**CHAPTER ONE : INTRODUCTION**

**1.1 BACKGROUND OF THE PROPOSED REPORT**  
UMP students always going to be busy with their study, assignment and projects. About 18 hours per day they spend on those things. This becomes a barrier as why they cannot do other thing like exercise, This situation will expose them to a lot of depressed feeling and health problems. An observation and study on this issue is important as it may create awareness of students and even the whole university on the important of exercise to UMP students.

* 1. **OBJECTIVE(S) OF STUDY** 
     1. To observe exercising habit among UMP students

1.2.2. To create awareness among UMP students on the important of exercise

**1.3 RESEARCH QUESTIONS**

1.3.1 Do UMP students exercise?

1.3.2 How frequent they exercise?

1.3.3 What types of exercise they do?

1.3.4 Why they exercise?

1.3.5 When they exercise?

**1.4 DEFINITION OF TERMS**  
 1.4.1 **Exercise** is any bodily activity that enhances or maintain physical fitness and overall

health. It is preformed for many different reasons and purposes.  
 1.4.2 **Depressed** refer to sadness and other related emotions and behavior. It can be

thought as a disease or a syndrome.Type in the content of your page here.

**CHAPTER TWO : REVIEW OF LITERATURE**

**2.0 INTRODUCTION**

This chapter consists of the review of articles related to the survey on “Exercising Habit Among UMP Students”. It can be divided to 3 sections which are “The Effects of Exercise”, “Types of Exercise” and “Exercise Habits”. Every section has review of 3 articles and also the summary of the 3 articles.

**2.1 THE EFFECTS OF EXERCISE**

This article straightly emphasize on the effects of exercise. The effects include mental, social and physical health. For physical health, exercising will ensure the continuity of our body system especially the cardiovascular system which ensures our blood flows smoothly and continuously. Then, exercise too makes us feel fresh and relax. This effect can be said as mental health. If anyone is under stress, exercise can discharge or eliminate it. Meanwhile, in social aspect, it can be seen when doing exercise with another people or someone else rather than individually. So everyone is able to meet new people and create relationships.

Salmon (2001) did mentioned that physical activity is closely related to mood, anxiety, depression and stress. After exercise all of these situation or feelings are reduced. Those who are moody usually will feel the positive change after exercise. A lot of study and survey was conducted and mostly the result stated that exercise helps people to fell free from depression. Similarly, exercise also clearly beneficial in order to reduce anxiety. Exercise, in addition helps people who are stress to cope with it. A simple exercise is enough and worthwhile actually.

Davies (1997) specified that exercise affects on physical health. It gives an overview of effects of exercise on heart disease. Coronary heart disease may become worse if there is no prevention action taken. Heart disease or any chronic disease generally, can be prevented by making exercise regularly. Most athletes do exercise as they know exercise can prevent them from any physical disorder or chronic disease like heart disease. Besides, exercise too can prevent from sudden death as effect of heart disease.

Article1 (n..d.) highlighted that there are 3 effects of exercise which are physical, mental, and social. The physical effect of exercising is that it ensures the smoothness of body system. Exercise for mental is it can make us feel more calm and relax. Another one effect of exercise is on the social part whereby it builds relationships with other people as we exercise at the public place like park. In the same time, the relationship that already has can be strengthen more. Salmon (2001) similarly suggested that physical activity is beneficial for mental. Davies (1997) in his study claimed that exercise is very important for physical health like preventing from chronic disease.

**2.2 THE TYPES OF EXERCISE**

Gassner, Dunn, and Piller. (n.d) specified that aerobic exercise is one type of exercise. In this article, aerobic exercise type given benefit effect to someone when they do the exercise. As an example aerobic exercise is associated with an improvement in exercise tolerance. Aerobic exercise can reduces coronary risk, promote a decrease in percentage body fat, and reduces blood pressure and increase HDL cholesterol.

Gassner (n.d) suggested that aerobic exercise and anaerobic exercise are types of exercise. The example for this aerobic exercise is include biking, swimming, jogging, walking, dancing, skiing, skating, running, rowing, rollerblading and stair climbing. According to the American College of Sports Medicine (ACSM), aerobic exercise can improve oxygen consumption in the body.

Another article about types of exercise is highlighted that walking is also an exercise. This article claimed that brisk for 45 minutes 3 day/week may not provide a sufficient increase of physical activity to improve the degree of glycogenic control, lipid homeostasis or blood pressure in patients with type 2 diabetes.

Article 1, Gassner, Dunn, and Piller. (n.d) highlighted that aerobic exercise can improvement in exercise tolerance. This article review the prevention of coronary artery disease, effect of aerobic exercise training, coronary risk reduction and provide practical guidelines for facilitation and this article also review monitoring of aerobic exercise. Gassner, Dunn and Neil. (n.d) according to the American College of Sports Medicine (ACSM), article highlighted aerobic exercise include biking, swimming, jogging, walking, dancing, skiing, skating, running, rowing, roller balding and stair climbing. Another article (n.d.) claimed that brisk walking for 45 minutes 3 day/week may not provide a sufficient increase of physical activity to improve the degree of glycogens control, lipid homeostasis or blood pressure in patients with type 2 diabetes.

**2.4. THE EXERCISE HABITS**

Silva, Tentori, Zamarripa, Galicia, and Moran (2006) in their study focused on four main aspects to promote exercise habit. Firstly, it is about users’ diet and exercise habit, PREVENIMSS role and environment influence in users’ lifestyle habit, essential information will be providing to create a diet and exercise program to promote a healthy lifestyle. Lastly, focus on exercising and nutrition effect in users’ aspect. Virtual specialist control panel in this study was used by trainer to monitor the patient’ progress and give information about diet and exercise plan.

Mahanonda (2009) in her study showed that making exercise a habit should be start from young. People must stop smoking and choose the suitable food to maintain their health. Besides that, they also must control weight to avoid any dangerous disease. When people not do an exercise, the blood pressure will be difficult to be control and cause of increase in cholesterol level. The study of 1740 peoples aged over 64 showed that who maintain to do exercise more than three times a week have less risk to getting Alzheimer’s disease.

Arida, Scorza, Albuquerque, Cysneiros, Oliveira, and Cavalheiro (2003) in their study claimed that patients with epilepsy from a Norwegian population were half as active physically as the normal population. Other study confirmed that people with epilepsy have a low degree of participation in physical activities. The evaluation of physical exercise habits in Brazilian patients claimed that there are five most frequent sports they do which are soccer, swimming, gymnastics, volleyball and bicycling.   
  
Silva, Tentori, Zamarripa, Galicia, and Moran (2006) in their study focused on four main aspects to promote exercise habit. It is about users’ diet and exercise habit which are users’ diet and exercise habit, PREVENIMSS role and environment influence in users’ lifestyle habit, promote a healthy lifestyle, Lastly, focus on exercising and nutrition effect in users’ aspect. Mahanonda (2009) in her study showed that making exercise a habit should be start from young. People must stop smoking and choose the suitable food to maintain their health. Arida, Scorza, Albuquerque, Cysneiros, Oliveira, and Cavalheiro (2003) in their study claimed that patients with epilepsy from a Norwegian population were half as active physically as the normal population.

**CHAPTER THREE : METHODOLOGY**

**3.0 INTRODUCTION**  
In methodology, all the steps that will be taken in order to investigate the question will be explained and mentioned clearly. The steps that are included are to mention the participants or subjects that involved in this survey, the instruments that are used for collecting data that is questionnaire and the last step is analyzing data from the questionnaires.  
  
**3.1 PARTICIPANTS**  
As the title for this research is "Exercising Habit Among UMP Students" so the participants for this research are the students of Universiti Malaysia Pahang itself. There will be about 60 students who are 30 males and 30 females from any faculty and year. All of them will be selected randomly, so the participants maybe vary in their age.  
  
**3.2 DATA COLLECTION INSTRUMENTS  
3.2.1 Survey Questionnaire**This questionnaire consist of 15 questions which divided into 3 sections; Section A, Section B, Section C. Section A is about collecting demographic information of the participants. Section B is to know the exercising habit among UMP students. The other one section, Section C, is to investigate the exercising habit among UMP students. The questions consist of 6 types which are free response, dichotomous, multiple choice, scale, fill-in-relevant information and numerical. In Section A, there are no questions as in this section the participants only need to fill up their personal information like their age, gender, faculty and year of their study. The participants have to answer all the questions that are asked in Section B and Section C. In Section B, it consists of 7 questions which various types that are dichotomous, fill-in-relevant information, numerical, and multiple choices in Section C, there are 8 questions which consists of scale questions, multiple choice, dichotomous, and free response questions. This survey questionnaire that will be asked to the participants will take place in the UMP campus only.

**3.3 DATA ANALYSIS**  
These are the steps that are going to be used in analyzing data from questionnaire.  
Step 1  
Each questionnaire is numbered from 1 – 15.  
Step 2  
The percentage of the result will be calculated considering the gender of the participants, and how they answer all the questions.  
Step 3  
The result from the calculation will be tabulated in a table using Microsoft Office Excel.

|  |
| --- |
|  |

**CHAPTER FOUR : FINDINGS AND DISCUSSION**

**4.0 INTRODUCTION**

This chapter will discuss the findings based on the research question. Implications of the findings will also be discussed.

**4.1 PARTICIPANTS INFO**

Sixty UMP students are participated in this study. They are from various faculty and gender. Table 4.1 shows the breakdown of participants according to their gender and faculty.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Faculty** | **Gender** | | | |
| Female | | Male | |
| FKM | 3 | 5% | 3 | 5% |
| FKPPT | 15 | 25% | 12 | 20% |
| FKKSA | 2 | 3.3% | 2 | 3.3% |
| FKASA | 5 | 8.3% | 3 | 5% |
| FSKKP | 3 | 5% | 4 | 6.6% |
| FKEE | 2 | 3.3% | 5 | 8.3% |
| FIST | 0 | 0 % | 1 | 1.6% |

Table 4.1 Breakdown of participants according to gender and faculty.

From the Faculty of Mechanical Engineering (FKM), 3 (5%) female and 3 (5%) male participated in this study. Then, from Faculty of Manufacturing Engineering and Technology Management (FKPPT), the participants are 15 (25%) female and 12 (20%) male. Next, from the Faculty of Chemical and Natural Resources Engineering (FKKSA), there are only 2(3.3%) female participants and male participants are also with the same number 2(3.3%). Then 5 (8.3%) female students and 3 (5%) male students in this study are from Faculty of Civil Engineering and Earth Resources (FKASA). Next participants are from Faculty of Software Engineering and Computer System (FSKKP) where the female are about 3 (5%), while 4 (6.6%) are male. Then, from the Faculty of Electrical and Electronic Engineering (FKEE) , there are seven participants involved in the study where 2 (3.3%) of the participants are female and another 5 (8.3%) are male. Lastly is the participants from Faculty of Industrial Sciences and Technology (FIST) that there is only 1 (1.6%) male student who participated in this study.

**4.2 RESEARCH QUESTION 1 : Do UMP Students Exercise?**

Figure 4.1

Number of students that exercise

The bar chart above (see Figure 4.1) shows the number of students that exercise among UMP students. As shown in the bar chart, majority of students are exercise which are about 49 students that contributed to 81.67%. Meanwhile the students who do not exercise is 11 (18.33%). So, from this result, it can be concluded that UMP students mostly do exercise which contributed to its highest amount of agreement of students.

Figure 4.2

Important of exercise

The pie chart indicates (see Figure 4.2) the percentage of students that agree and disagree about the important of exercise. According to the chart, majority of UMP students 58 (97%) are agree that exercise is important and in the same time those UMP students who disagree about importance of exercise is only 2 (3%). Therefore, it proved that exercise is very important as the highest percentage shows students are agree with it.

Figure 4.3

Numbers of criteria influences UMP students to do exercise

The bar chart above (see figure 4.3) shows the criterias that influence UMP students to do exercise. According to the chart, it can be said that friends is the criteria that influence students the most to exercise as it shows the highest percentage that is 27 (45%). Meanhile, only 14 (23.33%) of students that said there is nothing that influence themsleves to exercise other than theirselves. Then, 8 (13.33%) of UMP students state that the weather affect them to exercise. Besides that, a few of UMP students give no answer about this statement and there are six students who did it which contributed to (10%). From the survay also only 3 (5%) UMP students answered that they exercise if they have free time. It can be concluded that UMP students mostly exercise if there are friends with them.

Figure 4.4

Percentage of hours per week that UMP students do exercise

The pie chart above (see figure 4.4) shows the hours per week UMP students exercise. It illustrated on how many hours per week UMP students do exercise. According to the chart, most of UMP students 14 (23%) do exercise around two hours. Next, 11 (18%) of students do exercise for an hour. Three hours for exercise was contributed to 8 (14%). Then, 5 (8%) of UMP students do exercise for five hours. Besides that, the number of students who do exercise for 6 and 7 hours are the same which contributed to 4 (7%). Other than that, only 2 (3%) of UMP students are do exercise for 4 and 11 hours. Then, only 1 (2%) of UMP students exercises for twelve hours per week. However, 9 (15%) of UMP students are not exercise. It is contributed to high percentage of study.

Figure 4.5

Percentage of when UMP students exercise.

The bar chart above (see figure 4.5) demonstrates the number of UMP students who gives their respond about when they do exercise. From the survey, we can see that most of UMP students 34 (56%) do exercise on evening. Next, students who do exercise on night contributed to 10 (17%) and on morning contributed to 9 (15%). The number of student who votes others time to do exercise contributed to 1 (2%) Although, 6 (10%) of students does not gives a comment. The result for our group survey was UMP students do exercise everyday and day take some alternative to do exercise everyday on specific time.

Figure 4.6

Percentage of where UMP students do exercise.

The pie chart above (see Figure 4.6), we can see that percentage of UMP students who give their opinion about where they do exercise. From the survey we see that a majority of UMP students 37 (61%) do exercise outdoor compared which do exercise indoor that contributed 19 (32%). Besides that, 4 (7%) UMP students given no comment about where their do exercise. It can be concluded that probably many UMP students like do exercise outdoor because their do exercise in group. That means, UMP students can reduce boring when do exercise in group and reduce stress with assignment, test, project and so on . An example of exercise outdoor is walking, jogging and football.

**4.4 RESEARCH QUESTION 2 : Why UMP students exercise?**

Figure 4.7.

Number of students who enjoy to do exercise.

The column chart above (see figure 4.7) shows the number of students who enjoy to do exercise. According to the chart those who strongly agree and agree has the highest number that is 51(85%). Meanwhile, strongly disagree and disagree is the least being voted which is 9 (15%). It can be concluded that UMP students are enjoy to do exercise such as with their friends, and others. At the same time they also can has interaction to others people and develop a new relationship with other members.

Figure 4.8

Percentage of student’s opinion about exercise can reduce their stress.

The pie chart above (see figure 4.8) indicates the percentage of opinion that exercise can reduce stress. As shown in the chart, strongly agree and agree has the highest percentage that is 50 (83%) compared who those strongly disagree and disagree that only contributed to 10 (17%). As a conclusion, exercise can really reduce stress among UMP students.

Figure 4.9

Degree of agreement of students that exercise can makes them energetic.

From the bar chart above (see figure 4.9), it can be seen that the number of UMP students who gives their opinion about the benefit of exercise. From the survey, majority of UMP students 50 (83%) agree that exercise can make them feel energetic and at the same time in comparison to only 10 (17%) UMP students that disagree. This clearly indicates that UMP students feel energetic when they exercise as there is body movement.

Figure 4.10

Number of students that do exercise when stress.

The columns chart above (see figure 4.10) demonstrates the number of students who do exercise when stress. According to the chart the highest number of student who does agree contributed to 21 (35%) compared to who strongly agree which contributed to 9 (15%). Another opinion is strongly disagree contributed to 12 (20%) and disagree is contributed to 18 (30%). It can be concluded that the number of student who agree and disagree are the same, 30 (50%). So, UMP students can be in both situation that eventhough they stress they will exercise and they also will exercise although they are not stress.

Figure 4.11

Percentage on how UMP students do exercise

The columns chart above (see figure 4.11) illustrates the number of UMP students who gives their opinion about exercise which can prevents them from any disease. According to the chart students who does agree contributed to 51(85%) compared to other opinion while disagree is the least being voted which is 6 (10%). It is followed by no comment which is 3 (5%). As a conclusion, most of UMP student do exercise to control and maintain their health. They also have awareness about the importance of exercise.

Figure 4.12

Exercise can prevents student from any disease.

The pie chart above (see figure 4.12) indicates the number of UMP students who gives their opinion about exercise whether can affect their daily activity or not. From the survey, most of UMP students that is 35 (59%) agree that exercise can affects their daily day activities and at the same time about 20 (33%) of UMP students is in the other hand with it . Besides that, 5 (8%) of students do not give any response. So, UMP students know how to manage their time to do an exercise at the same time they face the problems in daily activities.

Figure 4.13

Percentage of students that agree and disagree that exercise affects their daily activities.

The bar chart above (see figure 4.13) demonstrates the number of UMP students who gives their respond about when they do exercise. From the survey, we can see that most of UMP students 34 (56%) do exercise in the evening. Next, students who do exercise on night contributed to 10 (17%) and in the morning it contributed to 9 (15%). The number of student who votes for other time to do exercise contributed to 1 (2%). The rest that is 6 (10%) of students does not gives any comment. Therefore, it can be concluded that most UMP students prefer to exercise in the evening as it is the time for them to rest their mind or else.

**CHAPTER FIVE: CONCLUSION AND RECOMMENDATION**

**5.0 INTRODUCTION**

This chapter will discuss the conclusion based on the report study. The recommendations of the study also will be discussed.

**5.1 CONCLUSION**

**5.1.1 Research Question 1**

From the findings of this study, it is clear that most UMP students do exercise as they know exercise is a beneficial activity especially for their physical, mental and also social.

**5.1.2 Research Question 2**

It can be concluded that most students agree exercise is good for health as they have experienced it by themselves.

**5.2 RECOMMENDATIONS**

Based on the conclusion of this study, these recommendation are proposed. Firstly, do campaign to create awareness of exercise among students. Campaign maybe like held a seminar or hanging banners. Secondly, it is recommended for the management authority of UMP to provide more facilities in the campus area as the facilities seem to be quite insufficient. It probably can attract more students to exercise. Then, it is imperative to have exercise class or to add an hour credit for exercise or physical activity in academic syllabus. Besides that, to make a lot of competition regarding to exercise will induce students to exercise. For example to organize a futsal competition, students will join the competition as there are prizes or awards being given to the winners. As another recommendation, to organize a club which regarding to exercise can also increase the awareness of UMP students to exercise.

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**APPENDICES**

**SAMPLE OF STUDENTS QUESTIONNAIRE**

Dear respondents :

This survey is to investigate exercising habit among UMP students. We need your cooperation to answer all the questions in this questionnaire.

Thank you.

**SECTION A**

1. Demographic

Age : 1 V1

Gender : V2

1

Male Female

2

Faculty : V3

1

FKM

2

FKPPT

3

FKKSA

4

FKASA

5

FSKKP

6

FIST

7

FKEE

Year : V4

1

**1**

**2**

2

**3**

3

**4**

4

**.......Hope You Enjoy Answering This Questionnaire.......**

**Please answer all the questions.**

**SECTION B**

1. This section is to find out whether UMP students exercise or not.

**Please put a tick ( √ ) in the box for your answer.**

1. Do you exercise? V5

Yes No

2

1

1. Exercise is very important. V6

1

2

Agree Disagree

**Answer the questions below with relevant information.**

1. What is **exercise**? V7

1

1. Who/What influences you to exercise? V8

1

1. How many hours per week do you exercise? V9

**(Please state the specific number for this question.)**

1

**Please put tick a (√ ) in ONLY one of the boxes below**

1. When do you exercise? V10

1

Morning

2

Evening

3

Night

4

Others

Please specify :

**.....Hope You Enjoy Answering This Questionnaire.......**

1. Where do you exercise? V11

1

Indoors

2

Outdoors

**SECTION C**

1. This section is to investigate the effects of exercise to the UMP students

**(Please choose your degree of agreement to the statements below.)**

1. Strongly agree (SA) 3- Strongly disagree (SD)
2. Agree (A) 4- Disagree (D)

1 2 3 4

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 |
| 1. I enjoy exercise V12 |  |  |  |  |
| 1. Exercise reduces my stress V13 |  |  |  |  |
| 1. Exercise makes me feel energetic V14 |  |  |  |  |
| 1. I do exercise when I am stressed V15 |  |  |  |  |

**Please choose one answer ONLY. Put a (√ ) for your choice.**

1. How do you exercise? V16

1

Individually 11

2

Group

1. Do you agree that exercise prevents you from any disease? V17

2

1

Agree Disagree

**.....Hope You Enjoy Answering This Questionnaire.......**

**Give your opinion for these questions**

1. Do you think exercise affects your daily activities? V18

1

1. Can you give some suggestions on how to increase UMP students’ awareness of the exercise habit? V19, V20

1

**.....Hope You Enjoy Answering This Questionnaire......**

**VARIABLES SHEET**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **VARIABLES** | V1 | V2 | V3 | V4 | V5 | V6 | V7 | V8 | V9 | V10 | V11 | V12 | V13 | V14 | V15 | V16 | V17 | V18 | V19 | V20 | V21 | V22 | V23 |
| **RESPONSE** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| R1 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 3 | 1 | 1 | 2 | 1 | 0 | 0 | 0 | 0 |
| R2 | 2 | 2 | 5 | 2 | 1 | 1 | 1 | 2 | 2 | 1 | 2 | 2 | 3 | 3 | 1 | 2 | 1 | 1 | 1 | 0 | 0 | 0 | 0 |
| R3 | 3 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 7 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 0 | 1 | 0 | 0 | 0 |
| R4 | 2 | 2 | 5 | 2 | 1 | 1 | 0 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 0 | 0 | 1 | 0 | 1 |
| R5 | 3 | 2 | 2 | 2 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 3 | 3 | 3 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| R6 | 3 | 2 | 2 | 2 | 1 | 1 | 1 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 1 | 2 | 0 | 0 | 1 | 0 | 1 |
| R7 | 3 | 2 | 2 | 2 | 1 | 1 | 3 | 2 | 3 | 2 | 1 | 2 | 2 | 2 | 4 | 2 | 1 | 2 | 0 | 0 | 0 | 1 | 0 |
| R8 | 3 | 2 | 2 | 2 | 1 | 1 | 0 | 0 | 3 | 3 | 1 | 1 | 4 | 4 | 4 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 0 |
| R9 | 3 | 2 | 2 | 2 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 4 | 4 | 4 | 4 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 |
| R10 | 2 | 2 | 2 | 1 | 2 | 1 | 3 | 2 | 0 | 0 | 0 | 3 | 3 | 4 | 4 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 0 |
| R11 | 3 | 2 | 2 | 2 | 1 | 1 | 0 | 0 | 6 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 0 |
| R12 | 4 | 2 | 2 | 2 | 1 | 1 | 1 | 2 | 5 | 2 | 1 | 2 | 2 | 2 | 4 | 2 | 1 | 2 | 0 | 0 | 1 | 0 | 0 |
| R13 | 3 | 2 | 3 | 2 | 1 | 1 | 1 | 1 | 3 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 0 | 0 | 1 | 0 | 1 |
| R14 | 2 | 2 | 7 | 2 | 1 | 1 | 1 | 4 | 5 | 1 | 2 | 1 | 2 | 2 | 4 | 2 | 1 | 1 | 0 | 0 | 0 | 0 | 1 |
| R15 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 4 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 |
| R16 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 0 |
| R17 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 1 | 1 | 2 | 2 | 2 | 4 | 1 | 1 | 2 | 0 | 0 | 1 | 0 | 0 |
| R18 | 2 | 2 | 1 | 2 | 1 | 1 | 2 | 5 | 2 | 2 | 2 | 1 | 1 | 1 | 4 | 2 | 1 | 1 | 0 | 0 | 1 | 0 | 0 |
| R19 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 4 | 2 | 4 | 4 | 2 | 1 | 1 | 0 | 0 | 1 | 0 | 0 |
| R20 | 1 | 2 | 5 | 1 | 1 | 1 | 4 | 5 | 0 | 3 | 2 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 0 | 0 | 1 | 0 | 1 |
| R21 | 1 | 2 | 5 | 1 | 2 | 1 | 4 | 3 | 0 | 3 | 2 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 0 | 0 | 1 | 0 |
| R22 | 2 | 2 | 5 | 2 | 1 | 1 | 2 | 1 | 0 | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 |
| R23 | 2 | 2 | 4 | 2 | 1 | 1 | 1 | 2 | 5 | 2 | 2 | 1 | 1 | 1 | 2 | 2 | 1 | 2 | 0 | 0 | 0 | 0 | 0 |
| R24 | 2 | 2 | 5 | 2 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 1 | 0 | 0 | 0 | 0 | 0 |
| R25 | 2 | 2 | 7 | 2 | 1 | 1 | 2 | 5 | 2 | 2 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 2 | 1 | 0 | 0 | 0 | 1 |
| R26 | 2 | 2 | 4 | 2 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 0 | 0 | 0 | 1 | 0 |
| R27 | 5 | 2 | 7 | 3 | 2 | 1 | 2 | 5 | 0 | 0 | 2 | 4 | 1 | 2 | 3 | 2 | 1 | 1 | 0 | 0 | 0 | 1 | 0 |
| R28 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 3 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 2 | 0 | 0 | 0 | 1 | 0 |
| R29 | 3 | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 4 | 2 | 2 | 2 | 2 | 2 | 4 | 1 | 2 | 2 | 0 | 0 | 0 | 1 | 0 |
| R30 | 3 | 2 | 2 | 2 | 2 | 1 | 4 | 6 | 2 | 2 | 1 | 2 | 2 | 2 | 3 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 |
| R31 | 3 | 1 | 2 | 2 | 1 | 1 | 2 | 1 | 5 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 0 | 0 | 0 | 0 | 0 |
| R32 | 5 | 1 | 4 | 3 | 1 | 1 | 1 | 1 | 6 | 2 | 2 | 1 | 2 | 1 | 3 | 2 | 1 | 2 | 0 | 0 | 0 | 1 | 0 |
| R33 | 2 | 1 | 3 | 2 | 1 | 1 | 2 | 2 | 4 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 0 | 0 | 1 | 0 | 0 |
| R34 | 3 | 1 | 6 | 2 | 2 | 1 | 1 | 0 | 0 | 0 | 0 | 3 | 3 | 3 | 4 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 1 |
| R35 | 3 | 1 | 2 | 2 | 1 | 1 | 1 | 2 | **12** | 2 | 2 | 2 | 3 | 2 | 4 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 |
| R36 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 5 | **11** | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 |
| R37 | 2 | 1 | 7 | 1 | 1 | 1 | 1 | 2 | **11** | 2 | 1 | 2 | 2 | 2 | 4 | 2 | 1 | 1 | 0 | 0 | 1 | 0 | 0 |
| R38 | 3 | 1 | 4 | 2 | 1 | 1 | 2 | 2 | 3 | 4 | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 2 | 0 | 0 | 0 | 1 | 0 |
| R39 | 2 | 1 | 4 | 1 | 1 | 1 | 4 | 2 | 5 | 2 | 2 | 2 | 2 | 1 | 3 | 2 | 1 | 1 | 0 | 0 | 1 | 0 | 0 |
| R40 | 3 | 1 | 4 | 2 | 2 | 1 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 3 | 3 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 |
| R41 | 3 | 1 | 5 | 2 | 1 | 1 | 1 | 2 | 3 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 0 | 0 | 1 | 1 | 0 |
| R42 | 2 | 1 | 7 | 2 | 1 | 1 | 1 | 2 | 3 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 0 | 0 | 0 | 1 | 0 |
| R43 | 2 | 1 | 1 | 1 | 1 | 1 | 3 | 2 | 6 | 2 | 1 | 1 | 2 | 1 | 2 | 2 | 1 | 1 | 1 | 0 | 0 | 0 | 0 |
| R44 | 4 | 1 | 3 | 2 | 1 | 1 | 1 | 2 | 1 | 2 | 2 | 1 | 1 | 1 | 4 | 2 | 1 | 1 | 1 | 0 | 0 | 0 | 0 |
| R45 | 3 | 1 | 2 | 2 | 1 | 1 | 3 | 1 | 3 | 3 | 1 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 0 | 0 | 0 | 1 | 0 |
| R46 | 3 | 1 | 3 | 2 | 1 | 1 | 1 | 3 | 1 | 2 | 2 | 1 | 2 | 3 | 4 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 |
| R47 | 3 | 1 | 2 | 2 | 1 | 1 | 3 | 2 | 1 | 3 | 2 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 0 | 0 | 0 | 1 | 0 |
| R48 | 3 | 1 | 2 | 2 | 1 | 1 | 0 | 2 | 7 | 3 | 1 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 0 | 0 | 0 | 0 | 0 |
| R49 | 3 | 1 | 4 | 2 | 1 | 1 | 1 | 2 | 2 | 3 | 2 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 0 | 0 | 0 | 1 | 0 |
| R50 | 3 | 1 | 2 | 2 | 1 | 1 | 1 | 2 | 1 | 3 | 2 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 0 | 0 | 0 | 1 | 0 |
| R51 | 1 | 1 | 7 | 2 | 1 | 1 | 1 | 5 | 7 | 2 | 2 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 0 | 0 | 0 | 0 |
| R52 | 3 | 1 | 2 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 2 | 2 | 4 | 1 | 2 | 1 | 0 | 0 | 0 | 1 | 0 |
| R53 | 1 | 1 | 4 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 |
| R54 | 2 | 1 | 7 | 2 | 2 | 2 | 3 | 0 | 0 | 0 | 1 | 4 | 4 | 4 | 4 | 1 | 2 | 0 | 1 | 0 | 0 | 0 | 1 |
| R55 | 1 | 1 | 2 | 2 | 1 | 1 | 2 | 5 | 6 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 1 | 1 | 0 | 0 | 1 | 0 | 0 |
| R56 | 3 | 1 | 2 | 2 | 1 | 1 | 4 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 0 | 0 | 1 | 0 | 1 |
| R57 | 2 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 7 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 0 | 0 | 1 | 0 | 0 |
| R58 | 2 | 1 | 1 | 2 | 1 | 1 | 2 | 2 | 3 | 2 | 2 | 1 | 1 | 1 | 3 | 2 | 1 | 1 | 0 | 0 | 1 | 0 | 0 |
| R59 | 3 | 1 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 4 | 2 | 1 | 2 | 1 | 0 | 0 | 0 | 0 |
| R60 | 3 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 3 | 2 | 1 | 2 | 0 | 0 | 1 | 0 | 0 |

**Gantt chart**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Week  Activities | **1** | **2** | **3** | **4** | **5** | **6 - 10** | **11** | **12** | **13** | **14** |
| Theme of the project | Nabilah |  |  |  |  |  |  |  |  |  |
| Division of workload | Ibrahim |  |  |  |  |  |  |  |  |  |
| Organise committee | Hafirdaus |  |  |  |  |  |  |  |  |  |
| Totalise activity and shortlist activity | All person in charge |  |  |  |  |  |  |  |  |  |
| Create a wikispaces | All person in charge |  |  |  |  |  |  |  |  |  |
| Send e-mail | Nabilah |  |  |  |  |  |  |  |  |  |
| Preparing project proposal | Nabilah:  Give ideas to make proposal  Ibrahim: Writing the proposal  Hafirdaus: Edit the proposal | Nabilah: Give new draft  Ibrahim: Searching article  Hafirdaus: Searching article |  |  |  |  |  |  |  |  |
| Submit project proposal |  |  | All |  |  |  |  |  |  |  |
| Start the survey |  |  |  | Nabilah: Decide the task  Ibrahim:  Prepare the Paper and pencil questionnaire  Hafirdaus: Update wiki | Update wiki |  |  |  |  |  |
| Meeting for data collection |  |  |  |  |  | Nabilah: Survey for UMP students  Hafirdaus: Survey for UMP staffs | Ibrahim: Collect the survey | Ibrahim: conduct the meeting  Hafirdaus: Job down the data  Nabilah: Updating wiki |  |  |
| Preparing full project report |  |  |  |  |  |  |  |  | All |  |
| Submit full project report |  |  |  |  |  |  |  |  |  | All |