

FSR@S3 | SECOND EDITION  
**E-BULLETIN**  
OCTOBER 2024

FACULTY OF SPORTS SCIENCE AND RECREATION



In conjunction with student association



## **FSR@S3 e-Bulletin**

2<sup>nd</sup> Edition Year 2024

Published by:

Fakulti Sains Sukan dan Rekreasi

Universiti Teknologi MARA

UiTM Cawangan Negeri Sembilan, Kampus Seremban

Persiaran Seremban Tiga/1, Seremban 3

70300 Seremban, Negeri Sembilan

MALAYSIA

Phone : 066342000

Fax : 066335813

Email : aizat336@uitm.edu.my

### **FSR@S3 e-Bulletin Disclaimer:**

The information provided in **FSR@S3 e-Bulletin** is for general knowledge and educational purposes only. All information in this e-bulletin is provided in good faith, however we make no representation or warranty of any kind, express or implied, regarding the accuracy, adequacy, validity, reliability, or completeness of any information in the e-bulletin. Under no circumstance shall we including the university, faculty, producer, publisher, and the editorial board have any liability to you for e-bulletin or reliance on any information provided in this e-bulletin. Your use of the e-bulletin and your reliance of any information in this e-bulletin is solely at your own risk.

All rights reserved. No part of this e-bulletin may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publisher.

eISSN 3009-1500

National Library of Malaysia

**FSR@S3 e-Bulletin** is published on an annual publication / once a year.

**Copyright 2024 FSR@S3 e-Bulletin**

# From the Editor,

## Achieving a Healthier You: A Holistic Approach to Wellness



Assalamualaikum, everyone!

As we embark on another year, let us talk about something important: our health. We all know how hectic life can get, but it is crucial to be available for ourselves and prioritize our well-being. A healthy lifestyle is not just about physical fitness; it is about feeling good mentally, emotionally, and spiritually too.

**Physical health** is a foundation. Regular exercise and a balanced diet are key.

**Mental and emotional health** matter too. Mindfulness, strong relationships, and seeking help when needed are important.

**Cognitive health** is about keeping your mind sharp. Engage in challenging activities and get enough sleep.

**A comprehensive approach** includes spiritual practices for inner peace and reduced stress.

**Remember**, achieving a healthier you are a journey. Set goals, celebrate progress, and do not let setbacks discourage you. With dedication, you can create a healthier and happier life. Let us make this year about prioritizing our well-being.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Muhamad Noor Mohamed'.

Muhamad Noor Mohamed  
Chief Editor  
Faculty of Sports Science and Recreation  
UiTM Seremban Campus

# FSR@S<sub>3</sub> e-BULLETIN

2<sup>nd</sup> Edition 2024

## Patron

Prof Dr Yamin Yasin  
Rector UiTM Cawangan Negeri  
Seremban

## Advisors

Dr Mohd Shariman Shafie  
Assistant Rector of UiTM  
Seremban

Wahidah Tumijan  
Head of School of Studies

## Editor-in-Chief

Muhamad Noor Mohamed

## Editorial Committee

Dr Radzliyana Radzuwan  
Noor Azila Azreen Md Radzi  
Azman Ahmad Tajri  
Mardiana Mazaulan  
Razif Sazali  
Afni Anida Adnan  
(proofread - APB UiTM)



# Contents

**01** Be A Hero Save Lives! The Importance of First Aid Training  
*Mardiana Mazaulan, Noor Azila Azreen Md Radzi, and Muhamad Noor Mohamed*

---

**04** BurnBLITZ: Your Pocket-Sized Personal Trainer  
*Noor Azila Azreen Md Radzi, Muhamad Noor Mohamed, Dr. Raja Nurul Jannat Raja Hussain, and Maisarah Saari*

---

**07** Capsizing and The Art of Recovery  
*Muhammad Asraf Zulzali*

---

**10** Economical Perspective of Contraception Used in Prevention of Major Pregnancy-Related Health Issues  
*Siti Hajar Md. Jani and Dr. Jamali Wagiman*

---

**13** Enhancing Workplace Physical Activity for Staff: A Path to Improved Well-being  
*Dr. Farah Adilla Ab Rahman and Kamarul Aini Hassan Basri*

---

**16** Finding Clarity Amidst The Hype of Carnivore Diet  
*Nurul Ain binti Abu Kasim*

---

**18** Heavy Gaming: Is Your Brain at Risk of Permanent Damage  
*Yusandra Md Yusoff and Emmy Nurashikin Ismail Hashim*

---

**21** Identifying and Keeping Your Peace When Dealing with Narcissistic Friends in University  
*Yusandra Md Yusoff and Emmy Nurashikin Ismail Hashim*

---

23

Rhythm of The Data: Recreational Sports! A Note on The Beat of Information

*Syaiful Hisyam Saleh and Noor Faraliza Samsudin*

---

26

Six Strong: How UiTM Negeri Sembilan Defied The Odds to Reach The Finals

*Siti Aida Lamat, Sharifah Maimunah Syed Mud Puad, Prof. Madya. Dr. Rozita Abdul Latif, Prof. Madya. Dr. Masitah Ahmad, Fatin Nur Syahirah Zamri, Khairenur Huda Omar, Nurashikin Mat Rashid, and Nurliyana Azib Noor*

---

28

The Benefits and Risks of Caffeine to Health: Are You Aware of It?

*Nora Mohd Basir, Noorezatty Mohd Yusop, Muhammad Luqman Zulkifli, Muhammad Shauqi Rahim, and Najmuddin Haqimi Nazli Suhardi*

---

30

The Health Benefits and Risks of Sports: An Overview of Current Research and Recommendations for High-Performance and Recreational Athletes

*Dr. Farah Adilla Ab Rahman*

---

32

The Rise of The eSports Industry in Malaysia

*Dr. Hazira Mohd Nasir, Noor Azila Mohd Zaid, Aini Hayati Musa, and Dr. Raja Mayang Delima Mohd Beta*

---

35

Unlocking The Power of Exercise

*Dr. Farah Adilla Ab. Rahman and Jeniwaty Mohd Jody*

---

38

Wearable vs. Motion Capture: Unravelling The Secrets of Human Movement

*Muhamad Noor Mohamed, Muhammad Safiq Saiful Annur, Mardiana Mazaulan, and Noor Azila Azreen Md Radzi*

---

42

Asas Pencarian Maklumat Dalam Merancang Pelancongan Secara D. I. Y.

*Nurhidayah Nasharudin*

---

46

Kepentingan Insurans Demi Kesejahteraan Hidup: Kekal Aktif dan Sihat

*Mumtaz Ahmad*

---

48

Lawatan Akademik: 'Sambil Menyelam Minum Air'

*Dr. Radzliyana Radzuwan dan Aida Roha Abdul Rasid*

---

50

Teknik Grounding: Langkah Pemulihan Awal untuk Kesihatan Mental Mahasiswa/i

*Nurul Nisha Binti Mohd Shah dan Mohd Radzman Bin Basinon*

---

53

Warna untuk Motivasi Sukan: Bagaimana Atlet Memilih Warna untuk Memaksimumkan Prestasi

*Adzly Rajli*

---



# Be A Hero Save Lives! The Importance of First Aid Training

Mardiana Mazaulan<sup>1</sup>, Noor Azila Azreen Md Radzi<sup>1</sup>, and Muhamad Noor Mohamed<sup>1</sup>

<sup>1</sup>Faculty of Sports Science and Recreation, UiTM Seremban Campus.

*“Accidents do happen, make first aid as your best mate.”*

Mastering the essential first aid skills is paramount! Comprehensive first-aid training will equip you with the knowledge and skills to manage emergencies confidently. Learn CPR, first aid techniques, and more through a combination of theory, firsthand practice, and realistic simulations. The basis of first aid training needed is wound management, cardiopulmonary resuscitation (CPR), and the use of an automated external defibrillator (AED).

The capacity to respond effectively in emergencies is a fundamental life skill [1]. Recognizing the critical importance of this ability, a first aid, CPR, and AED program was established to equip staff and students with the essential knowledge and practical skills necessary to manage medical emergencies.

The unpredictable nature of life necessitates preparation for unforeseen emergencies [2]. A significant portion of these emergencies





## Be Hero Save Lives! The Importance of First Aid Training

occur within communities, workplaces, and educational institutions. In such environments, immediate response can be the difference between life and death. First aid, CPR, and AED training equip individuals with the essential knowledge and skills to manage medical crises effectively.

Accidents, injuries, and sudden illnesses can strike anyone, anywhere, at any time. Whether it is a slip and fall, choking incident, or cardiac arrest, the ability to administer timely first aid can mitigate the severity of the situation and potentially save lives, especially in instances of mass casualty incidents, such as natural disasters or terrorists.

### *The Importance of First Aid for Sports Science Communities*

The sports science communities, by the nature of their field, are intimately involved in the physical well-being of athletes. A comprehensive understanding of first aid principles is therefore paramount [3]. These communities consist of coaches, trainers, and sports scientists, and their ability to respond effectively to injuries is crucial.

A strong foundation in first aid equips sports science students with the skills to prevent, assess, and manage injuries. This knowledge is essential for creating safe

training environments, developing injury prevention strategies, and providing immediate care when accidents occur.



Models for first aid course

Moreover, understanding first aid principles enhances their ability to communicate effectively with medical professionals, ensuring optimal care for injured athletes. Beyond the sporting arena, sports science community members with first aid qualifications become valuable assets to their external communities [4]. Their expertise can be instrumental in emergencies, from school sports events to public gatherings. By possessing these skills, they contribute to a culture of safety and preparedness, enhancing the overall well-being of society.

### *The Benefits of Learning First Aid*

Participation in first aid, CPR, and AED programs offers numerous benefits to many. Firstly, it equips them with essential life-saving skills that can be applied in various settings, including academic, social, and personal environments. By mastering CPR and AED operations, people may gain the ability to potentially save lives, thereby contributing to the well-being of their peers and the community.



## Be Hero Save Lives! The Importance of First Aid Training

Moreover, it does contribute to problem-solving and decision-making abilities. Through direct training and simulations, people develop the capacity to assess emergencies calmly and effectively, implementing appropriate first aid measures. This skill set is not only valuable in medical emergencies but also transferable to other areas of life.

### *Empowering Communities: First Aid Skills for Safer, Healthier, Stronger Lives Together*

The benefits of first aid, CPR, and AED programs extend beyond individuals to the broader community. By increasing the number of individuals trained in these life-saving skills, the program contributes to a safer campus environment. People who have undergone this training are more likely to intervene in emergencies, providing critical care until professional help arrives [5].

Furthermore, the program has the potential to create a ripple effect within the community. As those who participate enter the workforce and beyond, they carry their first aid knowledge and skills with them. This increased prevalence of trained individuals can enhance emergency response capabilities in various settings, from workplaces to public spaces.

### *The Need for First Aid Knowledge:*

Given the unpredictable nature of emergencies, individuals must be prepared to respond effectively. A proper understanding and working knowledge of first aid, CPR, and AED provides a structured and comprehensive approach to saving lives simultaneously demonstrate a commitment to the safety of the surrounding and the community.

Furthermore, mastering first aid skills builds confidence, resilience, and a sense of responsibility. It empowers individuals to act in challenging situations, fostering a proactive and caring mindset.

In conclusion, the understanding of first aid, CPR, and AED has successfully equipped people with the knowledge and skills necessary to become competent first responders. By having this knowledge, its emphasis on hands-on training and real-world scenarios has ensured that all are well-prepared to handle medical emergencies. By fostering a culture of safety and community responsibility, this working knowledge has made a significant contribution to the well-being of the campus and the broader community.

### References

- [1] E. Tse, K. Plakitsi, S. Voulgaris and G. A. Alexiou, "The role of a first aid training program for young children: A systematic review," *Children*, vol. 10, no. 3, p. 431, 2023.
- [2] J. Duff and R. Anderson, *Pocket First Aid and Wilderness Medicine: Essential for expeditions: mountaineers, hillwalkers and explorers-jungle, desert, ocean and remote areas*, Cicerone Press Limited, 2024.
- [3] D. Yasmara, E. D. Wahyuni and M. B. Fatih, "Yasmara, D., Wahyuni, E. D., & Fatih, M. B. (2019). Sports Injury First Aid Behavior of Martial Arts Student Club Members.," 2019.
- [4] D. Danardono and N. Ariani, *First Aid E-book for Injuries in Karate*. In *Conference on Interdisciplinary Approach in Sports in conjunction with the 4th Yogyakarta International Seminar on Health, Physical Education, and Sport Science (COIS-YISHPESS 2021)*, Atlantis Press., 2022.
- [5] E. G. Andrade, J. M. Hayes and L. J. Punch, "Stop the bleed: the impact of trauma first aid kits on post-training confidence among community members and medical professionals.," *The American Journal of Surgery*, vol. 220, no. 1, pp. 245-248, 2020.

# BurnBLITZ: Your Pocket-Sized Personal Trainer

Noor Azila Azreen Md Radzi<sup>1</sup>, Muhamad Noor Mohamed<sup>1</sup>, Dr. Raja Nurul Jannat Raja Hussain<sup>1</sup>, and Maisarah Saari<sup>2</sup>

<sup>1</sup>Faculty of Sports Science and Recreation, UiTM Seremban Campus.

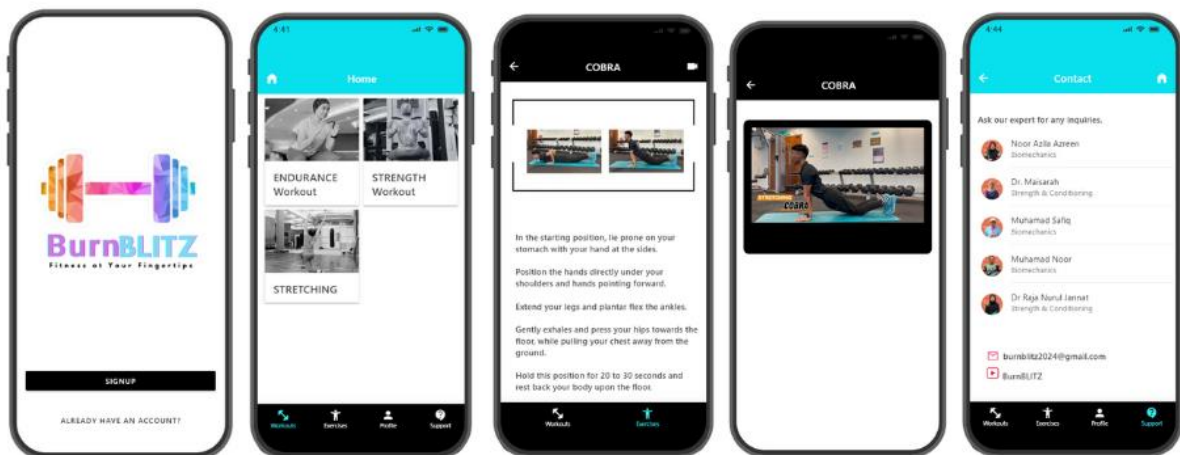
<sup>2</sup>Faculty of Sports Science and Recreation, UiTM Shah Alam Campus.

*“Unlock the power of exercise right at your fingertips, making fitness more accessible than ever.”*

As a sports science enthusiast and a tech-savvy person, we have always been fascinated by the intersection of technology and physical fitness. This passion led us to develop BurnBLITZ, an innovative app designed to empower individuals to achieve their fitness goals. Built with the user-friendly Adalo platform, BurnBLITZ offers a comprehensive exercise library, detailed instructions, and engaging visuals to guide users through their workouts.

## *BurnBLITZ: More Than Just an App*

BurnBLITZ is not merely an app; it is a virtual fitness companion that caters to people of all fitness levels. At its core, it is a knowledge repository brimming with exercise information, presented in a visually appealing and easy-to-follow format. Whether you are a seasoned athlete looking to enhance your performance or a beginner taking your first steps toward a healthier lifestyle, BurnBLITZ has something to offer.



## BurnBLITZ: Your Pocket-Sized Personal Trainer

The app boasts a vast exercise database, categorized for convenience. Users can explore a wide range of workout options, from strength training to cardio, stretching, and balance exercises. Each exercise is accompanied by clear instructions, step-by-step diagrams, and often, instructional videos to ensure proper form and technique [1].



Performing lunges with kettlebell

### *Benefits for Sports Science Students*

For sports science students, BurnBLITZ is a valuable tool for both academic and practical purposes.

- **Knowledge Enhancement:** The app serves as a comprehensive exercise library, providing students with in-depth information about various exercises and their benefits. This knowledge is essential for understanding the

principles of exercise physiology and kinesiology.

- **Practical Application:** BurnBLITZ can be used as a practical tool for designing and implementing exercise programs. Students can experiment with different exercise combinations and intensities to observe their effects on various fitness components [2].
- **Research Opportunities:** The app's data collection capabilities can be leveraged for research projects. Students can use the app to gather exercise adherence, performance, and user experience data [3].
- **Client Education:** Future sports scientists can use BurnBLITZ as a resource for educating clients about exercise. The app's user-friendly interface makes it easy to explain exercise techniques and benefits.

**A Community-Focused Approach:** BurnBLITZ is not just about individual fitness; it is about fostering a community of health-conscious individuals. The app encourages users to track their workouts, set goals, and monitor their progress. This feature promotes accountability and motivation.

Furthermore, BurnBLITZ can be a platform for sharing fitness tips, experiences, and challenges. By creating a supportive community, the app can inspire and

## BurnBLITZ: Your Pocket-Sized Personal Trainer

motivate users to stay committed to their fitness journeys.

### *Building BurnBLITZ with Adalo: A User-Centric Approach*

Developing BurnBLITZ with Adalo has been a rewarding experience. The platform's intuitive interface allowed us to focus on creating a user-friendly and visually appealing app without getting bogged down by complex coding [4]. This user-centric approach is reflected in the app's design, ensuring that it meets the needs of users of all technical abilities.

Adalo's flexibility also enables us to experiment with different features and layouts, resulting in an app that is both functional and enjoyable to use. The platform's continuous updates and support have been instrumental in the app's development and growth [5].



Adalo platform

### *Conclusion*

BurnBLITZ is more than just an app; it is a step towards a healthier and fitter community. By providing accessible exercise information and fostering a supportive environment, the app aims to empower individuals to achieve their fitness goals. As a sports science professional and app developer, we are excited about the

potential of BurnBLITZ to positively impact people's lives. We believe that by combining the power of technology with the principles of sports science, we can create a healthier and more active society.

### References

- [1] C. Herbert, F. Meixner, C. Weibking, & V. Gilg. "Regular physical activity, short-term exercise, mental health, and well-being among university students: the results of an online and a laboratory study," *Frontiers in Psychology*, vol. 11, p. 509, 2020.
- [2] W. H. Weng, Y. H. Cheng, T. H. Yang, S. J. Lee, Y. R. Yang, & R. Wang. "Effects of strength exercises combined with other training on physical performance in frail older adults: A systematic review and meta-analysis," *Archives of Gerontology and Geriatrics*, vol. 102, p. 104757, 2020.
- [3] R. S. Kelly, M. P. Kelly, & P. Kelly. "Metabolomics, physical activity, exercise and health: A review of the current evidence," *Biochimica et Biophysica Acta (BBA)-Molecular Basis of Disease*, vol. 1866, no. 12, p. 165936, 2020.
- [4] A. Shuhaiber, S. Alhosani, F. Albadi, & Q. Almarri. "'Sidekick' Application: A Smart Mobile Application for Generation Z," 2022 9th International Conference on Wireless Networks and Mobile Communications (WINCOM), pp. 1-7, 2022.
- [5] J. Johnson, M. Aldrige, J. Apple, J. Frye, D. Kazakevich, B. Welgoss, K. Belford, A. Srivastava, D. Costa, A. De Broux, D. Rodrigo, & E. Monjardin. "Adalo," 7 2024. [Online]. Available: <https://www.adalo.com>. [Accessed 17 2024].

# Capsizing and The Art of Recovery

Muhammad Asraf Zulzali<sup>1</sup>

<sup>1</sup>Faculty of Sports Science and Recreation, UITM Seremban Campus.

*“Capsizing is inevitable in kayaking, but with proper technique and practice, it won't ruin your experience.”*

Capsizing is an inevitable part of kayaking, especially in challenging conditions like rough waters or during difficult manoeuvres. When a kayak flips over, knowing how to perform a rescue is vital for personal safety and the well-being of fellow paddlers. A kayak capsize rescue involves multiple techniques, depending on whether you are solo or with companions. Mastering these methods ensures a safe, swift recovery and allows kayakers to maintain control, even in

## *How to perform a rescue?*

The rescue process starts with the most critical action: staying calm. When a kayak capsizes, your immediate reaction should be to orient yourself mentally and prepare to perform a wet exit, which is the first step in rescuing yourself. If you're upside down in the water, the wet exit involves pulling the spray skirt (if you're using one) away from the cockpit, pushing yourself free, and





## Capsizing and The Art of Recovery

surfacing safely beside the overturned kayak.

Once you have performed the wet exit and are in the water, the next step depends on whether you are alone or with other kayakers. In a solo situation, you will have to perform self-rescue, which usually involves one of two popular techniques: the heel hook or the cowboy re-entry.

### *Heel-Hook Re-Entry*

The heel-hook method is one of the most stable ways to get back into your kayak on your own. Start by positioning yourself on the side of the overturned kayak near the cockpit. Reach across the kayak with one hand and use the other hand to grab onto the far side of the cockpit. Hook one leg (usually the leg closer to the kayak) into the cockpit while floating on your back, then use the leverage of your hooked leg to pull yourself up and twist into a seated position. From here, carefully swing your other leg into the kayak and stabilize yourself.

### *Cowboy Re-Entry*

Another common method, cowboy re-entry involves positioning yourself at the rear of the kayak and climbing back onto it like you would mount a horse. Straddle the kayak, and then slowly slide forward toward the cockpit, maintaining balance as you go. This method works best in calmer conditions, as

rough waters can make it harder to stabilize the kayak.

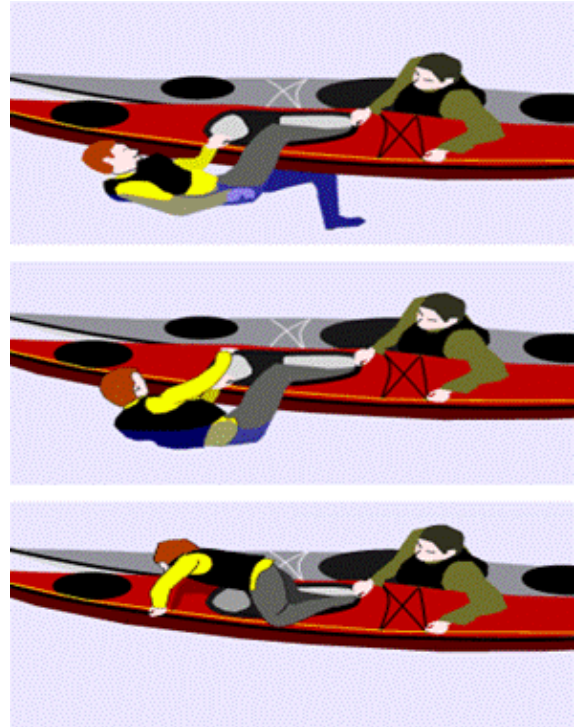


Figure 1: Heel-hook re-entry



Figure 2: Cowboy re-entry

In an assisted rescue, where a companion is available, the process is faster and often easier. In this case, the assisting kayaker approaches the overturned kayak and positions its kayak alongside it. The rescuer can stabilize the overturned kayak by reaching across it and grabbing both sides of the cockpit. They then help the capsized

## Capsizing and The Art of Recovery

paddler by lifting and flipping the kayak upright, ensuring it is steady for re-entry.

Once the kayak is righted, the capsized kayaker performs a re-entry, typically using the heel-hook method while the assisting paddler holds the kayak steady. If needed, the rescuer can provide additional support by holding onto the bow or stern to keep the kayak from rolling again during the re-entry process.

After you are back in the cockpit, it is important to remove any water that may have entered the kayak. This can be done using a bilge pump, sponge, or other draining methods. Removing excess water helps maintain the kayak's stability and prevents additional capsizing risks. In an internet cafe for days with short breaks. Heart failure and exhaustion killed him shortly after he stopped playing. Lee's and other cases show IGD's risk factors. Even though not everyone with IGD has such catastrophic outcomes, the physical and psychological effects are clear.

### Conclusion

Capsizing is an unavoidable part of kayaking, but with proper technique and practice, it does not have to ruin your experience. Whether performing a self-rescue or assisted rescue, knowing how to regain control of your kayak after a capsize is crucial for staying safe on the water. The heel-hook and cowboy re-entry methods offer effective ways to recover solo, while assisted rescues provide a faster recovery in group settings. Ultimately, practicing these techniques builds confidence, allowing paddlers to manage capsizing situations calmly and efficiently, making every trip safer and more enjoyable.

### References

- [1] J. Dowd. Learning about The Outdoors. *Journal of Outdoor and Environmental Education* 9, 50–52 (2005). <https://doi.org/10.1007/BF03400812>
- [2] M. Chirazi. Methodical aspects regarding the use of recreational kayaking. *Ovidius University Annals, Series Physical Education & Sport/Science, Movement & Health*, 10(2). 2010.
- [3] J. D. Heath & E. Y. Arima. *Eastern Arctic kayaks: History, design, technique*. University of Alaska Press. 2004.
- [4] B. P. Neupane. *Kayaking Guide for Beginners*. 2012



# Economical Perspective of Contraception Used in Prevention of Major Pregnancy-Related Health Issues

Siti Hajar Binti Md. Jani<sup>1</sup> and Dr. Jamali Wagiman<sup>2</sup>

<sup>1</sup>Universiti Teknologi MARA, Kuala Pilah Campus.

<sup>2</sup>UCSI Hospital, Bandar Springhill, Port Dickson.

*“Contraceptive use reduces healthcare costs, eases family financial burdens, and boosts women's productivity.”*

## *The Economic Benefits of Contraception: Reducing Healthcare Costs*

Unplanned pregnancies and pregnancy-related health complications often pose a significant financial burden on individuals and healthcare systems. Globally, contraception plays a vital role in reducing these risks. This article explores the economic perspective of how contraceptives can reduce healthcare costs

by preventing pregnancy complications and improving women's overall well-being.

## *Contraception as a Health Investment*

From an economic viewpoint, contraception is considered a form of health investment with long-term returns. Studies indicate that investing in family planning programs and effective contraceptive use can significantly reduce healthcare costs. This is due to the prevention of unplanned



## Economical Perspective of Contraception Used in Prevention of Major...

pregnancies, which are often linked to complications such as preeclampsia, postpartum hemorrhage, and infections. These complications not only affect the mother's health but also require costly medical treatment.

**Cost Savings in Healthcare:**  
Pregnancy and childbirth often involve high medical expenses, especially if complications arise.

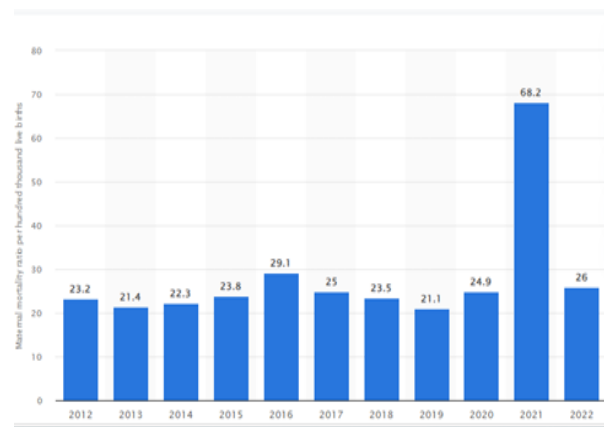
The effective use of contraception can reduce the incidence of unplanned pregnancies, consequently lowering the need for medical treatment related to pregnancy complications. According to the World Health Organization (WHO), for every dollar invested in family planning, there is a savings of \$2 to \$6 in maternal and child healthcare costs. This demonstrates the economic benefits of contraception.

### *Reducing The Economic Burden on Families and Society*

Contraception benefits not only individuals but also society. For families, unplanned pregnancies can create additional financial burdens, especially for those with lower incomes. Expenses associated with

childcare can put considerable economic pressure on families. By using contraception, families can plan the timing and number of children they want, thus controlling expenses and ensuring financial stability.

At the national level, improvements in family planning and contraceptive use can help manage population growth, which has important implications for the country's economy. Countries with high birth rates often experience pressure on public resources such as education and healthcare. Thus, contraception can help reduce the strain on social services and support sustainable economic development.



Maternal mortality ratio in Malaysia 2012-2022 (per 100,000 live births)

### *Preventing Costs Associated with High-Risk Pregnancies*

Some women are at higher risk of experiencing complications during pregnancy, including those with chronic health conditions or older age. In such cases, pregnancy can endanger the health of both the mother and child, requiring more costly medical care. The use of contraceptives by these high-risk groups can prevent pregnancies that may pose

## Economical Perspective of Contraception Used in Prevention of Major...

health risks, thus reducing the costs associated with treating pregnancy-related health complications.

### *Enhancing Women's Productivity*

Women who have access to contraception and can effectively plan their families are more likely to participate in the workforce and could pursue higher education. This contributes to increased economic productivity. When women can control their fertility, they are more likely to engage in productive employment, leading to greater economic growth and improved household income.

### *Challenges in Contraceptive Use*

Despite the numerous economic benefits associated with contraceptive use, there are still challenges in accessing and using contraception in some regions. Factors such as cultural beliefs, lack of education about family planning, and inadequate access to healthcare services can hinder the widespread use of contraceptives. Therefore, efforts must be made to improve reproductive health education and expand access to contraceptive services, especially in rural areas and underserved communities.

### *Policy Implications*

Family planning policies that support contraceptive use can have positive economic effects. Governments can play a role by providing comprehensive family planning programs and allocating funds for reproductive health education. Such policy support not only helps reduce public health costs but also contributes to improving the quality of life and overall well-being of citizens.

### *Conclusion*

The use of contraceptives offers numerous economic benefits by reducing healthcare costs associated with pregnancy, alleviating financial burdens on families, and enhancing women's productivity. However, challenges in contraceptive use must be addressed through education and appropriate policies. With a comprehensive approach, contraception can be an effective tool for improving the economic and health well-being of society.

### References

- [1] United Nations Population Fund (UNFPA). (2019). *State of World Population 2019: Unfinished Business: The Pursuit of Equality*. New York: UNFPA.
- [2] Guttmacher Institute. (2018). *Contraception in the United States: Facts & Figures*. New York: Guttmacher Institute.
- [3] National Academies of Sciences, Engineering, and Medicine. (2018). *Ending Unintended Pregnancy in the United States*. Washington, DC: National Academies Press.
- [4] Ministry of Health Malaysia. (2021). *National Family Planning Programme 2021-2025*. Kuala Lumpur: Ministry of Health Malaysia.
- [5] Institute for Public Health (IPH), University of Malaya. (2018). *The Economic Burden of Unintended Pregnancy in Malaysia*. Kuala Lumpur: IPH, University of Malaya.
- [6] Population and Development Studies Centre (PDSC), Universiti Kebangsaan Malaysia. (2019). *Contraceptive Use and Access in Malaysia: Findings from the 2018 Malaysian Demographic and Health Survey*. Bangi: PDSC, Universiti Kebangsaan Malaysia.

# Enhancing Workplace Physical Activity for Staff: A Path to Improved Well-being

Dr. Farah Adilla Ab Rahman<sup>1</sup> and Kamarul Aini Hassan Basri<sup>2</sup>

<sup>1</sup>Faculty of Administrative Science and Policy Studies, UiTM Seremban Campus.

<sup>2</sup>Research and Innovation Division, Quality Management Unit, UiTM Selangor.

*“Workplace physical activity significantly boosts employees' overall well-being.”*

Workplace physical activity is crucial for enhancing employee health and well-being, particularly in demanding sectors like academia and healthcare.

Research indicates that physical activity at work is intricately linked to improved well-being [1]. In the healthcare sector, workers often face fatigue, burnout, and other health issues due to the demanding nature of their jobs, which negatively impacts their

productivity, and the quality of care provided [2]. Similarly, academic staff may suffer from diminished well-being due to insufficient physical activity, which in turn impacts their performance.

While individual-level interventions like regular exercise and healthy eating are beneficial, more comprehensive workplace solutions are needed to ensure long-term health and productivity.



## Enhancing Workplace Physical Activity for Staff: A Path to Improved Well-being

### *Recommendations to Address These Challenges, Several Recommendations are Proposed:*

**Promote a Culture of Physical Activity:** Universities and healthcare institutions should integrate physical activity into a healthy lifestyle, combining personal training, counseling, and supervised physical activity [3].

**Implement Workplace Health Promotion Programs:** Offices and institutions should provide easy access to fitness facilities, healthy meal options, and opportunities for sports and recreational activities [4]. Additionally, having trained staff available to guide employees could further enhance participation [3].

**Address Work-Life Balance Constraints:** Institutions should allow flexible work hours, integrate wellness breaks, and offer initiatives to reduce sedentary behavior [4].

**Foster Social Responsibility:** Encouraging staff participation in physical activity and providing healthy food options at work could reduce burnout and improve job satisfaction [2].

### **Conclusion**

Workplace physical activity plays a significant role in enhancing employees' overall well-being, especially in high-pressure environments such as academia

and healthcare. By removing barriers to participation and integrating physical activity into daily work life, institutions can enhance employee health, productivity, and satisfaction. These initiatives are not only essential for individual well-being but are also crucial to sustaining a healthy and active workforce.



Dream working area

### References

- [1] Z. Rampisheh, M. Ramezani, N. Khalili, P. Massahikhaleghi, S. Hoveidamanesh, S. Darroudi, N. SoleimanvandiAzar, & B. Tayefi. Physical Activity and Well-being Status among Employees of University of Medical Sciences. *Medical journal of the Islamic Republic of Iran*, 36, 97. 2022. <https://doi.org/10.47176/mjiri.36.97>.
- [2] I. Balatoni, H. V. Szépné, T. Kiss, U. G. Adamu, A. M. Szulc, & L. Csernoch. The Importance of Physical Activity in Preventing Fatigue and Burnout in Healthcare Workers. *Healthcare (Basel, Switzerland)*, 11(13), 1915. 2023. <https://doi.org/10.3390/healthcare11131915>.
- [3] A. J. Casimiro-Andújar, J. C. Checa, M. J. Lirola, & E. Artés-Rodríguez. Promoting Physical Activity and Health in the Workplace: A Qualitative Study among University Workers, Spain. *International journal of environmental research and public health*, 20(3), 2350. 2023. <https://doi.org/10.3390/ijerph20032350>.
- [4] O. Halling Ullberg, S. Toivanen, A. Tillander, & K. Bälter. Workplace health promotion to

## Enhancing Workplace Physical Activity for Staff: A Path to Improved Well-being

facilitate physical activity among office workers in Sweden. *Frontiers in public health*, 11, 1175977. 2023. <https://doi.org/10.3389/fpubh.2023.1175977>.



# Finding Clarity Amidst The Hype of Carnivore Diet

Nurul Ain binti Abu Kasim<sup>1</sup>

<sup>1</sup>Faculty of Sports Science and Recreation, UITM Seremban Campus.

*“It all started with a social media post titled What I eat in a day as a carnivore eater. My curiosity was instantly piqued.”*

## *What is The Carnivore Diet?*

The carnivore diet, which stresses consuming only animal products and shunning plant-based foods, has gained popularity in recent years. All fruits, vegetables, grains, nuts, and seeds are not included. The carnivorous way of eating entails almost nothing but meat for every meal. Practitioners assert that it can lead to weight loss, improved mental clarity, and various health benefits. However, it has

sparked controversy among nutritionists, and healthcare professionals owing to its limitations and potential health risks.

## *Potential Benefits, Risks, and Concerns*

According to several studies, low-carbohydrate, high-protein diets can aid in weight loss and improve metabolic markers. For instance, [1] stated that several clinical trials have found that consuming more protein than the recommended dietary





## Finding Clarity Amidst the Hype of Carnivore Diet

allowance not only reduces body weight but also enhances body composition by decreasing fat mass while preserving fat-free mass in both low-calorie and standard-calorie diets.

[2] highlights the importance of a balanced diet for meeting all nutritional needs. Having stated that there will inevitably be a problem with nutrient deficiencies. There is ongoing debate about the impact of high saturated fat intake on cardiovascular health. While some studies suggest that saturated fat may not be as harmful as previously thought, the American Heart Association still recommends limiting it to reduce the risk of heart disease [3].



Carnivore diet

However, when it comes to integrating this diet with regular exercise, a critical discrepancy emerges that warrants careful examination. Exercise, particularly high-intensity exercise or endurance training, demands a well-rounded nutritional profile to ensure optimal performance and recovery.

Carbohydrates play a crucial role in fueling exercise and replenishing glycogen stores. The carnivore diet, with its focus on proteins and fats, might not provide adequate glycogen replenishment, potentially leading to reduced exercise capacity and fatigue [4]. On the other side, the carnivore diet's high protein content aligns with recommendations for muscle repair and growth [5].

### Conclusion

The carnivore diet presents a unique approach to nutrition. The discrepancy between the carnivore diet and exercise highlights a critical area of concern for those pursuing prominent levels of physical activity. Athletes and fitness enthusiasts considering the carnivore diet should approach it with caution, ensuring that they meet their nutritional needs and monitor their health closely.

### References

- [1] J. H. Moon & E. S. Koh. The role of protein in weight management and body composition: A review. *Journal of Nutritional Science*, 9(1), 1-10. 2020.
- [2] *Biochemistry, Physiology, and Molecular Aspects of Human Nutrition. Comprehensive Review*. 2013. [Publisher and Location not specified].
- [3] F. M. Sacks, P. Greenland, I. M. Lee, J. E. Manson, D. Ornish, W. C. Willett, ... & F. B. Hu. Dietary saturated fat and cardiovascular risk: A systematic review and meta-analysis. *Circulation*, 136(12), 1092-1100. 2017.
- [4] D. Romano, F. Pigozzi, & M. De Angelis. The role of carbohydrates in sports nutrition: A review. *International Journal of Environmental Research and Public Health*, 21(1), 1-15. 2024.
- [5] R. Jäger, C. M. Kerksick, B. Campbell, P. J. Cribb, G. D. Wells, D. G. Burke, ... & B. J. Schoenfeld. International Society of Sports Nutrition position stand: Protein and exercise. *Journal of the International Society of Sports Nutrition*, 14(1), 1-20. 2017.

# Heavy Gaming: Is Your Brain at Risk of Permanent Damage?

Yusandra Md Yusoff<sup>1</sup> and Emmy Nurashikin Binti Ismail Hashim<sup>2</sup>

<sup>1</sup>Faculty of Sports Science and Recreation, UiTM Seremban Campus.

<sup>2</sup>College of Computing, Informatics and Mathematics (KPPIM).

*“Playing video games too much can be bad for your mental health.”*

Gaming is undoubtedly an exciting experience. It is easy to lose track of time while immersed in intense combat or exploring new worlds. However, while gaming can provide a delightful escape, excessive gaming can have harmful effects that are often overlooked. Let us explore the dangers of excessive gaming in more detail, particularly when it develops into Internet Gaming Disorder or IGD.

## *Internet Gaming Disorder (IGD): What is it?*

Internet Gaming Disorder (IGD) is far more than just a term for excessive gaming. In this condition, gaming dominates your life, pushing aside social connections, meals, and even sleep. Individuals with IGD often play for prolonged periods—even days—without adequate sleep. Over-gaming has led to dire consequences, with 24 reported fatalities worldwide [1].



## Heavy Gaming: Is Your Brain at Risk of Permanent Damage?

These cases, which primarily included young males in their teens and twenties, frequently featured extended periods of gaming in internet cafes. Most of them were engaged in action-packed online games for hours. At least 12 of the deaths in these 24 cases happened in internet cafes. The severe physical strain of continuous gaming caused a variety of causes of death, including heart attacks, strokes, and blood clots. This demonstrates the dangers of excessive gaming when it diverts into the IGD area.

### *Brain Health: The Negative Effects of Gaming Marathons*

Excessive gaming disrupts your brain's natural processes, affecting memory, focus, and decision-making. Studies show frequent gamers struggle more with these areas than moderate players. Like any muscle, your brain needs rest and variety; without breaks, you risk “digital dementia”—a decline in cognitive abilities like early-onset dementia.

### *IGD and Mental Health: A Negative Feedback Loop*

Playing video games too much can be bad for your mental health. IGD gamers frequently isolate themselves from friends and family due to anxiety and despair. They play to relieve stress, but the more they play, the worse their anxiety gets. This leads to an endless cycle. Prolonged gaming also contributes to a sedentary lifestyle, sleep deprivation, and even substance misuse, all of which adversely impact brain function.

### *Real-Life Example: A Heartbreaking Result*

A teenage South Korean named Lee died in 2005 following a 50-hour gaming binge. He quit his job to play more games. He played in an internet cafe for days with short breaks. Heart failure and exhaustion killed him shortly after he stopped playing. Lee's and other cases show IGD's risk factors. Even though not everyone with IGD has such catastrophic outcomes, the physical and psychological effects are clear.



Malaysian world class e-sport athlete

### *Taking Control of Your Games Habit*

Moderate gaming is relaxing and connecting, but balance is crucial. Why are

## Heavy Gaming: Is Your Brain at Risk of Permanent Damage?

you gaming for hours—to avoid stress or boredom? Understanding why can help you recover control. No virtual world is worth damaging your health. Take breaks, stretch, and do other things—your brain and future self will thank you!

### References

- [1] D. Kuperczko, P. Kenyeres, G. Darnai, N. Kovacs, & J. Janszky. Sudden gamer death: non-violent death cases linked to playing video games. *BMC psychiatry*, 22(1), 824. 2022. <https://doi.org/10.1186/s12888-022-04373-5>
- [2] [https://www.researchgate.net/publication/383001474-Quantifying\\_The\\_Impact\\_Of\\_Multimodal\\_Digital\\_Experiences\\_On\\_Cognitive\\_Symptoms\\_And\\_Mental\\_Health\\_In\\_Early\\_Adults](https://www.researchgate.net/publication/383001474-Quantifying_The_Impact_Of_Multimodal_Digital_Experiences_On_Cognitive_Symptoms_And_Mental_Health_In_Early_Adults)
- [3] [https://assets.cureus.com/uploads/review\\_article/pdf/278251/20240924-94036-ioggyp.pdf](https://assets.cureus.com/uploads/review_article/pdf/278251/20240924-94036-ioggyp.pdf)

# Identifying and Keeping Your Peace When Dealing with Narcissistic Friends in University

Yusandra Md Yusoff<sup>1</sup> and Emmy Nurashikin Ismail Hashim<sup>2</sup>

<sup>1</sup>Faculty of Sports Science and Recreation, UITM Seremban Campus.

<sup>2</sup>College of Computing, Informatics and Mathematics (KPPIM).

*“Choose those who lift you up, not those who bring you down.”*

When you first enrol in university, you encounter countless new people, places, and opportunities to form friendships. While some friendships will endure a lifetime, others may fade after just a semester or two. Additionally, you could occasionally run into individuals who initially seem entertaining and attractive but gradually show a selfish side that drains you. Yes, narcissistic friends are the subject of what we are discussing.

## *A Narcissistic Friend: What Is It?*

Initially, narcissistic friends can be challenging to identify. You may be captivated by their charisma, confidence, and intriguing stories. But as time goes on, you will notice trends: they are attention-seekers, rarely care about your feelings, and frequently divert every conversation back to themselves, ignoring your achievements and departing from your worries.



## Identifying and Keeping Your Peace When Dealing with Narcissistic Friends in University

### *The Price It Costs*

Being with narcissistic friends can make you feel as though you are giving all the time and getting nothing in return. Classes, tests, and adapting to an unfamiliar environment can make your university life stressful enough, but adding an emotionally exhausting friendship can make it even more difficult. When you discover that your narcissistic friends are not as invested in you as you are in them, it might make you feel invisible or irrelevant.

Over time, these friendships could lower your self-esteem, raise your stress levels, and even cause you to doubt your value. You should have friendships that make you feel good, not ones that make you doubt your worth.

### *How to Keep Your Energy Safe*

First, it all comes down to identifying the warning symptoms. Take a step back and consider how your friend's actions affect you if they consistently take center stage, minimize your emotions, or seem to have unlimited demands. It could be time for you to set some boundaries if you notice a consistent pattern.

Try spending less time together or staying clear of delicate subjects that can cause unnecessary drama, for instance. It is also beneficial to surround yourself with friends who truly support you and appreciate you for who you are. These connections can help overcome the emotional gap left by narcissistic friends and serve as a reminder of what wholesome friendships look like.

Distancing oneself is sometimes the best course of action. It is acceptable to distance yourself from a friend whose narcissism is

beginning to negatively impact your well-being. Although letting go can be difficult, it is worth it for your emotional and mental well-being.

### *Moving Forward*

Make sure you cherish your friendships. You can keep the supportive relationships you deserve by recognizing narcissistic behaviors, setting boundaries, and putting yourself first. Relationships worth maintaining are those in which true friends listen, show concern, and provide support.

### References

- [1] K. Peets & E. V. E. Hodges. Longitudinal associations between adolescents' narcissism and friendship features depend on gender and friends' narcissism. *Developmental Psychology*. 2023.
- [2] C. Wehner & M. Ziegler. Narcissism and friendship quality: A longitudinal approach to long-term friendships. *Journal of Social and Personal Relationships*. 2023.
- [3] P. K. Jonason & D. P. Schmitt. What have you done for me lately? Friendship-selection in the shadow of the Dark Triad traits. *Evolutionary Psychology*. 2012.



# Rhythm of The Data: Recreational Sports! A Note on The Beat of Information

Syaiful Hisyam Saleh<sup>1</sup> and Noor Faraliza Samsudin<sup>2</sup>

<sup>1</sup>Perpustakaan Tun Abdul Razak, UiTM Seremban Campus.

<sup>2</sup>Information Science Studies, College of Computing, Informatics and Mathematics, UiTM Rembau Campus.

*“To increase data value in recreational sports, organizations must use simple, effective technologies.”*

In the context of modern recreational sports, data analytics has become one of the major disruptive forces unbundling recreational sports and redefining how enthusiasts can pursue their interests effectively [1]. This coordination brings out the same feeling as dance, and the data provide the beat for performance and strategy, among other things. Data has subsequently been embedded into all aspects of personal fitness as well as

teamwork; thus, making it a crucial tool for every athlete and trainer involved in recreational sports [2].

On the individual level, the integration starts with wearable technology that merges fitness trackers, smartwatches, and other smart devices [3]. These gadgets record all sorts of things, such as pulse rate, movement throughout the day, sleep quality, and how many calories one might





## Rhythm of The Data: Recreational Sports! A Note on The Beat of Information

have used. This constant flow of information gives users the ability to objectively assess their current and past health and fitness status and enjoy the process, feeling the progress all the time. This data can provide a detailed and tailored pattern that can help someone modify an exercise regime, establish achievable objectives, and stay motivated. The above methods and steps will produce a better workout and overall exercise session since each workout will be done alongside the user's expectations and fitness goals.

Extending the use of team sports, big data delivers continuously powerful results. It is a customary practice to see coaches and managers using specialized software and applications to track the performance of the players, devise tactics, and, in general, make meticulous calculations of various choices [2].

It is by analyzing these patterns that one can discover the strengths and areas of weakness in the teams, modify the training regimes, and enhance the methods that are used by players on the field. For instance, monitoring the movements and biometrics of the players during practices and games is very crucial in determining how fatigued the players are, the chance of injury, or the next time they are most likely to need to recover. The underlying analytical approach of such performance management also

helps to optimize individual and team productivity, besides encouraging organizational development that involves each of its stakeholders [4].

For data to be more valuable in recreational sports, people and organizations must capitalize on good and easy-to-use technologies. There is a need to protect data to prevent the loss of confidence in data sharing among the population. Users should be trained on how to read and apply data, in a way that turns numbers into information and knowledge [5]. In addition, there should be laid down policies on the handling of data, particularly concerning the appropriate use of the information.

Therefore, the application of data analytics in recreational sports supports the assertion that information is influential. As athletes and coaches skip and twirl with the data, the beat of information will lead them to higher levels of performance and fun. By adopting this digital transformation, the recreational sports industry can achieve new heights of possibility, where every gesture is guided, purposeful, and motivational. This coexistence of data and sports guarantees that technology will not only augment our abilities but also amplify our love for sports.

### References

- [1] U. Rana. The Impact of Data Analytics on Modern Sports. Medium. June. 2022. <https://medium.com/@ieeemuj/the-impact-of-data-analytics-on-modern-sports-d43c1dc7cf2>.
- [2] Z. Bai & X. Bai. Sports Big Data: Management, Analysis, Applications, and Challenges. Complexity, 2021, 1–11. 2021. <https://doi.org/10.1155/2021/6676297>
- [3] R. J. Shei, I. G. Holder, A. S. Oumsang, B. A. Paris, & H. L. Paris. Wearable activity trackers—advanced technology or advanced marketing? European Journal of Applied

## Rhythm of The Data: Recreational Sports! A Note on The Beat of Information

- Physiology, 122(9), 1975–1990. 2022.  
<https://doi.org/10.1007/s00421-022-04951-1>
- [4] F. Faozen & S. R. O. Sandy. Performance Management: A New Approach in Performance Management. In A. A. V. Boas (Ed.), Human Resource Management—An Update. IntechOpen. 2024.  
<https://doi.org/10.5772/intechopen.1002501>
- [5] S. Bhattacharjee. Turning Data into Information: A Deep Dive into Understanding Your Data. GrowthNatives. May. 2024.

# Six Strong: How UiTM Negeri Sembilan Defied The Odds to Reach The Finals

<sup>1</sup>Siti Aida Lamat, <sup>1</sup>Sharifah Maimunah Syed Mud Puad, <sup>1</sup>Prof. Madya. Dr. Rozita Abdul Latif, <sup>2</sup>Prof. Madya. Dr. Masitah Ahmad, <sup>1</sup>Fatin Nur Syahirah Zamri, <sup>3</sup>Khairnur Huda Omar, <sup>4</sup>Nurashikin Mat Rashid, and <sup>5</sup>Nurliyana Azib Noor

<sup>1</sup>Faculty of Sports Science and Recreation, UiTM Seremban Campus.

<sup>2</sup>Pusat Pengajian Sains Maklumat, UiTM Rembau Campus.

<sup>3</sup>UiTM Kuala Pilah Campus.

<sup>4</sup>Faculty of Administrative Science and Policy Studies, UiTM Seremban Campus.

<sup>5</sup>Pusat Kepimpinan Akademik (PKA) ILD UiTM.

*“Powered by team spirit, driven by mutual support!”*

The ‘Karnival Sukan PEWANI SeMalaysia’ held at UiTM Perlis Branch from September 9-10, 2024, was a remarkable event highlighting sportsmanship and unity. With 250 participants from 12 UiTM branches, the event was not only a platform for talent but also a means to strengthen relationships within the university community.

Among the five sports contested, volleyball attracted significant attention. In particular, the UiTM Negeri Sembilan Branch volleyball

team emerged as an extraordinary success story. Despite being represented by only six players, they displayed exceptional resilience, perseverance, and unity. Their story is a testament to how teamwork, fighting spirit, and determination can overcome obstacles.

Led by Sharifah Maimunah and supported by Assoc. Prof. Dr. Masitah, the team demonstrated unwavering commitment.



## Six Strong: How UiTM Negeri Sembilan Defied the Odds to Reach the Finals

With just six players, everyone had to give their all and support one another. Their strategy focused on cooperation and maximizing each player's strengths. This success was not merely due to talent; it was born from their shared goals and mutual support.



We are the odds!

The success story of the UiTM Negeri Sembilan volleyball team is a testament to the power of team spirit and mutual support. In every struggle, unity is the most asset. As the team looks forward to future challenges, including the upcoming 'Karnival Sukan PEWANI' at UiTM Johor, their commitment to maintaining a united front will be crucial. The saying, "united we are strong, divided we fall," rings true as they prepare for the next mutual goals. By upholding their team spirit and determination, they can aim for even greater achievements.

The UiTM Negeri Sembilan volleyball team's story is a prime example of how camaraderie can be the cornerstone of success. In sports, as in life, unity is an asset.

Despite feeling exhausted, they remained committed to the belief that every team member is essential. Their success stemmed from the harmony of heart and mind, which reinforced the team's resilience.

# The Benefits and Risks of Caffeine to Health: Are You Aware of It?

Nora Mohd Basir<sup>1</sup>, Noorezatty Mohd Yusop<sup>1</sup>, Muhammad Luqman Zulkifli<sup>1</sup>, Muhammad Shauqi Rahim<sup>1</sup>, and Najmuddin Haqimi Nazli Suhardi<sup>1</sup>

<sup>1</sup>College of Computing, Informatics and Mathematics UiTM Seremban Campus.

*“Understanding caffeine's benefits and risks is essential for students who rely on it to stay awake and alert.”*

Caffeine, a stimulant drug, is widely used to enhance mental and physical performance and is commonly known as an energy booster [1]. It is found in various beverages, including coffee, tea, chocolate, and energy drinks. These drinks are popular across different age groups and can significantly boost alertness, improve mood, and reduce fatigue by increasing dopamine levels, a neurotransmitter associated with pleasure and reward. However, while caffeine offers

several benefits, it can also have negative effects if consumed excessively. Too much caffeine can lead to headaches, high blood pressure, sleep disturbances, anxiety, stomach problems, shaky hands, and an increased heart rate [1] [2]. Despite these potential risks, many people are unaware that caffeine is present in beverages other than coffee, such as tea, energy drinks, and sodas, even though these drinks usually contain lower amounts of caffeine.





## The Benefits and Risks of Caffeine to Health: Are You Aware of It?

Understanding the benefits and risks of caffeine is crucial for making informed choices, especially for students who often rely on caffeine to stay awake and alert for their studies.

A study conducted among 385 students in one of the public universities in Malaysia revealed that while 69.5% of the participants were aware of the negative health effects of caffeine, 30.5% lacked this awareness. This finding underscores the need for better education on caffeine's potential side effects and the importance of consuming it in moderation.



Caffeine, is it good, is it not?

Awareness campaigns could be highly effective in addressing this gap. Student representatives could lead these campaigns using various tools, like videos and posters, to disseminate information about the health implications of caffeine consumption. These campaigns could be

implemented at educational institutions, targeting students who are the primary consumers of caffeinated beverages. Additionally, interactive workshops or seminars could be organized to engage students directly and facilitate discussions about healthy caffeine consumption habits. Moreover, broader community discussions could also play a vital role in raising awareness. Community meetings, neighborhood gatherings, and other social events provide excellent opportunities to spread information about the potential side effects of caffeine. By fostering a culture of informed consumption, these initiatives could help people make healthier choices regarding their caffeine intake. In addition, these efforts can ensure that more people understand the importance of moderating their caffeine intake to maintain good health.

In conclusion, caffeine presents benefits and risks, often overlooked outside of coffee. Students need awareness due to their reliance on it. Collaborative efforts at both local and national levels can empower individuals to make informed choices about their caffeine intake, promoting overall well-being in our communities.

### References

- [1] H. M. Aslam, A. Mughal, M. M. Edhi, S. Saleem, M. H. Rao, A. Aftab, ... & A. M. H. Khan. Assessment of pattern for consumption and awareness regarding energy drinks among medical students. *Archives of Public Health*, 71, 1-11. 2013.
- [2] S. Rodda, N. Booth, J. McKean, A. Chung, J. J. Park, & P. Ware. Mechanisms for the reduction of caffeine consumption: What, how and why. *Drug and Alcohol Dependence*, 212, 108024. 2020.

# The Health Benefits and Risks of Sports: An Overview of Current Research and Recommendations for High-Performance and Recreational Athletes

Dr. Farah Adilla Ab Rahman<sup>1</sup>

<sup>1</sup>Faculty of Administrative Science and Policy Studies, UiTM Seremban Campus.

*“In high-performance sports, balancing performance with health is essential.”*

## Introduction

Sports enhance physical health and psychosocial well-being, offering benefits like improved mental health and personal development. However, they also present risks such as injuries and burnout. This review explores the advantages and risks of sports and provides recommendations for improving athlete's health.

## Benefits of Sports

Research shows sports offer many benefits. Regular activity enhances physical and mental health, with sports promoting psychosocial development and reducing alcohol use and mental illness [1]. Cycling lowers heart disease risk, football supports weight and cardiovascular health and running and swimming are linked to lower mortality rates and improved health [2].





### *Risks of Sports*

Emphasize that the intense focus on performance in elite sports can lead to health problems if long-term well-being is neglected [3].

Risks include injuries, eating disorders, and burnout, impacting athletes' health in both the short and long term. Furthermore, prioritizing performance might lead to the psychological effects and preferences of athletes being overlooked, potentially affecting their overall health and performance.

### *Balancing Health and Performance*

In high-performance sports, balancing performance goals with athlete health is crucial. [4] suggest integrating health considerations into performance strategies to optimize both well-being and achievement.

### *Suggestions for Improvement*

To enhance athlete health and sports benefits, use standardized methods for measuring health impacts, [1] and continue researching sports-related health benefits and risks [2].

### *Conclusion*

Sports offer major health benefits but also pose risks like injuries and burnout. Balancing these requirements involves integrating health considerations into performance strategies. Standardizing measurements, enhancing support systems, and ongoing research can optimize outcomes and ensure athlete well-being. Addressing both benefits and risks is key to a healthier, more sustainable approach to sports.

### References

- [1] C. Malm, J. Jakobsson, & A. Isaksson. Physical Activity and Sports-Real Health Benefits: A Review with Insight into the Public Health of Sweden. *Sports* (Basel, Switzerland), 7(5), 127. 2019. <https://doi.org/10.3390/sports7050127>.
- [2] P. Oja, A. R. Memon, S. Titze, D. Juracic, S. T. Chen, N. Shrestha, S. Em, T. Matolic, T. Vasankari, A. Heinonen, J. Grgic, P. Koski, S. Kokko, P. Kelly, C. Foster, H. Podnar, & Z. Pedisic. Health Benefits of Different Sports: a Systematic Review and Meta-Analysis of Longitudinal and Intervention Studies Including 2.6 Million Adult Participants. *Sports medicine - open*, 10(1), 46. 2024. <https://doi.org/10.1186/s40798-024-00692-x>.
- [3] H. P. Dijkstra, N. Pollock, R. Chakraverty, & J. M. Alonso. Managing the health of the elite athlete: a new integrated performance health management and coaching model. *British journal of sports medicine*, 48(7), 523–531. 2014. <https://doi.org/10.1136/bjsports-2013-093222> [3]
- [4] M. K. Drew, L. A. Toohey, M. Smith, C. M. Baugh, H. Carter, S. M. McPhail, J. Jacobsson, T. Timpka, & R. Appaneal. Health Systems in High-Performance Sport: Key Functions to Protect Health and Optimize Performance in Elite Athletes. *Sports medicine* (Auckland, N.Z.), 53(8), 1479–1489. 2023. <https://doi.org/10.1007/s40279-023-01855-8>.

# The Rise of The eSports Industry in Malaysia

Dr. Hazira Mohd Nasir<sup>1</sup>, Noor Azila Mohd Zaid<sup>1</sup>, Aini Hayati Musa,<sup>1</sup> and Dr. Raja Mayang Delima Mohd Beta<sup>1</sup>

<sup>1</sup>Faculty of Business Management

*“The rise of eSports in Malaysia marks a new era in our digital and cultural landscape.”*

The recent surge in electronic sports, or eSports, globally has transformed gaming into a dynamic new industry, merging technology, entertainment, and sport in unprecedented ways. This exciting trend has taken off in earnest across Malaysia as it has elsewhere. This article delves into the development of the eSports industry in Malaysia, exploring both its challenges and opportunities.

## *The Development of the eSports Industry in Malaysia*

The cultural phenomenon of eSports has its roots in the late 1970s and early 1980s, but competitive gaming reached a turning point in the early 21st century with faster internet connections and gaming technologies. In the global context, Malaysia entered the eSports scene in the late 1990s when local cyber cafes served as hubs for competitive format with top-rated eSports



## The Rise of the eSports Industry in Malaysia

tournaments and leagues multiplayer gaming and became breeding grounds for multiplayer games. However, in the late 2010s, Malaysian eSports experienced a significant positive transformation, evolving into a highly

In recent years, Malaysia has been actively working to establish itself as an eSports destination that appeals to a wider audience in Southeast Asia [1].

During the Annual Budget presentation in 2019, eSports was allocated RM 10 million, followed by RM 20 million in 2020 to accelerate the progress of hosting eSports events in Malaysia [2].

Also in 2020, Malaysia generated a gross gaming revenue of RM 586.7 million, ranking 21st globally [3]. Significantly, the establishment of the Malaysia Digital Economy Corporation (MDEC) accelerated progress by offering programs that encourage the gaming or eSports industry.

### *eSports Industry: The Challenges and Opportunities*

While the eSports scene in Malaysia is brimming with creative potential, it also faces certain limitations. One of the key barriers is the lack of comprehensive growth initiatives and training centers to

nurture young talent [4]. Similar to other sports, children aspiring to play eSports often lack structured pathways for coaching or training. Additionally, there is a need for stricter and more expansive regulations to address issues such as cheating, prize pool distribution, and contracts [5] [6]. Despite these challenges, the prospects for eSports in Malaysia offer significant economic opportunities.

The eSports industry has the potential to significantly boost employment rates in fields such as event management, broadcasting, content creation, and game development. With increased investment in infrastructure and human capital, Malaysia can position itself as a leading eSports country in Southeast Asia, attracting international tournaments and companies.



Malaysia emerged as a leading eSports country in the Southeast Asia region

### *Concluding Remarks*

The rise of eSports in Malaysia marks the beginning of a new era within our digital and cultural landscape. While the industry is still in its pilot stages, the rapid global growth of eSports events indicates its immense potential. As the Malaysian ecosystem evolves, it will need to navigate

## The Rise of the eSports Industry in Malaysia

the dichotomy between economic growth and the well-being of our youth as the business matures responsibly. With its youthful demographic and enthusiasm, Malaysia is strategically positioned to play a significant role in the development of eSports both regionally and within Southeast Asia.

### References

- [1] C. N. Lim, et al. A Bibliometric Review on Esports Participation: View from Malaysia. *Journal of Entrepreneurship, Business and Economics*, 10(2), 139-171, Oct. 2022. ISSN 2345-4695.
- [2] KBS Strategic Plan for Esports Development 2020-2025. (2020). KBS MALAYSIA.
- [3] Newzoo. Global Games Market Report 2020. (2020). <https://newzoo.com/resources/trend-reports/newzoo-global-esports-market-report-2020-light-version>
- [4] Y. H. Kim, J. Nauright, & C. Suveatwatanakul. The rise of E-Sports and potential for Post-COVID continued growth. *Taylor & Francis*, 23(11), 1861-1871. 2020. <https://doi.org/10.1080/17430437.2020.1819695>
- [5] Q. Peng, G. Dickson, N. Scelles, J. Grix, & P. M. Brannagan. Esports Governance: Exploring Stakeholder Dynamics. *Multidisciplinary Digital Publishing Institute*, 12(19), 8270-8270. 2020. <https://doi.org/10.3390/su12198270>
- [6] J. T. Holden, A. Kaburakis, & R. M. Rodenberg. The Future Is Now: Esports Policy Considerations and Potential Litigation. *Sport and Recreation Law Association*, 27(1), 46-78. 2017. <https://doi.org/10.1123/jlas.2016-0018>

# Unlocking The Power of Exercise

Dr. Farah Adilla Ab. Rahman<sup>1</sup> and Ms. Jeniwaty Mohd Jody<sup>1</sup>

<sup>1</sup>Faculty of Administrative Science and Policy Studies, UiTM Seremban Campus.

*“Move for health: Reducing the risk of noncommunicable diseases through physical activity!”*

Physical inactivity stands as a modifiable risk factor akin to dyslipidaemia and hypertension, contributing significantly to the onset of various chronic diseases, including cancer and cardiovascular ailments. However, exercise emerges as a potent tool in mitigating these risks, offering substantial health benefits that extend to both primary and secondary prevention of such diseases, with a notable reduction in cardiovascular ailments and premature

mortality. Past study asserts that the physiological mechanisms facilitating these benefits operate at both cellular and multisystem levels [1].

Indeed, there is irrefutable evidence attesting to the efficacy of regular physical activity in averting a spectrum of chronic diseases and premature death, as highlighted by [2]. A study also reinforced this stance, emphasizing the association





## Unlocking The Power of Exercise

between lifelong exercise and an extended health span, marked by the delayed onset of numerous chronic conditions [3]. Furthermore, [4] affirms the role of physical activity in reducing the risk of noncommunicable diseases, such as coronary heart disease and type 2 diabetes mellitus, thus alleviating the financial burden on healthcare systems.

Prolonged periods of sedentary behavior, whether occupational or leisure-oriented, have been identified as independent risk factors for adverse health outcomes. [1] highlight the importance of incorporating various forms of physical activity, whether structured exercise programs or intermittent lifestyle-embedded activities, to counteract the detrimental effects of prolonged sitting.

Such activities, including non-exercise activity thermogenesis (NEAT), contribute significantly to overall energy expenditure and metabolic health.

[5] underscores the multifaceted benefits of exercise for physical and mental well-being. Exercise not only regulates mood and

mental health by enhancing neurotransmitter sensitivity and endorphin production but also plays a pivotal role in weight management, muscle and bone health, cardiovascular function, and energy metabolism. Moreover, regular physical activity serves as a cornerstone in the prevention of chronic diseases such as diabetes, heart disease, cancer, and hypertension, thus promoting overall health and vitality.



Sleeping for too long can harm your health. Stay active for better well-being!

Positive effects on skin health, brain function, cognitive health, and sleep quality also result from exercise. The mitigation of oxidative stress, delay in skin aging, improvement in cognitive function, and promotion of restorative sleep patterns are also some of the additional benefits attributed to regular physical activity.

In conclusion, exercise emerges as a potent tool in disease prevention and health promotion, offering a comprehensive approach to enhancing overall well-being. By incorporating regular physical activity into daily routines, individuals can mitigate

## Unlocking The Power of Exercise

the risks of chronic diseases, improve mental and physical health, and lead healthier, more fulfilling lives.

### References

- [1] K. R. Miller, S. A. McClave, M. B. Jampolis, et al. The Health Benefits of Exercise and Physical Activity. *Current Nutrition Reports*, 5, 204–212. 2016. <https://doi.org/10.1007/s13668-016-0175-5>.
- [2] D. E. Warburton, C. W. Nicol, & S. S. Bredin. Health benefits of physical activity: the evidence. *CMAJ: Canadian Medical Association journal = journal de l'Association medicale canadienne*, 174(6), 801–809. 2016. <https://doi.org/10.1503/cmaj.051351>.
- [3] G. N. Ruegsegger & F. W. Booth. Health Benefits of Exercise. *Cold Spring Harbor perspectives in medicine*, 8(7), a029694. 2018. <https://doi.org/10.1101/cshperspect.a029694>.
- [4] M. Reiner, C. Niermann, D. Jekauc, & A. Woll. Long-term health benefits of physical activity – a systematic review of longitudinal studies. *BMC Public Health*, 13, 813. 2013. <https://doi.org/10.1186/1471-2458-13-813>.
- [5] A. Semeco. The Top 10 Benefits of Regular Exercise. *Healthline*. November. 2023. <https://www.healthline.com/nutrition/10-benefits-of-exercise>.

# Wearable vs. Motion Capture: Unravelling the Secrets of Human Movement

Muhamad Noor Mohamed<sup>1</sup>, Muhammad Safiq Saiful Annur<sup>1</sup>, Mardiana Mazaulan<sup>1</sup>, and Noor Azila Azreen Md Radzi<sup>1</sup>

<sup>1</sup>Faculty of Sports Science and Recreation, UiTM Seremban Campus.

*“Merging wearable and motion capture data provides a more holistic view of an athlete's performance.”*

Imagine being able to see the invisible forces that shape an athlete's performance. That is the power of biomechanics, a field that uses science to understand how the human body moves. In archery, where split-second decisions and precise movements are crucial, understanding these forces can mean the difference between hitting the bullseye and missing the target. Two key tools in a biomechanist's arsenal are wearable technology and motion capture systems. Let us dive into these two giants

and explore how they help us unravel the mysteries of human movement.

## *Wearable Technology: The Personal Trainer on Your Body*

At the forefront of wearable technology in sports is the ZEPHYR Bioharness [1]. This tiny, yet mighty device is like a personal trainer strapped to your body. It tracks a multitude of physiological parameters such as heart rate, breathing rate, and even sweat rate [1]. By monitoring these vital signs, we



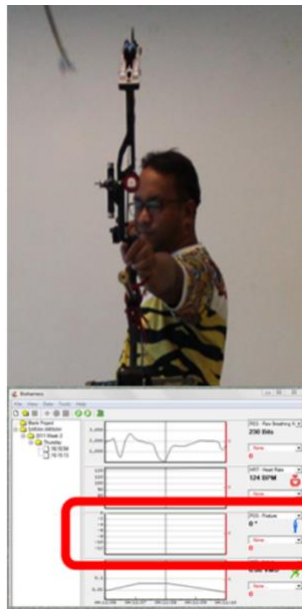
## Wearable vs. Motion Capture: Unravelling the Secrets of Human Movement

can gain insights into an athlete's physical stress, energy expenditure, and recovery patterns.



Figure 1: ZEPHYR Bio-Harness

Imagine an archer wearing a Bioharness during practice. We can monitor their heart rate to assess their level of arousal, which can influence focus and performance. By analyzing breathing patterns, we can identify areas for improvement in breath control, a key component of archery [2] [3].



Archer shooting postural sway output

### *Pros of Wearable Technology*

- Portability: Wearables are easy to use in various environments, including outdoors and in training facilities.
- Continuous monitoring: They provide real-time data on physiological parameters, allowing for continuous assessment.
- Affordability: Compared to motion capture systems, wearables are more cost-effective.

### *Motion Capture: Seeing the Unseen*

On the other end of the spectrum is motion capture, a technology that creates a digital skeleton of a person. Systems like OptiTrack Prime x 13 use cameras to track reflective markers placed on an athlete's body [4]. This creates a precise 3D model of their movement, allowing us to analyze every joint angle, velocity, and acceleration.

For an archer, motion capture can reveal subtle nuances in their posture, draw length, and release technique. By quantifying these movements, we can identify areas for improvement and develop targeted training plans.

### *Pros of Motion Capture*

- Detailed data: Motion capture provides highly accurate and comprehensive data on movement mechanics.
- Visualization: It allows for detailed visualization of movement patterns, making it easier to understand and communicate findings.
- Versatility: Motion capture can be used to analyze a wide range of movements and sports.

### *The Best of Both Worlds*

While wearable technology and motion capture have their strengths and weaknesses, they are not mutually exclusive. Combining these technologies can provide a more complete picture of an athlete's performance. For example, we can use wearables to monitor physiological responses during a motion capture session to understand how physical factors influence movement patterns.

By merging the strengths of both technologies, we can unlock new insights into human movement. This knowledge can be used to optimize performance, prevent injuries, and improve the overall human experience.

In the world of archery, where even the smallest details can make a significant difference, the combination of wearable technology and motion capture is a powerful tool for unlocking the secrets of the perfect shot.

### Benefits of Both Technologies in Human Movement Quantification:

Both wearable technology and motion capture systems offer unique advantages when it comes to understanding human movement. Let us explore how combining these technologies can provide a comprehensive picture of athletic performance.

### *The Power of Synergy*

By merging the data from wearables and motion capture systems, we can create a more holistic view of an athlete's performance. This constructive interaction allows us to:

- Correlate physiological and kinematic data: We can link changes in heart rate, breathing, and sweat rate to specific movements and postures. This helps us understand how physical stress impacts technique and performance.
- Identify performance limiting factors: By analyzing both physiological and kinematic data, we can pinpoint the root causes of performance plateaus. Is it a physical limitation, a technical issue, or a combination of both?
- Optimize training and recovery: Understanding the relationship between physiological strain and movement patterns helps us tailor training programs and recovery strategies for maximum effectiveness.
- Prevent injuries: By identifying movement patterns associated with increased injury risk, we can develop targeted prevention programs.

### *Real-World Applications*

The combination of wearable technology and motion capture has a wide range of applications beyond elite sports. Here are a few examples:

- Rehabilitation: By tracking movement patterns and physiological responses during rehabilitation, we can assess progress and adjust treatment plans accordingly.



## Wearable vs. Motion Capture: Unravelling the Secrets of Human Movement

- Ergonomics: Analyzing movement patterns in workplace settings can help identify ergonomic risks and improve work efficiency.
- Biomechanics research: Combining these technologies allows for more in-depth studies of human movement, leading to discoveries and innovations.

### The Future of Human Movement Analysis

As technology continues to advance, we can expect even more exciting developments in the field of biomechanics. Wearable devices are becoming smaller, more accurate, and capable of tracking an increasing number of parameters. Motion capture systems are becoming more affordable and accessible, making them available to a wider audience. The future holds the promise of real-time feedback systems that can provide athletes with instant information about their performance. Imagine an archer receiving feedback on their posture, draw length, and release timing as they shoot, allowing them to adjust on the fly.

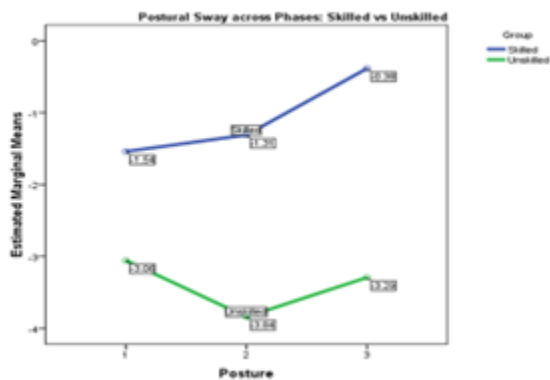


Figure 2: Postural sway differences between skilled

The goal is to enhance human performance and well-being. By harnessing the power of wearable technology and motion capture, we can unlock the full potential of the human body.

In conclusion, both wearable technology and motion capture systems are valuable tools for understanding human movement. While each technology has its strengths and limitations, their combined use offers a powerful approach to quantifying and optimizing performance. As technology continues to evolve, we can expect to see even more ground-breaking advancements in this exciting field.

### References

- [1] Medtronic Zephyr, "Zephyr," Zephyr Bioharness, 7 8 2024. [Online]. Available: <https://www.zephyranywhere.com/system/overview>. [Accessed 7 8 2024].
- [2] K. Zawi and M. N. Mohamed, "Postural sway distinguishes shooting accuracy among skilled recurve archers," *The Online Journal of Recreation and Sport*, no. 4, pp. 21-28, 2013.
- [3] M. N. Mohamed and A. H. Azhar, "Postural sway and shooting accuracy of skilled recurve archers," *Movement, Health & Exercise*, vol. 1, 2012.
- [4] Natural Point Inc., "OptiTrack," natural Point Inc., 7 8 2024. [Online]. Available: <https://www.optitrack.com/cameras/primex-13/>. [Accessed 7 8 2024].

# Asas Pencarian Maklumat Dalam Merancang Pelancongan Secara D. I. Y.

Nurhidayah Nasharudin<sup>1</sup>

<sup>1</sup>Kolej Pengajian, Pengkomputeran, Informatik dan Matematik, UiTM Kampus Rembau.

*“Rancang pelancongan anda dengan bijak, mulakan dengan maklumat yang tepat!”*

Maklumat adalah satu bentuk informasi atau pengetahuan yang mempunyai maksud serta makna yang memberi manfaat kepada individu, masyarakat dan organisasi. Secara umumnya, maklumat haruslah diperoleh daripada sumber-sumber yang sah serta diakui kebenarannya. Sektor pelancongan pada hari ini dilihat memberikan kesan yang hebat kepada masyarakat khususnya generasi muda. Dengan kepesatan dan pembangunan teknologi maklumat pada

hari ini, golongan muda lebih cenderung untuk mengakses maklumat-maklumat berkaitan pelancongan melalui sumber-sumber digital seperti YouTube, Instagram, Facebook dan TikTok. Melalui platform ini, mereka dapat membuat persiapan awal termasuk kajian dan tinjauan sebelum memulakan perjalanan. Justeru, pelancongan secara Do It Yourself atau D.I.Y. adalah menjadi pilihan kepada bakal-bakal pengembara kerana maklumat mudah diakses, lebih ekonomi, bersifat santai serta



## Asas Pencarian Maklumat Dalam Merancang Pelancongan Secara D.I.Y

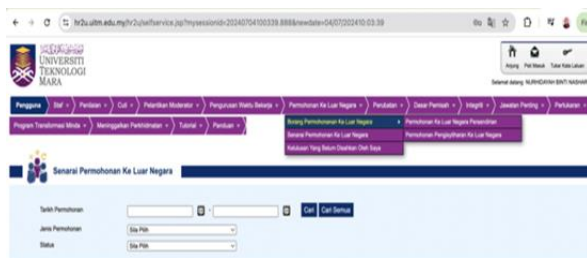
bebas merancang mengikut jadual dan keperluan setiap individu.

### Maklumat Destinasi

Antara tips utama dalam mengenal pasti titik tolak pencarian maklumat pelancongan yang betul adalah destinasi utama yang ingin dituju. Bakal pengembara disaran untuk mencari maklumat mengenai sesebuah destinasi menerusi laman sesawang atau website rasmi kementerian pelancongan negara tersebut dengan menggunakan domain .gov. Laman sesawang atau website rasmi biasanya menyediakan maklumat yang tepat, terkini dan boleh dipercayai. Sebagai contoh, situasi semasa sesebuah negara seperti pergolakan dan konflik politik, bencana alam serta perubahan cuaca juga boleh diperolehi bagi membantu pengembara merancang perjalanan mereka.

### Pengesahan Kebenaran Ke Dalam / Luar Negara

Bagi penjawat awam atau pekerja dari sektor swasta, kebenaran ke luar negara, pemakluman kepada ketua jabatan serta pusat tanggungjawab diperlukan bagi kelulusan serta permohonan insuran atau melalui pejabat sumber manusia organisasi masing-masing.



Gambar 1: Contoh permohonan ke luar negara

### Insurans Pelancongan

Terdapat pelbagai syarikat insuran yang menawarkan pakej insuran yang bersesuaian dengan destinasi, masa serta bilangan ahli pengembara yang ingin mendapatkan perkhidmatan keselamatan ini. Pelbagai kemungkinan serta risiko boleh berlaku pada bila-bila masa. Oleh itu, perlindungan insuran bagi keselamatan diri, rawatan perubatan, perlindungan nyawa serta barang-barang berharga dibuat mengikut polisi insuran yang ingin dilindungi. Antara penyedia yang disenaraikan adalah seperti Etiqa TripCare 360, Allianz Travel Care, Z Travel Insurance dan lain-lain lagi.

### Jadual Pelancongan atau Itinerary

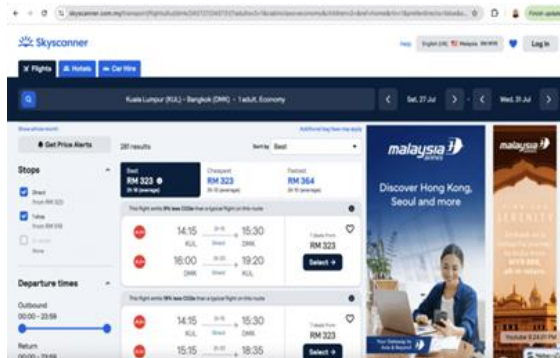
Bakal pengembara boleh mendapatkan pelbagai maklumat berkenaan destinasi yang ingin dituju termasuk jadual pelancongan atau itinerary melalui mana-mana platform media sosial. Antara sumber yang kerap dirujuk selain daripada laman sesawang atau website rasmi kementerian pelancongan sesebuah negara adalah seperti TripAdvisor, Backpackers Group Malaysia Facebook, Road to Japan Facebook, DIY Turkiye Facebook, Rarecation Youtube Channel dan lain-lain lagi.

### Penerbangan

Skyscanner merupakan satu platform yang fokus dalam menyediakan maklumat berkaitan jenis syarikat penerbangan termasuk harga yang ditawarkan mengikut destinasi pelancongan masing-masing. Platform ini turut membantu bakal pengembaran untuk membuat perbandingan dari segi harga dan pakej-pakej pelancongan lain oleh penyedia perkhidmatan. Setelah mengenal pasti

## Asas Pencarian Maklumat Dalam Merancang Pelancongan Secara D.I.Y

destinasi, masa serta harga tiket penerbangan yang bersesuaian, bakal pengembara dinasihatkan untuk membuat tempahan terus melalui laman rasmi syarikat penerbangan yang telah dipilih.



Gambar 2: Pencarian penerbangan

### *Pemakluman Kepada Kedutaan*

Semua pengembara dinasihatkan agar memaklumkan kehadiran dan keberadaan mereka di luar negara kepada Pejabat Kedutaan Malaysia di negara yang terlibat. Pengembara boleh melayari laman sesawang Kementerian Luar Negeri melalui pautan

<https://www.kln.gov.my/web/guest/malaysia-n-mission> untuk mengetahui senarai nombor panggilan ketika kecemasan serta alamat kedutaan Malaysia di sana.

### *Keselamatan*

Pemasangan Air-Tag atau tracker pada ahli keluarga serta bagasi ketika melancong dilihat dapat meningkatkan risiko keselamatan dan mengurangkan risiko kehilangan. Dengan teknologi ini, pengembara dapat memantau dan mengesan keberadaan barang-barang yang dipasangkan teknologi ini dengan selamat serta mengawal status lokasi terkini bagasi ketika melancong.



Gambar 3: Teknologi pengesanan

Kesimpulannya, maklumat berada di hujung jari. Oleh itu, ia harus dimanfaatkan dengan sebaik mungkin. Rata-rata pengembara atau pelancong lebih gemar memilih percutian yang berbentuk santai dan mengutamakan keselesaan sendiri tanpa terikat dengan jadual perjalanan dan aktiviti yang padat. Pelancongan secara D.I.Y sebenarnya dapat memberikan lebih banyak kebaikan seperti perancangan yang lebih teliti dan teratur, perkongsian ilmu dan pengalaman termasuk tips and tricks dengan orang lain dan yang paling penting mengurangkan risiko ditipu oleh syarikat atau agensi pelancongan dengan tawaran pakej yang mahal atau tidak wujud.

*\*Tips yang dikongsikan adalah berdasarkan pengalaman peribadi penulis ke beberapa destinasi seperti Singapura, Brunei, Indonesia, Thailand, Vietnam, Jepun, Dubai, Arab Saudi, Turkiye dan lain-lain destinasi dalam dan luar negara.*

### Rujukan

- [1] H. Lee & C. H. Chen. The Impact of Social Media on Travel Decision-Making: A Systematic Review. *Journal of Travel Research*, 62(1), 123-142. 2023.
- [2] D. Buhalis. The Future of Travel: Trends and Challenges in Tourism. *Tourism Management*, 68, 32-48. 2018.
- [3] T. P. Novak & K. D. Hoffman. Understanding the Information Search Process of the Modern Traveler. *Journal of Travel Research*, 48(3), 281-295. 2010.
- [4] A. Pizam & Y. Mansfeld. *Consumer Behavior in Tourism*. Routledge. 2005.

## Asas Pencarian Maklumat Dalam Merancang Pelancongan Secara D.I.Y

- [5] X. L. Lehto & J. R. Ritchie. Towards a Sustainable Tourism Development: The Case of Finland. *Journal of Sustainable Tourism*, 11(1), 1-19. 2003.



# Kepentingan Insurans Demi Kesejahteraan Hidup: Kekal Aktif dan Sihat

Mumtaz Ahmad<sup>1</sup>

<sup>1</sup>Jabatan Pengurusan Perniagaan, UiTM Kampus Kuala Pilah.

*“Perlindungan bijak, kesejahteraan terjamin.”*

Kita semua tahu betapa pentingnya untuk kekal aktif dan menjaga kesihatan dalam kehidupan seharian. Bukan sekadar untuk kurus atau bina otot, tapi ia membantu menyihatkan jantung, mengawal tekanan darah, dan mengurangkan risiko mendapat penyakit berbahaya. Ini kerana apabila kita bersenam, endorfin akan terhasil dan ini membuatkan kita rasa lebih tenang dan gembira. Selain itu, senaman juga baik untuk kualiti tidur kita yang akan menjadikan badan lebih bertenaga

keesokan harinya. Tidak perlu membuat senaman berat, cukup dengan berjalan atau berbasikal selama 30 minit sehari. Aktiviti sekecil ini juga boleh memberi manfaat besar. Seronok, bukan? Rasa segar bila badan bergerak, otak pun lebih fokus.

Tapi pernahkah anda terfikir, apa akan terjadi kalau tiba-tiba anda terseliuh semasa berlari atau terpelecok jatuh ketika menuruni bukit? Kecederaan boleh berlaku bila-bila masa, walaupun kita



## Kepentingan Insurans Demi Kesejahteraan Hidup: Kekal Aktif dan Sihat

berhati-hati. Ini yang dinamakan malang tidak berbau. Kadang-kadang kita sudah cukup berhati-hati dan berwaspada, namun ada pihak lain pula yang cuai melunaskan tanggungjawab. Seperti yang kita lihat aktiviti sukan berbasikal semakin popular dan digemari. Tapi tahukah anda bahawa jatuh dari basikal atau berlanggar dengan kenderaan lain adalah antara risiko paling biasa yang dihadapi oleh mereka? Paling menakutkan, penunggang basikal yang dilanggar kereta mungkin mengalami kecederaan serius seperti patah tulang, kecederaan otak traumatik dan kecederaan kekal. Bayangkan mangsa terpaksa berehat panjang dan tidak bekerja kerana kecederaan serius pada lutut atau tangan hanya disebabkan terjatuh dari basikal. Ini pasti memberi kesan emosi yang mendalam apatah lagi sekiranya beliau mengalami kekangan kewangan akibat tidak boleh bekerja.

Di sini dapat kita lihat keperluan dan kepentingan pengurusan risiko untuk diketahui dan dilaksanakan oleh setiap individu. Walaupun kemalangan bukanlah sesuatu yang berlaku setiap hari, tetapi dengan pengurusan risiko yang betul boleh mengurangkan mudarat dan meletakkan situasi individu tersebut di situasi yang sepatutnya.

Banyak orang berfikir insurans hanya untuk hal-hal besar seperti kereta atau rumah. Tetapi jangan dilupa, terdapat pelbagai

jenis insurans lain yang biasanya membantu menampung bayaran perubatan, patah tulang, ketidakupayaan kekal, dan bil kemasukan ke hospital yang membebankan.



Gambar 1: Sakit lutut adalah antara kecederaan yang paling kerap dialami ketika bersukan.

Jadual di bawah yang menyenaraikan pelbagai jenis insurans yang terdapat di Malaysia, dengan tanda semak berdasarkan perlindungan untuk bayaran perubatan, patah tulang, ketidakupayaan kekal, dan kemasukan ke hospital. Perlindungan mungkin berbeza mengikut syarikat insurans dan polisi yang ditawarkan. Maka pilihlah perlindungan yang bersesuaian dengan risiko harian anda. Jangan biarkan kecederaan merosakkan momentum anda untuk kekal sihat dan cergas. Dapatkan insurans, kekal aktif, dan yang paling penting—kekal selamat!

Jenis Insurans	Bayaran Perubatan	Patah Tulang	Ketidakupayaan Kekal	Kemasukan Hospital
Insurans Perubatan	✓	✓	✓	✓
Insurans Kemalangan Diri (PA)	✓	✓	✓	✓
Insurans Penyakit Kritikal	✓	✗	✓	✗
Insurans Ketidakupayaan	✗	✗	✓	✗
Perlindungan Pendapatan	✓	✓	✓	✗
Insurans Kesihatan Berkumpulan	✓	✓	✓	✓
Insurans Hayat	✗	✗	✓	✗
Takaful Keluarga	✓	✗	✓	✗
Insurans Hospitalisasi	✓	✗	✓	✓
Insurans Perjalanan	✓	✓	✓	✓
Insurans Motor (Kecederaan Diri)	✗	✓	✓	✗

Gambar 2: Jenis polisi insurans yang ditawarkan syarikat insurans di Malaysia.

# Lawatan Akademik: ‘Sambil Menyelam Minum Air’

Dr. Radzliyana Radzuwan<sup>1</sup> dan Aida Roha Abdul Rasid<sup>1</sup>

<sup>1</sup>Fakulti Sains Sukan dan Rekreasi, UiTM Kampus Seremban.

## *“Satu langkah, seribu manfaat”*

Lawatan akademik bukanlah perkara baru di kalangan pelajar di institut pengajian tinggi (IPT) termasuk UiTM. Malah, pembelajaran melalui lawatan akademik telah bermula sejak di bangku sekolah lagi. Lawatan akademik merupakan kaedah pembelajaran di luar bilik kuliah tanpa buku teks mahupun sebarang peranti tetapi lebih kepada memberi pendedahan dan peluang kepada pelajar untuk belajar secara hands-on, memperoleh ilmu pengetahuan baru dan merasai pengalaman sebenar di

lapangan dari pihak organisasi yang terlibat. Pengalaman peribadi saya sebagai pensyarah mengajar kursus yang memerlukan lawatan akademik telah membantu meningkatkan fahaman pelajar dengan menggabungkan konsep teori dan praktis. Pelajar menjadi lebih berkeyakinan ketika berkomunikasi, bersikap lebih profesional dan mampu memperbaiki kemahiran bersosial dengan pelbagai lapisan Masyarakat. Sebagai contoh, lawatan akademik ke Skytrex Adventure



## Lawatan akademik: 'Sambil menyelam minum air'

Melaka pada 11 Jun 2024 bersama kumpulan pelajar NSR2415A dan NSR2415B telah memberi banyak manfaat kepada mereka terutama dalam mencapai objektif kursus Tourism Management (SMG661) dan Recreation Resource Management (SMG602).

Bukan itu sahaja, kaedah pembelajaran melalui lawatan akademik juga dapat membantu mengurangkan stres dan tekanan pelajar apabila mereka keluar dari rutin harian selama 14 minggu kuliah, menjadikan pelajar lebih relaks dan santai serta mensyukuri nikmat yang dikurniakan Allah SWT termasuk kesihatan, kelapangan masa dan keindahan alam semula jadi. Malah, terdapat di kalangan mereka yang tidak pernah menjejakkan kaki ke Skytrex Adventure Melaka untuk menguji keupayaan diri dalam melakukan aktiviti luar/rekreasi. Aktiviti seperti ini penting dalam menyumbang kepada kesihatan fizikal dan mental pelajar sementara terlalu banyak kes berkaitan tekanan perasaan serta kebimbangan melampau di kalangan mereka dilaporkan sejak kebelakangan ini.



Jelas terpancar keceriaan dan keterujaan di wajah pelajar sebelum memulakan aktiviti.

Walaupun lawatan akademik menawarkan banyak kelebihan kepada pelajar, namun pelaksanaannya turut berdepan dengan

pelbagai cabaran terutamanya kekurangan peruntukan kewangan oleh pihak universiti. Faktor ini didorong oleh peningkatan kos dan belanja mengurus termasuk pengangkutan serta elaun makan yang diberikan kepada pelajar dan pensyarah pengiring.

Namun, cabaran ini tidak pernah mematahkan semangat pensyarah dan pelajar untuk terus berfikir secara kritis dalam mencari alternatif demi memastikan objektif kursus tercapai dan proses kemenjadian pelajar tidak tersekat. Salah satu alternatif yang menjadi amalan pensyarah adalah dengan menggabungkan dua atau tiga kursus dari kumpulan pelajar yang sama yang mempunyai lawatan akademik sebagai salah satu proses pembelajaran. Di sini, idea kreatif pensyarah dan pelajar ditagih bagi mempelbagaikan aktiviti bersesuaian dengan organisasi yang bakal dilawati. Di samping itu, komunikasi dua hala di antara fakulti (kumpulan pelajar) dan organisasi amat penting bagi memastikan kedua-dua entiti memperoleh kebaikan bersama.

### Rujukan

- [1] Skytrex Adventure Melaka. (n.d.). Retrieved October 22, 2024, from <https://www.skytrex-adventure.org/melaka>



# Teknik Grounding: Langkah Pemulihan Awal untuk Kesehatan Mental Mahasiswa/i

Nurul Nisha Mohd Shah<sup>1</sup> dan Mohd Radzman Basion<sup>2</sup>

<sup>1</sup>Fakulti Komunikasi dan Pengajian Media, UiTM Kampus Rembau.

<sup>2</sup>Sixtysix Action Academy.

*“Teknik grounding bantu atasi tekanan akademik.”*

Kesehatan mental mahasiswa/i merupakan isu yang sering mendapat perhatian dalam masyarakat. Pelbagai kajian memperlihatkan mahasiswa/i berhadapan dengan tekanan dan ketidakstabilan emosi yang boleh menjejaskan prestasi akademik dan kesejahteraan psikologi mereka [1]. Memandangkan hal ini adalah satu perkara yang serius maka perlu adanya intervensi untuk memulihkan kesehatan mental mahasiswa, khususnya di era pasca pandemik COVID-19 yang telah membawa

kepada pelbagai cabaran baharu dan mengubah lanskap kehidupan sosial.

Kita semua sedia maklum bahawa kehidupan sebagai seorang mahasiswa/i universiti adalah tempoh yang paling mencabar dan memberi banyak tekanan. Rutin seorang pelajar dari tugas yang bertimbun hingga kepada peperiksaan yang sukar, maka tidak hairanlah ramai mahasiswa/i mengalami gangguan masalah kesehatan mental. Namun





## Teknik Grounding: Langkah Pemulihan Awal untuk Kesehatan Mental Mahasiswa/i

terdapat satu teknik mudah yang dapat membantu para mahasiswa/i bagi meningkatkan kesejahteraan mental mereka iaitu teknik Grounding.

### *Apa itu Teknik Grounding?*

Teknik Grounding adalah merupakan satu kaedah yang digunakan untuk menghubungkan diri dengan persekitaran semasa. Ia dapat membantu seseorang kembali ke masa kini dan meningkatkan regulasi emosi [2]. Melalui teknik ini, mahasiswa/i dapat mengawal gejala seperti keresahan, panik dan ketakutan yang dialami akibat tekanan akademik mahupun cabaran sosial yang lain.

Teknik ini sebenarnya tidak asing dalam dunia sukan. Para atlet biasanya akan berada dalam keadaan berkaki ayam terutamanya selepas sesi perlawanan. Perbuatan itu adalah sebahagian daripada teknik Grounding. Oleh kerana tahap kesedaran dan pendedahan yang sedikit, maka teknik ini kurang diberi perhatian dan dipraktikkan dengan cara yang tidak tepat.

Pada asasnya, teknik ini amat berguna bagi mengurangkan kegelisahan, tekanan, dan emosi yang berlebihan. Ini kerana kaedah Grounding menggunakan pancaindera dan anggota badan untuk membantu

seseorang fokus pada satu-satu masa. Secara tidak langsung, ia membantu mereka untuk menjauhkan diri dari memikirkan perkara-perkara yang mengganggu fikiran dan emosi.



Penggunaan pancaindera dalam teknik grounding

Hasil kajian menunjukkan bahawa teknik Grounding berkesan dalam membantu kesehatan mental mahasiswa/i [3]. Kita dapat lihat, mahasiswa/i yang terlibat dengan aktiviti sukan dan riadah kurang mengalami gejala kemurungan. Kaedah ini ternyata dapat meningkatkan kesejahteraan mental [2] dan mengurangkan tahap keresahan dan kemurungan dalam kalangan mahasiswa/i [3] [4]. Para mahasiswa/i yang mempraktikkan teknik ini atau terlibat dengan aktiviti sukan berupaya mengurangkan kadar kebingungan, memusatkan perhatian dan memperkukuhkan daya tahan mereka dalam menghadapi tekanan [1].

Teknik Grounding dapat dilaksanakan dengan mengambil beberapa langkah mudah seperti fokus pada pernafasan yang

## Teknik Grounding: Langkah Pemulihan Awal untuk Kesehatan Mental Mahasiswa/i

dalam, kesedaran terhadap persekitaran dan pergerakan fizikal seperti berjalan kaki atau melakukan senaman ringkas [5]. Langkah-langkah ini pastinya dapat membantu mereka untuk menenangkan diri, mengurangkan ketegangan dan mencapai keseimbangan fisiologi dan psikologi.

Selain itu, pendekatan ini juga disokong oleh teori Mindfulness di mana ia memberi tumpuan kepada kewujudan dan pengalaman semasa tanpa nilai atau penilaian. Pendekatan ini ternyata dapat memberi impak positif kepada kesehatan mental mahasiswa/i. Teknik Grounding berupaya mengurangkan simptom-simptom masalah kesehatan mental seperti keresahan dan panik [3] [4], serta meningkatkan kesejahteraan psikologi mereka [2].

### *Amalan Teknik Grounding yang Berkesan untuk Mahasiswa/i (Teknik 5-4-3-2-1)*

Teknik ini melibatkan penggunaan kelima-lima pancaindera iaitu:

- Mata - kenal pasti lima objek yang anda boleh lihat.
- Tangan - sentuh empat objek di sekeliling anda.
- Telinga - dengar tiga bunyi yang berbeza.
- Hidung - kenal pasti dua bau yang anda boleh hidu.
- Lidah - rasa satu objek (contohnya manis, masin, masam dan pahit).

Teknik Grounding adalah kaedah yang sangat berguna untuk mahasiswa/i dalam menangani tekanan dan menjaga kesehatan mental. Oleh itu, jika teknik ini diamalkan secara konsisten, mahasiswa/i boleh meningkatkan kesejahteraan mental

mereka dan menghadapi cabaran di universiti dengan lebih baik.

Perlu diingat bahawa walaupun teknik Grounding boleh membantu, namun ia bukanlah pengganti atau alternatif kepada rawatan profesional. Jika anda mengalami masalah kesehatan mental yang serius, sila dapatkan bantuan daripada kaunselor atau pakar kesehatan mental di universiti anda. Walau bagaimanapun, para mahasiswa/i dapat berikhtiar dengan mengintegrasikan teknik Grounding terutamanya sewaktu bersukan atau beriadah ke dalam rutin harian agar mereka dapat memperolehi kesejahteraan hidup di dalam kampus yang optimal dan seimbang.

### Rujukan

- [1] I. P. N. Amerta, I. A. D. Maharani, & N. L. K. R. Kerdiati. Perancangan Bus Dharma Dhyana Mental Health Care Sebagai Sarana Edukasi Dan Penyembuhan Mental Di Bali. 2(1), 70-81. 2022.  
<https://doi.org/10.59997/vastukara.v2i1.1485>
- [2] N. Komariah, E. Saepudin, & R. Nurislamingsih. Role Of Academic Library In Creating Students' Mental Health Literacy. Airlangga University, 8(1), 109-121. 2022.  
<https://doi.org/10.20473/rj.v8-i1.2022.109-121>
- [3] F. Rahman & S. J. Nafisah. Dampak Intervensi Kebersyukuran Kesejahteraan Mental Mahasiswa Selama Covid-19: Studi Kuasi-Eksperimental. 5(2), 198-207. 2022.
- [4] R. Rofiqi, I. Iksan, & M. Mansyur. Melangkah Menuju Kesehatan Mental yang Optimal: Program Inovatif di Lembaga Pendidikan Islam. Institut Agama Islam Negeri Mataram, 4(2), 76-99. 2023.  
<https://doi.org/10.19105/ec.v4i2.9237>
- [5] N. Lailiyah. Dampak Psikologis Mahasiswa Pada Proses Pembelajaran Daring Selama Pandemi (Studi Kasus Di Kampus Fai Unwir), 2(2), 53-62. 2021.  
<https://doi.org/10.31943/counselia.v1i2.26>
- [6] I. K. Siregar & I. N. Sari. Reducing Academic Stress with Journaling Techniques: A Review, 2(1), 76-80. 2021.  
<https://doi.org/10.51135/kambotivol2iss1pp76-80>

# Warna untuk Motivasi Sukan: Bagaimana Atlet Memilih Warna untuk Memaksimumkan Prestasi

Adzly Rajli<sup>1</sup>

<sup>1</sup>Fakulti Sains Sukan dan Rekreasi, UiTM Kampus Seremban.

*“Warna untuk motivasi sukan:  
Pilihan tepat, prestasi hebat!”*

Warna memang boleh mempengaruhi aktiviti sukan agar lebih menarik dan bersemangat. Beberapa aspek di mana warna memainkan peranan penting dalam bidang sukan termasuk:

## *Psikologi Warna*

Warna-warna tertentu boleh mempengaruhi mood dan tenaga atlet. Contohnya, warna merah sering dikaitkan dengan tenaga, semangat, dan ketangkasan, sementara biru dan putih

boleh memberikan rasa ketenangan dan kelegaan. Ini boleh mempengaruhi prestasi atlet dalam latihan dan pertandingan.

## *Penampilan dan Persepsi*

Warna juga menunjukkan keyakinan ketika berhadapan dengan lawan di dalam pertandingan. Warna terang mungkin menarik perhatian dan memberi aura yang positif, manakala warna neutral atau gelap boleh memberikan kesan yang lebih tenang dan fokus, contohnya gimrama.



**Pengaruh terhadap Prestasi:**  
Beberapa kajian menunjukkan bahawa warna boleh mempengaruhi prestasi atlet. Contohnya, warna merah dikaitkan dengan peningkatan prestasi dalam beberapa sukan kerana ia mungkin menimbulkan perasaan agresif dan waspada. Sebaliknya, warna biru atau putih dapat mengurangkan tekanan dan meningkatkan konsentrasi dalam situasi yang memerlukan ketenangan.

### *Kesan pada Kesejahteraan Atlet*

Warna juga boleh memberikan kesan atau membangkitkan aura semangat kesukanan di kalangan atlet serta para penonton yang hadir. Warna yang cerah dan ceria boleh membantu meningkatkan mood dan motivasi di acara sukan. Manakala warna gelap atau suram mungkin memberi kesan sebaliknya.

### *Warna dan Negara Kontingen*

Warna melambangkan identiti sesuatu negara. Kerap kali warna dan corak pakaian juga mempengaruhi identiti kebangsaan sesuatu negara. Contohnya, warna merah Negara China, kuning (emas) dan hijau Negara Australia, warna jingga adalah warna kebangsaan Belanda.

### *Keselamatan dan Keselesaan*

Warna juga penting dari sudut keselamatan, terutama dalam sukan luar. Pakaian berwarna cerah atau neon boleh membantu atlet lebih mudah dilihat oleh pemandu atau penonton, serta mampu mengurangkan risiko kemalangan semasa acara dijalankan.

Secara keseluruhannya, warna boleh memainkan peranan yang penting dalam sukan, dari aspek psikologi hingga keselamatan, pilihlah warna dengan bijak dan bersesuaian dengan acara sukan yang disertai.



Warna terang bersesuaian dengan sukan gimrama bagi menggambarkan keseronokan dan kegembiraan.

### Rujukan

- [1] <http://www.myhealth.gov.my/warna-dan-psikologi/> (Warna dan Psikologi, 2hb Julai 2018, Pn. Fariz Sakina bt. Abdullah)
- [2] <https://www.bharian.com.my/wanita/fesyen/2024/07/1277297/11-negara-pamer-keunikan-busana-di-olimpik-2024> (11 negara pamer keunikan busana di Olimpik 2024, 28hb Julai 2024 mahani@bh.com.my)
- [3] <https://www.fittdesign.com/blog/the-psychology-of-color-in-sportswear-design-impact-on-performance-and-perception> (The Psychology of Colour in Sportswear Design: Impact on Performance and Perception, Published on July 5th, 2024.)



UNIVERSITI  
TEKNOLOGI  
MARA

Cawangan Negeri Sembilan  
Fakulti Sains Sukan &  
Rekreasi

eISSN 3009-1500



9 773009 150007

FSR@S3 e-Bulletin | 2<sup>nd</sup> Edition Year 2024