CHAPTER 5

EVALUATION, RECOMMENDATIONS AND CONCLUSION

The Malaysian sport for all movement has been described in the previous chapters of this thesis. Through the four chapters, a comprehensive picture of sport for all in this country has been constructed from a variety of documented and previously undocumented sources. In order to understand fully the contemporary situation, the social and historical context of sport has been analysed. Only with this information is it possible to evaluate the sport for all component of the National Sports Policy (1988).

The policy process framework proposed by C. O. Jones (1970) comprised five systems: problem identification, formulation, legitimation, application and evaluation. Evaluation is the last system in the framework. According to Dunn (1994), evaluation provides information about policy performance, in particular to what extent goals and objectives have been met. He suggested that his evaluation criteria could be used in various fields, including health, education as well as economic and social development. Compared to other evaluation criteria (for example, Carley, 1987; Hogwood & Gunn, 1984; C. O. Jones, 1970), Dunn (1994) suggested a structured framework that can be applied to the various objectives of the National Sports Policy (1988). His criteria are comprehensive and appropriate for evaluating this national policy.

Dunn (1994) recommended six criteria to evaluate policy outcomes. These are effectiveness, efficiency, adequacy, equity, responsiveness and appropriateness. Each criterion addresses a specific question. Table 14 provides the criteria for evaluation.
**Dunn’s (1994) Criteria for Evaluation**

<table>
<thead>
<tr>
<th>Type of criterion</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effectiveness</td>
<td>To what extent has a valued outcome been achieved?</td>
</tr>
<tr>
<td>Efficiency</td>
<td>How much effort was needed to achieve a valued outcome?</td>
</tr>
<tr>
<td>Adequacy</td>
<td>To what extent does achieving the valued outcome solve the problem?</td>
</tr>
<tr>
<td>Equity</td>
<td>To what extent are costs and benefits distributed fairly between the different groups?</td>
</tr>
<tr>
<td>Responsiveness</td>
<td>In what ways do policy outcomes meet the needs of particular groups?</td>
</tr>
<tr>
<td>Appropriateness</td>
<td>How are objectives worthy or important?</td>
</tr>
</tbody>
</table>


In spite of the importance of policy evaluation, there appears to be little documented evidence of government evaluation of its sports policy. According to the first Director General of the Sports Division of the Ministry of Youth and Sports, Dr. Mohd Nor Che Noh (personal communication, December 17, 2001), there has not been any evaluation to investigate to what extent the objectives of the National Sports Policy (1988) have been achieved. He added that there has also not been any monitoring to ensure that programmes are successfully implemented.
Sports policy has all the components that Dunn (1994) used his set of evaluation on. Therefore it is possible to use it in the Malaysian sport for all context. It is viable to evaluate the sport for all component of the National Sports Policy (1988) by applying all six of Dunn's criteria (effectiveness, efficiency, adequacy, equity, responsiveness and appropriateness). Before a policy can be evaluated, the value outcomes or objectives should be clearly identified. Three of the four main objectives stated in the National Sports Policy (1988) are related to sport for all. They are:

1. To develop a healthy, disciplined and united society through greater participation in sport by all strata of the population;
2. To provide opportunities and facilities to meet the basic social, psychological and physiological needs through sport; and
3. To develop and improve the knowledge and practice of sport for the social wellbeing of the individual and the enjoyment of leisure of the population.

These three objectives are inter-related. The goals of sport for all are related to developing a healthy, disciplined and united society; meeting the basic psychological and physiological needs of society in addition to improving the social wellbeing of the individual and increasing the enjoyment of leisure of the population. These goals planned to be met through greater participation in sport by all strata of society, providing opportunities and facilities for participation as well as improving the knowledge and practice of sport.
Effectiveness

The first evaluation criterion (Dunn, 1994) is effectiveness. According to him effectiveness is often measured in terms of units of products or services or their monetary value. In this case, if the valued outcome is to encourage more participation in sports, an effective National Sports Policy is one that offers many programmes and provides facilities and trained qualified personnel to support those programmes.

Programmes

The sport for all programmes and activities run by the government, especially the Ministry of Youth and Sports have increased in number and variety since the inception of the National Sports Policy (1988). The comprehensive list includes the Sports Month, *Malaysia Cergas*, Sport for All Carnival, Sport for All League, regattas and other mass events. The key to developing sport for all is to have programmes in which everyone can participate, including social meets and events (Palm, 1985) and unstructured sports (Pooley & Pooley, 1991).

In addition to government programmes, the private sector and non-governmental organisations with the co-operation of government agencies in recent years have organised many mass events for the general public. For example, the Federal Territory Amateur Athletic Association (FTAAA) list of events for 2000 included FTAAA Family Day, Kuala Lumpur Run, Empire Tower Run, Jumps and Throws, FTAAA Cross Country, FTAAA Junior Championships, City Power Run, MSSKL meet, FTAAA All-Comers meet, FTAAA Walk Competition, Adidas King of the Road, FTAAA state championships, Malay Mail Big Walk, Avon Run,
FTAAA Road Relay and Run with the Disabled ("FTAAA scrap unpopular events," 1999). All these events were held in Kuala Lumpur.

Other events were held outside Kuala Lumpur. Ipoh, a city north of Kuala Lumpur, hosts the annual Ipoh International Run, known previously as the Ipoh Half Marathon (P. Chandra Sagaran, 2000). The annual Penang Bridge Run is also extremely popular. The inaugural Johor-Singapore Second Link Bridge Run 2000 attracted 6,000 participants which included not only Malaysians and Singaporeans but also Australians, Americans, Pakistanis, Indonesians, Japanese, New Zealanders, Bangladeshis, Filipinos, Dutch and Danish, Chinese and Indian nationals (Sharif Haron & Ganguli, 2000). This run is unique because one of its aims is to foster better bilateral relations between Malaysia and Singapore.

Charity runs are also held throughout the country. These include the Terry Fox Run, the Malaysian Red Crescent Society Run, Hong Leong Charity Run, Universiti Sains Malaysia Charity Run, Universiti Malaya’s Za’aba Quarter Marathon and those organised by Rotary Clubs, Lions Clubs and hotels.

In addition to runs, there are also triathlons, climbathons and tower runs. Triathlons are held around Malaysia throughout the year. Among the events held every year are the Lumut Triathlon, the Desaru International Half Ironman and the Sarawak International Triathlon. These events attract foreigners as well as locals. Climbathons include the Batu Caves Climbathon (Izatun Hanim Shari, 1999) and Gunung Ledang International Challenge Climbathon (Ismail Mat & Aswati Omar, 1997), while tower runs include those held at the Kuala Lumpur Tower, Kuala Lumpur International Airport air traffic control tower and the Empire Building.

In addition to land based activities, water based activities have been organised. The dragon boat race, which is a part of Chinese culture, is gaining popularity throughout the world. It is recognised as an international sport and was an
event in the 1999 South East Asian Games (K. F. Lee & Gopal Singh, 1998). Two states in Malaysia that organise such races are Sabah (in East Malaysia) and Penang (an island state in the north of Peninsular Malaysia). Penang has been organising such races for over 20 years and Sabah for 15 ("More entries for Sabah dragon boat race", 2000). The races attract participation from local as well as foreign teams.

An annual event, organised by the Wildlife and National Parks Department, was held to promote the national park, Taman Negara. From 1991 till 1998, it was known as the July Fest. Over 120 events, including water sports and fishing were held during the July Fest ("New events for July Fest," 1995). The July Fest was revamped with the name changed to the Taman Negara Fest in 1999 ("Taman Negara Fest for nature lovers," 1999). Activities included a treasure hunt through challenging trek and a Mount Tahan climbathon.

There is a variety of sport for all activities for Malaysians to choose from. These activities organised by the government, non-governmental organisations and the private sector range from conventional sports, mass runs, triathlons, climbathons, tower runs and water sports.

Facilities

- The National Sports Policy (1988) proposed a 20 year-blueprint for sports facilities for all strata of the community, including persons with disabilities. Although a blueprint has yet to be drawn up, facilities have been built to encourage sports participation. The National Sports Council conducted a survey of facilities by local authorities in 12 states in 1991 (as quoted in B. A. Lim, 1993). The survey did not include the northern state of Perlis and the Federal Territory. There were a total of 185 fields for football, 24 for rugby, 6 for cricket, 48 for hockey, 6 for softball, 70
for netball and 21 for handball. There were 73 courts for basketball, 75 for volleyball, 108 for sepak raga, 161 for tennis and 134 for badminton. There were also a total of 134 halls as well as 225 indoor facilities for hockey, 10 for basketball and 7 for volleyball. There were 22 swimming pools and 6 diving pools. However, according to the Director General of Sports, Ministry of Youth and Sports, Fathul Razi Bakri (2000), the sports facilities in the country are not sufficient for the population. He urged a sports complex be built in all areas with a population of 30,000 people.

The Ministry of Youth and Sports has built Youth and Sports complexes in the states and districts. In addition to these complexes, public gymnasiums (gim rakyat) have also been built throughout Malaysia. There is no subscription fee charged for using these facilities. Members of the public who are keen to use the facilities only need to pay per visit. In addition to providing equipment for working out, these complexes and gymnasiums also conduct fitness testing for the public.

In 1996, the National Sports Convention urged that the Ministry of Youth and Sports set up a co-ordinating body to advise and co-ordinate the planning and building of sports facilities as suggested by the National Sports Policy (1988). During the convention, workshops on “Issues related to sports facilities in Malaysia” and “Standard for sports facilities in Malaysia” were conducted. One of the recommendations from the workshops was centralised and shared facilities. This way, the general public and school children could use sports and recreation facilities jointly. It is important that sports facilities be well maintained and well managed so that their use is maximised.

A director at the Urban and Rural Development Department, Teh Azwahir Abd Malek (1989), suggested the need for a national plan for sports facilities that would take into account existing facilities as well as present and future needs. The
plan should also nominate the agencies to build and maintain the facilities. The provision of sports facilities should take into account factors such as public participation, utilisation of facilities and maintenance (de Vries, 1989). Sen (1972) recommended that recreational plans include open spaces in residential areas, playing fields in all educational institutions, community sports complexes in all towns, state sports complexes in state capitals and municipal sports complexes. de Vries (1989) suggested that cost, accessibility and design be considered when planning the blueprint for sports facilities. In addition to keeping costs to a minimum, the sports facilities should be accessible to the public and the design must meet local needs.

The European Committee for the Development of Sport recommended three different types of sports facilities (Marchand, 1990). They are low cost facilities, integrated facilities and 'dual' use facilities. Integrated facilities are used by all segments of the community and for other purposes besides sport. 'Dual' use facilities are purpose built for schools, but are open to the public during non-school hours.

Another aspect to consider when planning sports facilities is the leisure patterns and the interests of the population. It is important to take into account popular physical activities in the country. A joint research by the Ministry of Youth and Sports and Universiti Pertanian Malaysia (1988) found that the most popular physical activities among adult Malaysians were jogging, followed by badminton, walking, football, sepak takraw and netball. Zainun Ishak (1994) found that the most popular physical activity among young adults was court games like volleyball, tennis and badminton. These findings are similar to those of the Second National Health Morbidity Survey which found that the most common physical activities
engaged in were jogging, team sports, brisk walking and racquet sports (Siti Sa’adiah Hassan Nuddin, 1997).

Facilities should cater to the whole population, from the young to the elderly, for the able bodied and persons with disabilities, for both men and women. Hsu (1993) suggested that multi-purpose sport for all facilities should cater to a variety of interests and needs as well as cope with different demands and changing trends. Facilities should also be built where there is most demand and easy accessibility (Schmid, 1991).

**Personnel**

Sports personnel are needed to promote sport for all. According to Palm (1985), training sport for all personnel is a priority in developing sport for all. In training courses for sport for all, fun, skill development, fitness and fair play should be emphasised rather than win at all cost which is often the emphasis of high performance sport (Pooley & Pooley, 1991). The National Sports Policy (1988) mentioned that “professional and qualified personnel should be employed at all levels in sports organizations, work-places, schools and institutions of higher learning, to plan, implement and evaluate sports programmes in the country” (p. 19).

To ensure that there are adequate qualified sport personnel, the Ministry of Youth and Sports conducts courses to raise the standard of sports professionals in the country. Various courses are conducted to promote programmes and activities at the grassroots level. Participants of these courses are usually from the various sports associations. Whenever the Ministry introduces new sports, promotional courses are organised. A range of sports have been introduced in recent years. These include lawn bowls, petanque, motor racing and rallying as well as extreme games.
There have been initiatives to train the sports trainers. The Ministry of Youth and Sports conducts several training and coaching courses in recreation and fitness. Their foci include the management of mass sports, outdoor recreation and facilities. There are also extensive sports leadership courses in recreation and fitness usually lasting 12 days.

Beyond such short courses academic qualifications are also available from public universities which conduct degree courses in sports management and sports recreation. These courses are in addition to those in Physical Education at Universiti Putra Malaysia (formerly known as Universiti Pertanian Malaysia), Universiti Teknologi Malaysia, Universiti Kebangsaan Malaysia and Universiti Pendidikan Sultan Idris. The University of Malaya offers undergraduate programmes in Sports Science (majoring in Sports Management, Science of Coaching or Exercise Physiology). Universiti Teknologi Mara offers diploma and degree courses in sports science (Sports Leisure, Sports Management and Sports Studies). Graduates of these programme are now attached to the Ministry of Youth and Sports, state Youth and Sports Departments, the National Sports Council, sports non-governmental organisations as well as the private sector. Prior to this, sport in the country was mainly run by those interested in sport. It was only in the last few years that qualified people are managing sport. In order to promote sport for all more effectively, it is important to have the right people in the right jobs.

Efficiency

The second criterion of Dunn’s (1994) evaluative set is efficiency. Dunn (1994) defines efficiency as the amount of effort needed to produce a specific level
of effectiveness. The effort to encourage participation in sport for all can be examined in terms of funding, promotion, publicity and tax exemptions.

Funding

The National Sports Policy (1988) stated that a National Sports Foundation would be set up for sport for all, jointly or separately funded by federal and state governments, the commercial sector and individuals. Although a National Sports Foundation has yet to be established until the time of writing, the budget for running sport for all programmes comes mainly from the Ministry of Youth and Sports. Table 15 shows the breakdown of the annual operating budget for the Ministry of Youth and Sports (changed from the Ministry of Culture, Youth and Sports in 1987). It can be seen that starting from 1992, sports was given a bigger proportion of the budget. Before 1992, the share given to sports was less than 10% of the total budget for the Ministry. From 1992 to 1994, the allocation for sports increased to between 13% and 14%.
Table 15

<table>
<thead>
<tr>
<th>Year</th>
<th>Administration</th>
<th>Culture</th>
<th>Youth</th>
<th>Sports</th>
<th>One off</th>
<th>Total (RM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1986</td>
<td>15,072,800</td>
<td>4,569,900</td>
<td>17,017,100</td>
<td>3,286,700</td>
<td></td>
<td>39,946,500</td>
</tr>
<tr>
<td>1987</td>
<td>13,892,200</td>
<td>3,650,900</td>
<td>13,633,700</td>
<td>2,007,400</td>
<td></td>
<td>33,184,200</td>
</tr>
<tr>
<td>1988</td>
<td>15,347,300</td>
<td>12,589,700</td>
<td>2,177,100</td>
<td></td>
<td></td>
<td>30,114,100</td>
</tr>
<tr>
<td>1989</td>
<td>15,126,100</td>
<td>15,268,600</td>
<td>2,347,900</td>
<td></td>
<td></td>
<td>32,742,600</td>
</tr>
<tr>
<td>1990</td>
<td>16,357,000</td>
<td>19,815,600</td>
<td>2,472,300</td>
<td></td>
<td></td>
<td>38,644,900</td>
</tr>
<tr>
<td>1991</td>
<td>15,999,900</td>
<td>21,438,000</td>
<td>3,112,300</td>
<td></td>
<td></td>
<td>40,550,200</td>
</tr>
<tr>
<td>1992</td>
<td>18,585,300</td>
<td>23,178,400</td>
<td>6,463,200</td>
<td></td>
<td></td>
<td>48,226,900</td>
</tr>
<tr>
<td>1993</td>
<td>18,519,300</td>
<td>23,111,400</td>
<td>6,396,200</td>
<td></td>
<td></td>
<td>48,026,900</td>
</tr>
<tr>
<td>1994</td>
<td>20,467,200</td>
<td>24,772,100</td>
<td>6,852,600</td>
<td></td>
<td></td>
<td>52,091,900</td>
</tr>
<tr>
<td>1995</td>
<td>20,808,600</td>
<td>23,857,400</td>
<td>6,260,700</td>
<td>20,793,500</td>
<td></td>
<td>71,720,200</td>
</tr>
</tbody>
</table>


In terms of this study, from 1996, the annual budget was unfortunately broken down into different categories. Therefore it is not possible to make comparisons from 1996 to the year 2000.

The Ministry of Youth and Sports allocates to non-governmental organisations an annual budget for management of sport for all. In addition to that, the Ministry also provides funds for the non-governmental organisations to conduct their own programmes. In 1999, a total of RM2,458,330 was allocated to non-governmental organisations for their programmes (Ministry of Youth and Sports, 2000b).
Promotion and Publicity

Palm (1985) mentioned that national publicity campaigns include slogans and logos and symbolic figures are important to develop the identity of sport for all. Unfortunately, sport for all receives little publicity in the media. The sports pages in the national newspapers mainly highlight high performance sports. The sport for all activities that are covered in the newspapers are mainly mass runs and walks. Other activities receive little coverage. A search of newspaper articles on sport for all activities yielded disappointing results. There may be a write-up about an upcoming event, but not anything about the outcome. Sponsorship of mass events is highlighted in the newspapers. A photograph of the sponsors handing over a cheque or merchandise to the event organisers usually accompanies the news item. This is especially so when the event is wholly or partly organised by the newspaper in question, for example the Penang Bridge Run (co-organised by the News Straits Times Press) and the Malay Mail Big Walk (organised by the Malay Mail newspaper). It was also found that news of sport for all events are placed in the main part of the newspaper, not in the sports section. The sports section is mainly reserved for high performance sports. This could be because sport for all news is not considered to be worthy of a place in the sports pages.

However, promotion and publicity campaigns are often held in conjunction with activities and programmes. Some events are more actively promoted than others are. This could be due to the priority given to the event and the budget allocated to run it. An obvious promotion and publicity campaign is for the Malaysia Cergas or Fitness Malaysia programmes. Pamphlets on physical activity (jogging and cycling), health (high blood pressure, smoking and heart disease) and
nutrition are printed and distributed to the general public. There are also advertisement slots over radio and television.

The *Rakan Muda* programme was also well-publicised and promoted. The programme had easily recognisable logos that were printed on t-shirts, posters and banners. *Rakan Muda* had its own jingle that was periodically aired over radio and televised. This is an example of a successful advertising campaign that prompted encouraging response from the public. Less than a year after it was launched in 1994, the programme received 1,091,153 programme applications from 750,000 youths (Azman Ahmad, 1995). Due to its constant exposure in the media, the *Rakan Muda* logo and theme song are easily recognisable. One-off activities, for example the Walk for the Nation and the *Larian Rakyat* were extensively promoted in the media. These events also drew very encouraging from the public. Both events reportedly attracted over two million participants each (“A walk on the patriotic side,” 1999 & “2.3 million make Larian Rakyat biggest sporting event”, 2000).

**Tax Exemption**

Tax exemption is another way to evaluate the efficiency of encouraging sport for all. The move to exempt sports and recreation equipment from tax had been proposed in the National Sports Policy (1988). The policy stated “existing duties and excise on sports good should be reduced in order to make such goods available at lower prices and thus encourage greater participation in sport” (p. 25). Currently tax exemption for sports goods covers equipment for expensive sports such as equestrian events (Saodi, 1993) and go-karting. Although this is a commendable move to make these sports more accessible to Malaysians, other sports should also be given this privilege to encourage greater participation.
Adequacy

Adequacy is the third criterion in Dunn’s (1994) evaluation framework. Adequacy refers to the extent to which the level of effectiveness satisfies the needs, values or opportunities that gave rise to a problem (Dunn, 1994). The problem that gave rise to the policy was the limited success of Malaysian athletes at international events and the inadequate guidelines at that time in getting commitment and cooperation from all sectors in achieving sporting success (Abu Bakar Mohd Said, 1987). As one of the objectives of the National Sports Policy (1988) is to develop a healthy, disciplined and united society, adequacy can be looked at from the health and social situations in the country.

Health Situation

In terms of health, diseases associated with urbanisation, economic affluence, sedentary occupations and a stressful lifestyle are predominant in Malaysian society (Ministry of Health, 1996). From 1985 to 1994, the leading cause of death in Malaysian government hospitals was heart diseases and diseases of the pulmonary circulation, accounting for 15 to 19% of total hospital deaths.

The Second National Health and Morbidity Survey was conducted in 1996 to provide community-based data in order that the Ministry of Health could review national health programmes and activities (Ministry of Health, 1998). According to the survey, prevalence of total possible hypertension was 29.9% while the prevalence of diabetes was 8.3% (Maimunah A. Hamid, 1997). The survey estimated the prevalence of cancer of all anatomical sites at 230.4 per 100,000. The survey also found an increase in the prevalence of current smokers as well as obese
and overweight people. The prevalence rate of current smokers was 24.8%. It was found that 4.4% of Malaysians were obese while 16.6% were overweight. In other words, this is an issue that the government is hoping sport for all can ameliorate.

Social Situation

Youth disaffection has grown in recent years. Shukor Rahman (2000) accused Malaysian youths of having too much of a good life. He said that many no longer play games or exercise and consequently they are not as tough and resilient as older generations had been in their younger days. P. Mohan of the Malaysia Hindu Sangam claims that youths today are more materialistic (Shukor Rahman, 2000).

A 1996 study conducted on health risk behaviour among adolescents by the Ministry of Health found that 16.7% of secondary school students smoked, 9.0% took alcohol, 2.2% used drugs and 1.8% had had sexual experience (Suraya Abdullah, 1997). There was also an increase in crimes involving juveniles. Records from the Welfare Service Department indicate a rise in juvenile delinquency (Muharyani Othman, 1999). This is an increasing trend. The crime index showed that in 1997, there were 2,649 cases of crimes involving juveniles, 2,664 cases in 1998 and 3,077 in 1999. Criminal cases involving students have also increased from 801 in 1997 to 891 in 1998 to 1,080 in 1999 (Suryani Dalip, 2000).

The data show that the crime rate has increased and health has deteriorated. It would be unfair to say that the all-embracing outcomes of sport for all are unrealistic in a developing a healthy, disciplined and united society. It would be more accurate to say that the objectives should be realistically stated in terms of achievable performance indicators.
Equity

Equity is the fourth evaluation criterion (Dunn, 1994). He stated that in terms of policy evaluation equity refers to the distribution of outcome effect and effort to achieve outcomes among the different social groups. The social groups targeted in the National Sports Policy (1988) are students, youth, women, senior citizens and persons with disabilities. Therefore progress in sport for all participation among these segments of society must be reviewed.

Opportunities for Participation

It does not seem that all strata of the population have adequate opportunities and facilities to participate in sport. Formal sport programmes are available to schoolchildren in formal Physical Education and co-curricular activities. The youth population is also catered for in terms of sport for all programmes. Examples of sport for all programmes for youths are included in the National Youth Masterplan and the Rakan Muda programme by the Ministry of Youth and Sports. Both these programmes are aimed at young people aged between 18 to 25 years old. Apart from these for youth, there are no government programmes that specifically cater to the other population groups. This could be because formerly, the Youth Division of the Ministry handled the National Youth Masterplan and the Rakan Muda. At present, a Rakan Muda unit specifically handles its programmes. The Sports Division of the Ministry is mainly responsible for sport for all. According to Deputy Director of the Division, Azura Abidin (personal communication, January 8, 2002) the Division does not currently have the resources to conduct specific programmes for the various population groups. This could be an area that the Division could...
consider in future. Discrimination occurs in sport for all in terms of social class, gender, age, race and ability (Pooley & Pooley, 1991). Malaysian research has shown that women, senior citizens and persons with disabilities show low rates of participation in physical activity.

**Students.**

It can be said that school Physical Education and sport are the breeding grounds for adult sports participation. Therefore in an evaluation of sport for all it is important to consider the status of these two institutions. In Malaysia, Physical Education is a compulsory subject in school. However, the reality of the situation is different. The Malaysian education system emphasises academic excellence. As a result of this, non-examination subjects like Physical Education are neglected. According to de Vries (1990), Physical Education in Malaysia is in crisis. He said the public, including parents, is indifferent towards Physical Education as it is a non-examination subject and therefore is of little importance in the education of children. Some teachers use the time allocated for Physical Education to teach academic subjects.

Another issue associated with the quality of Physical Education concerns the number of qualified teachers. According to the National Union of Teaching Profession secretary-general N. Siva Subramaniam, inexperienced teachers are selected to teach Physical Education (Jeswant Kaur, 1998). The Ministry of Education has received reports of teachers who do not take Physical Education seriously (Chok, 1999). Almost a decade ago the then Deputy Minister of Education, Dr Leo Michael Toyad said that disciplinary action would be taken against teachers who were found guilty of not providing quality Physical Education instruction ("Tindakan disiplin terhadap guru abai jasmani", 1992).
In order to improve the quality of Physical Education in the country, Sheikh Kamaruddin Sheikh Ahmad (1993), made four key suggestions for the Ministry of Education. First, it should ensure Physical and Health Education teachers have appropriate training. Next the government needs to develop, implement and sustain a strong staff development programme in Physical and Health Education. Each State Education Department should work closely with schools by providing schools with the necessary equipment, personnel and up-to-date guidelines for teaching Physical and Health Education. Fourth, the Curriculum Development Centre, the Schools Division and the Teacher Training Division should work closely when introducing new Physical Education curriculum.

The state of sport in schools has also been a source of concern as there are inadequate facilities and programmes to develop the basic skills essential for sports participation. There are schools that last held their annual sports day more than a decade ago (Jeswant Kaur, 1998). School fields are also in a sorry state. A study conducted by the Ministry of Education found that of the 67 secondary schools in Kuala Lumpur, only 10 had fields large enough to accommodate a 400-metre track. Furthermore 12 schools had no fields (Randhir Singh, 1994). Fernandez (1997) reported that school fields have been sacrificed for classrooms. He cited a case where two schools were built on former playing fields leaving nearly 9,000 pupils without a proper sports field. He also mentioned that the second largest primary school in the town of Gombak is without a field because that was where new blocks of classrooms had been built. Bhatt (1989) lamented that when a choice has to be made between classrooms and playing fields, priority is given to classrooms. She added that in housing developments, developers are required to allocate sites for schools. Usually a minimum space is given for playing fields. To overcome these problems, some schools co-operate with the Parent Teacher Association to get
funding for sports facilities. Although this is a sad state of affairs, the government authorities in tough times have to make difficult decisions. High education standards have to be maintained to increase the wealth of the nation and improve the standard of living for its citizens. However, there is contradiction in the messages sent out by the government. Although the government stresses the need to improve the quality of life through sports participation, this is difficult to accomplish when there is nowhere for schoolchildren to play.

**Youths.**

Recreational activities offers school leavers and youths a more desirable form of leisure compared to hanging around shopping complexes doing nothing or indulging in drugs and crime. Malaysians between the ages of 18 and 25 can take part in *Rakan Muda* programmes. More recently the Ministry of Youth and Sports included extreme games in its programmes to cater to the growing youth interest in this sport. These programmes were discussed in Chapter 4.

**Women.**

A survey conducted on the participation of Malaysian women in physical activities found that nearly half of them claimed they had no time for regular exercise (M. Chen, 1994). About 17% of the women said there were no nearby facilities where they could exercise. In Malaysia traditional Eastern values are strongly held. A woman’s role is to take care of her family. Once a woman marries, her family and home take priority. Less importance is given to exercising and keeping fit. Although the mother does not exercise, she facilitates sports for her children by taking them to swimming or tae kwon do classes. Not only does the mother’s health and quality of life deteriorate, she models to her daughters that the
lack physical activity is acceptable for women. There needs to be a change in both concerns.

The then Minister of Youth and Sports, Muhyiddin Mohd Yassin (1997) stressed the importance of encouraging more women to participate in sports in order to create a sporting culture in the families. There are some positive examples of motivating mothers to exercise. A foundation, the Women’s Sports and Fitness Foundation Malaysia, was set up in 1996 to increase the awareness of fitness and health among women and girls as well as to promote the training of women in coaching, refereeing and sports administration (Muharyani Othman, 1996). Activities of this voluntary organisation include the Lecture Series on Sports and Fitness, a Women and Sports Convention and free aerobics sessions for women. It is more likely for urban middle class women who have greater disposable income and fewer children to be physically active. There should be more efforts to get rural women to take part in physical activity.

Senior citizens.

Senior citizens have an association to cater to their needs. The National Council of Senior Citizens Organisation Malaysia was set up in July 1990. With its mission to improve the quality of life of senior citizens, the Council has a committee for Sports and Recreation. Its programmes for the elderly include dancing, minisports, tai chi, kung fu and a Sports Carnival for the Elderly (Pai, Mooi & Retnam, 1999). When officiating at the association’s 1997 Senior Citizens Sports Carnival, the then Minister of Youth and Sports, Muhyiddin Mohd Yassin encouraged the elderly to take part in at least one outdoor activity (Muharyani Othman (1997). Activities for the elderly are mainly on an individual basis and involve less strenuous activities such as tai chi and walking.
Persons with disabilities

Persons with disabilities often bear the burden of insufficient funding to provide adequate sport for all facilities. Although the National Sports Policy (1988) stated persons with disabilities should have access to sports facilities, unfortunately this is usually not taken into consideration when planning and building sports facilities. Shortcuts are taken whereby lifts and ramps for wheelchairs are often not provided.

Moreover, the Ministry of Youth and Sports does not organise specific programmes for persons with disabilities. Activities for persons with disabilities are incorporated into some Ministry programmes, for example the Walk for the Nation and the Sport for All Carnival have entry categories for persons with disabilities.

The national governing body for sports for persons with disabilities is the Malaysian Paralympic Council. The Council is a non-profit organisation that was established on 18 May 1989 as the Malaysian Sports Council for the Disabled. The foundation council was renamed the Malaysian Paralympic Council in 1996. According to the rules of the Council (Malaysian Paralympic Council, n.d.), its objectives are to prepare athletes for international events as well as to encourage an active lifestyle among persons with disabilities. One of the objectives of the Council is to introduce new sports and recreation programmes and activities for persons with disabilities as well as to establish more training facilities for greater participation.

According to the Executive Director of the Malaysian Paralympic Council, S. Radha Krishnan (personal communication, 23 February 2001), this purpose is in line with the Council’s aim of building an active, healthy, fit, united and productive society of Malaysians with disabilities.

The Ministry of National Unity and Social Development Malaysia ensures that persons with disabilities are given equal opportunity to participate in all sporting
activities. However, physical recreation opportunities for persons with disabilities are limited. Most physical activity is geared towards sports competitions. Malaysia has been organising national meets for sports for the disabled since 1982. From 1990, this biennial game included teams from the South East Asian region. There is little emphasis on mass participation.

Given the inadequate current provision, there should be more efforts to promote more Malaysians with disabilities to take up sport. This is because sport is a means of social integration: through sport and physical activity people are able to share social norms and values (Foldesi, 1996). She stressed that sport for the disabled is a vehicle for persons with disabilities to be accepted and recognised. Sport for the disabled makes it easier for persons with disabilities to cope with the stigma and marginal status and also to improve the attitudes of the able bodied towards persons with disabilities. Other important functions of sport for the disabled are its dual roles in rehabilitating persons with disabilities and in improving the quality of life. Lalov, Nyagolov and Karaneshev (1992) advocated that sport should be a principal element of the lifestyle of persons with disabilities as well as part of their rehabilitation. Foldesi (1996) suggested more parties should be involved in providing sports for the disabled, including volunteers, sponsors and persons with disabilities themselves.

**Responsiveness**

The fifth evaluation criterion (Dunn, 1994) is responsiveness. According to Dunn (1994), responsiveness refers to the extent that a policy satisfies the needs of the various groups involved. One way of considering the responsiveness of the
National Sports Policy (1988) is to analyse the break down of sports participation figures.

**Participation in Physical Activity**

The Minister for National Unity and Social Development Malaysia stated that despite government efforts to encourage physical activity, Malaysians did not consider it a priority (“Rakyat kurang minat bersenam”, 1998). A series of health-related tests conducted under the umbrella of the *Malaysia Cergas* programme found that most civil servants have a low level of cardiovascular fitness (“Civil servants found to be generally unfit”, 1991). Analysis of data from civil servants from various government departments showed that government workers generally had a low level of cardiovascular fitness and weak upper body strength. This happened despite efforts by MAKSAK in organising sports activities for the some 800,000 civil servants in the country.

Research has been conducted to ascertain the percentage of Malaysians who participate in physical activity. A study on the recreational activities of young adults (16 to 24 year olds) was conducted by Zainun Ishak (1994). She found that only 22.5% took part in sporting activities after work. A survey by Frank and Small Associates found that only 13% of Malaysians exercised regularly while 41 percent exercised once in a while (Ainon Mohd, 1997). These figures are not encouraging.

The Second National Health and Morbidity Survey found that a total of 30.9% of Malaysian adults aged 18 years and above have ever exercised and only 11.6% exercised adequately (Siti Sa’adiah Hassan Nuddin, 1997). In this survey, adequate exercise is defined as performing an exercise (jogging, brisk walking, cycling, rope skipping, rowing, swimming, aerobics, team sports, racquet sports and
callisthenics) for more than three times a week, each of which lasted at least 15 minutes. It was also found that some groups were more active than other groups. A study was conducted on the physical activities of adult Malaysians (Ministry of Youth and Sports & Universiti Pertanian Malaysia, 1988). It was revealed that the most active group comprised 20 to 29 year old males. Another study on leisure time activities among Malaysians found that those participated in recreation activities were younger, were from bigger families (three or more members), lived in better residential areas, earned more than their peers and were either employed or still studying (Ministry of Youth and Sports & Universiti Kebangsaan Malaysia, 1988). The Second National Health Morbidity Survey found that the urban population, males, government employees, singles and those who were more educated had a higher rate of participation in physical activity (Siti Sa’adiah Hassan Nuddin, 1997).

Reasons given for participating in physical activity also vary. Most Malaysians took part in physical activity because of health reasons (Ministry of Youth and Sports & Universiti Pertanian Malaysia, 1988). Other reasons include interest, ability and a way to fill free time. The reasons given for not participating in physical activity are lack of ability, lack of interest, lack of fitness, unavailability of exercise partners, equipment and facilities. Most Malaysians took part in physical activity once or twice a week for about one to four months a year. It was found that a person’s job influenced participation in physical activity. Officer workers were found to be more active than those in other jobs were.

These figures do not seem very encouraging. Information from these studies does not match other reports that give a more positive picture of Malaysian’s participation in physical activity.

In the opinion of the Sports Division of the Ministry of Youth and Sports, sport for all using the *Malaysia Cergas* concept had achieved a 50% success rate.
(Ministry of Youth and Sports, 1992). This was because more recreational clubs had been established. As of December 1998, out of a total of 27,029 societies registered with the Registrar of Societies, Malaysia, 4,448 were social and recreational while 2,021 were specifically sports related (Economic Planning Unit, 1999). This is an increase over the 1,704 social and recreational societies in December 1969 and 1,749 in September 1972 (Douglas & Pedersen, 1973). There were 1,180 sports societies in December 1969 and 1,347 in September 1972. This represents a 71.3% increase over 29 years.

According to a newspaper report (D. Sundara Raja, 1992), the government's *Malaysia Cergas* programmes have had a significant impact on people’s lives. There is a growing interest in jogging, walking, tai chi, yoga and aerobics. D. Sundara Raja (1992) drew his conclusion from the following observations. There was an average of 40 organised national-level runs a year in addition to social runs and newspaper organised runs and walks, which attract a large number of sponsors, advertisers and participants. In addition to that, some housing estates even organise mass exercise programmes for residents. It would seem then that sport for all is effective as far as number and range of activities are concerned.

A positive effort by the Malaysian government is the co-operation by the various agencies namely the Ministry of Youth and Sports, the Ministry of Education and the Ministry of Health. The strategies and programmes complement each other. The Ministry of Education is in charge of sport for all for school going children between the ages of 7 to 17 years old, the programmes by the Ministry of Youth and Sports and the Ministry of Health target the adult population. As the participation rates for women, senior citizens and persons with disabilities are still low, there should be more sport for all activities for these segments of the population.
Appropriateness

The final criterion in Dunn’s (1994) evaluation tool is appropriateness. Appropriateness is the degree to which the objectives are appropriate ones for society in which the policy is framed (Dunn, 1994). From the analysis in this thesis it would seem that the sport for all objectives of the National Sports Policy (1988) are worthy and important ones as they take into account the needs of society. The sport for all-related objectives highlight the need to develop a healthy, disciplined and united society through sport for all levels of society by providing opportunities and facilities in addition to improving the knowledge and practice of sport.

Although worthy, these objectives have unfortunately yet to be fully achieved. According to the then Minister of Youth and Sports, Muhyiddin Mohd Yassin (1997) the implementation of the policy into action plans was lacking. He called for a reform in the thinking, approach and implementation of the policy in order to benefit Malaysians. He noted that the situation in the country was ideal for sports development as both the government and the sports organisations played active roles. However, the problem in implementation could lie in the lack of cooperation between government and non-governmental organisations.

Despite efforts, the National Sports Policy (1988) has not managed to provide everyone with opportunities for participation in sport. The sport for all movement has had to work with a smaller budget compared with that provided for high performance sport, although sport for all caters to a bigger population than that of elite athletes. Although there is awareness that sport for all is important, the emphasis is still on the high achievements of a few. Government efforts towards sport for all has also not been aggressive as those in the elite domain.
A National Sports Convention was held in Langkawi in April 1996 to discuss the state of sport in the country. When delivering his address at the convention, Prime Minister Dr Mahathir Mohamad (1996) promised the Government’s support in improving sport in the country. A total of 96 resolutions were passed in this key conference. Nine of the Langkawi resolutions (9.4%) were related to sport for all. These which follow were the specific outcomes of the workshop on “The role of sport for all in Malaysian sports”.

1. The appointment of a task force to review the National Sports Policy in relation to sport for all, evaluate current programmes, draw up a Malaysian sport for all charter, chart roles and responsibilities of various organisations.

2. To conduct research on all aspects of sport for all to improve the planning, implementation and evaluation.

3. To introduce leadership development schemes to enhance participation and volunteerism in sport for all.

4. Make efforts to assist in the development of sport for all non-governmental organisations.

5. To develop a sport for all facility plan to ensure mass participation.

6. To create and develop sport for all programmes to cater to all groups, ability and location including the workplace.

7. To carry out a nation-wide promotion and publicity on the importance of physical activity.

8. To create incentives to promote sport for all including tax exemption on sports and recreation equipment.
9. The establishment of a National Sport for All Foundation headed by the Minister of Youth and Sports to generate funds for sport for all activities.

(National Sports Convention, 1996)

As noted earlier in this thesis, these resolutions cover areas of sport development from policy development, research, administration, facilities and incentive schemes. Of all the resolutions, action has been taken on the third, fourth, sixth, seventh and eighth. If all nine were to be implemented, sport for all in Malaysia would be well established. Currently, a few matters need to be addressed.

Recommendations

From the analysis of the current state of sport for all in Malaysia, a number of suggestions are put forward. These relate to planning, balance between sport for all and high performance sport, sports leadership, monitoring and evaluation, Malaysian's unique needs and sporting culture. Each of these is discussed below.

Planning

Sport for all provides opportunities to rectify some of the ills of society. According to Palm (1992), sport for all can bring more joy in this dark world of inequality. In order to achieve the dream of sport for all, there need to be cooperation and mobilisation of community resources (Vuori, Oja, Miilunpalo & Kahila, 1991). Parties involved must understand and accept the idea of sport for all for it to succeed. Vuori et al. (1991) also stressed that as sport for all is a voluntary activity, it must meet the needs and expectations of the populace.
It has been shown that health status and sport for all are closely related. Powell et al. (1991) suggested that in order to achieve health promotion goals, a variety of strategies are needed for different social and physical settings and various target populations. This multi-dimensional model could be used to promote sport for all in Malaysia. A range of strategies, such as information dissemination, skill building and environmental change, could be applied to diverse settings such as schools, homes and worksites. The target population could be categorised in terms of gender, age and interest and specific sport for all promotional strategies devised or modified for each.

**Balance between High performance sport and Sport for all**

Rather than one dominating public interest, there needs to be a balance between high performance sport and sport for all. In the early days, the emphasis was on high performance sport. The shift towards sport for all has been a more recent development (National Sports Policy, 1988). Significantly more money is spent on high performance sport. It cannot be denied that high performance sport is more prestigious, brings glory to the country, raises the profile of the country as well as increases the tourism and national economy. Nevertheless, sport for all also has an important role to play in national development. Sport for all is important for a range of reasons – health, social and economic. Sport for all is about all Malaysians irrespective of gender, status and ability maximising their quality of life through participation in physical activity, sport or exercise. The Director General of Sports, Ministry of Youth and Sports, Fathul Razi Bakri (2000) suggested that the government spend a bigger proportion of funds on developing sport for all to achieve this end.
Currently, there is a disparity between money spent on sport for all and high performance sport. The table below shows the National Sports Council's expenditure from 1996 to 1998.
<table>
<thead>
<tr>
<th>Operating budget</th>
<th>1996 (RM)</th>
<th>1997 (RM)</th>
<th>1998 (RM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athlete development</td>
<td>4,571,419</td>
<td>3,467,123</td>
<td>5,260,665</td>
</tr>
<tr>
<td>Preparation for 1998 Commonwealth Games</td>
<td>25,298,224</td>
<td>35,681,382</td>
<td>35,879,621</td>
</tr>
<tr>
<td>Coach and officer development</td>
<td>346,357</td>
<td>309,843</td>
<td>176,455</td>
</tr>
<tr>
<td>State Sports Councils and NSAs</td>
<td>795,000</td>
<td>2,733,219</td>
<td>1,584,127</td>
</tr>
<tr>
<td>Incentive schemes</td>
<td>788,777</td>
<td>1,095,359</td>
<td>521,898</td>
</tr>
<tr>
<td>Emolument</td>
<td>2,943,489</td>
<td>2,647,144</td>
<td>2,766,242</td>
</tr>
<tr>
<td>Administration</td>
<td>8,659,159</td>
<td>12,015,002</td>
<td>8,165,830</td>
</tr>
<tr>
<td>Finances</td>
<td>1,716,258</td>
<td>17,459,013</td>
<td>5,996,900</td>
</tr>
<tr>
<td>National Sports Award</td>
<td>213,715</td>
<td>278,055</td>
<td>213,681</td>
</tr>
<tr>
<td><em>Rakan Sukan</em> programme</td>
<td>5,267,325</td>
<td>2,941,200</td>
<td>1,795,155</td>
</tr>
<tr>
<td>Development of identified sports</td>
<td></td>
<td>501,993</td>
<td>818,152</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>50,599,723</td>
<td>79,129,333</td>
<td>63,178,726</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Development budget</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>National Sports Council Complex</td>
<td>9,923,305</td>
<td>9,548,727</td>
<td>16,490,937</td>
</tr>
<tr>
<td>National Squash Stadium</td>
<td>632,916</td>
<td>9,614,371</td>
<td>11,110,603</td>
</tr>
<tr>
<td>Sportsman Scheme</td>
<td>1,383,594</td>
<td>1,124,701</td>
<td>1,029,455</td>
</tr>
<tr>
<td>Talent Programme</td>
<td>1,415,216</td>
<td>1,871,139</td>
<td>1,355,525</td>
</tr>
<tr>
<td></td>
<td>13,355,076</td>
<td>22,158,938</td>
<td>29,165,246</td>
</tr>
<tr>
<td>Grand total</td>
<td>63,954,799</td>
<td>101,288,271</td>
<td>93,165,246</td>
</tr>
</tbody>
</table>

Based on the National Budget from 1996 to 1998, it is found that the provision for sports development under the Ministry of Youth and Sports was RM11,426,000 for 1996, RM12,926,000 for 1997 and RM12,846,900 for 1998. The budget for sports development under the Ministry is intended for sport for all while the National Sports Council budget is directed towards high performance sport. The high performance sport budget is 5.6 times more than the sport for all budget in 1996, 7.8 times more in 1997 and 7.3 times more in 1998.

**Sports Leadership**

Sports leadership is critical for sport development in Malaysia. Leaders with vision, energy and enthusiasm are needed in all sectors of society including politicians, administrators, teachers, coaches, company directors and employees. According to the current President of the Olympic Council of Malaysia, His Royal Highness Tunku Imran ibni Tuanku Jaafar (1990), sports associations that are managed by part-time officials will only grow bigger if and when they have efficient full time administrators. In a survey of sports facilities in the country, Idris Nordin (1990) found that there was a need for qualified and capable staff. Sports Science graduates are currently meeting this need. As this is a new development in the country, it would be some time before Malaysian sport is run by qualified professionals.

Khoo (1999) stressed the need for sports research in Malaysia. According to him, knowledge is essential for the development of sports. He stressed that unless sports organisations are influenced by educated opinions, Malaysia will lag behind the West and our neighbours in East Asia. Jegathesan (1998) emphasised that there should be professional standards for sports leaders, managers and administrators. He
also mentioned that the sports management must ensure that sport fulfils its expected roles in nation building, the economy, health, fitness and social wellbeing. There is indeed potential here in Malaysia to improve in this field.

Monitoring and Evaluation

At present, documentation of programmes and participants are lacking. This makes it difficult to analyse the outcomes of programmes. It was also found that there were no standardised records. In terms of evaluation for this thesis, comparisons across time, state and activities have been impossible. Most records only reported the activities that were carried out. Sometimes only the programme title and the overall budget were mentioned. There was no system to evaluate programmes. Evaluation of programmes should be complemented by a detailed description of programmes (Powell et al., 1991). Only with a standardised and systematic format for describing programmes is it possible to replicate successful programmes and improve the quality of future programmes of a similar nature.

If more detailed and systematic records were kept, it would be possible to improve programmes and not blindly repeat the programmes the following year. In a rapidly changing national and global economy and social context the situation is dynamic, never static. There are ways for government sports and private sports to monitor the changing context for sport in order that the Ministry of Youth and Sports can better meet the sport for all needs of Malaysians. This is especially true in the age of Information Technology and the Internet. With the government’s plan for the Multimedia Super Corridor, it is important to be easily able to access information on sport for all.
Some positive moves by the Ministry of Youth and Sports include its taking into account current youth trends and incorporating activities such as motor sports and extreme games into official programmes. In the near future, the Ministry will also be revamping the *Rakan Muda* programme that started in 1994. Prior to that proposed revision, a nation-wide study is being conducted to ensure that the revised programme meets the current needs of youths.

Komi (1992) emphasised the importance of research in the development of sport. According to him, research is vital to determine the behavioural, cultural and social conditions of sport for all. Such knowledge would ensure that the programmes and activities provided would indeed be *sport for all* instead of for nobody.

### Unique Needs

According to Dieckert (1996), sport for all is a heterogeneous phenomenon as it is dependent on geographic-climatic and also social-cultural circumstances. Malaysian society is unique in terms of its multi-cultural aspect. As such its needs in terms of sport for all are unique. Da Costa (1985) stressed that each country should explore and meet its unique sports needs and organise its own actions. It is important for Malaysia to consider the social situation in order to run more effective programmes. Although other religions are practised in Malaysia the official religion is Islam. In Islam, excessively free interaction between men and women is not encouraged. Bearing in mind religious and social restrictions when planning sport for all programmes would encourage more people to participate in the activities and continue to be involved.
Another factor to consider when planning sport for all programmes is the climate. Situated in the tropics, Malaysia has high temperatures the whole year round. Humidity is also high. These factors do not encourage participation in outdoor activities. Therefore there is a need for indoor facilities. However, the cost and feasibility of building these facilities must be looked into.

Malaysia has a rich diverse culture. In view of contemporary globalisation and industrialisation, it is critical for our heritage that traditional games and activities be kept alive. Palm (1985) mentioned that Indonesia collected, analysed and published information on old games, sports and dances. Malaysia could do the same before the traditional games are forgotten. There has been some effort to preserve traditional sports. Some programmes do incorporate traditional sports, for example the Sport for All Carnival. The nation must do more to conserve our past.

There are efforts to explore the potential of traditional games. Palm (1993) noted that traditional sports and games outnumber contemporary sports featured in the Olympic Games and the World Games. He recommended that traditional games be encouraged as a resource of sport for all.

**Sporting Culture**

Prime Minister Dr Mahathir Mohamad (1996) stressed the importance of creating a sporting culture among Malaysians. He said it would be ideal if more Malaysians could take an active part in sports and recreation. This sentiment was echoed by the then Minister of Youth and Sports, Muhyiddin Mohd Yassin (1997) in his article “Towards a more effective implementation of the National Sports Policy”.

One way to promote the sporting culture is through the family unit, which is the basis of Malaysian society. Sieh and Siti Aishah Abdullah Sani (1995) suggested
that family sports be promoted in Malaysia. Not only is it a means of encouraging participation in sport, family sports also strengthens family ties, improves health and inculcates good moral and ethical values. This is because sport is an effective tool in solving some of the problems faced by younger generations. Family sports in Malaysia have been taken up on an individual and ad-hoc basis. In order to promote family sports, Sieh and Siti Aishah Abdullah Sani (1995) suggested that suitable sports should be identified and venues made available. According to Lujan (1996), sport is one of the most important tools to develop family unity as it creates an opportunity to share and relax in a family atmosphere. In addition to that, it also creates teamwork where fair play and solidarity can be experienced by all. A positive attempt by the government to promote family sports was to include a family category in the Sport for All Award that was held for the first time in 2001. Unfortunately, there was no nominee for the family category that year.

Oja (1996) concluded that there is a strong correlation between social support from family and physical activity. He quoted studies that showed a change in children’s exercise behaviour through family-centred interventions and suggested using the family setting to promote physical activity.

Conclusion

Sport for all in Malaysia is a recently developed concept that was spelt out in the National Sports Policy (1988). Sport for all in Malaysia mainly involves the government and since the implementation of the policy, the government has taken measures in its promotion. However, the then Minister of Youth and Sports, Muhyiddin Mohd Yassin (1997) stressed that the implementation of the policy into action plans was lacking. He called for a reform in the thinking, approach and
implementation of the policy to benefit Malaysians. He noted that the situation in the
country was ideal for sports development as both the government and the sports
organisations played an important role. However, the problem could lie in the lack
of co-operation between government and non-governmental organisations. This
problem should be rectified for the improvement of sport for all in the country.

Sport for all should not be the sole responsibility of the government. If the
cost of financing sport for all activities is shared between the government and
private sector, more programmes could be conducted. Bennett, Howell and Simri
(1975) cited the example of private businesses providing financial assistance in
Japan and Switzerland. Although most sports sponsorship in Malaysia is given to
high performance sports, it is heartening to note that Nestle can usually be counted
on to support sport for all. Nestle won the company category of the 2001 Sport for
All Award.

Sport for all in Malaysia has the potential to fulfil its roles and objectives as
stated in the National Sports Policy (1988). The government, under the Ministry of
Youth and Sports has been propagating the concept of sport for all. Although some
of the effects of the programmes and activities can be seen, the promotion of sport
for all has not been sufficient. The health of Malaysians has not improved, neither
has the crime rate. More can and should be done to achieve the goal of sport for all
Malaysians everywhere. Currently, some populations, such as women, senior
citizens and persons with disabilities are not benefiting as much from the Ministry’s
sport for all programmes as are men, youth and able-bodied people. Understandably,
in terms of manpower and finances it is not possible for the Ministry of Youth and
Sports to conduct sport for all programmes to cater to all Malaysians. It is also the
responsibility of the community and the private sector to provide for sport for all.

However, the Ministry can be a catalyst in promoting sport for all. When Malaysians
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2,000 turn up at USM for mass exercise. (1991, November 1). New Straits Times - City Extra, p. 17.


