

STUDENTS' LEISURE WEEKEND ACTIVITIES DURING MOVEMENT CONTROL ORDER: UiTM PAHANG SHARING EXPERIENCE

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Introduction

- The pandemic of the coronavirus named COVID 19 sparked major changes, especially in economic, education, and people's lifestyles. It is a challenging time for many people to live a normal life in a time of uncertainty due to the spread of the COVID 19 outbreak.
- The Malaysian Control Order (MCO) regulations implemented to curb the spread of viruses have caused almost all students to spend their precious time at home. Since students were required to stay home during the pandemic, work and study patterns were changed, and they need to undergo online learning at home.
- Spending days, weeks, and months at home with limited resources and social contact can affect students' psychological health.



Objectives

- To describe the students' leisure weekend activities during the movement control order (MCO).
- To determine the association between the student's leisure weekend activities during MCO and the demographic characteristics.



Literature Review

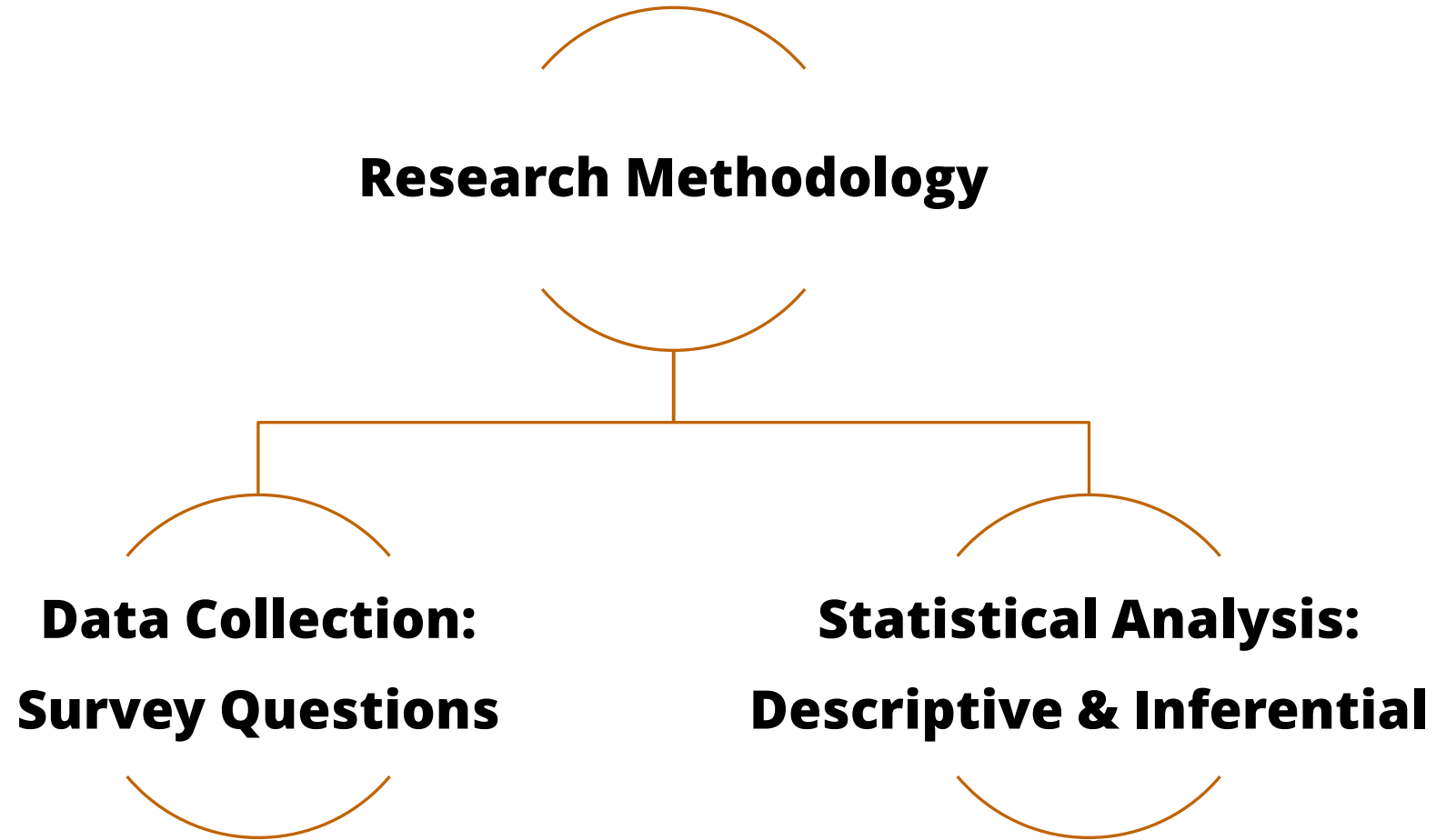
- Since the pandemic outbreak and the Malaysian government imposed the MCO, the higher institution had to shift to online teaching to ensure that the learning process can be carried out despite the current situation.
- Online learning is essential for the teaching and learning process, besides face-to-face and other traditional methods whereby the learning activities are conducted via the use of web-based technologies (Mokhtar, 2020; Carliner, 2004).
- Online learning during the MCO provides advantages in independent learning and developing new skillsets in the process (Dhawan, 2020; Rahman, 2020).



Cont.

- It is very interesting to figure out how students survive to remain to have a positive attitude and away from learning anxiety as well as what strategies they use to manage a new learning method when learning in this emergency situation (Baloran, 2020).
- The psychological side of the students when experiencing online learning also needs to be considered because to have great "mental health" for students is a must, especially in the recent learning situation (Wajdi *et al.*, 2020).
- As an alternative, students will spend time to release their stress from online learning, especially over the weekends.
- Leisure time is important because it can help increase physical fitness, emotional well-being, mental, spiritual, self-awareness, and self-esteemes especially during MCO (Binder & Freytag, 2013).

Methodology



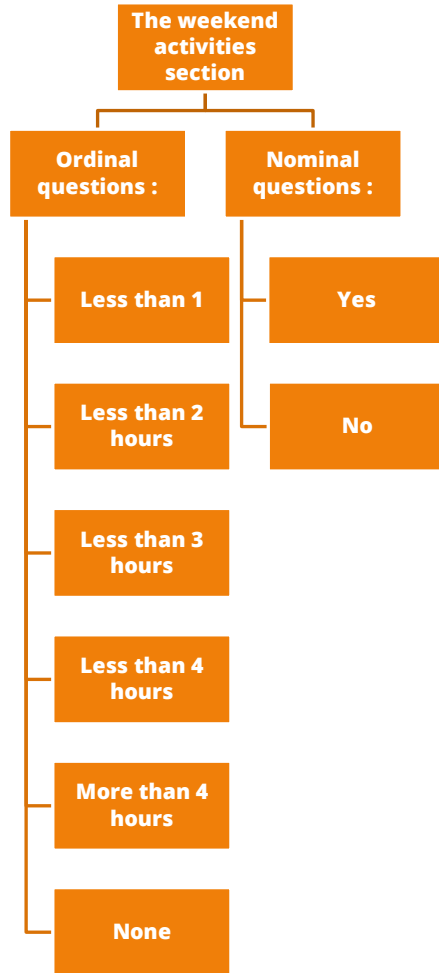


Methodology

Data Collection

- Respondent : A group of **213** students from five different programs was selected randomly among 16 programs offered in UiTM Jengka
- A comprehensive set of survey questions comprises of the **demographic characteristics** and **student's leisure weekend activities** during MCO
- The demographic section consists of **4** categorical variables, which are:
 - ✓ Gender
 - ✓ Age
 - ✓ The program enrolled
 - ✓ Current semester

Methodology



- The ordinal questions are related to the activities such as:

- | | |
|--|--------------------------|
| 1. Watching television | 7. Playing outdoor games |
| 2. Reading | 8. Shopping |
| 3. Playing computer @ electronic games | 9. Eating @ drinking |
| 4. Doing homework @ assignment | 10. Cooking |
| 5. Surfing social networking sites | 11. Working part time |
| 6. Spending time with family | 12. Volunteering |
| | 13. Sleeping |
| | 14. Planting |
| | 15. Painting |

- The nominal questions ask whether:

1. Students enjoy the weekend during MCO
2. Students do a weekend to-do list during MCO



Methodology

Statistical Analysis

1. Descriptive Statistics

- The data exploration conducted covers the descriptive statistics and graphs for each variable, which to describe the demographic characteristics of students based on their weekend activities.
- The percentages and frequencies of categorical variables were then identified.



Methodology

Statistical Analysis

2. Chi-square Test

- The Chi-square test was used to determine the associations between the students' leisure weekend activities during MCO and demographic characteristics.
- Chi-square test of independence evaluates if some categorical variables are correlated with some populations (Turhan, 2020).
- The formula for computing the test statistic is given as:

$$\chi^2 = \sum_{i=1}^n \frac{(O_{r,c} - E_{r,c})^2}{E_{r,c}}$$

Reference:

Turhan, N. S. (2020). Karl Pearson's chi-square tests. *Academic Journal*, 15(9):575-580.

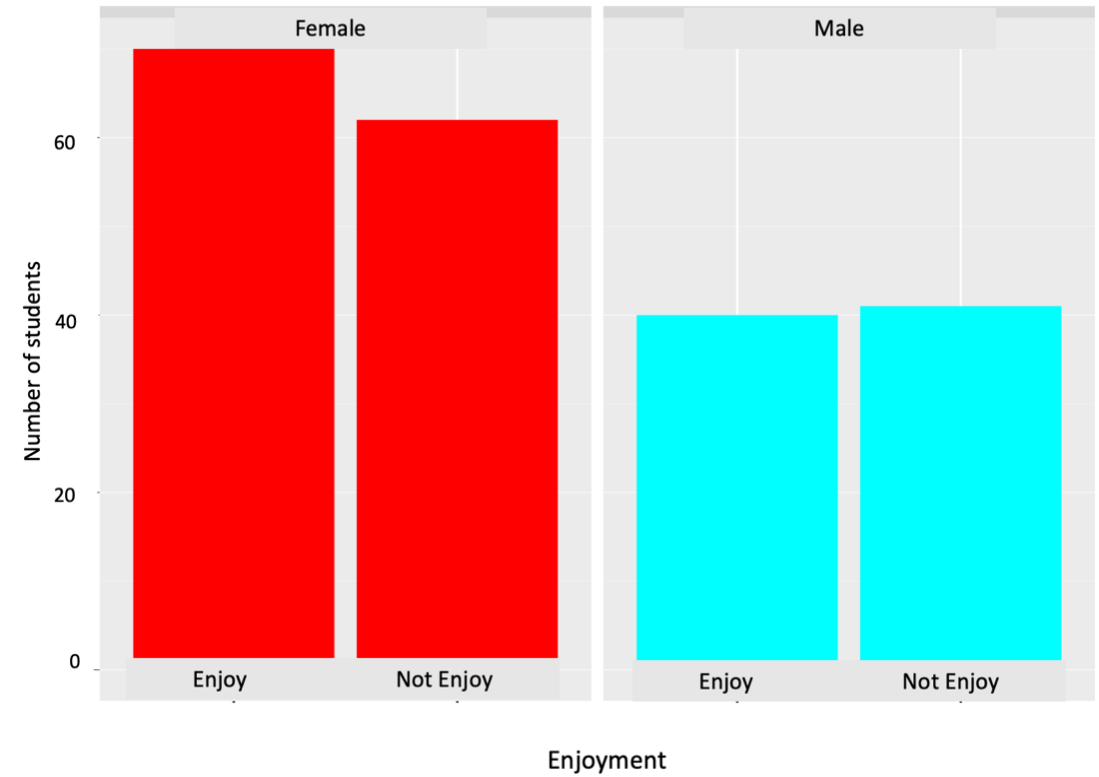
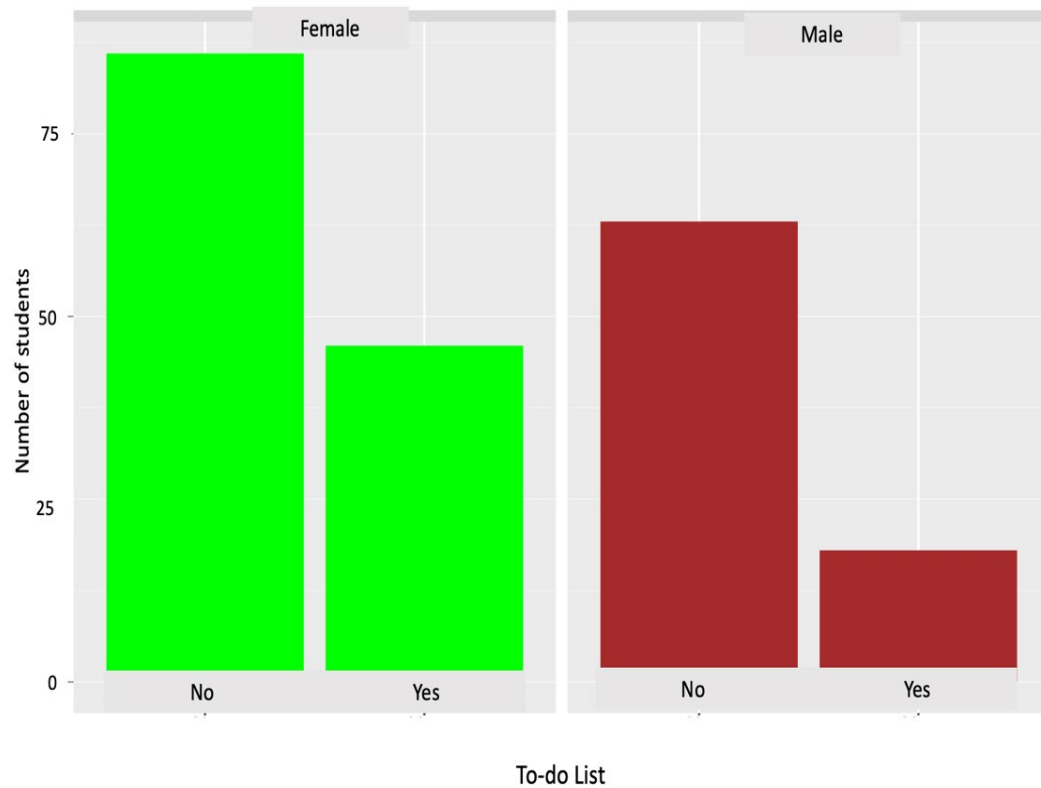
Results

Frequency table for demographic characteristics.

Variables	N (%)
Gender	
Male	81 (38%)
Female	132 (62%)
Age	
18-19	102 (48%)
20-21	111 (52%)
Number of semesters	
1-3	200 (94%)
4-6	13 (6%)
Type of programme	
Science & Technology	159 (75%)
Science Social	54 (25%)

Results

The to do list level & the enjoyment level by gender.



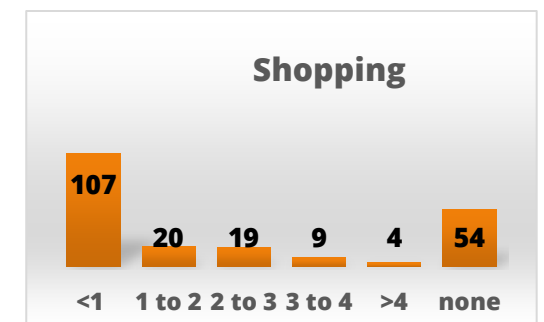
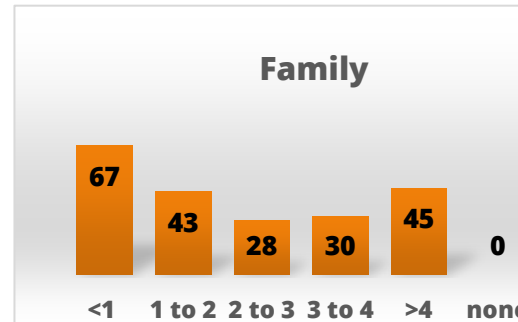
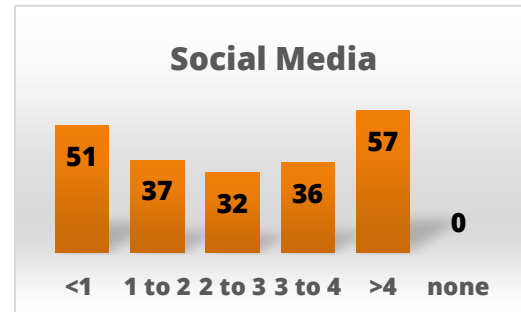
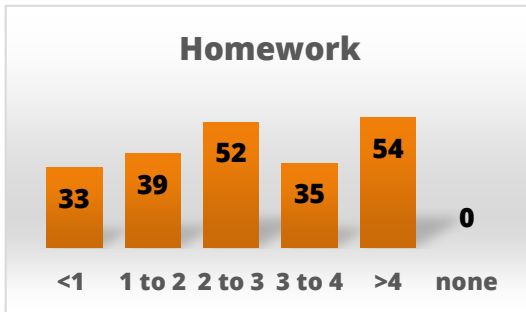
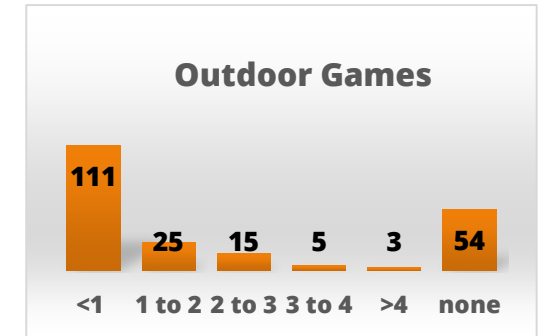
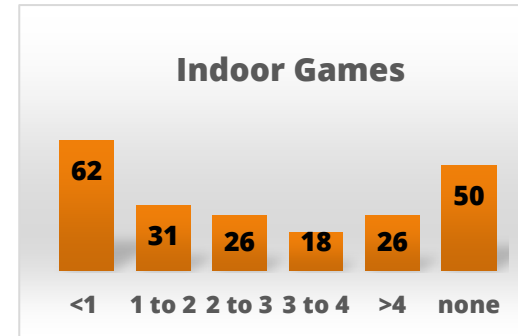
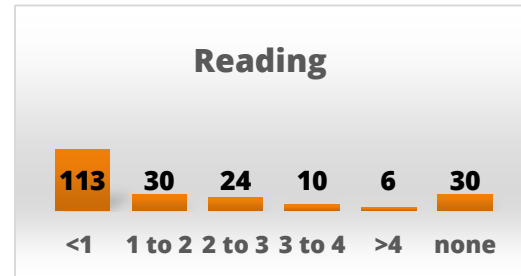
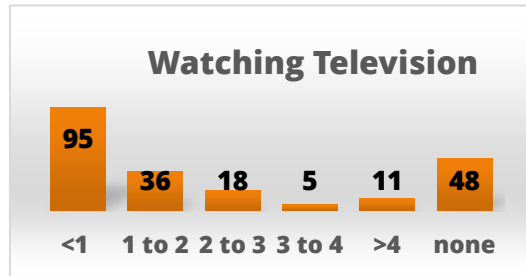
Results

The total of the weekend sleeping hours during MCO.



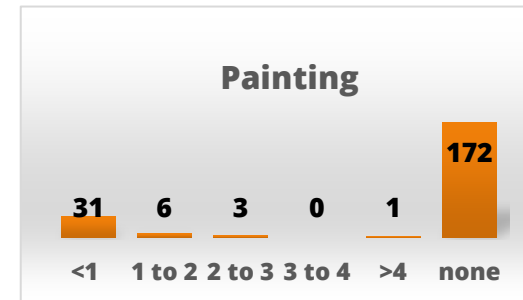
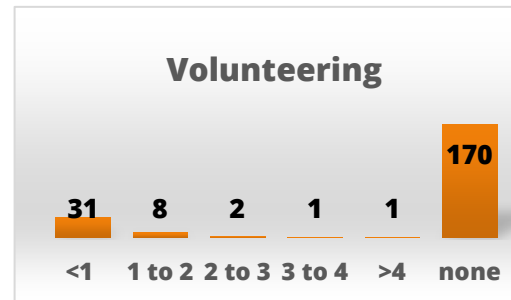
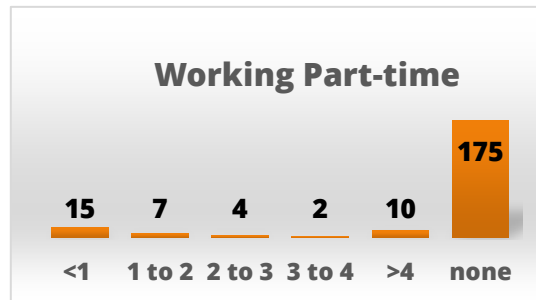
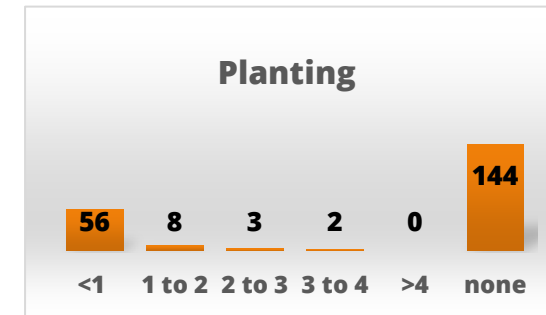
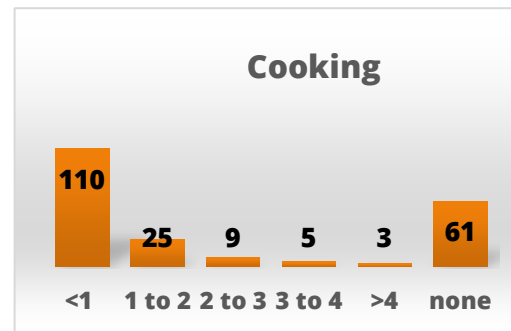
Results

The students' leisure weekend activities during MCO.



Results

The students' leisure weekend activities during MCO.



Results

Chi-square test of independence for each variable with *p-value* :

Variables	Chi-square (<i>p-value</i>)			
	Gender	Age	Program	Part
Watching Television	10.426 (0.1078)	13.357 (0.3437)	22.031 (0.5774)	16.985 (0.1502)
Reading	11.626 (0.0709)	6.3986 (0.8947)	37.035 (0.0434)	16.778 (0.1582)
Playing indoor games	14.943 (0.0207)	10.247 (0.5943)	23.635 (0.4826)	8.5392 (0.7417)
Doing homework	31.473 (0.000)	5.8214 (0.83)	45.433 (0.0000)	14.533 (0.15)
Social networking sites	14.995 (0.0104)	8.3978 (0.59)	19.489 (0.4903)	9.0015 (0.532)
Family	6.7577 (0.2393)	9.0587 (0.5265)	13.141 (0.8713)	15.582 (0.1122)
Playing outdoor games	26.36 (0.0002)	10.019 (0.6163)	31.399 (0.1426)	11.92 (0.4521)
Shopping	11.76 (0.0675)	12.882 (0.3777)	15.114 (0.9174)	14.726 (0.2568)
Eating and drinking	2.3456 (0.8853)	17.049 (0.1478)	40.034 (0.0212)	41.828 (0.0000)
Cooking	25.928 (0.0002)	17.885 (0.1192)	22.122 (0.572)	20.591 (0.0567)
Working part-time	1.9952 (0.9201)	2.3416 (0.9987)	21.049 (0.6359)	10.847 (0.5421)
Volunteering	7.3921 (0.2861)	6.0478 (0.9137)	24.679 (0.4234)	4.1641 (0.9803)
Sleeping	4.9194 (0.5542)	9.33 (0.6745)	22.465 (0.5515)	10.033 (0.6131)
Planting	14.303 (0.0138)	13.62 (0.191)	94.15 (0.0000)	20.813 (0.0224)
Painting	3.5985 (0.6085)	5.5742 (0.8497)	15.764 (0.7311)	3.5533 (0.9653)



Results

The study shows that:

- There is a statistically significant difference between male and female students in their spending hours for indoor and outdoor games, doing homework, surfing social networking sites, cooking activities, and planting.
- It is assumed that there is a statistically significant difference between students from the different programs in spending their time for reading, doing homework, eating and drinking, as well as planting.
- It is inferred that there is a statistically significant difference between students from the various part in spending time for eating and drinking, and planting.



Conclusions and Recommendations

- This study was conducted to describe the students' leisure weekend activities during the movement control order (MCO).
- From the statistical analysis, it shows that the students' activities on weekends are associated with gender, the program, or the current semester they are enrolled.
- Most of the students did not have the to-do list on weekends during the MCO and half of the respondents slept for more than four hours on weekends. This is due to their hectic weekdays, which were compact with online classes and completing the given tasks or assignments.
- Lecturers should be considerate when giving tasks or assignments to be completed within the weekdays, without interfering with the weekends, so that students can do proper activities on weekends and revive before joining the online classes.
- The conducted study was focused only on the students in UiTM Jengka, Pahang, hence future works can be broadened across other public universities. As the MCO is still being extended, the public university students' leisure weekend activities can further be identified.



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