

# Activities as sport or any physical leisure

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activities is because they are more concerned about their body image (Cheah, Azahadi, Phang & Hazilah, 2017). According to Chang & Tsai (2015), men and women who engaged in leisure time physical activity consistently are having low risk of cognitive decline. Women are also considered to have more responsibilities of care compared to men especially for their families and they think that it is not important for them to involve in leisure activities (Zhang, Feng, Lacanienta, & Zhen, 2017). Being married and having children act as barriers where the individuals will have limited time to engage or participate in leisure activity due to housekeeping work and childcare.

The barriers also can cause declination in the frequency of leisure activity Muniz et al., (2014, as cited in Oliveira-Brochado, Quelhas Brito & Oliveira-Brochado, 2017). A study made by Oliveira-Brochado, Quelhas Brito & Oliveira-Brochado (2017) reported that leisure activity such as sport does not have any correlation with age in a linear or a non-linear way but some recent studies showed that low engagement in leisure activity levels with age should be interpreted with caution such as to relate the variables with frequency of participation because upper age individuals (56-65 years old) involve in leisure activity (sport) more often compared to lower age individuals (16-25 years old). Younger people are engaging actively in physical leisure activity because they face less constraints compared to older people as shown by the statistic that people's age will lessen the probability of engagement in physical activity by 0.3% (Cheah, Azahadi, Phang & Hazilah, 2017). In contrast, another study stated that older individuals showed more concern and aware about their well-being so, they are more interested in engaging in

leisure activity (Lera-López & Rapún-Gárate, 2007). Individuals with chronic illness are found to engage more frequent in leisure activity such as sport or any physical leisure activities because they are having good perception of being healthier. They emphasize that leisure activity like sports may have therapeutic effect and can improve their health Muniz et al.

, (2014, as cited in Oliveira-Brochado, Quelhas Brito & Oliveira-Brochado, 2017). In contrast, individuals with poor health condition, they are less likely to start a physical activity routine and thus live a physically inactive lifestyle (Eberth & Smith, 2010). According to Cheah et al., (2017) individuals with higher salary participate more frequent in leisure such as physical activity compared to individuals with lower salary because it restricted them from accessing to any facilities such as sports. It can be related with administrative duties in employment position where the teachers with higher position are having more income compared to teachers with lower position and the chance in accessing to any facilities in order to engage in leisure activities also differ. Previous study in Malaysia by Cheah & Poh (2014) revealed that minor ethnic are more likely to engage and practice physically active lifestyle compared to major ethnic but there are unclear reasons about the situation so other researcher can study about the association between ethnicity and leisure engagement either in physical, social or cognitive leisure activities.

Ferguson, Frost, & Hall (2012) stated in their study that elementary to high school age teachers who exposed with high work strain, student misbehaviour, and low quality of employment conditions can lead to

depressive and anxious symptoms among teachers where according to Toyoshima, Kaneko, & Motohashi (2016), increasing job pressure can affect leisure time physical activities so school teachers will have restriction to engage in leisure activities due to high work strain and lack of time. 2. 4 Sleep quality affected by work stress among teachers and its relation with leisure activities According to Desouky & Allam (2017), occupational stress among teachers can be defined as response when facing workload that not matches to their resources, abilities, knowledge, and needs to manage the stress.

Being a teacher can be physically and mentally challenging since teaching is an occupation that consumes a lot of energy in everyday work in the classroom. In addition, teachers also have their personal and familial commitments that can lead them to stress. Work loads among teachers mostly occur when they manage activities, develop time-tables, plan lessons, develop curriculums, give information, examine and evaluate students' performance, conduct extra-curricular activities, monitor classes, supervise discipline problems in school especially for discipline teachers, retained records, and motivate students by words and actions. Work environment in school was found to have significant correlation with stress levels among teachers (Desouky, 2017).

According to Simone, Cicotto & Lampis (2016), sources of stress among teachers include less support by management, workload, overload role, rising number of students and also poor discipline. A study reported that stress among individuals can lead to many sleep difficulties such as mid-

sleepawakening, wake up too early in the morning and restless sleep (Almojali, Almalki, Alothman, Masuadi & Alaqeel, 2017). Johnson et al. (2016) stated that there is strong and constant relationship between psychosocial stress and life stress with insomnia in healthy adults where the stress become a starting point for an individual to have poor sleep quality. Sleep disturbances can occur through psychological and physiological mechanism due to acute and chronic stressors. Study from Alcántara et al. (2017) highlighted that only chronic, moderate or severe stress maintained to be significantly associated with symptoms of insomnia compare to socio-demographics, medical conditions, and health behaviours. Snoring can be categorized as a health problem that affects both men and women and it is a crucial marker of obstructive sleep apnea (OSA).

Individuals with OSA will experience repetitive apneas and desaturations during sleep. If left untreated, it can impair the quality of life of an individual. The authors conclude that less engagement in physical activity is one of the risk factor for habituating snoring complaint, weight gain, and alcohol dependent. Physical activity is a good leisure to participate because it can promote good sleep quality among adults (Youngstedt & Kline, 2006). People who are engaged in physical leisure activity tend to have good sleep and can concentrate on daily tasks and not easily sleepy during the day (Loprinzi and Cardinal, 2011). Wang, Sun & Zang (2014) have conducted a study and they highlighted that by listening to the music, it can promote better sleep quality. Leisure questionnaire shows that listening to many kind of music is one of the leisure activities that can be engaged by individuals.

According to Ruiz-Contreras et al., (2012), physical activity is one of the leisure types that composed of few activities such as jogging, cycling, gardening, hiking, dancing, and swimming. However, the exact information about the intensity, duration, or type of physical activity is not provided so that activity recommendations cannot be specified. Social leisure activities such as visiting friends, volunteering activity and having support groups can improve person's sleep quality. Having positive support from other people or the closest person can enhance better sleep quality while people with declining social relationship has poor sleep quality (Stafford, Bendayan, Tymoszuk & Kuh, 2017).