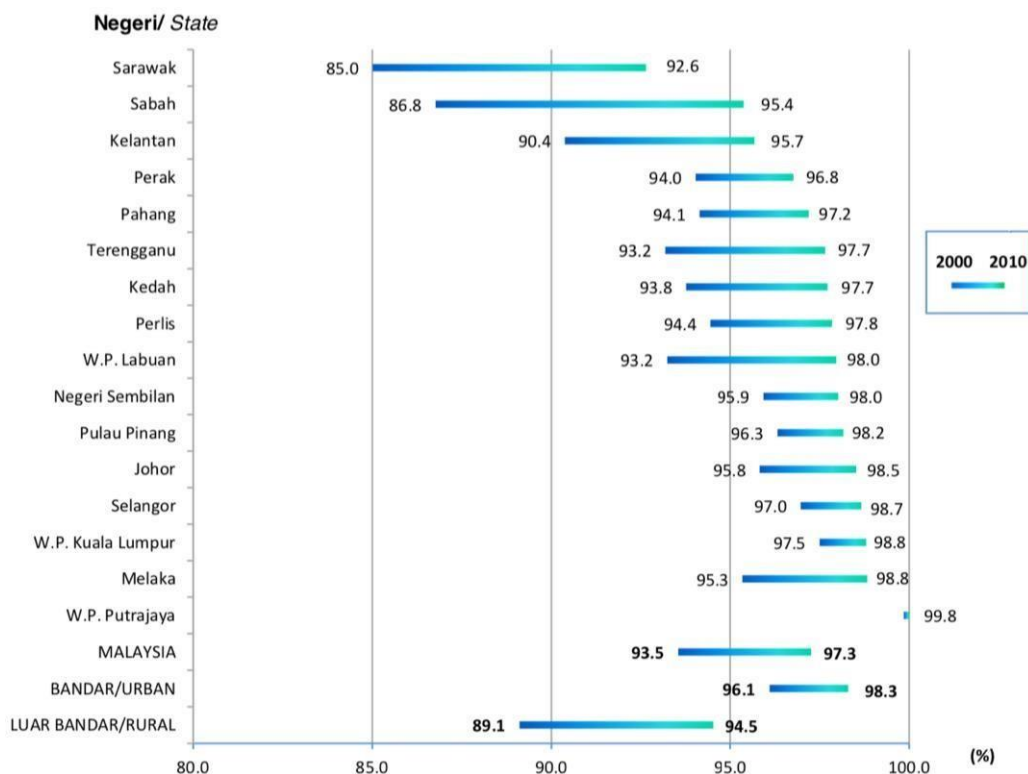
Based on percentage of Malaysian citizens aged 15 years and over with certificate/diploma/ degree by ethnic group, 2000 and 2010 which focussing on the analysis on main ethnic groups, a higher percentage of females aged 15 years and over obtained certificate/diploma/degree than their male counterparts; the gap being 1.6 percentage points for the Bumiputera, 3.2 percentage points for the Chinese and 0.4 percentage points for the Indians. This trend differed from 2000 where the difference between sexes for all main ethnic groups favoured the males as showed in the Table 1.

Table 1. Percentage of Malaysian citizens with certificate/diploma/ degree year 2000-2010



The literacy rate among Malaysian citizens aged 10-64 years in 2010 reached 97.3 per cent compared to 93.5 per cent in 2000, thus representing an increase of 3.8 percentage points. Census 2010 recorded that the literacy rate in the urban area was higher at 98.3 per cent compared to the rural area at 94.5 per cent, resulting in a difference of 3.8 percentage points. The literacy rate also showed an increase for all states in 2010 compared to 2000 which Putrajaya is the higher state rate for the literacy among Malaysian citizens aged 10-64 years by state, Malaysia, 2000 and 2010 as stated in the Table 2.

Table.2 Literacy rate among Malaysian citizens by state, Malaysia, year 2000-2010



### 1.1.1.3. Employment Status

The economic activity of the population in Putrajaya as a whole depends on the demographic characteristics of the population in Putrajaya. The breakdown of those who are economically active differs among the small groups of the population in Putrajaya. This difference is measured by a specific activity rate known as the Labor Force Participation Rate. The Labor Force Participation Rate is defined as the proportion of the population in the labor force to the total population of working age presented in the form of a percentage (Department of Statistic Malaysia, 2019)

Table 3. Principal Statistic of Labor Force in Putrajaya 2021

No.	Labor Force in Putrajaya	Men	Women
1.	Employed Person ('000)	17.8	20.3
2.	Unemployed Person ('000)	0.1	0.3
3.	Labor Force ('000)	17.9	20.7
4.	Labor Force Participation Rate (%)	79.2	73.4
5.	Unemployed Rate (%)	0.6	1.7

As reported under the Principal Statistic of Labor Force of Putrajaya 2021 (Table 3), It showed that the total number of women who are working either in government sector or private sector in Putrajaya is more as compared to men. It means that, from the data showed that unemployed women rate in Putrajaya is only 1.7% which equivalence to 3000 persons from total population in Putrajaya.

## 1.2. Statement of the problem

Overall women's involvement in sports in Malaysia is still very low and need to be solved as soon as possible as Malaysian Sports Culture Index Study year 2019 has found that the score for sports culture index among women is lower than men with a score of 56.2.

According to Malaysian Sports Commissioner Report year 2019, from the leadership aspect, the involvement of women in the highest positions of national sports body only at a rate of 12.3% (very low). Meanwhile, According to National Sports Institute of Malaysia Report year 2019, out of the 192 coaches under the National Sports Council program, only 24 coaches consist of women only at a rate of 12.3% (very low). It is even sadder to see the data released by the National Sports Council of Malaysia Report year 2019 recorded only 25% Technical Officers qualified at national and international level consists of Malaysia women.

Table 4. Malaysian Sports Culture Index Score 2019



In Malaysia, the urban population (35%) was found to be more physically inactive compared to rural citizens (28,7%), (Institute for Public Health, 2015). Putrajaya is one of the urban cities in the country and the prevalence of physical inactivity in Malaysia, was 32.5% which equivalent to 681,920 total population (Institute for Public Health, 2015).

Based on Current Population Estimate of Malaysia Year 2020, Putrajaya recorded a population composition of almost 2 million which the population of female is higher (58.6) than male (51.4). The majority of people living in Putrajaya is the government's staff with 1.4 million employees according to the Prime Minister's Office, and is the largest civil service in South-East Asia in year 2019.

Obesity dilemma in Malaysia show that people are not in the best state of health. According to World Health Organization 2019 (WHO), Malaysia has the highest rate of obesity and overweight among Asian countries with female (65%) is the higher than male (64%) population being either obese or overweight.

One of the consequences is that the prevalence of diabetes among adults aged 18 years and above has increased from 11.6% to 17.5% over a period of 9 years from 2006 to 2015. Moreover, the prevalence of hypertension remains high at around 30%. More than 50% of diabetes or hypertension are undiagnosed.



According to National Health and Morbidity Survey 2019, every 1 in 2 Malaysian were overweight or obese in Malaysia which was found to be the highest is female with score 54.7%. Unfortunately, administrative capital of Putrajaya has the highest rate of overweight and obese people in the country. Putrajaya was the 'fattest' city in the entire country on the basis of the WHO Body Mass index (BMI), with 25.8 percent obese and 37 percent overweight, as recorded under the NHMS 2015. (Institute for Public Health, 2015).

In addition, according to Current Population Estimate of Malaysia Year 2020, Putrajaya recorded the highest total number of adults with 34.6 per cent. Unfortunately, according to National Health and Morbidity Survey 2019, the highest prevalence of depression among Malaysian adult found in Putrajaya with score of 5.4%. Moreover, diabetes among adults aged 18 years and above has increased from 11.6% to 17.5% over a period of 9 years from 2006 to 2015. Halvan (2000) stated that motivation is a more significant influential factor at younger ages than at more advanced.

From National Health and Morbidity Survey 2015 also showed the government servants (33.9%) were found to be less active in physical activity as followed by private sector's workers (29.6%), self-employed (23.1%) and unpaid worker/home maker (33.2%). Unfortunately, female was listed one of the higher (28%) who were the least active physically in 2019 as reported in National Health Morbidity Survey year 2019.

In Putrajaya, the prevalence of physical inactivity in 2015 was 32.5% compared to 2011 with 56.5% and female was listed one of the higher (28%) who were the least active physically in 2019 as reported in National Health Morbidity Survey year 2019. Although various facilities have been provided in Putrajaya and was selected as a garden city concept town, the public especially women do not use the facilities as much as they should. Only a few studies were conducted on perceived barriers of physical activity, especially in Putrajaya, Malaysia.

Inconsiderably associated with women physical inactivity and less participation in sports has been reported to have poor dietary pattern. At the same time, it was also connected to other factors, including obesity and depression, that could contribute to a person developing NCDs. Dietary habit of the Malaysian population is poor for sufficient intake of veggies and fruit (Institute for Public Health, 2015). Just 4.4 percent were noted to have sufficient vegetables and food intake of government servants and Putrajaya citizens, respectively.

All these data related to physical inactivity factors which specifically relate to participation women in sports in Putrajaya have shown a high-risk burden, which later may lead to more cases on NCDs, obesity and depression.

### **1.3. Significance of the study**

In short, the purpose of this analysis is to investigate the obstacles and challenges that prevent woman from participating in sports directly in Putrajaya, Malaysia. Participation in sports and daily physical activity have a positive influence on social and economic growth and on the well-being of people. It will provide a valuable insight into what the challenges really are and what action to be taken in the future. The research can therefore provide valuable information on women's, social knowledge and cultural, religious factors and important factor hindering women's participation in the sport.

Base on above fact, female was listed one of the higher who were the least active physically in 2019. Furthermore, findings also stated that physical inactivity is the major factor that put people not in the best state of health that led to obesity and depression which is Putrajaya was recorded the highest physical inactive, prevalence of depression and diabetes among Malaysian adult. As the state of highest annual population growth rate and recorded more females over males, Putrajaya is the best state in Malaysia to be observe!

#### **1.4. Research Purpose**

Primary aim of this study is to examine the sports culture and what are the major factors influence women's participation in sport women sports culture in Putrajaya in Putrajaya, Malaysia.

By doing a document analysis of different sources and a series of semi-structured interviews, it will enhance our understanding of how to minimize the escalation of this factors, it is important to know the key reason behind this factor for promoting a multi-disciplinary policy and program with projects that have not been implemented before in order to increase women participation in Sports in Malaysia.

#### **1.5. Research questions**

This study will consider the following research questions:

1. How do women in Putrajaya participate in sports?
2. What factors influences women from participating sport in Putrajaya, Malaysia?
3. How can Putrajaya's women can increase or enhance their participation in sports?

## **Chapter 2. Literature Review**

In order to establish a preamble for this study, a brief literature review will be done in order to understand the rule, policy and situation of women participation in sport in Malaysia and International levels and possible factors that may affect women participations in sports.

### **2.1. Gender Equity in Sports**

In recent years, the conversation has shifted from seeking "female equity in sport" to promoting "sport for gender equity." This shift in perspective goes beyond simply "include women" in existing initiatives. Rather than simply promoting the participation of women and girls, this change identifies gender equity as a goal in sport for development projects (Sancar/Sever 2005).

This means that the demands of a certain target group (adolescent girls, young moms, orphans, married women, etc.) must be understood in the context of their culture and taken into consideration. Thinking in terms of gender necessitates a mindset free of societal stereotypes about male and female roles. Gender roles and relationships are typically strongly ingrained in educational institutions and social structures, which adds to the complexity.

### **2.1.1. Access to Resources, Leadership and Structures**

Sports activities must be implemented within an organizational framework, in addition to having access to critical infrastructure (equipment, facilities, etc.).

There are three types of access challenges: First and foremost, women could seek entry into existing (predominantly) male-dominated systems. Second, there is the option of establishing separate feminine areas, structures, and programs. Third, dominating, typically patriarchal organizations are reformed to meet the needs and aspirations of both men and women (Saavedra 2005b).

There is no consensus on the best path to take, but it must include active board membership in key roles, equity, financial resources, and participation in decision-making and strategy planning.

### **2.1.2. Types of Sports**

Sports, their qualities, and equipment are often classified as male or female by social conditions, customs, and cultural surroundings. Not every sport or play activity is appropriate for every local environment, and a certain form of sport should not be introduced by chance.

Although commercial interest may exist within untapped fields and ideological goals, for instance, the final objective of sport and development as regards gender equity cannot be to for example play football in mixed sex teams in every country of the globe.

The debate over values and the prospect of a drastic prohibition of women's sports are of no use at all. Graduated stages do not entail withdrawal or deviation from the objective, just the opposite. Sustainable integration in the daily life of civil companies (associations) and school systems will depend on female engagement in sport.

### **2.1.3. Environmental Control**

Providing a designated area for women's and girls' sports activities has not only practical but also deeply symbolic implications. With a few exceptions, such as hospitals, markets, and fountains, many societies restrict access to public spaces to males only (Brady 2005).

As stated in Erikson study of men and women pre-adolescents in the 1960's demonstrated a varied understanding of space. Girls traditionally used to portray towering walls and boxes indoors, whereas boys usually built outside scenes (Erikson 1964). These outcomes reflect the way each sex was raised, socialized, and moved its own bodies in space instead of psychoanalytic observations.

#### **2.1.4. Knowledge and Leadership Skills**

Teachers and Coaches can serve as role models for young girls and boys, influencing their attitudes toward sports. Females coaching or refereeing boys or mixed-gender groups send an implicit message that women not only possess knowledge and leadership qualities, but are also capable of and familiar with a male-dominated field.

Sporting activities and sports are also excellent proving grounds for discussing gender roles with both youngsters and adults. Apart from practicing in single-sex groups, mixing boys and girls for sports activities (where permitted) can provide other benefits: Boys who watch exceptional female athletes typically have an eye-opening experience (Brady/Khan 2002), which could affect their future thinking and behaviors as boyfriends, spouses, and fathers.

#### **2.1.5. Incentives**

Sports coaches often labor as volunteers, especially in underdeveloped nations. Although all helping hands are appreciated, not everyone is cut out to be a coach. As previously said, all athletic programs rely on proper recruitment and training procedures. If remuneration is not available, a surplus value such as transferable skills, equipment, education, media exposure, travel possibilities, or access to critical resources must be supplied in order to inspire more capable people to become actively involved in girls'



and women's sport (Saavedra, 2005a).

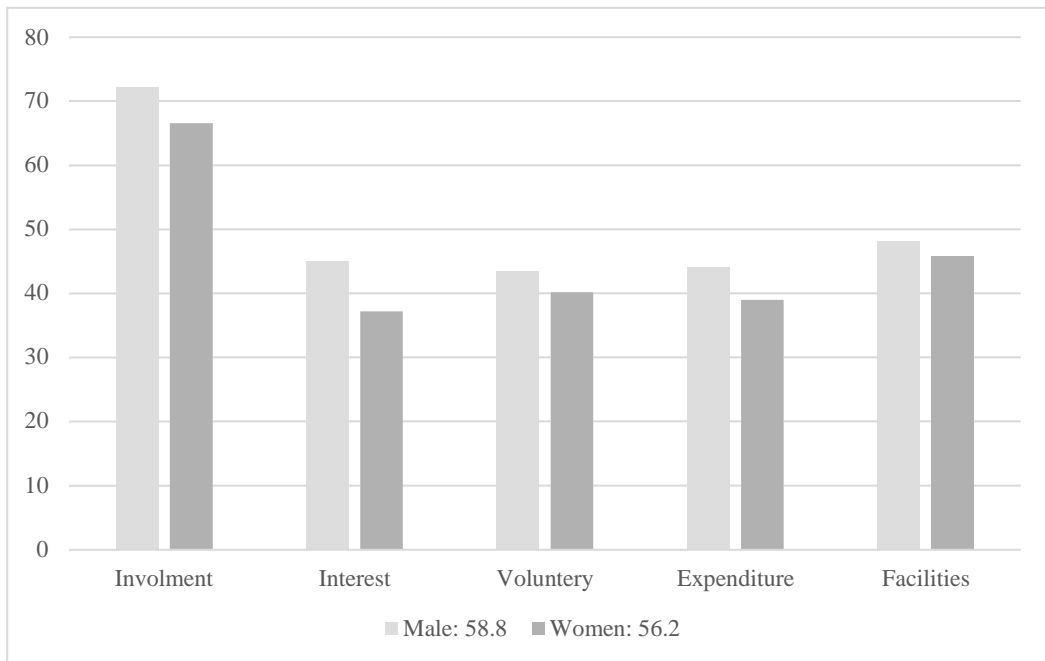
Working as a volunteer coach for children can boost social reputation in some cases, which could be further enhanced and desirable by providing those dedicated individuals with distinctive shirts. Of course, such incentives are strongly linked to individual local requirements and circumstances.

## **2.2. Malaysia's Sport Culture**

Through the Twelve Malaysia Plan (12<sup>th</sup> Malaysia Plan), the government has targeted 50% of its people to cultivate sports by 2025 by making sports participations and physical activity as part of their lifestyle. This target is set to ensure the well-being of the people as well as target Malaysia as a Sporting Nation. The strategy outlined is to encourage community participation in mass sports at all levels to cultivate sports.

Finding from Malaysia's Sports Index Score 2019, overall, the index score for sport culture in Malaysia is at a level moderate 58.8 which consist of 61.4 for a male and 56.2 for a woman (Table 5) which requires more commitment and concerted effort implemented to increase knowledge, awareness and willingness people to work together in making sports, exercise and active recreation as a lifestyle. This effort is in line with the goals making Malaysia a Sports Nation where society as a whole has adopted a sports culture in line with the availability of ecosystems such as facilities and so on.

Table 5. Malaysia Sports Culture Index Score 2019: Based on Gender



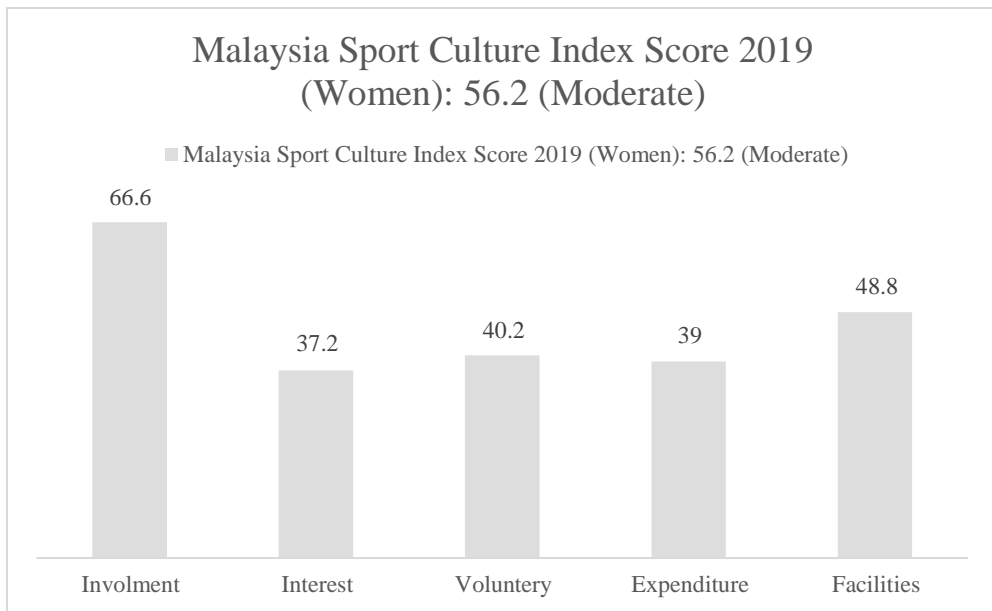
At international level, a measurement implemented of sport culture refers to the participation in sports and doing physical activities that also include sports activities as well doing an exercise. For example, which implemented by Singapore through the Sports Index Participation Trends 2015. While Sport England does not perform specific index, but conduct an Active Lives Survey study periodically i.e., on involvement in sports and activity in relation to physical activity.

The selection of factors to measure the level of sports culture in Malaysia is made based on references on other studies and related indices, among others through the study of Sport England (2015), Singapore Sports Index Participation Trends (2015) and based on the main documents of sports

culture in Malaysia as per the National Sports Policy 2009, 12<sup>th</sup> Malaysia Plan. It is also aligned with current data related to sports in Malaysia and abroad. These factors are built based on the lifestyle, practices and culture of Malaysians. By refers to ‘Sports Culture’ in the context of this country, the five domains and eight indicators identified are: Involvement Factors, Sports Love Factors, Volunteer Factors, Expenditure Factors and Sports Facility Factors.

Specifically, on women participation in sports, as shown on the statistic (Table. 6), according to the Sports Culture Index Score Malaysia 2019, it is clearly proved that women participation in each and every factor are lower than male which it is relevant to be explore more.

Table 6. Malaysia Sport Culture Index Score 2019: Base on Factors



### 2.2.1. Involvement in Sports Factors

Refers to the definition of Involvement in Sports based on the Malaysia Sports Index 2019, it's referring to the participation willingness to participate in active sports, exercise or recreation activities. There are two indicators in the Involvement in Sports Factors, namely Engagement (involvement in performing active sports, exercise or recreational activities at least once a month for a period of three months consecutively and Activeness (frequency of active participate in sports, exercise and recreational activities).

In line with that, the Involvement in Sports is one of the main things that is the backbone of sports culture practice among the people. From the same Index found that 66.1% of Malaysians are involved in sports, exercise and

recreation activities and out of that number only 58.8% of Malaysians do sports activities more than three times a week (between three to seven times a week) with a minimum period of at least 30 minutes per session.

Singapore Sports Index Participation Trends 2015, also looks at the involvement and activity of its people doing sports activities or recreational physical activity (recreational physical activity). The findings of the study found that 62% were involved or participated in four times a week to do sports activities or recreational physical activities.

According to Riebe. D et. al (2015) who published a report under the American College of Sports Medicine and the World Health Organization (2018), stated that physical activity and structured exercise performed regularly and adequately in terms of duration and intensity, will provide various health benefits including lowering the risk of cardiovascular disease and increase the life expectancy of an individual.

Based on a report released by the UN Inter-Agency Task Force on Sport for Development and Peace (2005), it is stated that sports have an impact on health; reduce the likelihood of getting many diseases; as effective tools for social mobilization; and support health activities such as HIV / AIDS education. The report also states that sports can be an important economic force, provide employment opportunities, contribute to local development and attract voluntary involvement.

### **2.2.2. Interest in Sports Factors**

Refers to the definition of interest in sports based on the Malaysia Sports Index 2019 it's refers to the level of interest and willingness to do things related to sports, exercise and active recreation within three months. There are two indicators available in the Interest Sports Factors, namely Attachment (a deep bond with sports with directly involved in reading, writing and updating sports related status) and Dedication (deep earnestness in such sports allocate time to keep up with sports developments and be willing sacrificing comfort for watching sporting events).

Base on the same Index, the Interest in Sports Factors which are at a low level (score 42.0) shows the love and willingness of Malaysians in doing things related to sports, exercise and active recreation is still low.

This factor reflects the sense of attachment to sports such as reading, writing, updating status on social media, willing to queue up to buy tickets, store sports souvenirs, willing to take time off to watch sports events, willing to stay up late to watch sports events, discomfort does not prevent watching sports events and so on.

### **2.2.3. Voluntary Factors in Sports**

Refers to the definition of Voluntary in Sports based on the Malaysia Sports Index 2019, it's referring to the volunteering in sports, exercise, recreation activities active or sports within three months. There are two indicators available in the Voluntary in Sports namely, Sponsorship (refers to engagement for sponsoring sports, exercise and active recreation) and Voluntary Service (refers to the involvement in voluntary service for sports, exercise and active recreation).

From the same Index, the Voluntary in Sports also describes the people's involvement in doing voluntary activities such as being involved in sponsoring sports activities as well as being involved in voluntary service is still low (41.8). Low involvement in sports volunteer work may be due to lack of knowledge and time to do the activity.

Based on a report released by Sport and Recreation New Zealand (2008) states that despite the high level of satisfaction in voluntary activities, more than a third of sports volunteers consider they have left their main role in the last 12 months. The report also states that usually the reasons given include time and work commitment, family and so on.

#### **2.2.4. Expenditure in Sports Factors**

Refers to the definition of Expenditure in Sports based on the Malaysia Sports Index 2019, it's referring to the expense for acquiring goods or services related to sports, exercise and recreational activities are active in a period of one year. Expenses for lifestyle purposes are not taken into account.

From the same Index show that the Expenditure in Sports which are at a low level (41.5) indicates that there is still less expenditure implemented on sports goods and services in Malaysia. To encourage participation in sports activities for Malaysians, spending in sports is definitely one of the important factors needed. The value of such spending is not important, but spending for that purpose can indirectly cultivate a sports culture among the people.

#### **2.2.5. Sports Facility Factors**

Refers to the definition of Sports Facilities based on the Malaysia Sports Index 2019, it's referring to the availability, accessibility, security scores, suitability and functionality of the sports facilities provided.

From the same Index, the Sports Facility which also obtained a score at a low level (46.9) shows the public's view on the facilities in terms of availability, accessibility, safety, suitability and functionality of the sports facilities provided are still unsatisfactory.



The findings of a case study conducted by Maassoumeh Barghchi, Dasimah and Mohd Salleh Aman (2010) to see the effectiveness and benefits of sports facilities in Kuala Lumpur through the perception of the population shows that, as many as 31.2 percent of respondents expressed satisfaction with existing sports facilities.

### **2.3. Women and Sport in Malaysia**

In Malaysia, participation status and women's involvement in sports in a generally is still very low. Thus, various initiatives and necessary efforts intensified to place Malaysia as a committed country in developing women in sports.

The results of this study will be made as the main reference and guide to all parties especially stakeholders sports consisting of agencies Government, sports organizations, non-governmental organizations, athletes, coaches, sports officials and sports activists on a regular basis overall in planning the direction and initiatives to increase engagement and women's participation in sports on a regular basis systematic, targeted and inclusive.

Continuing achievement sketched by female athletes on the international stage is a pride for the country. However, the status of involvement women in sports as a whole is still very low in particular leadership in sports bodies, coaching and sports personnel. Malaysian Sports Culture Index Study 2019 also recorded that score sports culture index among women is lower than men.

### **2.3.1. Women in Malaysia**

Recently, in less than 5 years, the political changes in Malaysia have changed two times due to the resignation of the Prime Minister of Malaysia and this greatly affects the change in the landscape of economic and social in Malaysia. It's also believed that the condition of women is gradually improving.

It is not much positive change from this political change is we can see women's active participation in different sectors like politics, medical, education, services, science, technology and it include sports sector. Western sociologists state that sport is a "mirror of society" reflecting cultural values and social norms.

Efforts to empower women in national development has begun revealed in the Sixth Malaysia Plan (6th Plan) in line with the formulation of the National Women's Policy which among others is targeting of improvement women's participation in labor and professional employment.

This effort continues to be the main agenda Government as contained in the Eleventh Malaysia Plan (11th Plan) which aims to increase the participation of the female labor by 2020, but unfortunately it is still not in good track but yet not so far. In "Gender Equality Sport and Development," Marianne Meier (2003) claimed that in the beginning of the 20th century most female sport was an exclusive privilege for the upper class of wealth

with problems in Western Europe and the availability of leisure time is directly related to sports activity and games.

The target strengthened with commitment of the Government to implement policies which encourages engagement women at the management level and be a decision maker at public and private sector at least 30% to improve the role of women in planning National Development, but still not achievable.

The intention of the Government of Malaysia is generally to ensure economic development is more inclusive as well as making labor market environment in Malaysia free from any discrimination to over age, gender, ethnicity and religion towards economic stability and well-being life of every layer of society in Malaysia and the government still work for achieved it.

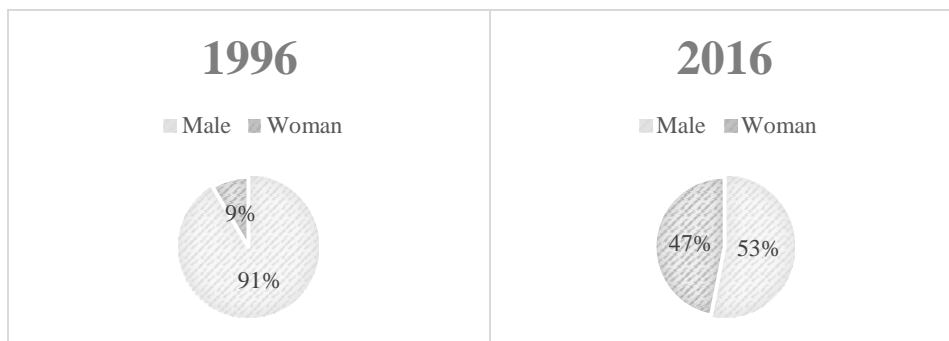
### **2.3.2. Current Trend in Women's Participation in Sport**

There is no denying that the role of women in the context of today's society in Malaysia has gone through a paradigm shift. Women are now seen as one key contributors and valuable assets in shaping national development which is more balanced. The formulation of new policies and directions by the Government is necessary based on the principles of inclusiveness and equality to the people without any discrimination.

The achievements of the women athletes are in the right track with proud achievements on the international stage. Some names like Nicol Ann David, Pandelesa Rinong Pamg and Farah Ann Abdul Hadi is well known in Malaysia and even international with outstanding achievements. However, in a patriarchal society, definitions of masculinity and femininity have been imposed upon sporting activities. It has been further suggested that this perceived incompatibility between ‘femininity’ and the playing of sport become specifically critical in adolescence, the women status becomes increasingly linked to their femininity.

Relook the achievements of female athletes 20 years ago, only 3 people (8%) female athletes who successfully qualify for the Olympics. However, the 2016 Olympic Games in Rio de Janeiro, Brazil saw the Malaysian contingent lined up by almost half of the female athletes (47%) who had contributed two silver medals for the Malaysia. The achievements of female athletes in the prestigious sports tournaments continue to be proud when women become major contributors of medal collections for Malaysia in the 2018 Gold Coast, Australia Commonwealth Games (16 medals) which overcame male athletes (9 medals). Athlete achievement country women have been be on that track exciting with achievements proud on the forefront international however when viewed in terms of participations, it is still less when compared to men (Table 7).

Table 7. Malaysia Woman Athlete Statistics Qualify for the Olympics



Various limitation factors that reflex the involvement of women participation in sports in Malaysia can be identified and it is closely related to culture, lifestyle and the societies in Malaysia.

The possible factors are the main issue and challenge of women's involvement in sports should be identified through various sessions to get involved with sports stakeholders in particular and women in general.

Suggestions for improvement of stakeholders need to be collected and need to be analyzed immediately for the purpose of stakeholder's aspiration in order to build a comprehensive action plan to make Malaysia as a sporting nation with the women's involvement as a whole, inclusive and balanced.

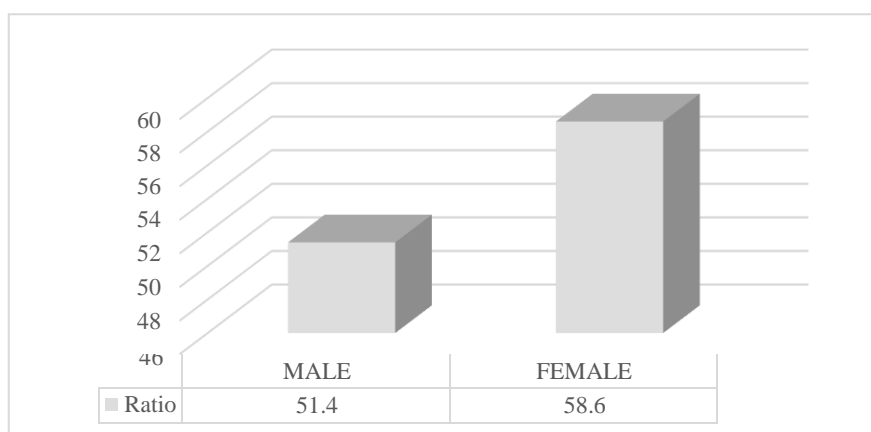
### 2.3.3. Women and Sport in Putrajaya

In recent decades, the rapid process of industrialization and urbanization has undoubtedly brought about lifestyle changes for Malaysians (Ismail, 2002). It is understood that improvements in eating patterns and sedentary

behaviors are correlated with changes in health and the population's increased prevalence of chronic diseases. Obesity and depression contribute greatly to the global burden of diseases (WHO, 2020). It also significantly decreases the quality of life, physical inactivity and is costly in terms of absence from work and usage of health services, as well as posing various psychosocial issues such as depression, diminished self-esteem, job discrimination and other form of social stigmatization (WHO, 2020).

In 2020, male population in Malaysia slightly outnumbered the female with 16.8 million (males) and 15.9 million (females). However, all of the 14 states in Malaysia maintained to record more males over females, except Putrajaya with the ratio of woman 58.6 and male 51.4 (Table 8). Putrajaya is a Malaysia's new federal Government Administrative Centre and it was planned to embrace two major themes: i.e. A city in a garden and an intelligent city.

Table 8. Putrajaya Current Population Estimate of Malaysia Year 2020



According to the Current Population Estimate of Malaysia Year 2020, Putrajaya is the state that recorded the highest annual population growth rate for the period 2019–2020 at 6.0 per cent and Putrajaya is the second highest population density with 2,246 person per kilometer (Table 9).

Table 9. Statistics of Malaysia Current Population (States) 2020

<b>States of Malaysia</b>	<b>Population Density</b>	<b>The Ratio Number of Adult</b>
<b>PUTRAJAYA</b>	<b>2,246</b>	<b>34.6</b>
Johor	197	23.3
Kedah	230	24.4
Kelantan	127	29.6
Melaka	545	22.6
Negeri Sembilan	170	22.6
Pahang	47	24.8
Perak	120	20.7
Perlis	311	24.3
Penang	1,691	18.8
Sabah	53	23.0
Sarawak	23	22.0
Selangor	822	23.0
Terengganu	97	30.2
Kuala Lumpur	7,299	20.0
Labuan	1,082	26.1

Unfortunately, according to National Health and Morbidity Survey 2019, the highest prevalence of depression among Malaysian adult found in Putrajaya with score of 5.4% (Table 11) and according to Current Population Estimate of Malaysia Year 2020, Putrajaya recorded the highest total number of young age (adult) with 34.6 per cent. In addition, despite of depression, diabetes among adults aged 18 years and above also has increased from 11.6% to 17.5% over a period of 9 years from 2006 to 2015 in Malaysia.

Table 10. National Health and Morbidity Survey (Depression) 2019

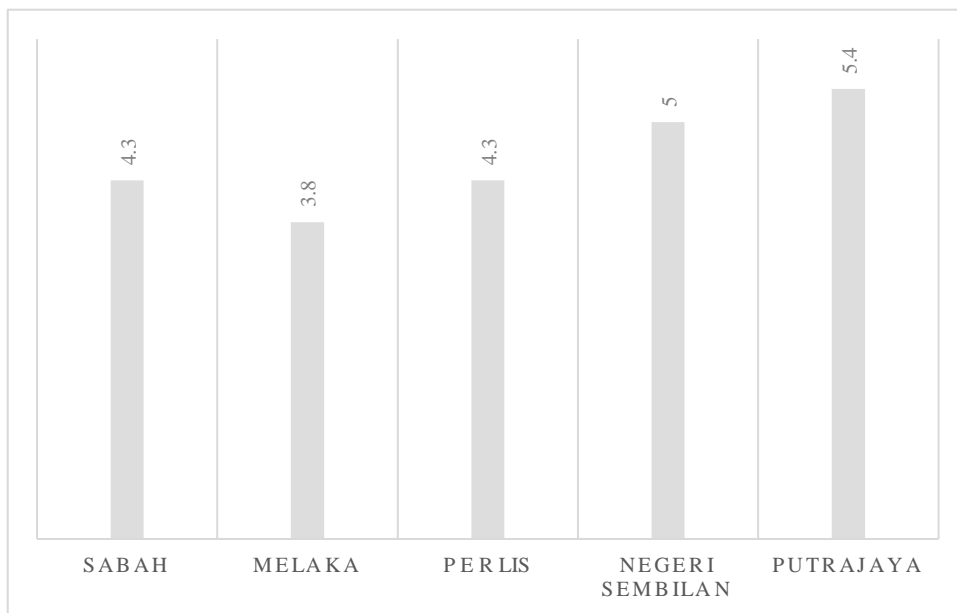


Table 11. National Health and Morbidity Survey (Obesity) 2015

States of Malaysia	Abnormal Obesity Prevalence (%)
<b>PUTRAJAYA</b>	<b>61.3</b>
Johor	52.8
Kedah	47.4
Kelantan	39.0
Melaka	54.2
Negeri Sembilan	45.7
Pahang	48.8
Perak	48.6
Perlis	51.6
Penang	56.8
Sabah	46.4
Sarawak	48.0
Selangor	47.2
Terengganu	46.5
Kuala Lumpur	51.8
Labuan	46.4

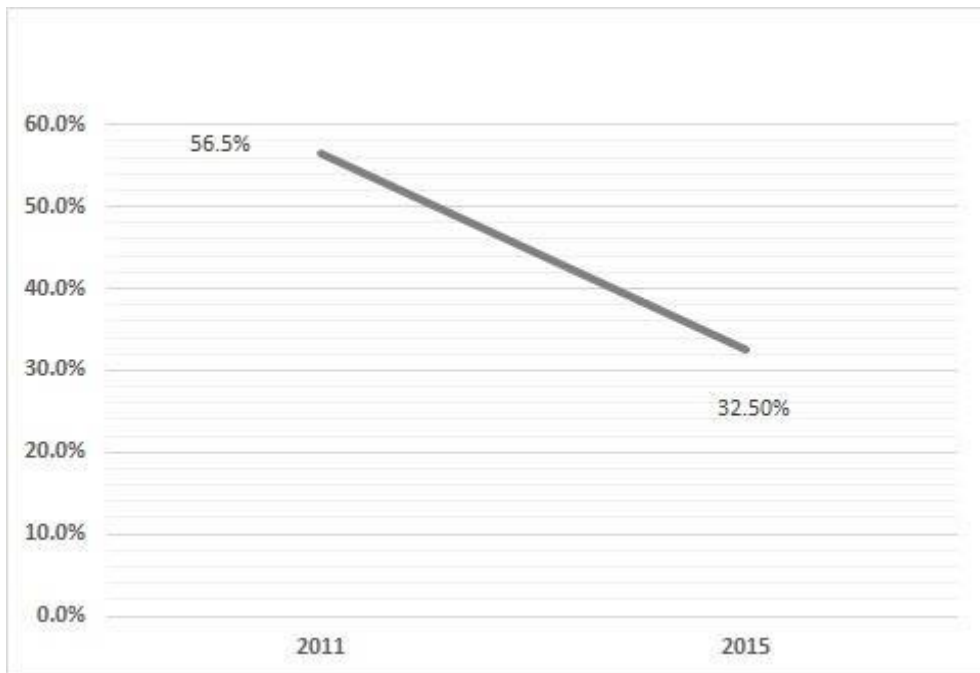


Findings from the National Health and Morbidity Survey 2015 also identified that Putrajaya as the country with the highest percentage of overweight, obese and abdominally obese people. The study also suggests that the administrative capital population has a 37% chance of being overweight, while the abnormal obesity rate was 61.3 (Table 13). Even more startlingly, from the same findings said that government and semi-government employees took the cake as the most obese, at a rate of 40.3%.

Moreover, according to Current Population Estimate of Malaysia Year 2020, the highest ethnic in Putrajaya is Malay with score of 97.8% and as recorded at Malaysian Sports Culture Index 2019, from the level of sports culture for Malay ethnicity in Malaysia is still at a low level with a score of 58.1.

In Putrajaya, the physical inactivity prevalence was 32.5% in 2015, compared with 56.5% in 2011, and women (28%) who were physically the least active in 2019 as reported at National Health Morbidity Survey 2019 (Table 12). Putrajaya was the most common physical disabilities. While in Putrajaya different facilities have been given and chosen as an urban-concept garden, women and the public in particular do not make the most of the facilities.

Table 12. National Health Morbidity Survey (Physical Inactivity) 2015



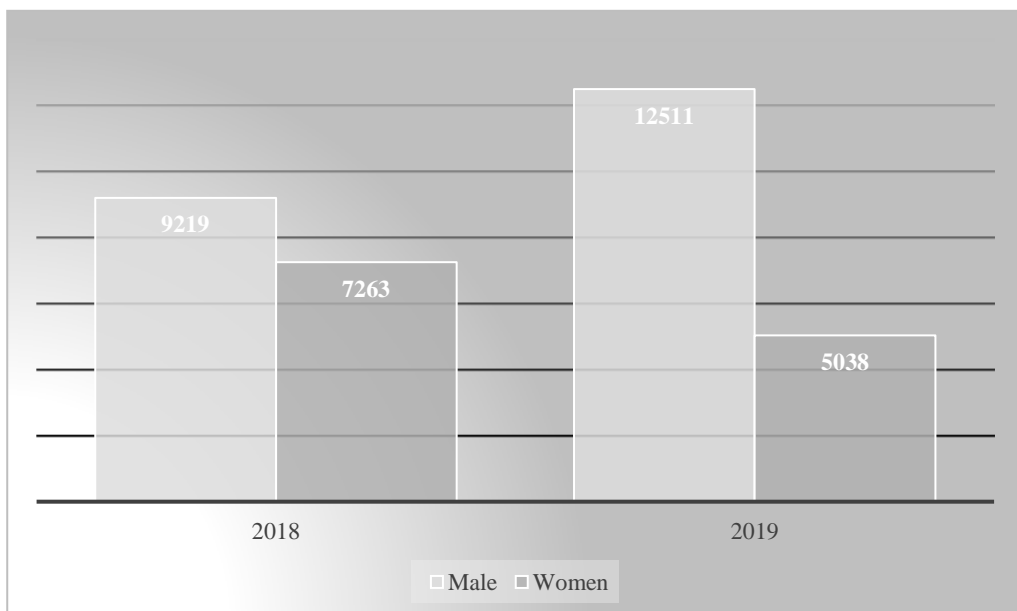
Overall women's involvement in sports in Malaysia is still very low and need to be solved as soon as possible as Malaysian Sports Culture Index Study year 2019 has found that the score for sports culture index among women is lower than men with a score of 56.2.

In addition, according to the Department of Youth and Sports Putrajaya District, based on the report of sports programs conducted throughout year 2019, it shows that the number of women involved in sports programs organized by the Ministry of Youth and Sports Malaysia such as “National Sports Month” and “Fit Malaysia” that held in Putrajaya, is still very low compared to the number of men participants.

For example, the National Sports Month program which is the large annual national level sports program organized by the Ministry, show that out of 17 549 total number of participants, only 5038 are women and the rest is men participants.

Moreover, from the same program, show that the numbers of women participants, as compared from the year 2018 and 2019, year 2018 reported very significant decrease from the total number of participants 16 482, woman participants only 7 263 persons (Table 13). It clearly shows that woman participation in annual government program for Putrajaya is decreasing and need to figure out why it is happened.

Table 13. Department of Youth and Sports of Putrajaya District (Programs)



Participating in sports and physical activity not only improves physical wellbeing, but also improves psychological health (Sullum, Clark, & King, 2000; Weyerer & Kupfer, 1994), and relieves depression and anxiety symptoms (Paluska & Schwenk, 2000). Individuals who are physically inactive has increased risk 20% to 30% to die prematurely as compared to people who are otherwise follow the recommendation by WHO.

From various studies found out that certain factors that could influence participating in sports and physical activity including age (Booth, Owen, Bauman, Clavisi, & Leslie, 2000; Brownson et al., 2000), education (Salmon, Bauman, Crawford, Timperio, & Owen, 2000; Yin & Boyd, 2000), gender (Ross, 2000), socioeconomic status (Cooper & Hancock, 2011), marital status (Dai, Wang, & Morrison, 2014), ethnicity (Cheah, 2011), presence of chronic diseases (Cheah & Poh, 2014) and also obesity (Poobalan, Aucott, Clarke, & Smith, 2012).

#### **2.3.4. Existing Policy and Legislation – Women in Sport**

##### **2.3.4.1. Malaysia Context**

The National Sports Policy of Malaysia is a sports development policy towards formation sports culture and strengthening national integration through involvement society as a whole and the excellence of achievement at the international level.

Among the goals of the National Sports Policy is to ensure that there are no elements discrimination and equal rights are always given to every layer society to take advantage of sports in daily life through involvement in sports for all, high performance sports as well as sports industry as a whole.

Sports Development Act 1997 [Act 576] has stipulated that the body sports perform their respective sports activities without any discrimination about gender, race, skin color, religion, origin, language, political affiliation or any other view held by its members. In this case, the sports body should emphasize the involvement of women in sports equivalent to male involvement and sports development programs implemented should be inclusive.

#### **2.3.4.2. International Context**

Efforts to empower women in sports has become a major agenda at the international level in line with the goal of Sustainable Development Goals 5, the United Nations emphasizes gender equality for participation in sports activities.

The agenda also a priority at the level International Olympic Committee (IOC) through Olympic Agenda 2020 with 50% goal setting women's participation in the coming Tokyo Olympics. Such efforts are consistent with a recommendation to provide and provide an equal opportunity for women engage in sports activities without any discrimination.

Table 14. International Policy and Legislation Regarding Women in Sports

<b>No.</b>	<b>Policy and Legislation</b>	<b>Women in Sports</b>
1.	<b>Title IX - Education Amendment 1972 (USA)</b>	No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.
2.	<b>Olympic Charter</b>	To encourage and support the promotion of women in sport at all levels and in all structures, with a view to implementing the principle of equality of men and women.
3.	<b>Brighton Plus Helsinki 2014 Declaration</b>	Upholding the 10 principles that enable women and girls to freely and safely participate, compete and build careers in sport and physical activity
4.	<b>ASEAN Ministerial Meeting on Sports (AMMS) 2017</b>	Promoting equality gender and equality of opportunity as well participation for women in sports.
5.	<b>United Nations: Sustainable Development Goals 2030</b>	Achieve gender equality and empower women and girls in sports.
6.	<b>UNESCO: International Conference of Ministers and Senior Officials Responsible for Physical Education and Sport (Kazan, 2017)</b>	Sports-based programs especially at the grassroots level, as well as the value of sports education make an important contribution to empowerment of women and girls.

## **2.4. Demographic Factors**

According to Nathalie (2005), women's interest in sports decreases as they grow older, that is, when they reach the age of 26 years and above. This is because they focus on their careers. Some of them are also inactive due to focusing on their children after giving birth. The Fox & Rickards (2002) study also showed that women are less interested in sports than men.

In every household, the participation in the second conceived sport affected more than children conceived for the first time. Guardians and children's game contributions also have an impact on the participation of women in sports (Journal "Women in the field of sports and physical activity").

### **2.4.1. Health**

Hardcastle and Taylor (2001) stated that the health benefits can attract older women to engage in sports. It's also elaborate that women should be encouraged to do physical activities as men, this is to ensure good health care among them (Napolitano, 2000). A study from Quinn (2008) on women found that they are interested in participating in sports due to the factors of wanting to lose weight, improve physical ability, improve self-discipline and avoid dangerous diseases.

### **2.4.2. Age**

With regard to sports participation demographic factors, the likelihood of a person participating in sport is reduced by 0.3 percent per additional year (R. Humphreys, 2010).

The age of women often knows what kind of game they enjoy. Women's participation in sport plays a significant role. The age of women also defines the type of sport in which they compete.

The test results showed that the shortcomings by different age groups are critically contrasts. As physical and person requirements were found to increase with propelling age ultimately, the lack of time-related demands for propelling age appeared and requirements were associated with absence of accomplices that more developed and younger respondents encountered more strongly than the middle age, money and availability-related imperatives. Finally, there was no understanding and no potential which the youngest and the oldest age group, more seriously than moderately old sessions, as imperatives.

### **2.4.3. Marital Status**

Three doctrines of obedient were also used to determine the standard of Chinese ancient women. The three doctrines of obedience expect that "women should obey their father, their married wife and their son, after the death of their husband" (Ling, 1990). These doctrines of obedience ignored the personal views of Chinese women. As a result, Chinese women have the characteristics of obedience and self-sacrifice because of their inferior position in their communities and culture.

Women were thus often required to uphold a certain proper attitude in their families and in society, dedicating their entire lives to their families and preserving proper family relationships and serving their families.



The involvement and interest of a female individual may decrease for sports after they get married and have children. This is due to lack of physical activity during pregnancy and during abstinence. The process of raising children also causes the focus on sports to decrease and even each behavior is more focused on non-sports activities.

Constraints after marriage, pregnancy and childcare needs make women less interested in doing sports activities. This limits their physical activity. This opinion is reinforced by Powel (2000) who states that women will only do sports activities and socialize with their immediate family. The role of women as housewives involving cooking and housekeeping does not motivate women to engage in sports activities.

#### **2.4.4. Education**

There was a good background in education which had a positive effect on sport (R. Humphreys, 2010). This is because there is a better understanding of the importance of physical activity and sport through higher education (L. Farrel, 2002).

The study of behavior research in universities to determine the factors that affect the rates of women's participation in sport, according to Zahra and Hojat (2014). The research has shown that the education level is a key factor determining women's participation in sport. This research includes 200 university students randomly selected (Table 15).

Table 15. Women Sports Participation and Education Level

<b>University Level</b>	<b>Urmia</b>	<b>Tehran</b>	<b>Total</b>
<b>Bachelors</b>	80	85	165
<b>Masters</b>	19	13	32
<b>PhD</b>	1	2	3
<b>Total</b>	100	100	200

## **2.5. Social Factors**

A lifestyle that takes place in the daily routine in most developed societies has become increasingly relevant. Sports activities include a number of facets of life, for example: they have positive implications for health and mental development; they can help to build social networks and strengthen social interactions and skills; they can sustain the communities' social structures; affect the economy; help people get employment or work and form national and cultural identities (Bloom et al. 2005). Chen's (2002) research also supports the cultural and social factors that are obstacles, which deter Taiwanese women's interest, to participate in physical activities and sports.

### **2.5.1. Family**

Women were always expected to maintain a certain proper behavior in the family and in society and in doing so dedicate their whole life to their family and maintain a proper relationship in the family and serve their parents, husbands, and in-laws.

Women have a leading role in work and family life, but fewer and fewer. There are fewer people who retain lifelong roles as sports participants (Asztalos et al., 2013). Psychological researchers also state that such factors interpersonal relationships with family is the motivation for women's involvement in sports (Ryan, 2006). So, the external and internal motivation given to women is immense important to be able to give support and encouragement to them to continue to be involved in sports.

The responsibility of the families is usually blamed for early sports culture and that the interest in Sport always precedes the interest of the parents. Social factors influence lifestyles like religion, family or money. The effect of family life on adult participation has also been explored in gender analysis in sport.

Four virtues and three doctrines of obedience were valued in the ancient Chinese cultural region. The quatre virtues were: (1) the virtue of women; (2) the words of women; (3) the bearing of women; and (4) women's work. Womanly virtue means that women do not have to be brilliant or vary. Women's words means that women should write, prevent offensive language at an appropriate time, and carefully select their words. A woman who cares and works should be clean and well prepared for homework, so as to keep herself and her family clean.

These four virtues suggested women guiding and behaving in a modest way. As a result, these traditional expectations about women indirectly impacted upon women's participation in physical activities. Research by Chen

(2002) also promotes cultural and social factors that are obstacles to the participation of women in sport.

### **2.5.2. Peers**

According to Ransdell, Oakland, & Taylor (2003), they argue that there are three main factors that hinder women from engaging in sports activities. These factors are environmental, psychological and sociological factors. Sociological factors are the lack of encouragement from close friends and individuals or too much focus on other non-sports activities.

### **2.5.3. The school**

Schools are the place where physical activity is organized primarily in the context of education and determines whether students take part. Long time before, there are studies on adolescent students in Malaysia found that women are less active in physical activities involving sports because they are worried that their physique will become muscular like men, (Zainun Ishak, 1994).

There are some types of sports that are less suitable for them. Especially extreme sports activities such as rugby, football and many more. Their interest decreased when they instructed to do a demonstration of a particular sports skill and those who do not want others to see them doing sports activities out of embarrassment. The results of Porter's (2002) study found that Physical Education uniforms in schools that are very tight and not suitable for female students are also a factor that prevents women from participating in sports in school. In addition, female students who are obese and have a 'body mass

index' above 28 also cause them to be less interested in sports activities. Female students with high body mass index are usually classified as obese.

#### **2.5.4. Sport Attire (Dress Code)**

Women have experience of religious and cultural restrictions relating to sport attire. For instance, before the 2012 Olympic Games, Saudi Arabia, Qatary and Brunei, because of Islamic dress code, did not implement women. The culture of Kuwaiti women prevents them from engaging in sport and leading public life.

As a Muslim country, Malaysia does not miss the issue in dress code for women in sports. The issue related to the National artistic gymnastics' athlete, Farah Ann Abdul Hadi started when a local private television station uploaded the said picture eye-popping on their official Facebook site, after he won the third gold medal of the gymnastics squad through the floor routine category at the Sports tournament SEA 2015 based in Singapore. This issue became hot due to the response and criticism from users' social sites, and no exception to the feedback from some local figures.

This includes the issue regarding the women's basketball team from Qatar starting when the International Basketball Federation (FIBA) banned the wearing of hijab in the sport. Finally, the Qatar women's basketball team withdrew from the tournament at the Asian Games at the last minute due to rules prohibiting them from wearing hijab while playing on the court. This received a great response from the Asia Olympic Council who felt it was

ridiculous because the hijab had been accepted in other sports events such as football, volleyball, athletics and field events.

#### **2.5.5. Cultural and Religious**

People may think religion and culture have little impact on sport or reduced its impact, but religion has been greatly affected by sporting activities throughout history. It affects the organisation and reduction of sports, in particular sports for women (Peiser 2000).

Religion affects strongly different aspects of a society's culture. History shows us that Islam has more objections to the way that sport is built than other religions as far as challenges caused by faith and culture in sports are concerned. Islam has very strong opinions on the clothes that women must wear so men can see them and forbids the intermingling of sexes (Coakley and Pike 2014). Many Muslims claim, according to Klein (2007), that sport is Haram (forbidden) for women and children.

Dagkas and Benn (2006) stated that some other fundamental restrictions on women's participation in sporting activities were mixed gender sporting activities, religious and cultural constraints, dress codes for playing, limited resources, and the general attitude of local people towards women's sport.

In certain cases, the culture and/or religious values of a person can affect sports, such as in rugby, a very popular drinking culture (thus non-drinkers cannot join) (Moran 2014); the majority of women Muslims keep their bodies completely covered (which the majority of sports events do not allow) (due to

bad experiences, minorities may not participate in sporting activities).

In some sports event's religion influences the participation of people. For example: some codes of sports clothing contradict faith, which was why only three Muslim women attended Olympics in 2012. (Hanley 2013). Islam is prevalent in Pakistan to the degree that the Constitution of 1956 proclaimed Pakistan Islamic Republic (Mumtaz and Shaheed 1987).

Historically, Islam influences many aspects of life in Pakistan much more effectively than many other Islamic countries (Wilber 1964). Many religious scholars in Pakistan do not promote women's participation in sporting activities, particularly when events are held in public or with men. It's considered disgraceful and immodest if women engage in any athletic events openly with men (Iqbal and Rajput 2008). Islam does, however, oppose such practices, given that women are dressed and that the sexes are not intermingled.

## **2.6. Biological Factors**

### **2.6.1. Body Form**

In a study conducted by Cockburn and Clarke (2002), explained that the pressure to get body beauty for teenage girls makes the main factor that attracts them to get involved in sports.

A study long time before on female adolescents in Malaysia found that women are less active in physical activities involving sports because they are worried that their physique will become muscular like men, (Zainun Ishak, 1994). As a woman, the anxiety of being categorized as a man when active in

sports will definitely discourage them to participate in sports. Fear is set aside by both female and male friends if they are seriously involved in a sports activity, especially extreme sports activities.

Apart from them, women also worry that their femininity will be lost if they are involved in extreme sports. Therefore, it is customary for women to prefer leisure activities rather than extreme sports. This view is supported by the findings of Cockburn and Clarke (2002) stating that most women are worried about losing their femininity.

### **2.6.2. Pregnancy**

After marriage and have children, a woman's participation and involvement in sports would automatically decrease. This is because the pregnancy and abstinence lack physical activity.

Limitations after marriage, pregnancy and childcare make women less involved in playing sports. This decreases the physical activity. Powel (2000) supports this view, saying women only participate in sports and socialize with their immediate families. Women do not play a part in sporting events as housewives engaged in cooking or housekeeping.

### **2.6.3. Menstruation**

There is still no latest study show that menstruation can be preventing factors to women from participating in sports. However, from verry previous study as Leunes & Nation (1991) claimed that heavy workouts and preparation are responsible for menstrual irregularities. Hargreaves (1997) has support with



the research showing that hard exercise has not adversely affected the menstrual cycle, nor has the menstruation affected physical efficiency. Zahariev (1985) has researched Olympic women from ten nations. Results showed that the daily menstrual cycle, the longitude of the menses, and their blood stream were not affected by 92 percent of the subjects.

## **2.7 Psychological Factor**

According to Cohen, G.L, (2001), there were seven details in questions concerning participation of women in sport. They are gender issues, her story, government and politics, physiological perspectives, women's sport institutionalization, mental perspectives, sport economics and times of transition. These problems impact the participation of women in sport.

### **2.7.1 Well-being Motivation**

Opinions from Hardcastle and Taylor (2001) also state that the health benefits can attract women to engage in sports. Women should be encouraged to do physical activities as men, this is to ensure good health care among them. (Napolitano, 2000).

A study from Quinn (2008) on women found that they are interested in participating in sports due to the factors of wanting to lose weight, improve physical ability, improve self-discipline and avoid dangerous diseases. In addition, according to Weinberg and Gould (2007), individuals will be able to release stress and frustration through physical activity. Indirectly involvement in sports will be able to relieve tension and give comfort in themselves.

### **2.7.2 Facility Motivation and Encouragement**

According to Napolitano (2000) motivational factors, sports facilities and equipment can attract sports interest among women. They will be more motivated to carry out sports activities if there is encouragement and sports facilities and equipment provided. Motivation factors are very important, especially encouragement from parents, teachers and friends. Parents, teachers and friends are people close to them. Therefore, encouragement should be given to them to be actively involved in sports.

A study by Eime, Payne & Harvet (2009) on 34 teenage girls found that they were interested in engaging in sports because of fun, constant interaction with friends, strong support from parents and teachers. In addition, facilities and equipment should be adequately provided. If there is encouragement from parents, teachers and friends but there are no complete sports facilities and equipment it is quite difficult for them to carry out sports activities.

### **2.7.3 Sports Benefit Motivation**

Accurate information on the benefits of sports should also be disclosed among women. This can provide motivation and help in cultivating interest in women's sports. According to Raymond & John (2002), if female get accurate information about the benefits of sports, then they will be positive towards the sport.

Teachers or coaches can also help in improving women in sports. Good teachers or coaches can motivate women to engage in sports and fitness activities (King, 2008). In providing this motivation, teachers or coaches can hold courses related to the importance of sports from the aspect of individual health and fitness. For coaches in particular, they can hold sports programs that give women the opportunity to participate in events that they are interested in and are able to implement.

#### **2.7.4 Achievement Goal Motivation**

Women's participation in sports can also be seen as a motive to achieve victory and gain popularity. This fact supported by Gafor Ahmad (2007) who argues that involvement a woman in sports is driven by a combination of inner satisfaction and is associated with external achievement and rewards earned through sports. Psychologist researchers also state that factors such as interpersonal relationships with coaches, family, friends and so on is the motivation of athlete involvement in sports (Ryan, 2006). By that is, the external and internal motivation given to the athlete is immense important to be able to give support and encouragement to them to continue in sports.

### **2.8 Economic Factor**

#### **2.8.1 Income**

There is very restricted literature concerning the economic determinants of sport. In the few works available, economic factors like income have been shown to be important drivers of physical activity, and physical activity itself

should be viewed in the course of economic modeling as usual (R. Humphreys, 2010). In their previous research, the authors found that greater income is related to a higher risk of taking part in sports. Yet time spent in physical activity decreases with income.

This indicates, with the amount of time spent participating in sport, the variables that contribute to increased probabilities of sport normally decrease. Overall, sports spending is connected to income, which means sports expenditure increases with increased of income (C. Breuer, 2010). In other words, people with higher income and greater financial capacity will spend more money on sport.

In comparison with managers and high-professionals, sport expenses are also lower among untrained or semi-trained staff. In addition, being working is linked positive to the consumption of sports but negative to participation in sports. An income-leisure trade-off and a given time constraint may explain this phenomenon (P. Downward, 2017). In this way, more work hours and thus less

leisure are correlated with higher incomes. Findings showed that working people are marginally less likely than unemployed people to take part in sport.

The conclusion also comes from Zahra and Hojat (2014) that monthly women's incomes influence sport participation. Monthly income also reflects the families' social status and rates of family spending, according to their sample group. Economically poorer women find it difficult to earn their living. The number of females participating in the sport is affected. The following table

indicates that female sports are most active in sports with a lower monthly salary (Table 16).

Table 16. Women Sports Participation and Income Rate

<b>University</b>			
<b>Income</b>	<b>Urmia</b>	<b>Tehran</b>	<b>Study Area</b>
<b>0-100000</b>	45	50	95
<b>100000-200000</b>	35	15	50
<b>200000-500000</b>	17	30	47
<b>500000</b>	3	5	8
<b>Total</b>	100	100	200

### 2.8.2. Employment Status

The status of employment can also influence the time spent by women in participating sport. The sport participation rate is significantly higher among working women than among unemployed women.

### 2.8.3 Work Hour

In comparison with managers and high-professionals, sport expenses are also lower among untrained or semi-trained staff. In addition, being working is linked positive to the consumption of sports but negative to participation in sports.

An income-leisure trade-off and a given time constraint may explain this phenomenon (P. Downward, 2017). In this way, more work hours and thus less leisure are correlated with higher incomes.

The findings showed, however, that working people are marginally less likely than unemployed people to take part in sport. This could also be explained by the fact that unemployed people have more leisure time than working people and therefore can participate in sport more often or for a longer time. All these trials support a wider impact, rather than working time and household income that might be indicative of traditional substitution and income effects, of socioeconomic characteristics, including the form of employment and level of education on sport involvement (L. Farrel, 2002).

According to Table 17 below, less sport participation is demonstrated by higher working hours. and Hojat, Zahra (2014) Indian Journal Science.

Table 17. Female Sport Participation and Work Hour

<b>University</b>			
<b>Hour</b>	<b>Urmia</b>	<b>Tehran</b>	<b>Study Area</b>
<b>0</b>	80	75	155
<b>6</b>	12	20	32
<b>7</b>	5	4	9
<b>8</b>	3	1	54
<b>Total</b>	100	100	200

### **Chapter 3. Method**

A method can be developed to produce primary data is by qualitative research after collection and conceptualization of secondary data (Malhotra, 2008). Secondary data helps to determine how the study is conducted and can help achieve the aims of the study. The method chosen for this study will be defined in this chapter.

The most prominent difference between the two methods, according to Perry (1998), is that while quantitative research problems ask who and what, how many, and how much, qualitative research emphasizes how and why social interactions are produced and given meaning.

Denzin & Lincoln (2011) states that, although quantitative research explores the causal links between variables, quality research related to inductive process analysis adds differences from methodological positions. Creswell (2009) defines the difference between qualitative and quantitative research in terms of the use of words (qualitative) as numbers (quantitative) or the use of closed questions (quantitative hypotheses) as open questions (qualitative interview questions). In the basic philosophical assumption studied by the researchers, the types of research strategies used as a whole in the study are a more complete way to see the gradation of differences between them.

### **3.1. Research Design**

#### **3.1.1. Document Analysis**

The nature of this study is qualitative and requires a multi-method study design composed of document analysis and semi-structured interviews to examine what are the major factors that have contributed the women's participation in sport in Malaysia.

A document analysis was conducted from a variety of printed and electronic material. The "systems of the review or evaluation of documents" is the document analysis as defined by Bowen (2009). Official statements, newspaper article, blogs, meeting minutes or summaries, application forms and other government records included types of documents analyzed in this study. This method will be cross-validated by the semi- structured interviews to seek corroboration of the information found in the documents analyzed.

#### **3.1.2. Interviews**

By doing a document analysis of different sources and a series of semi-structured interviews, it will enhance our understanding of how to minimize the escalation of this factors, it is important to know the key reason behind this factor for promoting a multi-disciplinary policy and program with projects that have not been implemented before in order to increase women participation in Sports in Malaysia.



### **3.2. Participants**

Purpose participants maximize the value of the information provided by participants according to Rosenberge and Daly (1993). This is done by highlighting a deep and rich knowledge of information choices (Patton, 2002). With intense sampling strategies, rich cases of information can be identified and selected, which is manifest in an interesting phenomenon (Patton, 2002).

A sample of participants will be needed in the section of the study that needs interviews. Samples of qualitative studies are typically limited and not necessarily representative of their entire population, but the results obtained can provide an overall image of the issue that can act as an introduction to more in-depth analysis (Marshall, 1996).

#### **3.2.1. Selection Criteria of Participants**

10 women will be participated in this study. Participants were selected from a variety of social, educational, and cultural backgrounds as follow (Table 18): -

- a) As a government sector are the largest population in Putrajaya, so five (5) women working in the government sector are the main participants to be interviewed. The age of women who work with government sector is between 17 and 60 years old and they will be divided into married or single which either they have kids or not. They also will be divided into specific job position which are executive or non-executive.

- b) As the second large of population in Putrajaya are from the private sector, so three (3) women working in the private sector will be the second criteria of population participants to be interviewed. The age of women who work with private sector is between 17 and 60 years old and they will be divided into married or single which either they have kids or not. They also will be divided into specific job position which are executive and non-executive.
- c) Last participant will be come from student who living in Putrajaya, so that the results of this study are comprehensive to all types of three main population backgrounds. Two (2) students that will be interviewed with are aged of 17 and below is for secondary school and higher education students aged 21 and above either married with kids or single.
- d) As reported under the Principal Statistic of Labor Force of Putrajaya 2021 (Table 3), It showed that unemployed women rate in Putrajaya is only 1.7% which equivalence to 3000 persons from total population in Putrajaya. So, one respondent will be interviewed from this group.

Table 18. Demographic Information of the Participants

Respondents	Background	Marital Status	Kids	Current Institution
R1	Government Sector	Single	No	Malaysian Communications and Multimedia Commission
R2	Government Sector	Marriage	No	Ministry of Youth and Sports Malaysia
R3	Government Sector	Marriage	Yes	Ministry of Education Malaysia
R4	Government Sector	Single	No	Ministry of Domestic Trade and Consumer Affairs Malaysia
R5	Government Sector	Marriage	Yes	Prime Minister Department
R6	Private Sector	Single	No	Ministry of Federal Territories Malaysia
R7	Private Sector	Marriage	Yes	Malaysia Competition Commission
R8	Private Sector	Marriage	Yes	Malaysia Airlines Berhad
R9	Student	Single	No	Pahang Malaysia Sports School
R10	Student	Single	No	Putra University of Malaysia
R11	Unemployed	Marriage	Yes	Housewife

### 3.3. Data Collection

#### 3.3.1. Method of Documents Analysis

The data for the document analysis was collected by a systematic search using keywords. Searches were for any documents pertaining to women participation in sports in Malaysia. Documents were searched on official websites such as [www.google.com](http://www.google.com), [www.kbs.gov.my](http://www.kbs.gov.my) (Ministry of Youth and Sports Malaysia), [pps.kbs.gov.my](http://pps.kbs.gov.my) (Office of the Malaysian Sport Commissioner), and [nsc.gov.my](http://nsc.gov.my) (National Sports Council of Malaysia).

### 3.3.2. Method of Interviews

For the interviews, email and personal message services were used to contact the respondents. A short description of the trial was provided before the interview and the "Consent Form" was asked to be signed (Appendix 1). Interviews took place via phone or video communication platforms such as Zoom, FaceTime or Skype. With the consent of the interviewee, all interviews have been recorded for further analysis.

**Table 19. Details of Data Collection Methods**

Data source	Searching/Sampling approaches	Sample
Documents	Search engines www.google.com, <a href="http://www.kbs.gov.my">www.kbs.gov.my</a> (Ministry of Youth and Sports Malaysia), pps.kbs.gov.my (Office of the Malaysian Sports Commissioner), and nsc.gov.my (National Sports Council)	<ul style="list-style-type: none"> <li>• Official statements</li> <li>• Newspaper articles</li> <li>• Officials Data</li> <li>• Officials Statistic</li> <li>• Official Information</li> <li>• Meeting minutes</li> <li>• Public records</li> <li>• Academic journals</li> <li>• Academic books</li> </ul>
Semi-structured interviews	The results of this study are comprehensive to all types of population backgrounds specifically women in Putrajaya. (Table. 18)	For anonymity, interviewees will be identified by them; <ul style="list-style-type: none"> <li>• Student,</li> <li>• Government Servant</li> <li>• Public Servant</li> <li>• Unemployed</li> <li>• Students Athlete</li> </ul>

By doing a document analysis of different sources and a series of semi-structured interviews, it will enhance our understanding of how to minimize the escalation of this factors, it is important to know the key reason behind this factor for promoting a multi-disciplinary policy and program with projects that have not been implemented before in order to increase women participation in Sports in Malaysia.

In-depth interviews are personal, non-structured and direct, but they have a base to allow the researcher to follow a path that get the desired information. The interview questions were tailored to them based on their different backgrounds. The five sets of questions are included in this document on Appendix 2.

### **3.4. Data Analysis**

The data was analyzed by realizing a thematic analysis of the interviews and documents. The data will be coded and categorized into themes in order draw conclusions upon it.

Interview data thematic review followed open coding procedures (Patton, 2002). This open process of coding has taken place in many stages (Creswell, Hanson, Clark Plano, & Morales, 2007; Strauss & Corbin, 1998). The researcher will review the transcribed interviews separately and take notes on the interviews to start the initial study. This original coding, or " open coding," consisted of segmenting data in the transcripts by assigning tags and labels to information units (Miles & Huberman, 1994).

These themes will be identified using gender role stereotyping as the theoretical framework, yet it is allowed for additional themes to emerge from the data independent of the proposed theoretical framework. This strategy allowed for an in-depth interpretation of the data. Following this initial coding procedure, the researcher will select the direct quotes from the participants' interviews as support for each theme. These quotes will be included in the results/discussion section.

### **3.5. Trustworthiness**

The validity of the study reflects Creswell and Miller (2000)'s three-lens approach and takes into account the researcher's lens during the analyzed documents and interviews, the lens of interviewees by sharing views and the lens of individuals outside the study such as us teachers and tutors. Triangulation, member checks and peer briefings and thick and rich description will be included in this approach (Creswell & Miller, 2000).

The interviews were transcript from their competition within a 24-hour frame. The investigator then sent the transcript to each member to review and verify that the data was accurate and in line with what was discussed in the interview. All participants responded positively and allowed the transcriptions to be used for the process of data analysis. Interviews were also checked by the instructor of the researcher and colleagues in the event of any confusion while maintaining the participants' privacy.

## Chapter 4. Findings

### 4.1 Overview

This study specifically aimed to answer three research questions and from the data analysis, there finding indicated multiple themes that were coded to answer the research question and the codes were generated based on the response of the participants as shown in the table below:

**Table 20. Developed Themes**

<b>Research Question</b>	<b>Emerged Themes</b>
RQ1: How do women in Putrajaya participate in sports?	<ul style="list-style-type: none"> <li>• Understanding the motivation and reason to women involve in sports</li> <li>• The adaptation and consistency process in sport involvement</li> <li>• The perceived wellbeing by the women throughout the involvement in sports</li> </ul>
RQ2: What factors that influence women from participating sport in Putrajaya?	<ul style="list-style-type: none"> <li>• Personal Influence and positive encouragement</li> <li>• Societies views on women sport culture environment</li> <li>• Body behavior and physical structures</li> </ul>
RQ3: How Can Putrajaya's Women Can Increase or Enhance Their Participation in Sports?	<p>Challenges:</p> <ul style="list-style-type: none"> <li>• Time limitation</li> <li>• Financial balance</li> <li>• Restriction</li> </ul> <p>Benefits:</p> <ul style="list-style-type: none"> <li>• Improving life skills</li> <li>• Exploring new environment experience</li> <li>• Suggestion for future improvements</li> </ul>

**Table 21. Demographic of The Research Respondents**

<b>Participants</b>	<b>Background</b>	<b>Marital Status</b>	<b>Kids</b>	<b>Education</b>	<b>Institution/ Background</b>
P1	Government Sector (Executive)	Single	0	Bachelor	Malaysian Communications and Multimedia Commission
P2	Government Sector (Executive)	Married	0	Master	Ministry of Youth and Sports Malaysia
P3	Government Sector (Executive)	Married	6	Bachelor	Ministry of Education Malaysia
P4	Government Sector (Nonexecutive)	Single	0	Bachelor	Ministry of Domestic Trade and Consumer Affairs Malaysia
P5	Government Sector (Nonexecutive)	Married	1	Bachelor	Malaysia Prime Minister Department
P6	Private Sector (Executive)	Single	0	Bachelor	Ministry of Federal Territories Malaysia
P7	Private Sector (Executive)	Married	2	Bachelor	Malaysia Competition Commission
P8	Private Sector (Nonexecutive)	Married	2	Malaysian High School Certificate	Malaysia Airlines Berhad
P9	High School Student	Single	0	Malaysian High School Certificate	Pahang Malaysia Sports School
P10	University Student	Single	0	Bachelor	Putra University Malaysia
P11	Unemployed	Married	1	Bachelor	Housewife

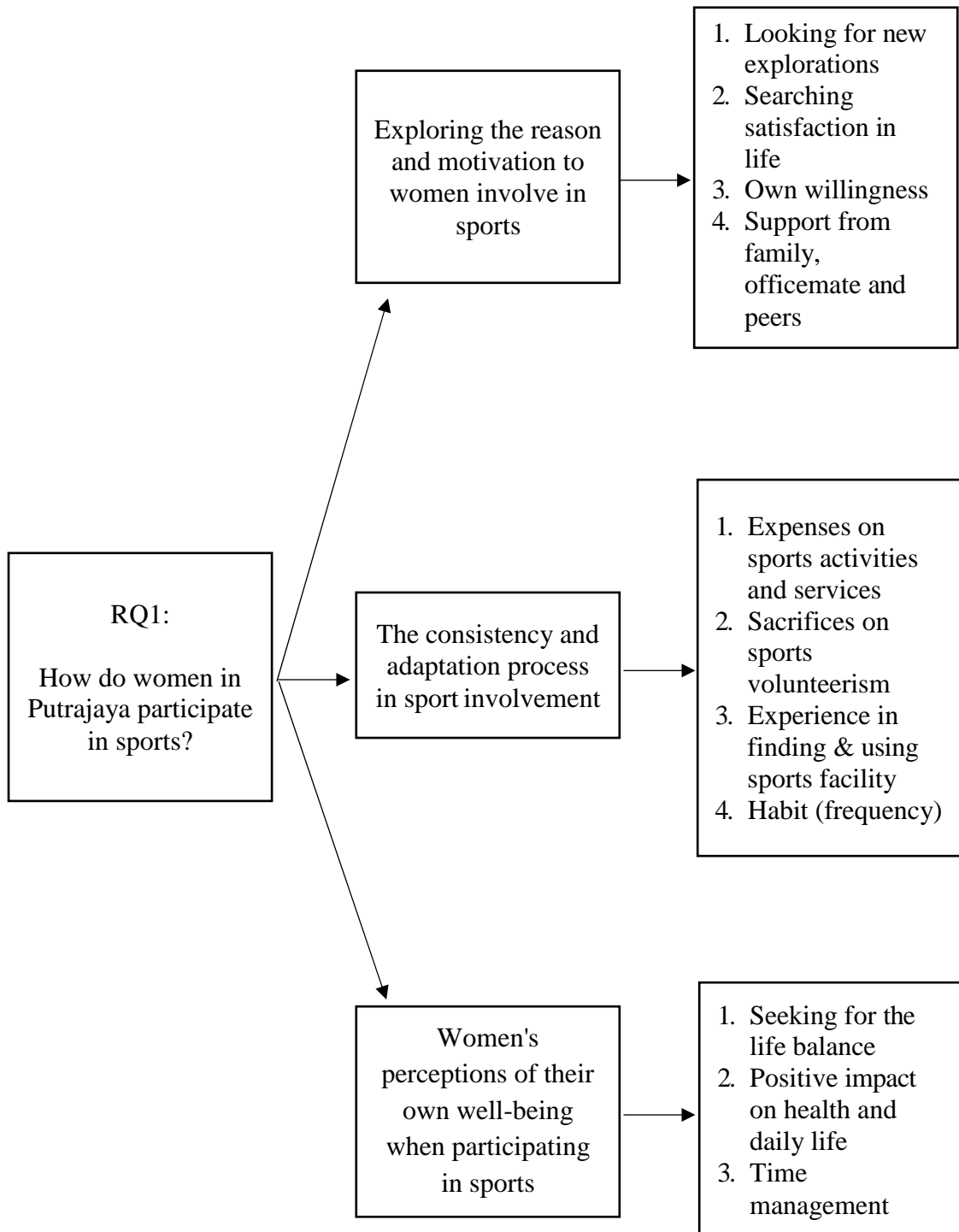


**Table 22. Contribution of the Codes by The Research Participants**

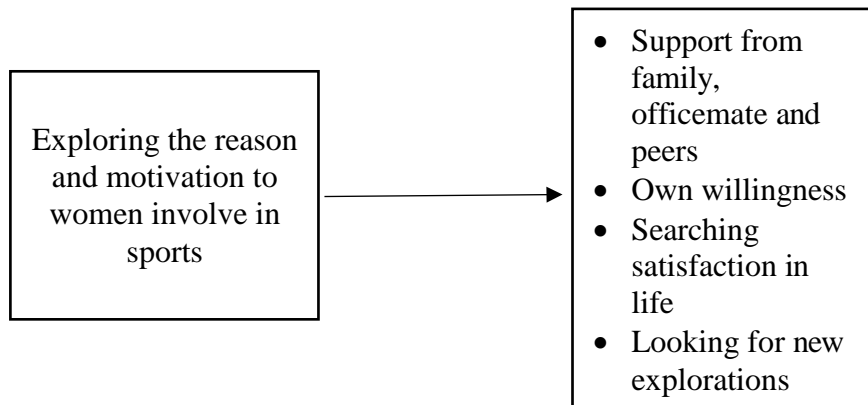
<b>Codes</b>	<b>Sub Codes</b>	<b>Contribution Frequencies N=11</b>
<b>RQ1: How do women in Putrajaya participate in sports?</b>		
Exploring the reason and motivation to women involve in sports	Support from peers, officemate and family	10
	Own willingness	8
	Searching satisfaction in life	7
	Looking for new explorations	4
The consistency and adaptation process in sport involvement	Expenses on sports activities and services	11
	Sacrifices on sports volunteerism	7
	Experience in finding & using sports facilities	6
	Habits (involvement frequency)	4
Women's perceptions of their own well-being when participating in sports	Seeking for the life balance	11
	Positive impact on health and daily life	9
	Time management	8
<b>RQ2: What factors that influence women from participating sport in Putrajaya?</b>		
Personal Influence and positive encouragement	Escape Mechanism	8
	Encouragement and situation support	4
Societies views on women sport culture environment	Sports Sponsorship	8
	Sexual harassment & abuse in sports	7
	Supporting & empowering women in sports	5
Body behavior and physical structures	Improving menstrual cycle	11
	Increasing chance of productivity	8
	Changing physical structure	3

<b>RQ3: How Can Putrajaya's Women Can Increase or Enhance Their Participation in Sports?</b>		
<b>(Challenges)</b>		
Time Limitation	Free time	10
	Managing career	7
	Family Commitment	9
External Condition	Weather Factors	11
	Income	6
Restriction	Limitations in religion	9
	Cultural expectation	9
	Physical appearance	3
	Dress code	7
<b>(Benefits)</b>		
Improving life skills	Social skills	11
	Exercising and maintaining a healthy diet	3
	Prioritize (time management)	9
Exploring new environment experience	Networking relationship	7
	Gaining positive self esteem	5
Suggestions for future improvements	Public safety	8
	Sport as one of the main considerations in job applications	6
	Effective program	4
	Incentives	2

## 4.2 Exploring the perspective of Putrajaya women in sports



#### 4.2.1 Exploring the reason and motivation to women involve in sports



Understanding the rationale and reason for women to participate in sports is the first sub-theme that emerges in identifying how women in Putrajaya participate in sports. According to the findings, the primary motivation for women in Putrajaya to participate in sports is based on the women's own willingness.

*“Initially for weight loss, but now mainly focusing on building up stamina and toning up my body. Also “forcing” the mind and body to produce endorphins for stress management.” (Participant P11).*

Another factor that motivates and influence women participation and that influence relates to their participation in sports is from the family member and friends. Participants said that:

*“Family members and friends. I need family members' support and encouragement so I can continue doing sports. They can provide support when they join for weekends sports activities or even looking after my kids when I went for a jog.” (Participant P7).*

Doing sports seems to give her another satisfaction in women's lives in Putrajaya. This is because, as stated, the commitment of working women is one of the biggest challenges in Putrajaya but by giving a different perspective in life. She explained further by saying;

*“I think I was born with the sports genes. I enjoyed playing out even when I was a child so physical exercise just naturally draws me in. I have always looked forward to that at least one hour of physical exercise every week, and trainings in the evening.” (Participant P11).*

In the meantime, all of the participants expressed their interest in sports based on their experiences and sacrifices. It stems from their desire to be active in addition to being a mother and a professional woman.

*“Sports experience help building positive self-esteem. Besides, I sacrifice my beauty sleep every morning and start eating nutritious food.” (Participant P1).*

Another participant who is women sport school athlete conveyed her strong opinion by saying:

*“I can't spend more time with my family because I have to give full commitment and focus on my sport.” (Participant P9).*

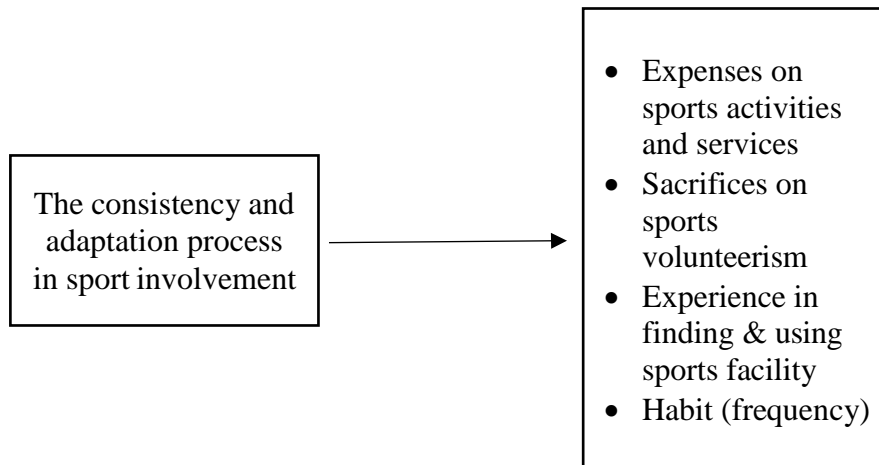
As a result of participating in sports, another intriguing region was discovered, as one of the participants indicated getting or looking for a new exploration. She went on to say that, despite the fact that participating in sports has its own set of challenges, the participants expressed his thoughts by saying:

*“Putrajaya got so many beautiful parks. Definitely by cycling, I can explore beautiful places where I ride. I love to share photos on my Strava and I can make a new friend.” (Participant P5).*

Another participant also strongly expressed with:

*“Hiking always makes me tired, however when I hike, I will learn so many things. This kind of jungle, that kind of route, that kind of track. It also challenging me and I learn how to breath with the right way, how to coop with my team mate, how to help each other and the best is when you reach to the top of mountain, I feel satisfied.” (Participant P6).*

#### 4.2.2 The consistency and adaptation process in sport involvement



In the second sub-theme, it was discovered that women face a variety of challenges when it comes to participating in sports, particularly in terms of costs for sports activities and services. P9, a participant who is currently studying, stated:

*“Since I am a student, I don’t have much money and usually I use my parents’ money to buy some sporting goods.” (Participant P9).*

It’s also been added by another participant by saying that:

*“I’ll spend my money depends on my budget if they any necessary for that month I might spend a lot. I love to buy sporting goods thru online and also from shop nearby.” (Participant P9).*

Sacrifice in sports volunteering is one of the keys in determining whether a person truly embodies the field of sports. For participants 3, she was one of the volunteers for the Commonwealth Games 1988:

*“I was a volunteer for commonwealth game 1998. It’s really an unforgettable experience as Malaysia rarely hosting a big sporting event like this. Also, as a parent we voluntary for sponsoring our kids’ team game such as foods, transport and accommodation. No one encourage me to be a sports volunteer and it’s just my passion for sports.” (Participant P3).*

On the other hand, another participant just saying that:

*“I have never been a volunteer honestly, because usually I will be either a participant or an audience. And never really looked into being a volunteer.” (Participant P11).*

As explained in the background of this study, Putrajaya is made the best location for this study because it is a government administrative center that has a variety of facilities and complete services, including sports and recreation:

*“I’m thankful that I live in Putrajaya which nearby sports complex. The sports facilities are well managed by the management. No excuses for me to build a healthy lifestyle and yes, stress relief too.” (Participant P1).*



Another participant shares her experience that too many people using the same facilities by saying:

*“I used to play at the badminton court in our resident in Putrajaya. We have to very fast booked for the facilities as there are many residents like to use all the courts.” (Participant P6)*

The frequency of women's involvement in sports in Putrajaya is also a matter that needs to be taken into account to reflect the level of activeness and to know the culture in Putrajaya especially in sports. P8 as a mother of two kids stated that:

*“I'd go swimming at least once a week now. Used to be more, but now with 2 kids, it's a bit difficult to fit more sessions.” (Participant P8).*

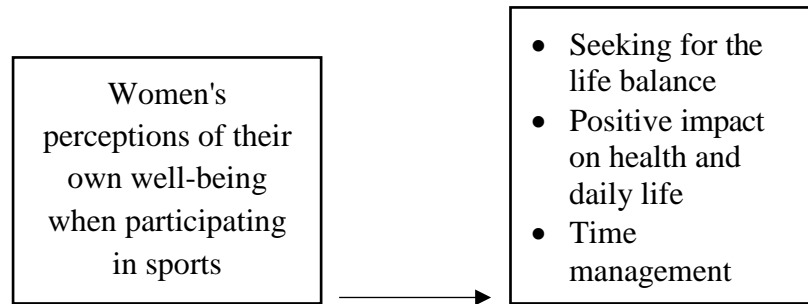
It also been added by another participant by saying that:

*“Yes, 3-4 times a week. As I jog or exercise in the morning, it depends on my schedule of the day or mood. Whether I have urgent workload/housework to be settled throughout the day.” (Participant P7).*

Be a student, frequency of involvement in sport will be much affected in different way as stated by one of student participant:

*“Yes. When I am in college I walk for a few hours once a week during weekend to release stress from study, classes and assignments. However, during semester break I don't often do any sports activities.” (Participant P10).*

### 4.2.3 Women's perceptions of their own well-being when participating in sports



A sub-theme of women's well-being emerges as a result of studying women's participation in sports in Putrajaya. Women who are largely working women with children and commitments are able to devote time to sports in this scenario, but there are challenges in striking a balance between work, sports, and family life. They are estranged from their families due to work obligations, yet they are still striving to find a solution to this dilemma. Respondents noted how vital it is to emphasize that family and job commitments to sports involvement may be done with the correct attitude and determination to be a part of it on the path to find the balance to perform their best.

*“Women should not hesitate to be involve in sports. Be extrovert and brave to be competitively involve. Just get your shoes and join the activity. Don't feel down if you are not like the other active women. you just do your ways and your level. Improve every day. Better late than never.” (Participant P3).*

Health is the key to well-being that needs to be taken care of. Exercising and taking care of nutrition is one of the best ways to maintain mental and physical health.

*Sports give me many positive impacts on my health and daily life such as a good skin, always stay hydrated and it can release our stress and tension.*

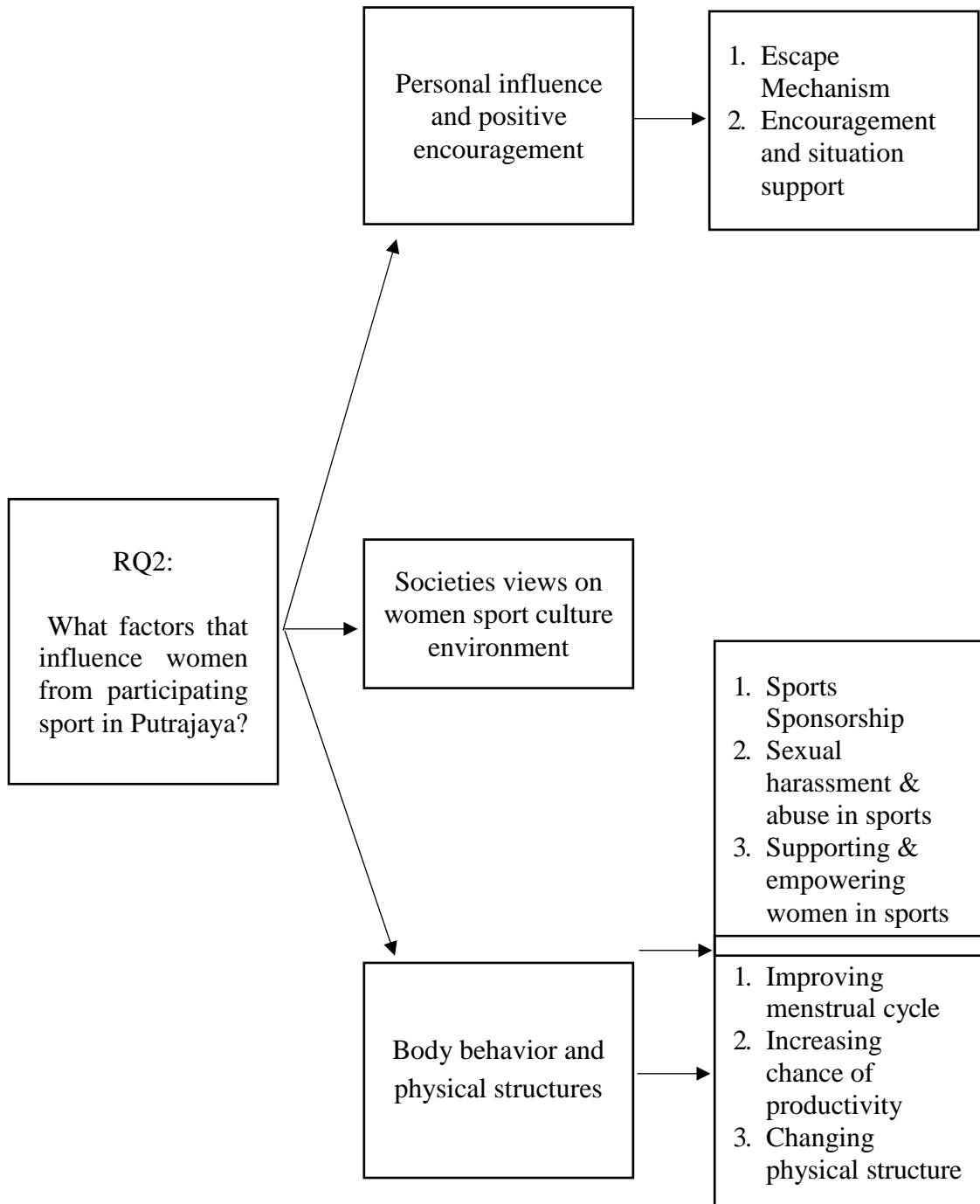
*(Participant P3).*

When it comes to working women especially with or without kids, time is always of the essence. If they were unable to handle properly, the participant stated that it would be a problem.

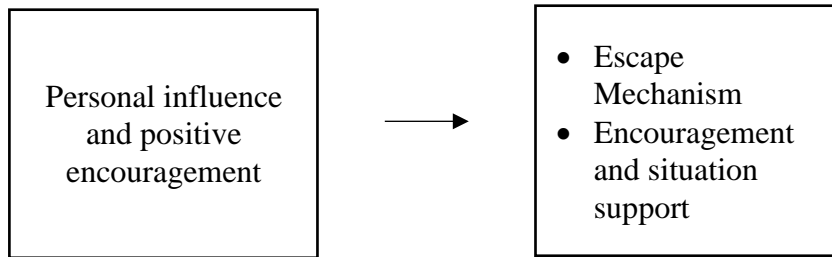
*“I hate to agree on this but it does unfortunately, because time is just not on your side. You have to schedule your training and workouts around the family’s schedule. But I guess it just helps me manage my time better.*

*Either you start your day earlier or ending it later but finding balance is key.” (Participant P11).*

### 4.3 Identify the influences that have an impact and implications toward women involvement in sports in Putrajaya



### 4.3.1 Personal influence and positive encouragement



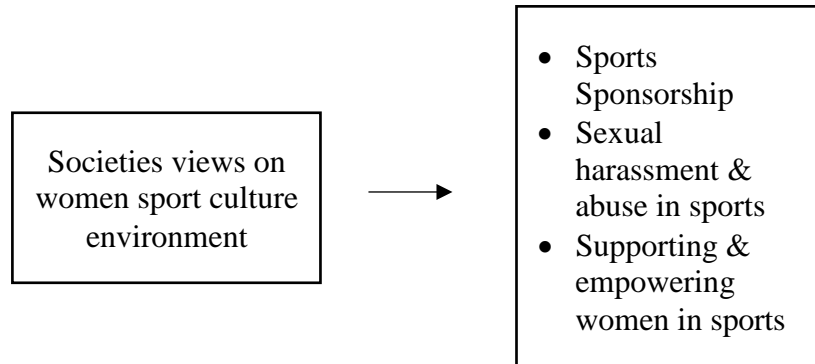
The factor of women involvement in sports is because they want to fill their free time and keep their bodies healthy. Playing sports is an activity that can fill their free time with friends. For women, filling their free time with sports can help them improve their quality of life in a healthy way. Meanwhile, women's involvement in sports is because they want to maintain the health of the body and also the beauty of the body. Doing sport is actually can be an utmost reason for a woman as a mechanism to escape from a bad habit.

*“I feel obesity and depress cases in Putrajaya is somewhat related to mental health and participation in sport. Eating habit is the key to gaining or losing weight. Some has eating habit as a coping mechanism. So, it can be said that sports are an escape mechanism from those bad habits/addiction.” (Participant P11).*

By supporting and empowering women in sports, the body will be healthy and produce an active mind, eliminate laziness, and also avoid any patients in the body and lead to excellence for a career and married woman.

*“If women are weak, lazy, always sick and have a bad lifestyle, it is not only giving a negative impact to the woman but also it will lead to their kids and family which they are hard to get involve in whatever they want because less guidance from their mom, less encouragement, less confident and less experience too.” (Participant P3).*

#### **4.3.2 Societies views on women sport culture environment**



By bringing individuals and communities together, sport improves social and cultural life. Sports can help to break down prejudice, stereotypes, cultural differences, ignorance, intolerance, and discrimination by encouraging communication and helping to overcome differences. Men and women should get equal recognition for playing sport at any place and get the sponsorship in sports.

*“Usually, from my experience, women team/solo sports have a tougher time getting sponsors as compared to male team/solo sports like football. Women participants will get sponsor easier if they play popular sports like badminton. When we win yes, we get the recognition, but recognition to have a good training is a different thing.” (Participant P11).*

In the Malaysian sports arena, gender-based violence, particularly sexual harassment and abuse, is concerning and must be addressed in order to create a safe and secure environment for all.

*“In general, Malaysians still have long way to go. For a start, anything sexual related, consented or not is still a taboo in our society. It is still so hard for women to defend themselves against whatever harassment we encountered.” (Participant P8)*

Another participant added that, laws related to this matter need to be enforced as this is an unhealthy culture and it needs to be stopped:

*“Women should be encouraged for their participation in sports as it can lead to healthier lifestyle of their families and communities and people should have stop to view women doing sports as sexual objects. Legislation on sexual harassment, abuse, and rape must be developed and implemented.” (Participant P7).*

Sport can be an important tool for social empowerment through the skills and values learned, such as teamwork and respect for others. The social benefits of participation in sport are thought to be especially important for women, who often have fewer opportunities than man for social interaction outside the home.

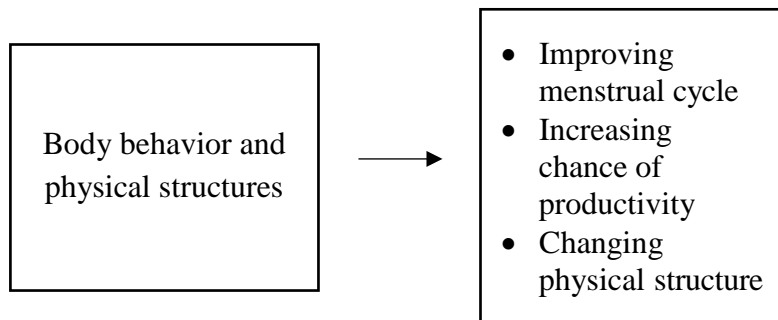
*“In my opinion, in general society view women that are active in sports as an empowered woman, because to be active in sports it requires a lot of attention and commitment for the sports. People always have thinking that women are bound to get married and have to take care of their children and family hence they will not have any time to be that active in sports.”*  
(Participant P10)

Another participant added that in order for empowering women in sport it should be started from family and other external factors by saying:

*“I know my parents were quite against me playing sports, rather than my brothers but that didn’t stop me. It could also be because there’s a lack of support from associations and clubs on spending or lack of daycare for new moms and lack of changing facilities.”* (Participant P11)



### 4.3.3 Body behavior and physical structures



As explained in the literature section, evidence is accumulating showing exercise has no suppressive effect on the reproductive system other than the energy cost of exercise on energy availability. There is possibility that women could use nutritional supplementation to prevent or treat menstruation problems while maintaining their exercise routine.

As stated by one of participant based on her personal experience regarding sport participation was not affected by her menstruation cycle but reduce her interest for participate in sports by saying that:

*“I’m lucky enough, being active doesn’t really affect my menstruation cycle. However, when I’m on my cycle I would just rather stay in than being active or do exercise.” (Participant P8)*

Another participant experiences the same thing by saying that:

*“Women will not feel comfortable in the first few days of having menses, because women face different type of menses effect. Personally, I may participate in sports after 2-3 days in my menstrual cycle.” (Participant P7).*

Generally, women being physically active is not only a healthy but also a rewarding choice. Environmental, nutritional, emotional, and physical stress can cause the reproductive system to adapt.

One of participant did not agree that by doing sport activities can reduce her chance of getting pregnant or productivity since she is a mom of 6 kids by saying:

*“I get more fertile because my blood flows well and my hormone balance up. It just that don’t get too soon to participate in sports after deliver a baby. It might take 4 - 6 months so that my body strong enough to meet vigorous activity.” (Participant P3).*

Body image is defined as a woman's subjective assessment of herself and others based on body weight, shape, size, and attractiveness. It has something to do with self-esteem and self-worth. Sports can influence a woman's perception of her physical shape, size, and performance level. Body image issues can be exacerbated by comparisons to others' weight, shape, and size.

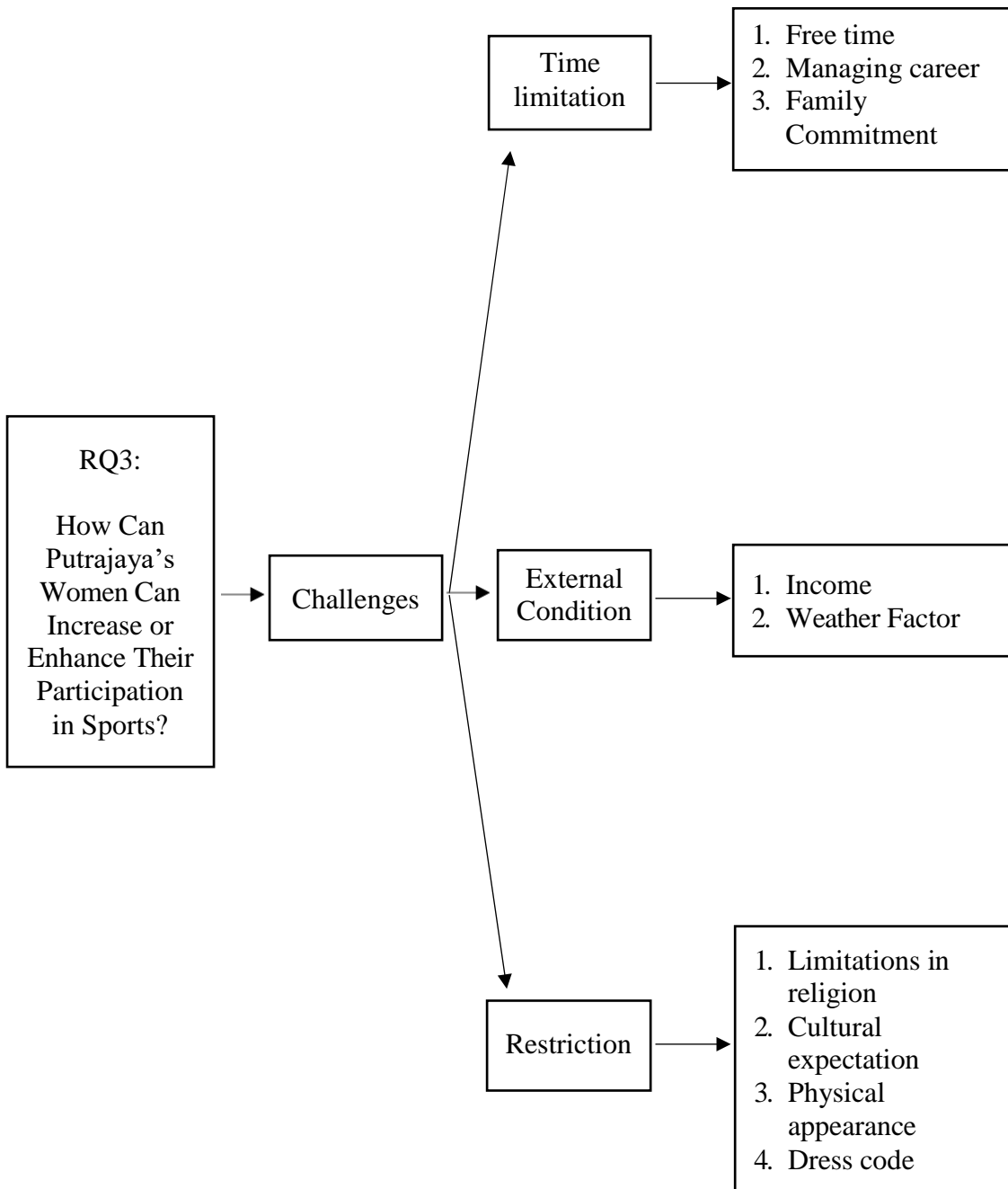
*“If you do what you love and you love how you look, that’s the only fact that matters. I don’t think any women do sports to look like men, they just do sports and somehow the society perceive certain looks is only for men.” (Participant P8).*

Another participant added that physical structure is not negatively change by saying:

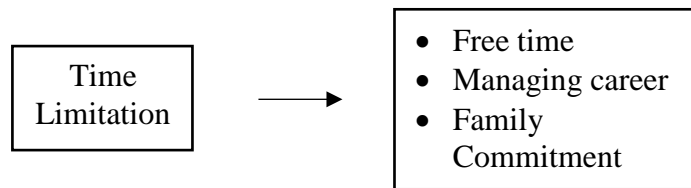
*“I do not think physical structure will change negatively due to exercising. Some professional women athletes do look like men, maybe they look more muscular and that’s about it. Some still look feminine which I think it depends on practicality on how they want to represent themselves.”*

*(Participant P7)*

#### 4.4 Exploring the challenges of women participation in sports



#### 4.4.1 Time Limitation



A woman's life is already demanding due to her hectic schedule of work, children, and family. Women in Putrajaya expressed their dissatisfaction with this situation since they have no free time to spend time with their children and families, and manage their careers.

*“Most of women in Putrajaya have career and family, therefore their attention is given to their work and managing their children and family. Even during their free time, I believe they would rather rest at home and spend quality time with their family.” (Participant P10).*

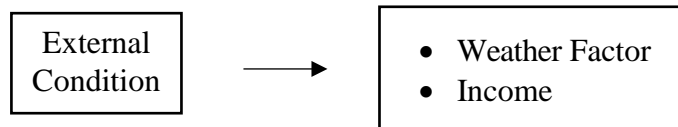
This statement also been added with one of student participant which related to her assignment constraints by saying that:

*“Yes, assignments do impact my sport participation. During the previous semester where the learning was done through online, most lecturers gave a lot of assignments and some of the due dates are quite short. So eventually me and my friends did not have much free time to do any sports activities.” (Participant P9).*

As explained in the previous literature, it is certain that women's participation in sports is indeed highly dependent on the time in which one of their constraints is due to performing responsibilities as a housewife mother and wife. One of the participants suggested that there should be a sports implementation where all family members can be involved together at the same time by stating:

*“In my opinion, maybe a sport event that can be participate as a family could be conducted, allowing them to do sports at the same time spend time as a family. Apart from that, work place should allow and encourage workers to actively involved in sports.” (Participation P8).*

#### **4.4.2 Financial Balance**



Looking at the location factor, Putrajaya is a developed city inhabited by thousands of residents, the majority of whom are government officials. Of course, the financial factor is not so much a problem for women in Putrajaya to participate in sports but it needs to be explored.

*“Not really because sports participation is not expensive, most of it is free, it's either you want to do it or not. You just need a good sport shoes / attire (regardless of the brand) and you are good to go.” (Participant P2).*

On the other hand, one of participant who are really passion in riding bike saying different thing:

*Yes, because some sport requires a lot of attire and equipment, but its ok because people enjoy do what they like. someone who don't play sports also spend a lot on their handbags, eating habits, shopping and make up. Hehehe...". (Participant P3)*

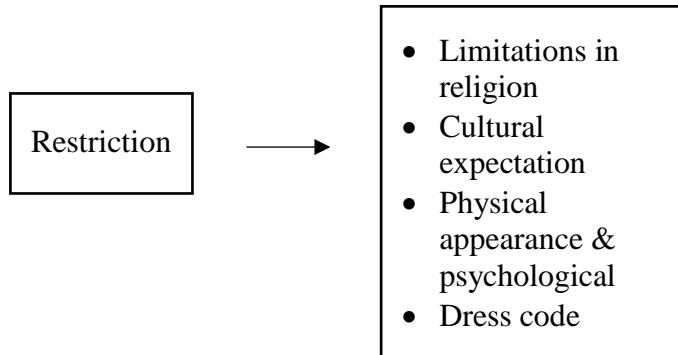
It should also be noted that women's involvement in sports does not actually depend on family income even if they are not working or still studying.

*"I believe in spending for my well-being. If I know it will be beneficial to my mental and physical health, I don't mind spending from my own pocket. But having said that, my workouts are definitely not expensive."*  
*(Participant P11)*

Weather is always the challenge for all of the participant and it has been stated by one of the participants:

*"Basically, due to weather factors. Putrajaya has so many outdoor places for sports, but less for indoor. For using indoor facilities, it is not easy to get if we booked on the spot. So, for me, the weather factor is very important."* (Participant 7)

### 4.4.3 Restriction



As described in the background of this study, the majority of the population in Putrajaya is Muslim. However, religion is not a barrier to involve in sports activities, especially for women.

*“People need to open their eyes and look on the bright side. There is no such thing as religion that prevents us from building a healthy lifestyle. We just need to learn more about how women can also participate in sports on our way!”. (Participant P1).*

Another participant mention about limitation in religion but still not prevent women from participating in sport by saying:

*“Women who play sports in Malaysia are generally not bound by religion as long as it still within the limit.” (Participant P4).*



Cultural and society's expectations of women are very high for both family and career, which to some extent greatly influences them to be actively involved in sports.

*“Women are less likely than men to participate in sports because of society expectations! Our society has certain expectations on women, society just put so much role on women that sport is just a tiny part that women have a role in.” (Participant P8).*

Another participant also states the same thing by saying that:

*“It is about cultural expectations which you’re not supposed to do that with men around, girls aren’t supposed to be better than boys.” (Participant P7).*

Body image has a strong link to sports involvement, and good body image encourages people to participate in sports. Body image has a favorable impact on sports involvement; in other words, the more positive one's body image is, the more active one is in sports.

*“Physically, if they are not comfortable with their physical appearance especially the situation like sweating and gasping for air while doing sports. Psychologically, the laziness to start since there are certain limitations as above answer and feel insufficient support from family or friends.” (Participant P7).*

Another research participant offered the following statement in support of this issue:

*“Factors that discourage me is my physical appearance and if there are men and the sport makes me do a big movement, I probably would not play properly or just stop playing.” (Participant P10).*

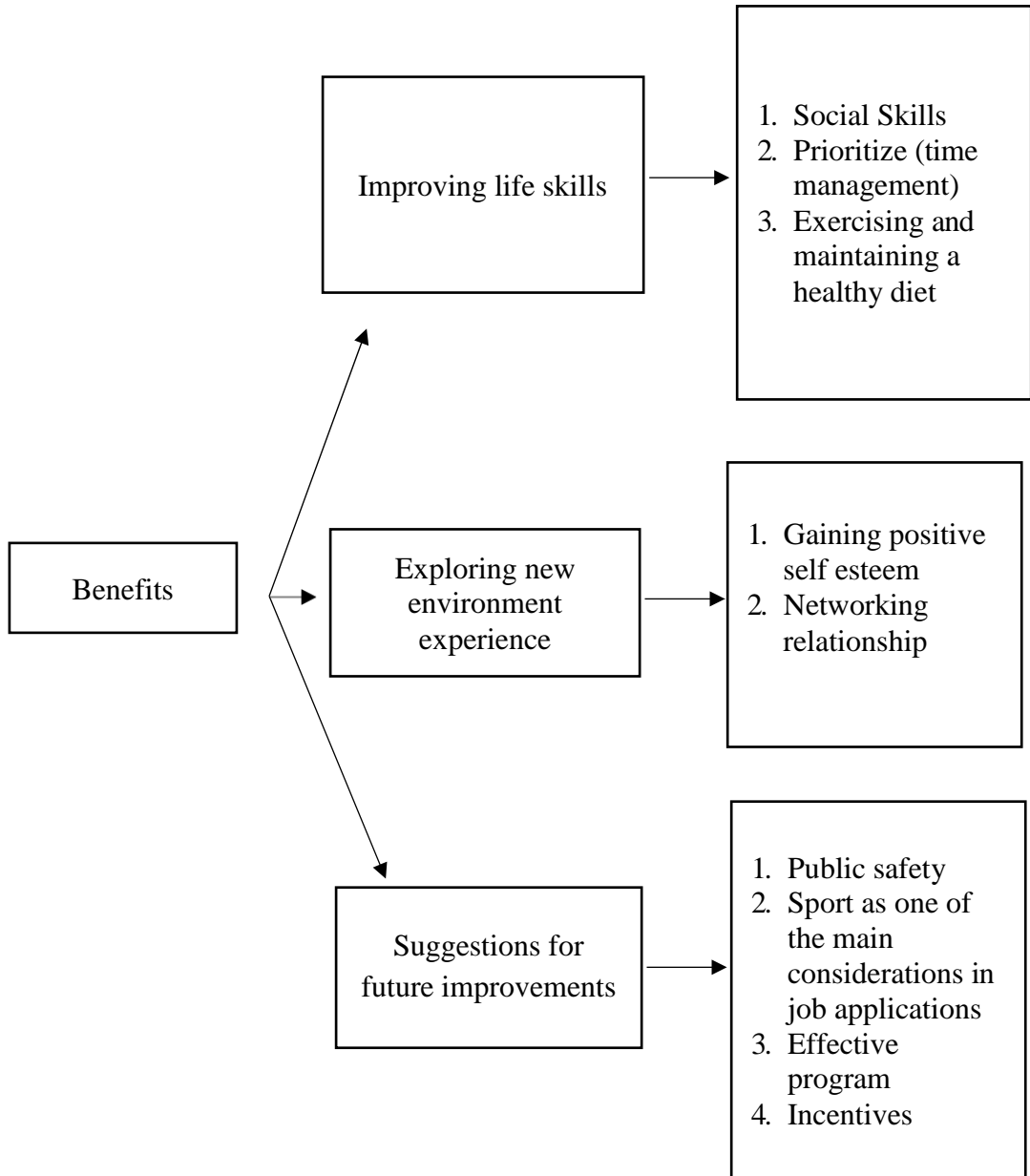
Identity is one of the key reasons for implementing a dress code in sports. The sports clothing code aids in determining the type of sport that what we do. However, the dress code might be one of the barriers to women participating in sports especially for Muslim country.

*“This I feel is more on personal choice against society. While some women prefer to have certain dress code or are comfortable with the current ones, in reality whatever a woman choose would always be judged by our society.” (Participant P8).*

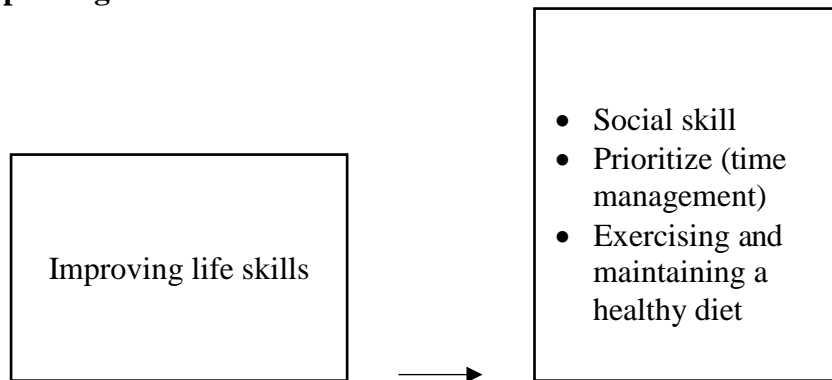
Another research participant offered the following statement in support of this issue but got supports from the society by saying that:

*“I think dress code for women is an issue as the attire are uncomfortable and maybe limiting their ability, but nowadays women player is openly opposing the dress code and are getting many supports from the society.” (Participant P10).*

#### 4.5 Improving and enhancement of women participation in sports



#### 4.5.1 Improving life skills



Sports give significant physical, psychological, and social benefits for women in addition to being enjoyable to play. We all know how important physical activity is for a healthy living; in fact, women who participate in sports are less likely to acquire chronic health problems like obesity and diabetes, as well as to continue an active lifestyle. However, the advantages of sport, especially for women, go far beyond working up a sweat, and these advantages are found in life skills.

About social skills, one of participant like to play team sports and never played a solo sport because she loves the camaraderie between her teammates:

*“I find a lot of friends while playing and I feel it hones my leadership and social skills. You learn how to communicate in stressed and tired environments, dealing with different personalities on court, all while maintaining good composure and exercise your roles in a play.”*  
(Participant P1).

One of the participants stated that how sport really gave a big impact on how she can manage her time even she is unemployed with one kid by saying:

*“Yes, definitely even now when I was unemployed. Finding time and just the right headspace. Especially now when everyone is home, just to find time and space where I give my all for 30 mins is a challenge. But when I do, I love the fact that I managed to make time.” (Participant P11).*

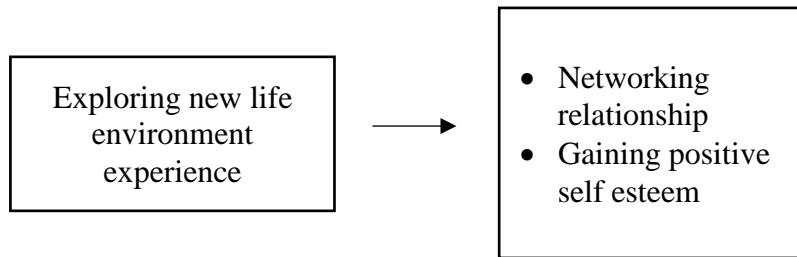
When dealing with sports and life skill, one of the good questions been asked was regarding exercise, diet management and their level of health. One of the participants explained that:

*“I try to keep my portion size in check, and exercise regularly and I don’t rely on antidepressants that much now. So, I am not sure. But I am trying to keep myself healthy now though.” (Participant 7).*

Another research participant offered the following statement in support of this issue that she feels that she is healthy by saying that:

*“I do it very consistent and care about what I take for my meals. I will balance it.” (Participant P1).*

#### 4.5.2 Exploring new environment



Women who participate in sports and have a career or have children and families tend to adapt better since they are exposed to a variety of unfamiliar surroundings. Furthermore, Participant P11 stated that he was able to acquire and know life skills as a result of his participation in sports tournaments, and that he was able to develop his network relationships in both sports and daily survival as a result of his participation in sports tournaments.

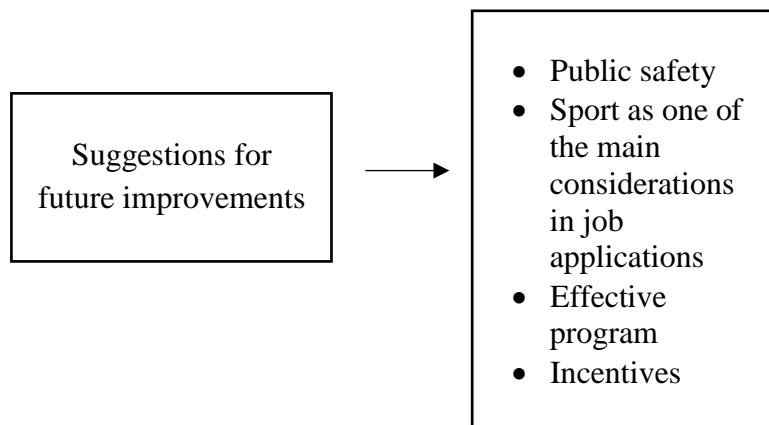
*“One thing about me is I love playing team sports and I have never played a solo sport my whole life maybe because I love the camaraderie between my teammates. You learn how to communicate. I find a lot of friends while playing and I feel it hones my leadership and networking skills.”*  
*(Participant P11).*

There is no denying that by playing sports, in Putrajaya women can gain many useful experiences throughout life both for themselves and others as well as the environment. One participant described those sports gave her a positive impact in daily life by saying:

*“Sports experience help building positive self-esteem. Besides, I sacrifice my beauty sleep every morning and start eating nutritious food.”*

*(Participant P1).*

#### **4.5.3 Suggestions for future improvements**



At its most basic level, public safety is safeguarding the public against crimes, disasters, and other potential dangers and threats. It also addressed public safety in sports, particularly in the Putrajaya area. The basic purpose of public safety, regardless of job, is to prevent danger and protect the well-being of Putrajaya residents.

*“Putrajaya has lots of public places for sports but then public safety is not yet established to make more women feel safe enough.” (Participant P7).*

Other participants also stated the same thing where there is little concern related to public safety in Putrajaya which causes women to be afraid to play sports:

*It's all about public safety in Putrajaya. We are in constant fear for our safety, maybe more equipped officers to ensure women's safety."*

*(Participant 8).*

One of the main issues in Malaysia is that academic achievement is very much emphasized in getting a job and active involvement in sports is only complementary.

Participant 11 stated that in Malaysia, they look at our academic achievements first, but she further explained that in all her interview experiences she managed to argue what she learned in sports are beneficial in the working environment:

*"Like leadership, communication, discipline. I have always believed that sports will teach you something else than in school. And also, I notice people with a sports background have this confidence in them than one with no sports background."* (Participant P11).

On top of that, Participant P7 described that it is importance to have a special program for woman which it is not only women in Putrajaya are able to have access to the facilities as much as men, but she also suggested:

*"Community must be more active in conducting weekly program for women as it may involve small crowds and easier to handle. They can have a space to do Zumba or aerobics."* (Participant P7).



One of the participants giving her opinion on how we can help women participate in sports more effectively by saying that:

*“Educate importance of sports participation among women. Emphasize to stay healthy for themselves and family as well as eating healthy. Incentives should be given to women who spend on sporting gears and clothing.”*  
*(Participant P6).*

## Chapter 5. Discussion and Conclusion

To recap, the study's goal was to investigate the barriers, benefits, and challenges that influence women's participation in sports in Putrajaya, Malaysia. The study was conducted among women in Putrajaya, with the primary goal of analyzing three key areas:

1. Exploring the perspective of Putrajaya women in sports;
2. Identify the influences that have an impact and implications toward women involvement in sports in Putrajaya; and
3. Exploring the challenges and by women sports in Putrajaya.

On the basis of their background, marital status, number of children, education, and current institutions, a total of 11 women from Putrajaya were recruited for this research study. In Putrajaya, Malaysia, the research findings outlined learning more about the barriers, rewards, and challenges that impact women's engagement in sports.

The new findings build according to Hong & Coffee's (2018) is on systematic investigation of women's engagement in sports by delving deeper into the sport's cultural setting in Putrajaya for women. Further research directions will be offered and the concluding section of this chapter will outline the factors, practical implications, research contribution, and future study suggestions.

### **5.1. Exploring the perspective of Putrajaya women in sports**

From the research question 1, there are three highlighted sub-themes in regards to identifying their perspective based on the demographic of the respondents for a clearer explanation:

1. The reason and motivation to women involve in sports are because of looking for new explorations, searching satisfaction in life, their own willingness and support from family, officemate and peers;
2. The consistency and adaptation process for women involvement in sports are included their expenses on sports activities and services, sacrifices on sports volunteerism, experience in finding & using sports facility and their habit; and
3. Perceived wellbeing indicates on the seek for the life balance, positive impact on health and daily life and time management.

The key findings for women who participate in sports stem from their personal willingness and support from family, officemates, and peers. According to Millicent, Brent, and Matthew (2013) *Journal of Leisure Research*, a study of amateur triathletes exploring strategies employed by amateur triathletes engaged in serious leisure to negotiate leisure constraints, seeking new explorations and seeking satisfaction in life are also factors contributing women to participate in sports. Women in Putrajaya, in particular, indicated that because Putrajaya has a lot of recreational parks and a lot of places to explore, they go out for sports out of curiosity and a desire to feel the beauty of the Putrajaya surrounding nature.

For consistency and adaptation in doing sports, majority are saying that facilities and infrastructure that can be used for sport activities in Putrajaya is satisfaction. According to Higginson (2013), the social background and availability of opportunities have an impact on whether or not people participate in sports. This means that an athlete's social background makes it easier for them to participate in sports because possibilities are plentiful. As a result, sport participants can afford to go to where the facilities are located as well as purchase the essential athletic equipment.

However, their experience on doing indoor sports facilities is one of the barriers that effect their less participation in sports which if the facility is full of man on that place and it is because of their body shaming, physical appearance and feel unsecure. Interestingly women in Putrajaya specifically who are bicycle riders willingly to spend a lot of money for their bike and accessories. However, most of them like to brisk walk and jogging which not much incurred cost. Regarding their frequency of doing sports activities, all of them doing sports at least 2 times a week around 1 or 2 hours.

Meanwhile, for women involvement in sports volunteers, only one participant as volunteer for the Commonwealth Games and interestingly, the other view of participation in sport volunteers is they voluntarily to sponsor their children's sports game such as accommodations, food and transportation and even be a manager and coach for their teams without been pay. For sport expenses,

frequency, locations and facilities is depend on their type of sports, distance and time for women to participated Zainah & Mastura (2018).

The well-being of women in Putrajaya is likewise a major concern. Perceived wellbeing indicates on the seek for the life balance it term on which the vital point to emphasize that family and job commitments towards sports involvement that they have expressed the problem where initially they could not find the balance with the correct attitude and determination to be a part of it on the path to find the balance to perform their best. They feel down if they are not like the other active women.

From the observation by the researcher, time management is also be part of the life balance as stated by Humphrey, Wilson & Pritchard (2005), time management, social relationships, financial, and physical health issues are all variables that lead to stress. The main issue when it comes to analyzing the women sport participation is time management. Managing time is always an essence for working women especially with or without kids. They have difficulty to schedule their training and workouts around the family's schedule which they are still trying to manage their time better in order to find the key balance is key.

On the other hand, health is the key to well-being that needs to be taken care of. Most of the participants stated that exercising and taking care of nutrition is one of the best ways to maintain mental and physical health which give them many positive impacts on my health and daily life such as a good skin, always stay hydrated and it can release stress and tension.

In addition, the respondents in the current study expressed concern about how to balance their life and time management, specifically how to be extrovert and face the fear of competitively participating in sports. Don't be discouraged if they aren't as active as the other women. Instead, work with them on their own ways and at their own level. They may have to make compromises to begin or end the day earlier or later, but establishing balance is the key to time management and life balance.

## **5.2 Inputs and consequences for women's participation in sports in Putrajaya**

In response to the second RQ, the respondent identified numerous things that affect them to participate in sports, which are:

1. Personal influence and positive encouragement which sport be an escape mechanism and getting support and encouragement;
2. Societies views on women sport culture environment relating to sports sponsorship, sexual harassment and abuse in sports and empowering women in sports; and
3. Body behavior and physical structures which specifically related on improving menstrual cycle, increasing chance of productivity and changing of physical structure.

It must be accepted that the disparity in backgrounds is a significant motivator for women participation in sports. Very interesting finding that researcher want to highlight is about escape mechanism from coping mechanism in sports participation which is a mental strategy that allows women to avoid confronting unpleasant or threatening aspects of reality or bad habits. Majority respondents was stated that sports have been their escape mechanism that led to decrease their time for to spend on unhealthy activities such as drinking/party and addiction to nicotine. Furthermore, eating habit is the key to gaining or losing weight which eating habit can be one of coping mechanism (adjustment or adaptation that reduces tension and anxiety in a stressful situation). So, sports are an escape mechanism from those bad habits/addiction.

The findings also showed that encouraging for doing sports is very important. For instance, the respondents explained that with less supporting and encouraging for doing sports, sports can lead to negative impact not only to the woman but also it will lead to their kids and family which they are hard to get involve in whatever they want because less guidance from their mom, less encouragement, less confident and less experience too.

One of the challenges, the respondents also expressed the concerned about getting equal recognition for playing sport at any place and get the sponsorship in sports as she experiences that women team/solo sports have a tougher time getting sponsors as compared to male especially in football. Women participants will get sponsor easier if they play popular sports like badminton.

In the case of women participation in sports, ironically in this study, there are respondent that are worried about sexual harassment and abuse in sports. It is important to highlight that the respondent have expressed this problem where in general, Malaysians still have long way to go. It is still so hard for women to defend themselves against whatever harassment they encountered and people should have stop to view women doing sports as sexual objects. Legislation on sexual harassment and abuse must be developed and implemented to personal capacity and governing also body.

In regard to the women empowerment in sports, according to Kane (1998), sport is one of the most important locations for the formation of gender-equalizing cultural attitudes and empowerment practices. Women believe that they will never be able to compete with their male counterparts in sports because of these cultural attitudes. Sport can be an important tool for social empowerment through the skills and values learned, such as teamwork and respect for others. The social benefits of participation in sport are thought to be especially important for women, who often have fewer opportunities than man for social interaction outside the home.

In related to that, this is expressly stated by the respondents that in general society view on women that are active in sports as an empowered woman, because to be active in sports it requires a lot of attention and commitment for the sports. People always have thinking that women are bound to get married and have to take care of their children and family hence they will not have any time to be that active in sports.



There is a link between strenuous exercise and a delayed menstrual cycle. Heavy activity and training, according to Leunes & Nation (2002), produce menstrual abnormalities. It was contradicted with this finding which base on the respondent experiences, they expressly mentioned that being active doesn't really affect their menstruation cycle but actually improve their cycle of menstruation. However, they rather stay in than being active or do exercise because they will not feel comfortable in the first few days of having menses, because women face different type of menses effect.

Women was expressly mentioned that they did not agree by doing sport activities can reduce her chance of getting pregnant or productivity which one of mom of 6 clearly stated sport produce more fertile because of well blood flows and increasing hormone balance. It just that don't get too soon to participate in sports after deliver a baby. It might take 4 - 6 months so that my body strong enough to meet vigorous activity.

Sport activity, according to the respondent, has little effect on physical structure, such as breast flattening. The majority of respondents believe that participating in sports will help them look more manly in terms of muscle power and physical appearance but physical structure will change negatively. Some professional women athletes do look like men, maybe they look more muscular but some still look feminine which it depends on practicality on how they want to represent themselves.

### **5.3 Future recommendations for overcoming barriers by utilizing the available support and benefits.**

In this section, the researcher offers the following recommendation based on the findings given in order to enhance the foundation for women's engagement in sports, which might be implemented in Putrajaya and other Malaysian States. The biggest issue raised by women in Putrajaya is a lack of time to balance their career and family commitments, as well as a lack of free time to relax. In addition, weather factor, as well as cultural expectations, physical appearance, have made it difficult for women to participate in sports. Meanwhile, the benefits have taken on new meaning as the responder stated that participating in sports improves life skills, allows them to explore new sporting environments, and helps them acquire positive self-esteem. On the other side, there are practical solutions that women can use to reduce the obstacles they face, such as:

#### **5.3.1 Improving urban development strategic plans**

Something monumental that need to change is maybe our urban development plans i.e., public transportations. The reason why Malaysian don't move much especially for women because it is too far and too hot to be outside. So, women will just start their cars to go somewhere. Looking at other developed country like South Korea, they don't necessarily need a car to go anywhere, everything is within walking distance and we can see elderly people which mostly are women just walk with their walkers to get groceries.

So, at least they get their exercise during their walks, and they love spending time at the parks. It is not as aggressive as sports but it is still movement. Where in Putrajaya, there is no way to walk to the groceries, it is too far.

### **5.3.2 Making initiatives for the midpoint for changing people mindset**

The people's mindset regarding this issue needs to be changed. Some women are afraid to take part in sports because peoples are sharing a false information to them for example telling them that women should just sit at home and doing house chores because it's a women responsibility and it's a waste of time going out to do sports when in fact, this is truly wrong. Taking part in sports or exercising will help someone to release their stress and lead a healthy lifestyle. People need to change their mindset and women need to think what's best for them and if they are interested, they don't be afraid to try.

### **5.3.3 Hiring employee policy need to be amended immediately**

As Putrajaya administrative capital in Malaysia, a drastic change should be started in Putrajaya. As the majority of the population in Putrajaya is government servants and administrative employees, the policy on hiring new employees needs to be amended immediately. Government and private sector should include in their strategies to make it easier for those who play sports to acquire jobs, as sports are one of the most important factors in job applications especially in Putrajaya.

#### **5.3.4 Proactive media coverage on promoting women sports in Putrajaya**

Women's sports participation in Putrajaya should be covered more in the media. Sport stakeholders might be significantly more proactive by providing stories to the media about events and programs aimed at developing women role models in sport. This will encourage other women to participate in sports.

#### **5.3.5 Support and encouragement from all stakeholders**

Overcoming obstacles can be accomplished by cultivating a sports culture. Psychological, economic, biological, and social variables can be addressed through family environments, societal support, sports organizations, and government plans for sports development to encourage more women to participate in sports.

#### **5.3.6 Establishment adequate public safety in all Putrajaya facilities**

Providing adequate sporting facilities in a secure and safe atmosphere might encourage more women to participate in sports. Separate sports complex specifically for women are also very much suggested.

#### **5.3.7 Scheduling of sports activities by gender**

Females need their own services, spaces, facilities and sports for safety, privacy, dignity & equal opportunity. In Putrajaya, we have all these kind of services for women. Gymnasium for universal but in Putrajaya, but not all facilities have specific time and day for women.

### **5.3.8 Providing free child care homes**

Due to home responsibilities, most married women do not participate in sports. Setting up exercise equipment and a playground for children can encourage women to engage in physical activity. Providing free child care homes might also free up time for sports participation.

### **5.3.9 Weekly compulsory sports activities for women staffs in Putrajaya**

It is critical to establish a special sports program for women, for example, the community should be more active in organizing weekly programs for women, as this may attract small audiences of women and also compulsory sports activities conducted weekly for women staffs in Putrajaya.

### **5.3.10 Providing Incentive**

Women should be educated on the value of sports involvement by emphasizing the need of staying healthy for themselves and their families, as well as consuming healthy foods, and incentives should be given to women who spend money on sporting equipment and clothes. Support from workplace is also needed like incentives given for sportswear etc.

### **5.3.11 Creating role models**

Creating role models also encourages more women to participate in sports. Young girls will follow in their footsteps, and parents will allow their daughters to follow in the footsteps of the most successful athletes.

## 5.4 Research contribution

The information gathered from this study is unique, making it valuable for a variety of reasons:

- ❖ It is devastating to discover that no strategic plan on women participation in sports available in any level, be it in community or national level. We have to admit that women have significantly contribute to various areas/sectors nowadays, but not in sports. Throughout the findings, it could increase the awareness especially in regards to the strategic planning made by the government and all the stakeholders towards promoting sports activities for increasing women participant.
- ❖ As Putrajaya administrative capital in Malaysia, a drastic change should be started in Putrajaya, especially in policymaking, implementation and development will be rapid. As the finding of this research, Putrajaya will be the pioneer of any possible policy and enactment legislation in the near future, with other states/districts will follow suit towards promoting sports activities for increasing women participant.
- ❖ This finding will create an idea to women in Putrajaya in order for them to explore opportunities to maneuver their perception and lifestyle toward a healthy and active life in increasing women participation in all ages and levels.
- ❖ The findings help stakeholders make better decisions about how to increase women's participation at all ages and levels.

## **5.5 Limitation and future research**

As with any study, there are a number of constraints to consider. The fact that 11 women were interviewed for this study may not have impacted the results. The constraint was to select the right person with the specific background that the researcher had listed.

In terms of data collecting, a hybrid method of online and offline interviews was adopted in light of the present pandemic situation and respondent preferences. However, different results may be inferred if the respondents were interviewed face to face, as there are other aspects that might be recorded, such as body language and feelings, as aligned by Nam (2019).

Despite the fact that this study is based on a small sample size of the female population, it is the first to focus solely on women in Putrajaya, Malaysia. Which fills a key vacuum in the literature that women sports researchers should investigate more. Women acknowledge that there is no gender discrimination in sports participation and that they have the full support of their families, but they are unable to fully enjoy sports due to domestic responsibilities and workloads.

Because this is the first study of its kind in the field of women's sport participation in Malaysia, specifically in Putrajaya, previous studies, journals, and papers were unavailable, so a literature review from other countries was used.

In terms of document analysis, several documents, particularly meeting summaries and minutes, were difficult to get due to the short amount of time available to obtain the necessary authorization. It's possible that the document analysis isn't as comprehensive as it could be.

While sports activists who are currently active in the country can provide valuable insights into specific study questions, more research should be done to include government officials, sport's governing organizations, and other stakeholders.

A complete investigation of what could be able to overcome the research's limitations. Furthermore, research into sports policies that are appropriate for women should be conducted. There should also be a thorough investigation into the government intervention needed to ensure the success of all sports projects and to bring sports to high acceptable standards in terms of sports education, training, and professional sports certification, which will result in more job opportunities.

Because the current study is focused on a phenomenal study, there are a few more topics that could be explored in future research, such as the ones listed below:

- Successful service delivery of women mass sports programs in Malaysia
- An examination of assistance given to women's sports in Malaysia.
- Women's inclusion in Malaysia in terms of recognition, sponsorship, facilities and culture.



## **5.6 Conclusion**

The following conclusions were formed based on the study's major findings. The study's findings show that the majority of women, including students, single and married women, married women with or without children, career women, and unemployed women, are interested in physical activity and understand the value of sports in their life, but then because of family commitments, career management and assignment loads, no free time, healthy issues, physical appearance, weather factor, societies view towards women and dress code was preventing them from participating in sports.

Women-friendly public sports facilities exist in Putrajaya, but there is a difficulty gaining access to quality facilities with public safety and the responsible parties are fail to adequately address this issue. According to the findings of this study, women who participated in sports and athletes who competed in national and international events are given the same recognition and awards as men. However, in terms of obtaining sponsorship and funding, women must struggle to gain notoriety in sports in order to obtain funding or sponsorship, therefore parents are not encouraging their daughters to participate in sports because of those issues. Women showed that their income and family economic status have little influence on their sports involvement.

While women confront hurdles and problems in sports, they differ depending on the background. Finally, based on the suggestions made, increasing women's desire to participate in sports may be attainable. As a result, women will be able to better manage their careers, families, and sports, leading to a more prosperous life.

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# Appendixes

## Appendix 1. Consent Form

### Consent Form

My name is Muhammad Husmar Afdzal Bin Husin and I am a Global Sport Management master's degree candidate at Seoul National University. I am looking for your permission to participate in a research study entitled "Factors Contributing Women in Sport in Putrajaya".

Your participation in this study is voluntary, which means you are allowed to refuse to participate or interest anytime during the study, without giving any reason and without a penalty or losing the benefits that you meet the terms and identity of the information. Will be provided will be removed from the research record.

There is no risk or inconvenience that can be estimated related to my research subject. However, the nature of this research requires me to collect personal information related to your life and career, which can sometimes include sensitive examples. If at any time you become uncomfortable with the discussion, you have the right to choose not to answer questions, and we will move to another question. Confidentiality is assured for you as all information is for academic purposes only.

#### Procedure

All interviews will be conducted in the same way and follow the same guideline:

- Participants will be contacted and confirm electronically
- Interviews will be conducted via telephone or video-chat platforms
- All interviews will be audio-recorded and transcribed
- Participants might be contacted after the initial interview for follow-up questions or clarification
- Participants can withdraw at any time or refuse to answer any question without hesitation

#### Confidentiality

- The recorded interview will be destroyed after the transcription is done
- Extracts from the interviews maybe be directly quoted in the final study manuscript
- The participants may communicate any hesitation to the researcher

I understand that the transcript of my interview and this signed consent will be retained for a total of three months (90 days).

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Participant  
Initials & Signature

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Researcher  
Name & Signature

## Appendix 2. Interview Questions

### Interview Questions

<b>Research Question 1: How Do Women in Putrajaya Participate in Sports?</b>
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<b><u>Part A: Demographic Profile</u></b>
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- |  |
|--|
| <ol style="list-style-type: none"><li>1. What is your age?</li><li>2. What is your marital status and how many kids you have?</li><li>3. What is your education level?</li><li>4. What is your religion and ethnic?</li><li>5. What is your weight and height?</li><li>6. What is your current employment status and what is your total monthly income?</li><li>7. Do you have a qualification certificate in sports, exercise and active recreation? State the type of certificate of eligibility you have and explain?</li><li>8. Do you join or be a member of any Sports Association? Please share about your experience with the sports associations you belong to?</li></ol> |
|--|

### **Part B: Sports Involvement**

This part is related to your involvement factors to be involved in sports activities.

9. Are you involved in any sports activities? Please explain the frequency of your weekly involvement and why?
10. Please explain the type of sports activities, frequency and duration of your involvement in the three-month period and explain three main locations you do sports activities and why you choose that location?
11. Usually, with whom do you do the sports activity? And state the time you most often do sports activities?
12. Can you explain, what and why you involve/noninvolved in sports activities?

### **Part C: Sports Interest**

This part is to identify your spirit of interest in sport.

13. Can you share your experiences or sacrifices on how much you are interested in sports?
14. If you have a sports idol, who is he/she? And can you tell me a little bit about your idol?
15. How do you watch sports programs? and normally, what medium do you use to watch sports programs?

### **Part D: Sports Expenditure**

This part is about your spending on sports activities.

16. Can you explain on how you spend your money solely on sports activities? And how do you buy sporting goods?
17. Explain on what and how you spend on items for the purpose of sports activities and sports-related services in a period of one year? and state your estimated expenses?



### **Part E: Sports Voluntarism**

This section is about your spirit of volunteering on matters related to sports activities.

18. Can you share your experiences or sacrifices on how you do volunteer in sports?
19. What kind of volunteer and who is involving on that?
20. Anyone encourage you to be a sports volunteer?

### **Part F: Sports Facilities**

This part is about sports facilities or facilities in the area surrounding your residence/workplace.

21. Are there sports facilities in your residence area? Please explain the distance of the sports facility from where you live and how is the service and equipment?
22. If you are working, are there sports facilities in your workplace area? Please explain the distance of the sports facility from your workplace and what kind service and equipment is provided?
23. Please share about your experience in finding and using sports facilities provided in your area of residence/work?
24. Explain your level of satisfaction with the sports facilities provided in your area of residence/work? provided in your living/working area?

### **Part G: Impact of Sports (Prosperity)**

This part is intended to get a true picture of the impact you have of doing sports activities.

25. Can you share your experiences or sacrifices on how sport give you positively impact on your health, wealth and daily life?
26. As you know that, Putrajaya is the state with the highest number of obesity and depression cases in Malaysia. So, in your opinion whether this kind of issue is related to sport participation, why?

<b>Research Question 2: What Factors Influences Women from Participating Sport in Putrajaya, Malaysia?</b>
<b>Part A: Demographical</b>
Taken by previous part!
<b><u>Part B: Psychological</u></b>
<p>27. From your experience, can you share who influence you to participate in sport? And how that influence relates to your participation in sports?</p> <p>28. What is your comment on your physical education teacher in your school really influence you to take part in sport?</p> <p>29. Can you share whether school/college/household work load has impact on your sport participation? And please expend your answer why is that so?</p> <p>30. Can you share whether your family support your participation in sport? How and why is that so?</p> <p>31. Can you explain whether your family is 'sporty.'? Why?</p> <p>32. Do you fell that your friends and colleagues influence your participation in sport? How is that happened? Who are the one who encourages sports participation after your school hours or working time?</p> <p>33. Answer this question only if you did sport before and you drop out. Please share why it happen?</p> <p>34. Please share what is the main purpose you do sport? Is it related to your physical performance or because you have the skill of that sport or you feel competitive with others or you feel great when you win in sport competitions?</p>
<b><u>Part C: Social</u></b>
<p>35. What is your comment regarding women sport culture environment in your place?</p> <p>36. Regarding the sports facilities, can you share whether public sports facilities in your community are affordable and easy to reach? How about the women's' equipment and services?</p> <p>37. How do you feel about the following statement "Women and men have equal opportunities to play sport in your community or work place?"</p> <p>38. Do you agree that in Malaysia, academic achievements are highly emphasized in getting a job? Why?</p>

39. Does your place have good facilities for sports which women friendly? Please explain what type of sport facilities? And please share your experience regarding this matter?
40. What is your comment on men and women get equal recognition for playing sport at your place?
41. What is your comment and experience on whether dress code for women sport participation hesitates you to take part in sport?
42. What is your comment on sexual harassment and abuse regarding women participations in sports?
43. In your opinion, what is the view of society in general when looking at women who are active in sports?
44. How about equipment requirement for the sport participation hesitates you to take in sport? Please share your experience using sports equipment with men in the same place.

**Part D: Biological**

45. What is your comment and personal experience regarding sport participation can affect your menstruation cycle? And whether menstruation reduce your interest for participate in sports?
46. Do you agree that by doing sport activities can reduce your chance of getting pregnant or productivity? Why is that so?
47. What is your comment by participating in sports, your physical structure can be negatively change or develop? And what is your view on women that play sport look more like men?
48. If you are married and have a kid, whether it reduce your participation in sports? And base on your experience, can u explain how its affect you?

### **Part E: Economic**

49. What is your comment and personal experience regarding sport participation can affect your menstruation cycle? And whether menstruation reduce your interest for participate in sports?
50. Do you agree that by doing sport activities can reduce your chance of getting pregnant or productivity? Why is that so?
51. What is your comment by participating in sports, your physical structure can be negatively change or develop? And what is your view on women that play sport look more like men?
52. If you are married and have a kid, whether it reduce your participation in sports? And base on your experience, can u explain how its affect you?

### **Research Question 3: How Can Putrajaya's Women Can Increase or Enhance Their Participation in Sports?**

53. Could you describe the type of sport that you enjoy and participate in? And, what drew you to that sport in the first place?
54. Can you tell me how you got started in the sport? And, more importantly, what is the primary explanation for this?
55. Why do you think women are less likely than men to participate in sports?
56. What factors, in your opinion, have stifled female participation in sports?
57. Please describe what factors in your life allow you to engage in sports and what factors discourage or limit you from doing so.
58. What are your thoughts on the inclusion of women in sports? Do you think women's involvement in your education, workplace, and society is satisfactory?
59. In your opinion, whether dress code for women an issue for their participation in sports?
60. Can you identify the key obstacles to women's sport participation in Putrajaya, based on your personal experience? What can be done about it?

61. Do you think Putrajaya has ample facilities for women's sport? How will this be solved if it isn't the case?
62. How do we help women participate in sports more effectively, in your opinion?
63. How do you think women's sports participation in Putrajaya is currently? When it comes to participation in sports.
64. Do you believe that women's participation in sports is hampered by culture and tradition?
65. In your opinion, what system and culture have to change to overcome the problem?

## 국문 초록

# 말레이시아 여성의 스포츠 참여에 영향을 미치는 요인: 푸트라자야 사례 연구

Muhammad Husmar Afdzal Bin Husin

글로벌스포츠매니지먼트 전공

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본 연구의 주요 목표는 말레이시아 푸트라자야에서 여성들의 스포츠 참여에 무엇이 영향을 미치는지 파악하는 것이다. 마찬가지로, 이러한 문제점들을 어떻게 다룰지 알아내는데 의미를 두고있다. 푸트라자야 연방 영토 주변 지역사회의 다양한 학력, 결혼 여부, 기관, 직책 등에서 온 여성 11명이 연구 인터뷰에 참여해 스포츠 참여에서 직면하는 어려움에 대해 배우고, 그 문제들을 어떻게 극복해야 할지에 대한 의견을 밝혔다.

인터뷰와 인터뷰 질문은 Wyllemman, Reints, and Knop (2013) 이 개발한 이론적 프레임워크에 의해 안내되었다. 최종 주제 분석은 개발되었고 (1) 스포츠에서 푸트라자야 여성의 관점을 탐구하는 (2)

푸트라자야에서 여성의 스포츠 참여에 영향을 미치는 영향 식별 및 (3) 푸트라자야에서 여성의 스포츠에 대한 도전과 이익을 탐구하는 세 가지 연구 질문에 답변했다.

이 주제들은 푸트라자야 여성들 사이의 스포츠 참여 문제를 극복하기 위해 무엇을 할 수 있는지 결정하기 위해 심도 있게 논의된다. 연구 결과에 따르면 푸트라자야 지역사회의 여성 대다수는 직업 관리와 가족 약속 등 일상 생활의 균형을 맞추는 방법에 대한 시간 제약 때문에 스포츠 참여에 대한 열정이 덜한 것으로 나타났다. 여성의 스포츠 참여는 공공 안전 시설의 부족뿐만 아니라 문화적 관행과 사회적 기대, 신체적 외모, 여성의 건강 문제, 날씨 요인에 대한 제한으로 인해 방해 받는다.

또한, 이 연구는 푸트라자야에서 여성의 스포츠 참여에 영향을 미치는 요인들, 예를 들어 대처 및 탈출 메커니즘으로서의 스포츠, 생활 기술 향상, 새로운 삶의 경험 탐구, 생활 네트워킹 찾기, 스트레스 관리 개선 등이 강조되었다. 푸트라자야에서 이용 가능한 지원과 혜택을 활용하여 여성들의 스포츠 참여를 장려하고 장려하기 위한 향후 제안이 확인되었다.

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**주요어:** 여성 스포츠 참여, 푸트라자야 여성, 동기와 장벽, 신체 활동

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