

The Impact of Community Settlement on Leisure Time Use and Body Composition in Determining Physical Lifestyles among Women

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Abstract : Leisure time is an important component to offset the sedentary lifestyle of the people. Women tend to benefit from leisure activities not only to reduce stress but also to provide opportunities for well-being and self-satisfaction. This study was conducted to investigate body composition and leisure time use among women in Selangor from the influences of community settlement. A total of 419 women aged 18-65 years were selected to participate in this study. Descriptive statistics, t-test and ANOVA were used to analyze the level of physical activity and the relationship between leisure-time use and body composition were made to analyze the physical lifestyles. The results showed that women with normal body composition seem to be involved in more passive activities than women with less weight gain and obesity. Thus, the study recommended that the government and other health and recreational agencies should develop more places and activities suitable for leisure preference for women in their community settlement so they become more interested to engage in more active recreational and physical activities.

Keywords : body composition, community settlement, leisure time, physical lifestyles

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