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**LEISURE ACTIVITIES, ATTITUDES AND SATISFACTION OF YOUTH IN
THE CONTEXT OF MALAYSIAN YOUNG PARTNERS POLICY**

*AKTIVITI 'LEISURE', SIKAP DAN KEPUASAN DI KALANGAN REMAJA
DALAM KONTEKS POLISI RAKAN MUDA MALAYSIA*

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Instructions:

Dear participants,

I am conducting a survey for my PhD research on leisure activities, attitudes and satisfactions among Malaysian youths in the context of Young Partners. The questionnaire consists of five (5) sections: Section A, B, C, D & E. Students are required to answer ALL the items in all sections.

Please be honest with your answers. All responses and personal identities will be kept confidential and your cooperation in answering the questions is highly appreciated.

Arahan:

Peserta yang dikasihi,

Saya sedang menjalankan kajian untuk ijazah doktor falsafah mengenai “Aktiviti ‘Leisure’, Sikap dan Kepuasan di Kalangan Remaja dalam Konteks Polisi Rakan Muda Malaysia”.

Soalan kajian mengandungi 5 Seksyen: Seksyen A, B, C, D & E. Pelajar-pelajar dikehendaki menjawab SEMUA item didalam setiap seksyen.

Sila jawab dengan jujur. Setiap jawapan dan butir peribadi akan dirahsiakan dan kerjasama anda didalam memberi jawapan adalah sangat-sangat dihargai.

SECTION A: DEMOGRAPHIC PROFILE

Please check only once for the questions otherwise stated./ Sila tandakan hanya sekali untuk soalan yang diberikan kecuali jika diarahkan sebaliknya.

1. Age/ Umur:

2. Gender/Jantina: Female/Perempuan Male/Lelaki

3. Race/Bangsa: Malay/Melayu Chinese/ Cina Indian/ India Others/Lain-lain

4. Districts / Daerah :

5. Parents Academic Background/ Latarbelakang pendidikan ibubapa:

a. Father/ Bapa:

- [] School leavers/Lepasan sekolah
- [] Certificate/Sijil
- [] Diploma/Diploma
- [] Degree & above/ Ijazah & ke atas

b. Mother / Ibu:

- [] School leavers/Lepasan sekolah
- [] Certificate/Sijil
- [] Diploma/Diploma
- [] Degree & above/ Ijazah & ke atas

SECTION B: LEISURE ACTIVITIES – FREQUENCY/AKTIVITI SENGGANG – KEKERAPAN

How frequent do you engage in each of the following activity during your leisure time?

Please check ✓ or shade the circled number to indicate your answer.

Berapa kerapkah anda melakukan setiap aktiviti di bawah untuk mengisi masa lapang anda?

Tandakan ✓ atau hitamkan bulatan yang berkenaan.

① = **Hardly ever or never** / *sangat kurang atau tidak pernah langsung*

② = **About once a month** / *Lebih kurang sebulan sekali*

③ = **About every other week** / *lebih kurang selang seminggu*

④ = **About once a week** / *lebih kurang seminggu sekali*

⑤ = **Several times per week** / *beberapa kali seminggu*

A. PASSIVE LEISURE / AKTIVITI PASIF

1.	Reading / <i>Membaca</i>	①	②	③	④	⑤
2.	Watching television/videos / <i>Menonton televisyen/video</i>	①	②	③	④	⑤
3.	Sitting around feeling bored / <i>Duduk –duduk dan merasa bosan</i>	①	②	③	④	⑤
4.	Listening to music / <i>Mendengar muzik</i>	①	②	③	④	⑤
5.	Writing correspondence / <i>Menulis surat</i>	①	②	③	④	⑤
6.	Relaxing / <i>Berehat</i>	①	②	③	④	⑤
7.	Doing nothing / <i>Tidak membuat apa-apa</i>	①	②	③	④	⑤
8.	Telephone conversation / <i>Berbual di telefon</i>	①	②	③	④	⑤
9.	Chatting / <i>chatting</i>	①	②	③	④	⑤

B. ACTIVE LEISURE / AKTIVITI AKTIF

1.	Sports and exercise / <i>Sukan dan bersenam.</i>	①	②	③	④	⑤
2.	Watching live sports / <i>Menonton acara sukan secara langsung.</i>	①	②	③	④	⑤
3.	Playing a musical instrument / <i>Bermain alat muzik</i>	①	②	③	④	⑤
4.	Camping / <i>Berkhemah</i>	①	②	③	④	⑤
5.	Spending time with pets / <i>Menghabiskan masa dengan binatang peliharaan</i>	①	②	③	④	⑤
6.	Games such as computer and board games / <i>Permainan komputer dan papan</i>	①	②	③	④	⑤

C. SOCIAL LEISURE / AKTIVITI SOSIAL

1.	Visits / Melawat	①	②	③	④	⑤
2.	Going to parties / Pergi ke Parti	①	②	③	④	⑤
3.	Clubs / Kelab	①	②	③	④	⑤
4.	Movies / Menonton wayang	①	②	③	④	⑤
5.	Hanging around town with friends / Melepak bersama kawan	①	②	③	④	⑤
6.	Spending time with a partner / Meluangkan masa bersama teman	①	②	③	④	⑤
7.	Talking with a friend / Berbual bersama rakan	①	②	③	④	⑤
8.	Attending religious place / Pergi ke tempat ibadat	①	②	③	④	⑤
9.	Family outings / Keluar bersama keluarga	①	②	③	④	⑤

D. WORK-RELATED ACTIVITY / AKTIVITI BERASASKAN KERJA

1.	A paying job / Pekerjaan bergaji	①	②	③	④	⑤
2.	Studying/doing homework / Belajar/membuat kerja sekolah	①	②	③	④	⑤
3.	Doing chores around the home / Membuat kerja rumah	①	②	③	④	⑤
4.	Clubs and organizations / Kelab dan persatuan	①	②	③	④	⑤
5.	Hobbies / Hobi	①	②	③	④	⑤

E. SUBSTANCE USE / PENGGUNAAN BAHAN TERLARANG

1.	Alcohol / Alkohol	①	②	③	④	⑤
2.	Cigarettes / Rokok	①	②	③	④	⑤
3.	Drugs / Dadah	①	②	③	④	⑤

F. CRIMINAL ACTIVITIES (IF RELEVANT) / AKTIVITI JENAYAH (JIKA BERKAITAN)

1.	Breaking in and entering / Pecah masuk	①	②	③	④	⑤
2.	Burglary / Merompak	①	②	③	④	⑤
3.	Motor vehicle theft / mencuri kenderaan bermotor	①	②	③	④	⑤
4.	Property damage / Merosak harta benda	①	②	③	④	⑤
5.	Assault / Menyerang	①	②	③	④	⑤
6.	Other trouble with the police / Lain-lain masalah dengan polis	①	②	③	④	⑤

SECTION C: LEISURE ATTITUDES TOWARDS ACTIVITIES ORGANIZED BY YOUNG PARTNERS / SIKAP TERHADAP AKTIVITI SENGGANG ANJURAN RAKAN MUDA

Please indicate your level of agreement to each of the following statement. Please check ✓ or shade the answer to the following questions.

Sila nyatakan tahap persetujuan anda untuk setiap pernyataan di bawah. Tandakan ✓ atau hitamkan bulatan yang berkenaan.

① = Strongly Disagree / Sangat tidak bersetuju

② = Disagree / Tidak bersetuju

③ = Neutral / Neutral

④ = Agree / Setuju

⑤ = Strongly Agree / Sangat setuju

1.	I freely choose the activities I do in my leisure time / <i>Saya bebas memilih aktiviti saya di waktu senggang.</i>	① ② ③ ④ ⑤
2.	My leisure activities are very interesting to me / <i>Aktiviti senggang saya sangat menyeronokkan.</i>	① ② ③ ④ ⑤
3.	I enjoy doing my leisure activities / <i>Saya gembira melakukan aktiviti waktu senggang saya.</i>	① ② ③ ④ ⑤
4.	I feel frustrated in my free time / <i>Saya rasa kecewa di dalam waktu lapang.</i>	① ② ③ ④ ⑤
5.	My leisure activities give me self confidence / <i>Aktiviti senggang saya memberi saya keyakinan diri.</i>	① ② ③ ④ ⑤
6.	My leisure activities give me a sense of self accomplishment / <i>Aktiviti senggang saya memberi pencapaian sendiri.</i>	① ② ③ ④ ⑤
7.	I use many different skills and abilities in my leisure time / <i>Saya menggunakan pelbagai kemahiran dan kebolehan di waktu senggang saya.</i>	① ② ③ ④ ⑤
8.	I consider leisure activities a waste of time / <i>Saya merasakan aktiviti senggang membuang masa.</i>	① ② ③ ④ ⑤
9.	When I am doing my leisure activities I become fully involved./ <i>Saya dapat merasakan penglibatan sepenuhnya sewaktu melakukan aktiviti waktu senggang.</i>	① ② ③ ④ ⑤
10.	My choice of leisure activities are limited by my lack of skills / <i>Pemilihan aktiviti senggang saya adalah terhad disebabkan kurangnya kemahiran dalam diri saya.</i>	① ② ③ ④ ⑤
11.	I feel lonely in my free time / <i>Saya rasa kesunyian semasa waktu lapang.</i>	① ② ③ ④ ⑤
12.	My leisure activities are intellectually challenging / <i>Aktiviti senggang saya sangat mencabar tahap intelek saya.</i>	① ② ③ ④ ⑤
13.	My leisure activities have a positive effect on my life / <i>Aktiviti senggang saya memberi kesan positif di dalam hidup saya.</i>	① ② ③ ④ ⑤
14.	My leisure activities help me to relax / <i>Aktiviti waktu senggang saya membantu saya berehat.</i>	① ② ③ ④ ⑤
15.	My leisure activities help me to relieve stress / <i>Aktiviti waktu senggang saya membantu meredakan tekanan.</i>	① ② ③ ④ ⑤

16	My leisure activities contribute to my happiness. / <i>Aktiviti waktu senggang saya membantu memberi kebahagiaan.</i>	① ② ③ ④ ⑤
17.	I do leisure activities because I enjoy them / <i>Saya melakukan aktiviti waktu senggang kerana saya seronok melakukannya.</i>	① ② ③ ④ ⑤
18.	I have social interaction with others through leisure activities / <i>Saya dapat berinteraksi dengan orang lain melalui aktiviti waktu senggang.</i>	① ② ③ ④ ⑤
19.	My leisure activities have helped me make friends / <i>Aktiviti waktu senggang telah membantu saya mendapatkan kawan.</i>	① ② ③ ④ ⑤
20.	I prefer leisure activities that involve groups / <i>Saya lebih suka aktiviti senggang yang melibatkan kumpulan.</i>	① ② ③ ④ ⑤
21.	I enjoy helping others in my leisure time / <i>Saya seronok membantu orang di dalam aktiviti waktu senggang saya.</i>	① ② ③ ④ ⑤
22.	I feel comfortable and accepted among those I do leisure activities with / <i>Saya rasa selesa dan diterima oleh mereka yang sama-sama melakukan aktiviti senggang bersama saya.</i>	① ② ③ ④ ⑤
23.	I prefer to get away from people in my leisure time / <i>Saya lebih suka mengasingkan diri dari orang semasa waktu senggang.</i>	① ② ③ ④ ⑤
24.	I look forward to my free time but when it comes I don't know what to do with it / <i>Saya tidak sabar menunggu waktu lapang tetapi bila sampai waktunya saya tidak tahu hendak melakukan apa-apa.</i>	① ② ③ ④ ⑤
25.	My free time is usually so full of activities that it rarely seems long enough / <i>Waktu lapang saya selalunya penuh dengan aktiviti dan menyebabkannya rasa sangat singkat.</i>	① ② ③ ④ ⑤
26.	I often feel that I have too much free time / <i>Saya selalu merasakan bahawa waktu lapang saya terlalu banyak.</i>	① ② ③ ④ ⑤
27.	I generally enjoy my time away from school / <i>Saya selalunya seronok dengan masa yang saya habiskan di luar waktu sekolah</i>	① ② ③ ④ ⑤
28.	During holidays and at weekends I often end up wishing I was back to school / <i>Sewaktu cuti sekolah dan hujung minggu, saya selalu berharap untuk pulang ke sekolah segera.</i>	① ② ③ ④ ⑤
29.	I feel healthy and relax at weekends / <i>Saya rasa sihat dan relaks semasa hujung minggu.</i>	① ② ③ ④ ⑤
30.	I feel that I would enjoy being more active during my time off school, but mostly end up just lazing around / <i>Saya merasakan bahawa saya akan menjadi lebih aktif semasa di luar waktu sekolah, tetapi selalunya masa itu berlalu dengan hanya bermalas-malas</i>	① ② ③ ④ ⑤
31.	I suffer a lot from headaches (or other problems) at weekends / <i>Saya menderita sakit kepala (atau masalah lain) waktu hujung minggu.</i>	① ② ③ ④ ⑤
32.	My leisure time is pretty well organized as I like it / <i>Waktu lapang saya sangat teratur seperti yang saya sukakan.</i>	① ② ③ ④ ⑤
33.	I spend a lot of my weekends and holidays worrying about work and other problems / <i>Saya menghabiskan banyak masa waktu hujung minggu dan cuti sekolah memikirkan mengenai kerja sekolah atau lain-lain masalah.</i>	① ② ③ ④ ⑤

**SECTION D: LEISURE SATISFACTION TOWARDS ACTIVITIES ORGANIZED BY
YOUNG PARTNERS / KEPUASAN TERHADAP AKTIVITI SENGGANG ANJURAN RAKAN**

Please indicate how true each statement is for you. Please check ✓ or shade the answer to the following questions.

Sila nyatakan tahap kebenaran setiap pernyataan ini. Tandakan ✓ atau hitamkan bulatan yang berkenaan.

①=Never True / Tidak benar sama sekali

②=Not True / Tidak benar

③=Not Sure / Tidak pasti

④=True / Benar

⑤=Always True / Sentiasa benar

1.	My leisure activities give me a sense of enjoyment/ <i>Aktiviti senggang saya memberi keseronokan</i>	① ② ③ ④ ⑤
2.	My leisure activities give me a sense of self-accomplishment/ <i>Aktiviti senggang saya membantu pencapaian diri</i>	① ② ③ ④ ⑤
3.	My leisure activities give me a sense of freedom/ <i>Aktiviti senggang memberi saya perasaan kebebasan</i>	① ② ③ ④ ⑤
4.	My leisure activities give me self-confidence/ <i>Aktiviti senggang memberi saya keyakinan diri</i>	① ② ③ ④ ⑤
5.	My leisure activities help me to stimulate my mind <i>Aktiviti senggang saya membantu saya meransang minda.</i>	① ② ③ ④ ⑤
6.	My leisure activities give me the opportunity to learn about myself/ <i>Aktiviti senggang memberi peluang untuk saya lebh mengenali diri sendiri</i>	① ② ③ ④ ⑤
7.	My leisure activities give me the opportunity to learn new things/ <i>Aktiviti senggang memberi saya peluang belajar perkara-perkara baru</i>	① ② ③ ④ ⑤
8.	My leisure activities help me to increase my knowledge about things around me / <i>Aktiviti senggang membantu saya meningkatkan pengetahuan mengenai perkara-perkara di sekeliling saya</i>	① ② ③ ④ ⑤
9.	My leisure activities give me the opportunity to meet new friends/ <i>Aktiviti senggang memberi saya peluang berjumpa kawan baru.</i>	① ② ③ ④ ⑤
10.	I feel accepted by others through leisure activities <i>Saya rasa diterima oleh orang lain melalui aktiviti senggang</i>	① ② ③ ④ ⑤
11.	My leisure activities help me to improve my relationship with others/ <i>Aktiviti senggang membantu saya memperbaiki hubungan dengan orang lain.</i>	① ② ③ ④ ⑤
12.	I like to be in groups during leisure/ <i>Saya suka bersama kumpulan semasa senggang</i>	① ② ③ ④ ⑤
13.	I can relax during my leisure time/ <i>Saya boleh berehat semasa waktu senggang</i>	① ② ③ ④ ⑤

14.	Leisure time relieves me from stress/ <i>Masa senggang melepaskan tekanan saya</i>	① ② ③ ④ ⑤
15.	My leisure activities make me happy/ <i>Aktiviti senggang membuat saya gembira</i>	① ② ③ ④ ⑤
16.	I usually feel satisfied after spending my leisure time / <i>Saya selalunya tidur lena selepas menghabiskan waktu senggang</i>	① ② ③ ④ ⑤
17.	My activities during my leisure time keeps me healthy/ <i>Aktiviti semasa waktu senggang membuat saya sihat.</i>	① ② ③ ④ ⑤
18.	I like to do outdoors activities during leisure / <i>Saya suka aktiviti luar semasa waktu senggang</i>	① ② ③ ④ ⑤
19.	I want to reduce weight through leisure/ <i>Saya ingin menurunkan berat badan melalui aktiviti senggang</i>	① ② ③ ④ ⑤
20.	I do leisure activities which develop my physical fitness/ <i>Saya melakukan aktiviti senggang yang meningkatkan tahap kecergasan</i>	① ② ③ ④ ⑤
21.	Leisure activities help me to appreciate the environment/ <i>Aktiviti senggang membantu saya menghargai alam sekitar.</i>	① ② ③ ④ ⑤
22.	My leisure activities are very interesting to me/ <i>Aktiviti senggang saya sangat menyeronokkan</i>	① ② ③ ④ ⑤
23.	I like leisure activities held at nice places/ <i>Saya suka aktiviti senggang yang dilakukan di tempat yang menarik</i>	① ② ③ ④ ⑤
24.	My leisure activities allow me to express my creativity/ <i>Aktiviti senggang memberi saya peluang meluahkan kreativiti</i>	① ② ③ ④ ⑤

SECTION E: MEANINGS OF LEISURE/ Makna Senggang

1. Choose and tick ONE answer or write the answers in the space provided

Pilih dan tandakan satu jawapan sahaja atau tuliskan jawapan di tempat yang disediakan

What is 'Leisure' to you/

Apakah 'Senggang' pada diri anda?

- Free time** /Masa lapang
- Activity** / Aktiviti
- State of mind** / Keadaan fikiran
- Cultural Context** / Konteks Budaya
- Others** / Lain-lain (**Please specify** / sila nyatakan

.....

2. Please check ✓ or shade one box on each line

tandakan ✓ atau hitamkan hanya satu kotak bagi setiap baris)

For each of the following, please indicate how often you use your free time to ...

/ untuk setiap pernyataan berikut nyatakan berapa kerap anda menggunakan masa lapang untuk ...

(Please check ✓ or shade one box on each line/ tandakan ✓ atau hitamkan hanya satu kotak bagi setiap baris)

- ① = **Never** / Tidak pernah
- ② = **Seldom** / Jarang-jarang
- ③ = **Sometimes** / Kadang-kala
- ④ = **Often** / Kerap
- ⑤ = **Very Often** / Sangat kerap

a.	... establish new contacts / mendapatkan kenalan baru	①	②	③	④	⑤
b.	... relax and recover / relaks dan pulih	①	②	③	④	⑤
c.	... try to learn or develop skills / cuba untuk belajar atau membina kemahiran	①	②	③	④	⑤

3. During the activity, how often do you ...
Sepanjang aktiviti berapa kerap anda ...

- ① = **Never** / *Tidak pernah*
- ② = **Seldom** / *Jarang-jarang*
- ③ = **Sometimes** / *Kadang-kala*
- ④ = **Often** / *Kerap*
- ⑤ = **Very Often** / *Sangat kerap*

a.	... feel bored? / <i>Merasa bosan?</i>	①	②	③	④	⑤
b.	... feel rushed? / <i>Merasa terburu-buru?</i>	①	②	③	④	⑤
c.	... find yourself thinking about school@work? / <i>Mendapati diri anda memikirkan hal sekolah@kerja?</i>	①	②	③	④	⑤

Thank you/ Terima kasih