

**FACTS &
FIGURES**

IBSM'24

INDEKS BUDAYA SUKAN MALAYSIA 2024



**INSTITUTE FOR
YOUTH RESEARCH
MALAYSIA**



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IYRES merupakan sebuah pusat penyelidikan nasional yang mengkaji pelbagai aspek aliran dan pembangunan generasi muda dan kaitannya dengan perubahan yang berlaku di peringkat nasional, serantau dan antarabangsa. Untuk mencapai matlamatnya, institut ini akan melaksanakan pelbagai jenis program penyelidikan; menganjurkan persidangan, bengkel, syarahan dan seminar; menerbitkan jurnal, risalah mengenai hasil penyelidikan; mewujudkan program penyelidikan dan latihan; dan menyediakan kemudahan penyelidikan yang pelbagai termasuklah sebuah pusat sumber dan data mengenai pembangunan belia.

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INSTITUTE FOR
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**KATA
ALU-ALUAN**

IBSM'24

INDEKS BUDAYA SUKAN MALAYSIA 2024

The background of the page features a faded, grayscale image of a basketball team in a huddle. The players are wearing dark jerseys with light-colored accents, and their hands are visible as they hold each other's hands in a circle. The image is centered and occupies the upper half of the page.

KATA ALU-ALUAN MENTERI BELIA DAN SUKAN

YB HANNAH YEOH

Selamat Sejahtera dan Salam Malaysia MADANI,

Dalam kepesatan dunia digital kini, usaha mencapai kesejahteraan rakyat tetap diberi perhatian. Sehubungan dengan itu, usaha Institut Penyelidikan Pembangunan Belia Malaysia (IYRES) menjalankan penyelidikan Indeks Budaya Sukan Malaysia 2024 (IBSM'24) terus digalas. Matlamat utama pembentukan indeks ini adalah bagi mengukur tahap penglibatan rakyat Malaysia dalam sukan, senaman dan rekreasi di samping bergiat aktif dalam semangat kesukanan yang digambarkan melalui aktiviti kesukarelaan, dedikasi, perbelanjaan dan sumbangan dalam aktiviti pembudayaan sukan.

Dapatan dalam indeks ini menggambarkan pelbagai inisiatif yang dilaksanakan oleh Kementerian Belia dan Sukan yang turut disokong merentas kementerian, agensi dan pertubuhan bukan kerajaan, mendorong kepada usaha pembudayaan sukan di Malaysia. Petunjuk utama bagi meningkatkan pembudayaan sukan dalam kalangan rakyat Malaysia dalam Indeks ini adalah melalui penglibatan dalam aktiviti sukan, senaman dan rekreasi.

Memahami petunjuk ini, rakyat Malaysia disarankan untuk melibatkan diri dalam aktiviti sukan, senaman atau rekreasi sesuai dengan minat dan kesesuaian umur dan tahap kesihatan masing masing. Semoga usaha menjadikan rakyat Malaysia mencapai kesejahteraan melalui penglibatan dengan aktiviti sukan ini menjadi realiti.



PRAKATA KETUA SETIAUSAHA KEMENTERIAN BELIA DAN SUKAN

YBHG. DATO' TS. DR. NAGULENDRAN KANGAYATKARASU

Selamat Sejahtera dan Salam Malaysia MADANI,

Sekali lagi IYRES menghasilkan laporan penyelidikan Indeks Budaya Sukan Malaysia 2024 (IBSM'24) untuk dijadikan panduan dan rujukan pembangunan sukan massa. Agensi pelaksana program pembudayaan sukan, senaman dan rekreasi di seluruh pelosok negara boleh menggunakan dapatan kajian ini bagi meneliti dan menambahbaik program tahun lalu dan mula merangka program akan datang yang lebih praktikal serta mendukung polisi Kementerian Belia dan Sukan (KBS).

Dapatan menunjukkan peningkatan penglibatan rakyat Malaysia dalam sukan iaitu daripada 52.0 peratus pada tahun 2023 kepada 52.3 peratus pada tahun 2024 adalah refleksi kepada program-program dan inisiatif yang dilaksanakan oleh KBS serta rakan Kementerian, Agensi serta Badan Bukan Kerajaan (NGO) sama ada secara langsung atau tidak langsung.

Tambahan lagi, fokus KBS pada tahun 2025 adalah untuk mengetengahkan konsep Malaysia MADANI dalam bidang sukan dengan memberi penekanan terhadap sukan baharu yang inovatif dan sukan rakyat yang menjadi warisan negara. Matlamat utama adalah untuk penyatuan, kesejahteraan dan menghargai prinsip saling menghormati selain memenuhi tujuan spesifik supaya rakyat Malaysia lebih aktif serta sihat. Secara ringkasnya, kini KBS lebih memberi penekanan kepada pembangunan sukan yang inklusif, inovatif dan berorientasikan kesejahteraan rakyat selaras dengan aspirasi Malaysia MADANI.



KETUA PEGAWAI EKSEKUTIF INSTITUT PENYELIDIKAN PEMBANGUNAN BELIA MALAYSIA (IYRES)

Selamat Sejahtera dan Salam Malaysia MADANI,

Saya mengucapkan syabas dan terima kasih kepada para penyelidik dan pakar rujuk IYRES yang telah menyempurnakan projek penyelidikan Indeks Budaya Sukan Malaysia 2024 (IBSM'24). Buku *Fact and Figures* ini memuatkan data ringkas dan padat tentang tahap dan trend penglibatan sukan, senaman dan rekreasi dalam kalangan rakyat Malaysia.

Pencapaian IBSM'24 menunjukkan peningkatan indeks berbanding tiga (3) tahun lalu yang sekaligus menggambarkan sebilangan besar rakyat negara ini sudah bangkit dari pandemik Covid-19 dan melibatkan diri dalam aktiviti fizikal yang sihat berasaskan sukan.

Sebagai peneraju penyelidikan pembangunan belia, IYRES akan meneruskan fungsi penyelidikan dan penerbitan selaras dengan dokumen Rancangan Malaysia serta Pelan Strategik KBS. Diharap laporan ini dapat dijadikan rujukan oleh kumpulan pelaksana pembudayaan sukan seluruh negara, pembuat dasar dan strategik kementerian-kementerian, rujukan para akademik dan masyarakat umum. Semoga penglibatan dalam sukan, senaman dan rekreasi yang konsisten dalam kalangan rakyat Malaysia dapat membentuk masyarakat Malaysia yang sejahtera.



**RINGKASAN
EKSEKUTIF**

IBSM'24

INDEKS BUDAYA SUKAN MALAYSIA 2024

PENGENALAN

Indeks Budaya Sukan Malaysia 2024 (IBSM'24) merupakan penyelidikan yang dijalankan oleh Institut Penyelidikan Pembangunan Belia Malaysia (IYRES), Kementerian Belia dan Sukan Malaysia. Mekanisme pengukuran IBSM'24 ini berfokuskan kepada dua domain iaitu Penglibatan dan Semangat Kesukanan. Terdapat lima indikator iaitu Keaktifan, Kesukarelaan, Dedikasi, Perbelanjaan dan Sumbangan yang telah dipersetujui bersama pemegang taruh dan pakar rujuk daripada universiti tempatan serta pemain industri. Syor daripada kajian ini akan dilaksanakan oleh 10 kumpulan pelaksana mengikut Dasar Belia Malaysia (DBM) 2015–2035. IBSM'24 adalah kesinambungan IBSM 2018–2023 yang dilaksanakan bertujuan untuk mengukur trend pencapaian budaya sukan dalam kalangan rakyat Malaysia menuju negara sukan. Usaha ini diharap dapat memenuhi aspirasi dan matlamat Visi Sukan Negara 2030 (VSN 2030).

LATAR BELAKANG

Kesejahteraan masyarakat merupakan komponen penting bagi membolehkan Malaysia menjadi sebuah negara maju dan produktif. Indeks Budaya Sukan Malaysia merangkumi amalan gaya hidup aktif dan semangat kesukanan. Ia merupakan petunjuk utama kesejahteraan rakyat Malaysia. Oleh itu, IBSM'24 menjadi penanda aras dalam usaha mengukur trend dan pencapaian budaya sukan rakyat Malaysia berdasarkan indikator dan domain yang ditetapkan. Domain Penglibatan dalam sukan dengan indikator Keaktifan individu merupakan elemen fizikal, manakala domain Semangat Kesukanan merupakan elemen bukan fizikal yang diukur berdasarkan indikator Kesukarelaan, Dedikasi, Perbelanjaan dan Sumbangan. Selain daripada domain dan indikator, IBSM'24 juga mengkaji ekosistem seperti fasiliti, tadbir urus, barangan dan perkhidmatan, pengembangan bakat serta ilmu pengetahuan yang mempengaruhi budaya sukan rakyat Malaysia.

OBJEKTIF

Objektif utama kajian ini adalah mengukur Indeks Budaya Sukan Malaysia tahun 2024 dan mengenalpasti trend semasa penglibatan rakyat Malaysia dalam sukan, senaman dan rekreasi.

METODOLOGI

Kajian ini dilaksana secara kuantitatif iaitu menggunakan borang soal selidik yang dibina oleh pasukan penyelidik IYRES. Proses pengumpulan data kajian dilaksanakan secara bersemuka menerusi Sistem Pengurusan Kaji Selidik IYRES (iGREAT) menggunakan khidmat IYRES Community Enumerator (ICE) yang terlatih. Sampel kajian berjumlah 6,009 orang rakyat Malaysia yang berusia 13 tahun dan ke atas dipilih secara rawak berdasarkan Blok Perhitungan (BP) dan Tempat Kediaman (TK) yang ditetapkan oleh Jabatan Perangkaan Malaysia (DOSM). Penetapan persampelan berdasarkan jantina, umur, etnik dan lokaliti yang mewakili populasi rakyat Malaysia secara berkadaran. Data dianalisis secara statistik deskriptif (bilangan, peratus & min) dan inferensi (analisis regresi logistik & korelasi).


DAPATAN

Kajian menunjukkan skor Indeks Budaya Sukan Malaysia 2024 (IBSM'24) adalah 56.3 iaitu berada pada tahap Sederhana. Skor Domain Penglibatan 31.4 dan Semangat Kesukanan 24.9. Analisis terperinci menunjukkan 52.3% rakyat Malaysia terlibat dalam aktiviti sukan, senaman dan rekreasi sekurang-kurangnya sekali dalam masa sebulan, manakala, 47.7% lagi tidak terlibat dalam sebarang aktiviti berkaitan sukan. Tahap keaktifan menunjukkan 17.5% berada di tahap Aktif, 67.9% Sederhana Aktif dan 14.6% Kurang Aktif mengikut takrifan WHO (2020). Penglibatan dalam aktiviti sukan dan senaman menjadi dua pilihan utama rakyat Malaysia berbanding aktiviti rekreasi. Semangat kesukanan diukur berdasarkan indikator Kesukarelaan, Dedikasi, Perbelanjaan dan Sumbangan. Aktiviti kesukarelaan secara konsisten menjadi pemangkin semangat kesukanan dan menjadi penyumbang utama secara tidak langsung kepada skor IBSM'24 berbanding tiga indikator lain.

KESIMPULAN

Indeks Budaya Sukan Malaysia 2024 berada pada tahap Sederhana, menunjukkan keperluan kepada tindakan bersepadu daripada semua pihak berkepentingan. Antara saranan utama termasuklah meningkatkan kesedaran awam tentang manfaat bersukan, memperkukuh fasiliti dan tadbir urus, serta menggalakkan penyertaan komuniti melalui program digital dan dasar sukan yang progresif. Usaha-usaha ini adalah selaras dengan aspirasi Visi Sukan Negara 2030 ke arah pembentukan Malaysia sebagai sebuah negara sukan.



A person is running on a bridge, viewed from behind. The bridge has a concrete railing. In the background, there are several concentric circles of varying colors (purple, blue, green) centered on the runner. The overall lighting is dim, suggesting dusk or dawn.

“ *Key Performance Indicator (KPI) nasional yang menjadi penanda aras bagi mengukur tahap dan trend penglibatan rakyat Malaysia dalam sukan, senaman dan rekreasi dalam satu jangka masa panjang* **”**

Apakah 'Indeks Budaya Sukan Malaysia' ?

Domain dan Indikator yang digunakan dalam indeks ini telah dipilih bagi memberi gambaran menyeluruh mengenai Budaya Sukan di Malaysia.

EVOLUSI IBSM 2018-2024

RMKe-11



IBSM'18



IBSM'19



IBSM'20

RMKe-12



IBSM'21



IBSM'22



IBSM'23



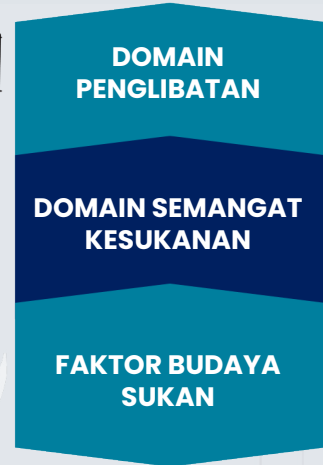
IBSM'24

EVOLUSI IBSM 2018-2024



IBSM
2018 - 2020

IBSM
2021 - 2024



DOMAIN PENGLIBATAN

- KETERLIBATAN
- KEAKTIFAN

DOMAIN KECINTAAN SUKAN

- RASA IKATAN (*ATTACHMENT*)
- DEDIKASI

DOMAIN KESUKARELAAN

- PENAJAAN (SUMBANGAN KEWANGAN/BARANGAN)
- KHIDMAT SUKARELA

DOMAIN PERBELANJAAN

- BARANGAN & PERKHIDMATAN

DOMAIN FASILITI

- KETERSEDIAAN, KEMAMPUAN, KESELAMATAN, KESESUAIAN & KEFUNGSIAN

DOMAIN PENGLIBATAN

- KEAKTIFAN

DOMAIN SEMANGAT KESUKANAN

- KESUKARELAAN
- DEDIKASI
- PERBELANJAAN
- SUMBANGAN

FAKTOR BUDAYA SUKAN

- FASILITI
- TADBIR URUS
- BARANGAN & PERKHIDMATAN
- PENGEMBANGAN BAKAT
- PENGETAHUAN

DOMAIN & INDIKATOR

2021 - 2024

DOMAIN PENGLIBATAN

- ✓ Indikator Keaktifan

DOMAIN SEMANGAT PENGLIBATAN

- ✓ Indikator Kesukarelaan
- ✓ Indikator Dedikasi
- ✓ Indikator Perbelanjaan
- ✓ Indikator Sumbangan



DEFINISI OPERASI

DOMAIN & INDIKATOR

DOMAIN PENGLIBATAN

Kekerapan penyertaan dalam aktiviti sukan sekurang-kurangnya sekali dalam tempoh 1 bulan.

DOMAIN KEAKTIFAN

Tahap penglibatan aktiviti sukan dalam masa seminggu berdasarkan adaptasi piawaian antarabangsa (WHO, 2020).

≥ 150 minit
seminggu

AKTIF

30 - 149 minit
seminggu

SEDERHANA AKTIF

<30 minit
seminggu

KURANG AKTIF

DEFINISI OPERASI

DOMAIN & INDIKATOR

DOMAIN SEMANGAT KESUKANAN

Minat, kesungguhan, kesanggupan dan kerelaan dalam melakukan perkara berkaitan sukan

INDIKATOR KESUKARELAAN

Kesanggupan meluangkan masa dan tenaga untuk aktiviti kesukarelaan berkaitan sukan tanpa mengharapkan balasan

INDIKATOR PERBELANJAAN

Pengeluaran wang oleh individu untuk barangan dan perkhidmatan berkaitan sukan

INDIKATOR SUMBANGAN

Peruntukan dan pembiayaan aktiviti berkaitan sukan dalam bentuk sumbangan wang atau barangan

INDIKATOR DEDIKASI

Kesungguhan dan kesanggupan melakukan aktiviti sukan serta sumbangan idea berkaitan melalui medium yang pelbagai

DEFINISI

BUDAYA SUKAN

PEMBUDAYAAN SUKAN

Gerakan dilaksanakan bagi **memupuk dan mengorak gaya hidup aktif** melalui sukan, senaman dan rekreasi.

BUDAYA BERSUKAN

Aktiviti sukan, senaman dan rekreasi menjadi **amalan dan rutin ke arah gaya hidup aktif**, cergas dan bersaing dengan inisiatif sendiri.

BUDAYA SUKAN

Aktiviti sukan senaman dan rekreasi **telah menjadi gaya hidup** serta wujudnya Ekosistem Budaya Sukan.

NEGARA BERSUKAN

Malaysia menjadi sebuah Negara Bersukan (*Sporting Nation*) di mana keseluruhan masyarakatnya mengamalkan Budaya Sukan seiring dengan ketersediaan ekosistemnya.

Ekosistem Budaya Sukan merujuk kepada Faktor Budaya Sukan terdiri daripada Fasiliti, Tadbir Urus, Barangan dan Perkhidmatan, Pengembangan Bakat dan Pengetahuan.

KEPENTINGAN KAJIAN

INDEKS BUDAYA SUKAN MALAYSIA



Menjadi penanda aras dalam mengukur pencapaian budaya sukan rakyat Malaysia.



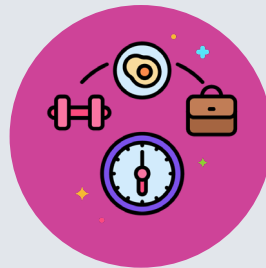
Mewujudkan indikator dan domain yang komprehensif dalam mengukur budaya sukan.



Memandu pembentukan pelan tindakan bagi meningkatkan budaya sukan rakyat Malaysia.



Mengukur trend budaya sukan dalam kalangan rakyat Malaysia



Menyediakan input bagi pelaksanaan program pembudayaan sukan di Malaysia

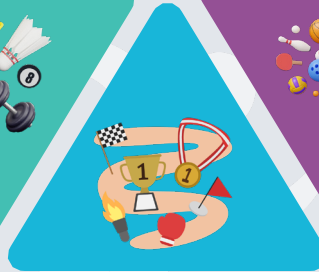
OBJEKTIF KAJIAN

Mengukur tahap
penglibatan rakyat
Malaysia dalam sukan
tahun 2024

Mengkaji trend
penglibatan rakyat
Malaysia dalam sukan.



Mengukur Indeks
Budaya Sukan Malaysia
tahun 2024



Mengenal pasti tahap
semangat kesukanan
dalam kalangan rakyat
Malaysia tahun 2024.



Menjana input serta
syor bagi penggubalan
dasar dan hala tuju ke
arah pembangunan
sukan negara

KERANGKA KONSEP

PENGETAHUAN PENGEMBANGAN BAKAT FASILITI TADBIR URUS BARANGAN DAN PERKHIDMATAN

FAKTOR BUDAYA SUKAN

DOMAIN PENGLIBATAN

- KEAKTIFAN

DOMAIN SEMANGAT KESUKANAN

- KESUKARELAAN
- DEDIKASI
- PERBELANJAAN
- SUMBANGAN

INDEKS BUDAYA SUKAN MALAYSIA

10 KUMPULAN PELAKSANAAN

- KBS DAN AGENSI PELAKSANA
- KELUARGA
- SYARIKAT BERKAITAN DAN SWASTA
- KEPIMPINAN POLITIK
- NGO
- MEDIA
- MASYARAKAT
- INSTITUSI PENDIDIKAN PENYELIDIKAN
- NGO SUKAN
- KERAJAAN NEGERI

METODOLOGI KAJIAN

01 LOKASI

Seluruh Malaysia (13 Negeri dan 3 Wilayah Persekutuan)



04 KRITERIA PEMILIHAN RESPONDEN

Pra Belia: 13–14 tahun
Belia: 15–30 tahun
Pasca Belia: 31–59 tahun
Warga Emas: ≥ 60 tahun



02 RESPONDEN

- ✓ Disasarkan 6,400 orang tetapi data lengkap sebanyak 6,009 sahaja digunakan dalam kajian ini (94%).
- ✓ Persampelan dikenal pasti berdasarkan Blok Perhitungan (BP) dan Tempat Kediaman (TK) daripada Jabatan Perangkaan Malaysia (DOSM).



05 PENGUMPULAN DATA

Proses pengumpulan data kajian dilaksanakan secara bersemuka menerusi Sistem Pengurusan Kaji Selidik IYRES (iGREAT) menggunakan khidmat IYRES Community Enumerator (ICE) yang terlatih.



03 JUMLAH PENYELIA & ENUMERATOR

146 orang



06 ANALISIS

Data dianalisis secara statistik deskriptif (bilangan, peratus & min) dan inferensi (analisis regresi logistik & korelasi).



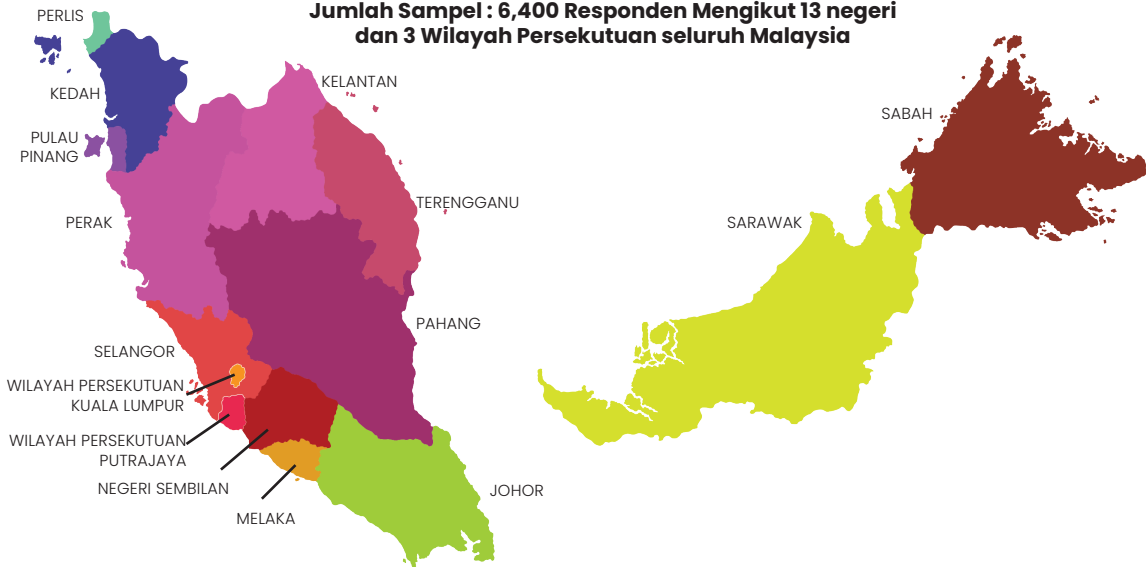
SASARAN PERSAMPELAN

MENGIKUT NEGERI

Aras Keyakinan : 95% | Ralat : 5% | Kadar Respon : 100%

Purata : Seluruh Malaysia : 40 responden bagi 1 orang enumerator

**Jumlah Sampel : 6,400 Responden Mengikut 13 negeri
dan 3 Wilayah Persekutuan seluruh Malaysia**



SELANGOR	474
KEDAH	400
JOHOR	474
PERAK	400
KELANTAN	400
PAHANG	400
KUALA LUMPUR	400
TERENGGANU	400

PULAU PINANG	473
MELAKA	400
PUTRAJAYA	400
PERLIS	400
SABAH	400
SARAWAK	473
LABUAN	106
NEGERI SEMBILAN	400

NISBAH & PENGELASAN SKOR

Dengan menggunakan data yang telah dikumpulkan, pemberat Domain Semangat Kesukanan ialah 40% berdasarkan Nargelkerke R-square.

Analisis menunjukkan Pemberat Domain Penglibatan ialah 60%.

Nisbah yang ditetapkan untuk IBSM'24 ialah 60:40.

Penentuan Pemberat Domain

Semangat Kesukanan: Domain Penglibatan ditentukan dengan menggunakan Analisis Regresi Logistik.

Perincian pemberat bagi empat indikator di bawah Domain Semangat Kesukanan menggunakan kaedah korelasi.



DEMOGRAFI

RESPONDEN

Jumlah Responden: 6,009 orang

Jantina

Lelaki



52.4%

Perempuan



47.6%

Kategori Umur

- 6.3% Pra Belia
- 42.2% Belia
- 41.3% Pasca Belia
- 10.2% Warga Emas

Lokasi

Bandar



67.3%

Luar Bandar



32.7%

Status Perkahwinan

Bujang



51.7%

Berkahwin



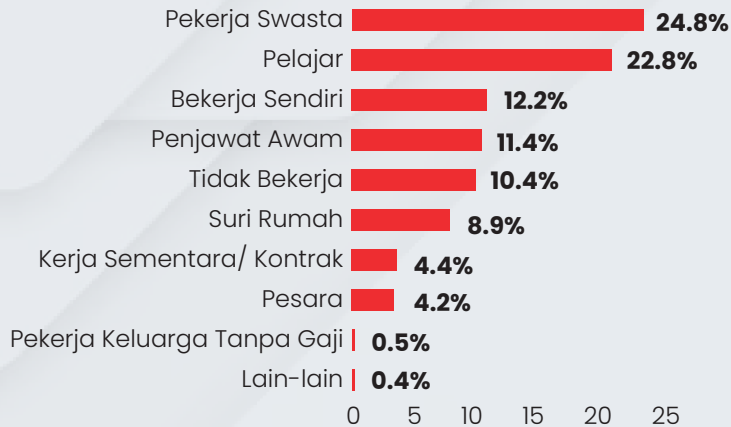
48.3%

Negeri	Frekuensi	%
Johor	283	4.7
Kedah	410	6.8
Kelantan	403	6.7
Melaka	401	6.7
Negeri Sembilan	311	5.2
Pahang	394	6.6
Perak	418	7.0
Perak	398	6.6
Pulau Pinang	454	7.6
Sabah	401	6.7
Sarawak	384	6.4
Selangor	474	7.9
Terengganu	333	5.5
Kuala Lumpur	424	7.1
Labuan	120	2.0
Putrajaya	401	6.7
Jumlah	6,009	100

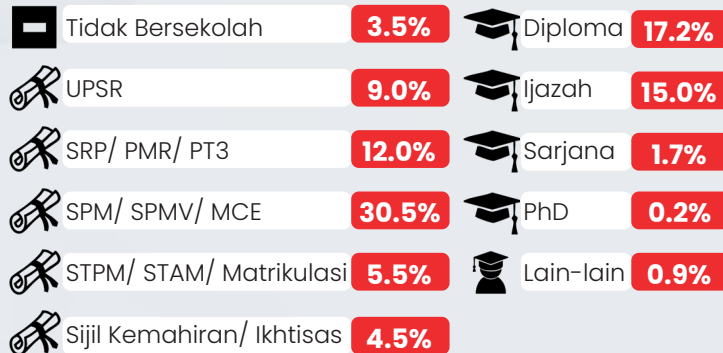
DEMOGRAFI

RESPONDEN

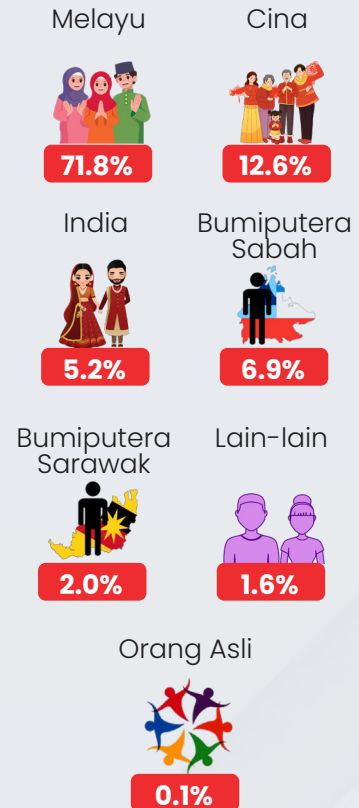
Status Pekerjaan



Pendidikan Tertinggi



Etnik



DEMOGRAFI

RESPONDEN

MEDIUM AKTIVITI SUKAN

Sukan, Senaman & Rekreasi



Media Sosial

n=2,432
77.4%



Persidangan Video

n=59
1.9%



Media Konvensional

n=246
7.8%



Lain-lain

n=405
12.9%

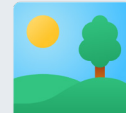
WAKTU MELAKUKAN AKTIVITI

Sukan, Senaman & Rekreasi



Pagi

n=791
25.2%



Tengah Hari

n=12
0.4%



Petang

n=1,692
53.8%



Malam

n=649
20.6%

TEMAN BERSUKAN

Sukan, Senaman & Rekreasi



Keluarga

18.0%



Rakan

50.4%



Sendiri

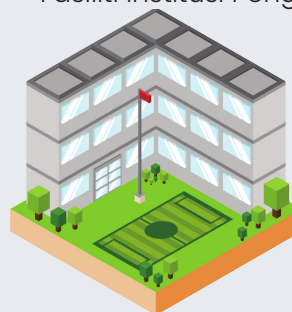
31.2%

AKTIVITI SUKAN MENGIKUT LOKASI

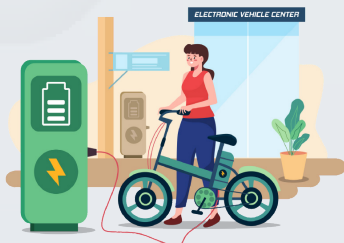
78.5%
Fasiliti Awam



2.7%
Fasiliti Institusi Pengajian



5.9%
Rumah



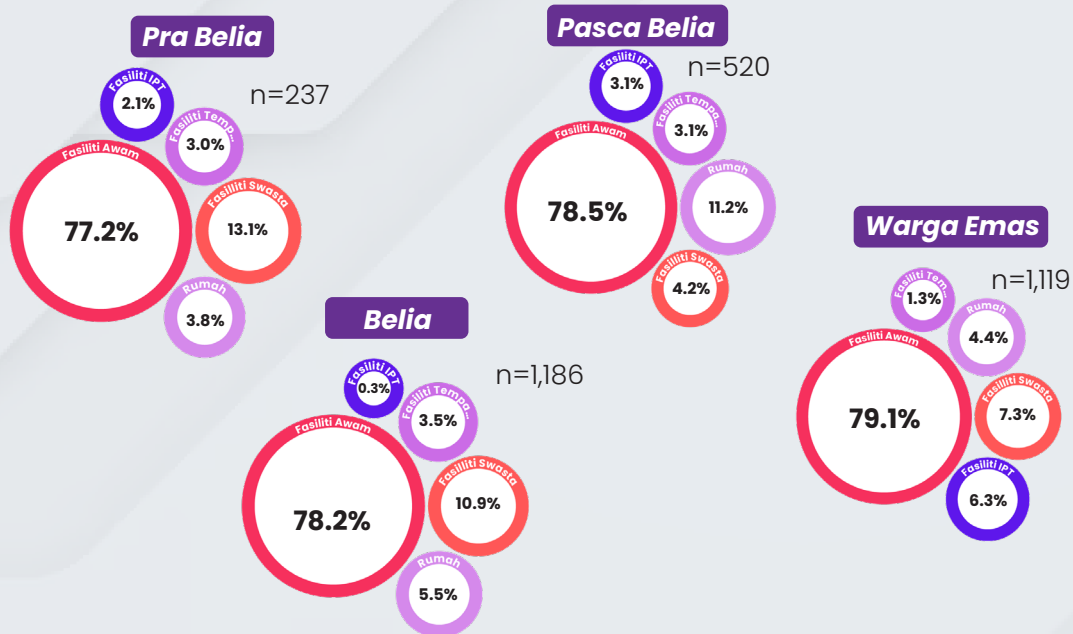
8.6%
Fasiliti Swasta



2.5%
Fasiliti Tempat Kerja

LOKASI MELAKUKAN AKTIVITI SUKAN

(SUKAN, SENAMAN & REKREASI) MENGIKUT KUMPULAN UMUR



- Trend menunjukkan penggunaan fasiliti secara percuma menjadi pilihan rakyat Malaysia dalam melakukan aktiviti sukan, senaman dan rekreasi.
- Setiap kategori umur sama ada pra belia (77.2%), belia (78.2%), pasca belia (78.5%) dan warga emas (79.1%) menunjukkan peratus tertinggi bagi penggunaan fasiliti awam.
- Fasiliti swasta menjadi pilihan alternatif rakyat Malaysia bagi kategori umur pra belia, belia dan warga emas, manakala bagi yang berumur pasca belia memilih untuk menggunakan rumah sebagai pilihan lokasi melakukan aktiviti sukan, senaman dan rekreasi.





SKOR

IBSM'24

INDEKS BUDAYA SUKAN MALAYSIA 2024



PEMBENTUKAN
SKOR

INDIKATOR
PENGLIBATAN

+

INDEKS
SEMANGAT
KESUKANAN

I

B

S

M

24

SKOR IBSM'24

- **Indeks Budaya Sukan Malaysia pada tahun 2024** berada pada tahap sederhana iaitu **skor 56.3**.
- Skor **Domain Penglibatan** adalah **31.4** dan skor **Domain Semangat Kesukanan** adalah **24.9**.
- Pencapaian skor 56.3 (sederhana) penglibatan rakyat Malaysia dalam sukan didapati meningkat sebanyak 1.3 berbanding tahun 2023.
- Perancangan RMKe-12 telah mula memberikan kesan positif ke arah pembudayaan sukan rakyat Malaysia terutamanya selepas era pandemik COVID-19.

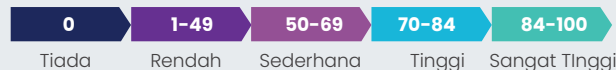


➤ **31.4/60**
Domain Penglibatan

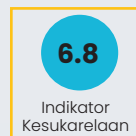
➤ **24.9/40**
Domain Semangat Kesukanan

SKOR IBSM'24
56.3
(Sederhana)

Skala Skor Indeks



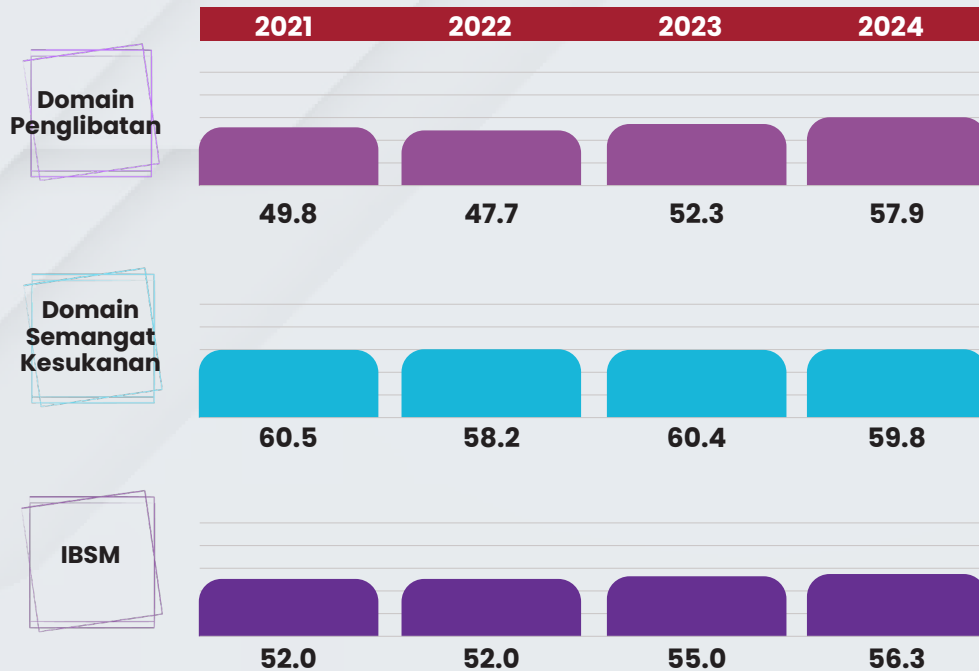
Nota: Skala skor indeks merujuk kepada skor IBSM secara keseluruhan



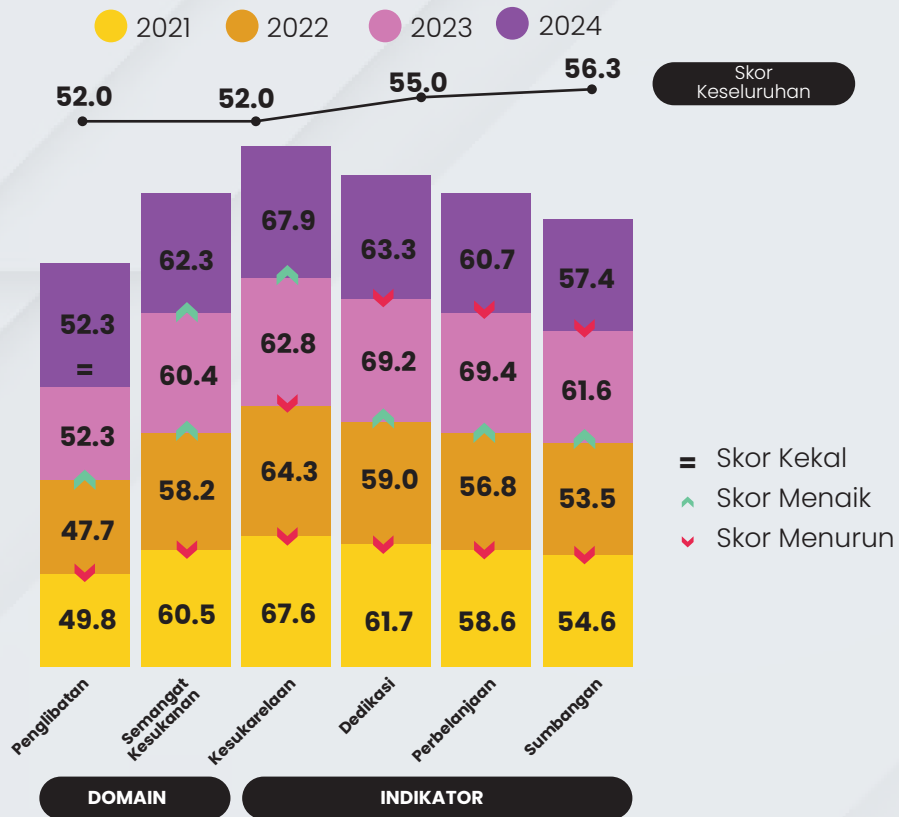
Nota: Pemberat skor adalah Domain Penglibatan 60%, Domain Semangat Kesukanan 40%.

TREND DAPATAN SKOR IBSM

2021 - 2024



PERBANDINGAN SKOR DOMAIN DAN INDIKATOR MENGIKUT TAHUN



Nota:

Paparan data diselaraskan per 100 bagi memudahkan pemahaman.

*Pemberat IBSM'21: Penglibatan:

Semangat Kesukuanan = 80:20

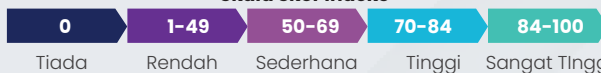
**Pemberat IBSM' 22 & 24: Penglibatan:

Semangat Kesukuanan = 60: 40.

***Pemberat IBSM'23: Penglibatan:

Semangat Kesukuanan = 70: 30.

Skala Skor Indeks



Nota: Skala skor indeks merujuk kepada skor IBSM secara keseluruhan





DOMAIN
PENGLIBATAN

IBSM'24

INDEKS BUDAYA SUKAN MALAYSIA 2024

TAKRIFAN KEAKTIFAN

Takrifan 'aktif bersukan' oleh World Health Organization 2020 (WHO) dan Kementerian Kesihatan Malaysia (KKM) ialah melakukan senaman atau bersukan sekurang - kurangnya 150 minit seminggu (aktif), 30 minit sehingga 149 minit - sederhana aktif dan tidak melebihi 30 minit - kurang aktif.



Takrifan aktif bersukan oleh American College of Sport Medicine (ACSM) ialah melakukan senaman atau bersukan sekurang-kurangnya 30 minit lima kali seminggu dengan intensiti (tahap) sederhana atau tinggi.



IYRES menetapkan indikator keaktifan bersukan berdasarkan saranan WHO, KKM dan ACSM.



TAKRIFAN KEAKTIFAN

DALAM SUKAN TAHUN 2024

52.3%

**Penglibatan Rakyat Malaysia
dan sukan, senaman dan
rekreasi**



Tahap Keaktifan

Aktif
(> 150 minit seminggu)

14.6%

Sederhana Aktif
(30-149 minit seminggu)

67.9%

Kurang Aktif
(< 30 minit seminggu)

17.5%

Nota: Definisi Aktif, Sederhana Aktif dan Kurang Aktif merujuk kepada takrifan WHO, 2020

- Dapatan kajian IBSM'24 menunjukkan sejumlah 52.3% rakyat Malaysia terlibat dalam aktiviti sukan, senaman dan rekreasi.
- Daripada **52.3%**, sejumlah 14.6% aktif, 67.9% sederhana aktif dan 17.5% kurang aktif.
- Sejumlah **47.7%** rakyat Malaysia tidak terlibat dalam aktiviti sukan, senaman dan rekreasi.

PENGLIBATAN INDIVIDU

MENGIKUT KATEGORI SUKAN

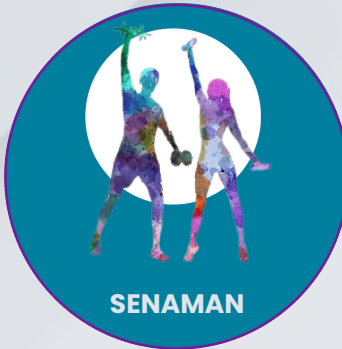
39.4%



SUKAN

(Badminton, Bola jaring, Bola sepak, Bola tampar, Boling, Futsal, Golf, Olahraga, Ping pong, Sepak takraw)

42.9%



SENAMAN

(Berjalan, Joging, Gim, Senamrobik)

22.7%



REKREASI

(Permotoran, Berbasikal, Merentas hutan, Mendaki)



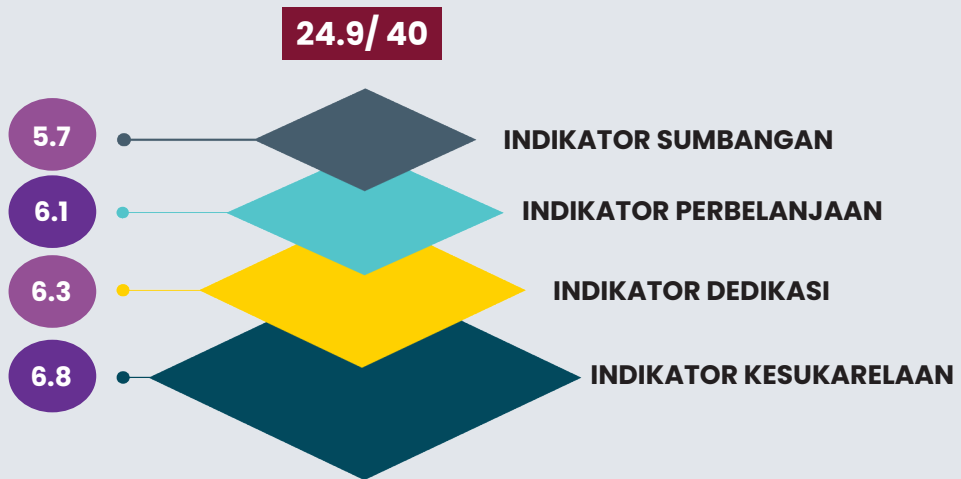
***DOMAIN
SEMANGAT
KESUKANAN***

IBSM'24

INDEKS BUDAYA SUKAN MALAYSIA 2024

DOMAIN SEMANGAT KESUKANAN

Semangat Kesukanan diukur berdasarkan empat indikator



- Semangat kesukanan merujuk kepada pencapaian empat indikator iaitu **Kesukarelaan, Dedikasi, Perbelanjaan dan Sumbangan**.
- Domain Semangat Kesukanan adalah penyumbang kepada Indeks Budaya Sukan dengan pemberat keseluruhan adalah 40. Skor Domain Semangat Kesukanan IBSM'24 adalah **24.9**.
- Analisis menunjukkan Indikator Kesukarelaan adalah pada skor 6.8, diikuti dengan skor indikator Dedikasi 6.3, Perbelanjaan 6.1 dan Sumbangan 5.7.



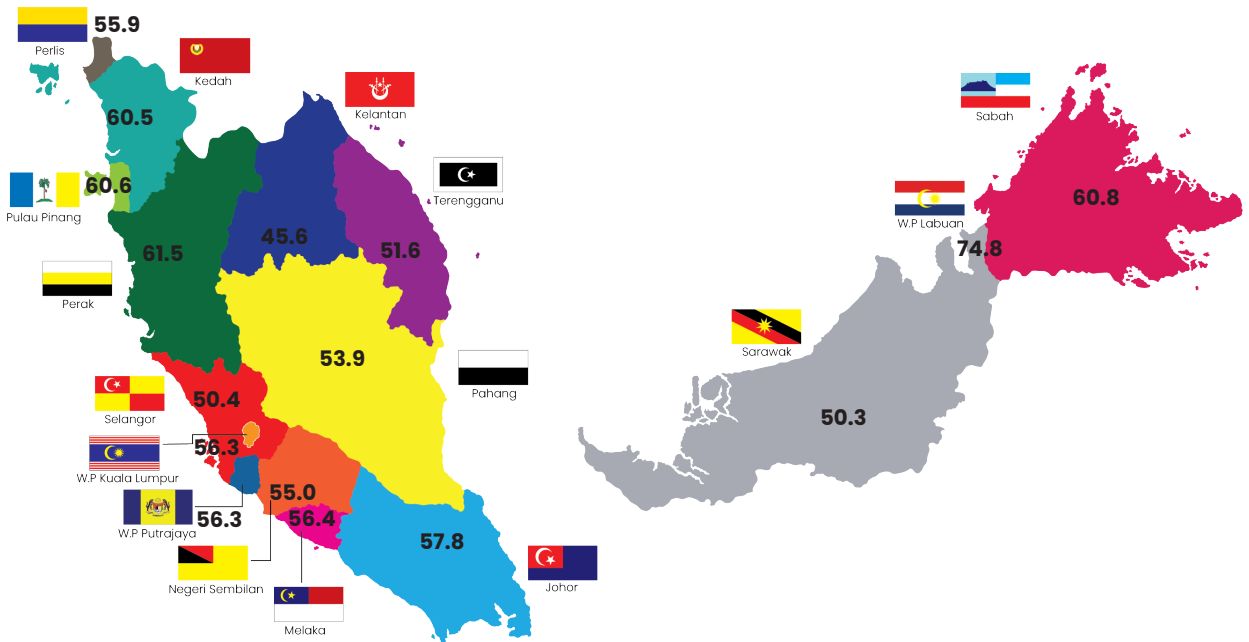
***SKOR MENGIKUT
DEMOGRAFI***

IBSM'24

INDEKS BUDAYA SUKAN MALAYSIA 2024

SKOR IBSM'24

MENGIKUT NEGERI



Skala Skor Indeks



Tiada Rendah Sederhana Tinggi Sangat Tinggi

Nota: Skala skor indeks merujuk kepada skor IBSM secara keseluruhan

SKOR IBSM'24

MENGIKUT DEMOGRAFI

JANTINA	SKOR	TAHAP
Lelaki	64.0	Sederhana
Perempuan	47.8	Rendah

Budaya sukan dalam kalangan lelaki lebih tinggi berbanding perempuan

Skor
64.0

KATEGORI UMUR	SKOR	TAHAP
Pra Belia (13-14 tahun)	66.1	Sederhana
Belia (15-30 tahun)	63.9	Sederhana
Pasca Belia (31-59 tahun)	52.7	Sederhana
Warga Emas (60 tahun ke atas)	33.4	Rendah

Budaya sukan pra belia, belia dan pasca belia lebih tinggi berbanding warga emas

Skor
66.1

LOKASI	SKOR	TAHAP
Bandar	57.8	Sederhana
Luar Bandar	53.3	Sederhana

Budaya sukan rakyat Malaysia tidak jauh beza mengikut lokasi

Skor
57.8

Skala Skor Indeks



Tiada Rendah Sederhana Tinggi Sangat Tinggi

Nota: Skala skor indeks merujuk kepada skor IBSM secara keseluruhan

SKOR IBSM'24

MENGIKUT DEMOGRAFI

ETNIK	SKOR	TAHAP
Melayu	56.7	Sederhana
Bumiputera Sabah	60.7	Sederhana
Bumiputera Sarawak	53.0	Sederhana
India	51.9	Sederhana
Cina	56.3	Sederhana
Bumiputera Orang Asli	9.6	Rendah
Lain-lain	41.1	Rendah

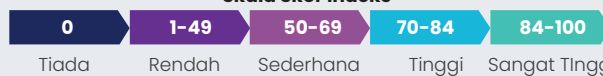


Tiada perbezaan yang ketara skor amalan budaya sukan bagi kategori etnik utama dan status perkahwinan


STATUS PERKAHWINAN	SKOR	TAHAP
Bujang	50.7	Sederhana
Berkahwin	50.2	Sederhana



Skala Skor Indeks



Nota: Skala skor indeks merujuk kepada skor IBSM secara keseluruhan



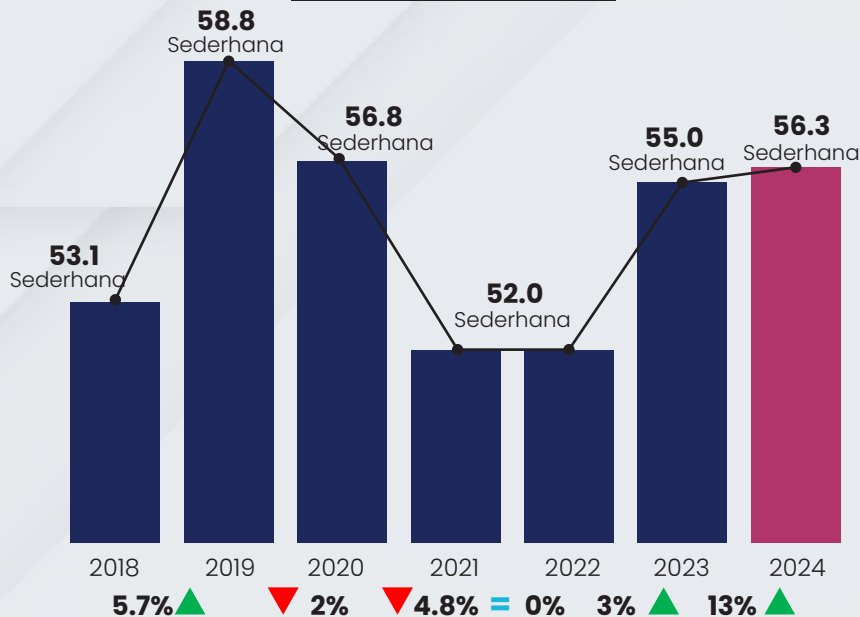
***PERBANDINGAN
SKOR IBSM MENGIKUT
TAHUN***

IBSM'24

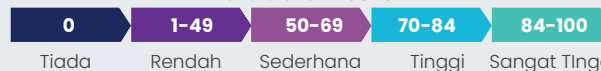
INDEKS BUDAYA SUKAN MALAYSIA 2024

SKOR IBSM MENGIKUT TAHUN

2018 - 2024



Skala Skor Indeks



Nota: Skala skor indeks merujuk kepada skor IBSM secara keseluruhan

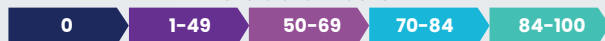
- Sejak tahun 2018, Indeks Budaya Sukan Malaysia (IBSM) berada di tahap Sederhana walaupun nilai skor tidak konsisten sehingga tahun 2024.
- Walau bagaimanapun, selepas era pandemik, skor IBSM meningkat kepada 56.3 pada tahun 2024 berbanding 55.0 pada tahun 2023.
- Peningkatan skor di atas memberi gambaran pembudayaan sukan di Malaysia semakin berkembang.

SKOR IBSM'24

MENGIKUT NEGERI

NEGERI	SKOR 2021	SKOR 2022	SKOR 2023	SKOR 2024
Johor	58.1	51.6	61.9	57.8
Kedah	61.4	49.8	56.1	60.5
Kelantan	55.0	35.7	47.8	45.6
Melaka	53.4	52.7	54.9	56.4
Negeri Sembilan	54.6	46.0	48.3	55.0
Pahang	54.0	55.6	50.5	53.9
Perak	56.7	52.3	55.0	61.5
Perlis	52.1	56.4	51.2	55.9
Pulau Pinang	50.9	54.5	51.0	60.6
Sabah	57.9	60.3	55.1	60.8
Sarawak	54.7	59.5	52.9	50.3
Selangor	54.8	52.9	49.3	50.4
Terengganu	59.5	54.2	60.2	51.6
W.P. Kuala Lumpur	61.1	63.7	65.0	56.3
W.P. Labuan	57.8	49.9	59.0	74.8
W.P. Putrajaya	57.8	26.5	60.7	61.6

Skala Skor Indeks



Tiada Rendah Sederhana Tinggi Sangat Tinggi

Nota: Skala skor indeks merujuk kepada skor IBSM secara keseluruhan

- Secara keseluruhannya, tiada peningkatan atau penurunan yang ketara bagi skor mengikut negeri.
- Tujuh (7) negeri menunjukkan peningkatan skor yang ketara iaitu Negeri Kedah, Negeri Sembilan, Perak, Perlis, Pulau Pinang, Sabah dan W.P Labuan. Manakala, negeri Johor, Terengganu dan W.P Kuala Lumpur mengalami penurunan skor yang ketara.

SKOR IBSM'24

MENGIKUT TAHUN

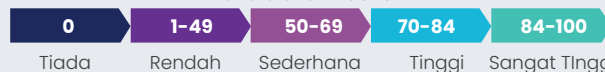
LOKASI	SKOR 2021	SKOR 2022	SKOR 2023	SKOR 2024
Bandar	56.6	51.1	55.9	57.8
Luar Bandar	54.5	54.8	52.6	53.3

Secara keseluruhan, skor IBSM mengikut lokasi antara tahun 2021 hingga 2024 adalah stabil kecuali skor bandar pada tahun 2021 hingga 2023 berlaku penurunan sebanyak 5.5, kemudian naik pada tahun 2023 sebanyak 4.8.

ETNIK	SKOR 2021	SKOR 2022	SKOR 2023	SKOR 2024
Melayu	57.0	52.8	56.1	56.7
Bumiputera Sabah	58.4	55.8	53.1	60.7
Bumiputera Sarawak	53.4	59.3	53.1	53.0
India	55.5	49.2	50.2	51.9
Cina	52.3	48.1	49.8	56.3
Bumiputera Orang Asli	52.0	43.7	49.7	9.6
Lain-lain	54.1	46.5	46.5	41.1

Etnik utama iaitu Melayu, Cina dan India tidak menunjukkan perbezaan manakala, etnik-etnik lain menunjukkan perbezaan yang ketara.

Skala Skor Indeks



Nota: Skala skor indeks merujuk kepada skor IBSM secara keseluruhan

SKOR IBSM'24

MENGIKUT TAHUN

JANTINA	SKOR 2021	SKOR 2022	SKOR 2023	SKOR 2024
Lelaki	60.5	59.1	62.9	64.0
Perempuan	52.0	44.7	46.1	47.8

Secara keseluruhan, lelaki menunjukkan skor yang lebih tinggi berbanding perempuan. Kedua-dua jantina menunjukkan trend peningkatan yang sama.

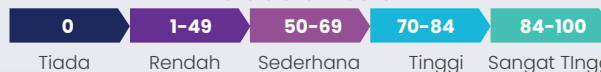
KATEGORI UMUR	SKOR 2021	SKOR 2022	SKOR 2023	SKOR 2024
Pra Belia (13-14 tahun)	59.4	60.7	67.2	66.1
Belia (15-30 tahun)	62.1	61.0	65.1	63.9
Pasca Belia (31-59 tahun)	51.4	47.4	48.3	52.7
Warga Emas (60 tahun ke atas)		33.5	29.8	33.4

Pra Belia dan Belia menunjukkan skor yang tidak konsisten, manakala, skor Pasca Belia dan Warga Emas menunjukkan peningkatan yang ketara

STATUS PERKAHWINAN	SKOR 2021	SKOR 2022	SKOR 2023	SKOR 2024
Bujang	61.5	61.3	49.7	50.7
Berkahwin	51.3	43.6	47.3	50.2

Status perkahwinan tidak mempengaruhi skor IBSM secara konsisten.

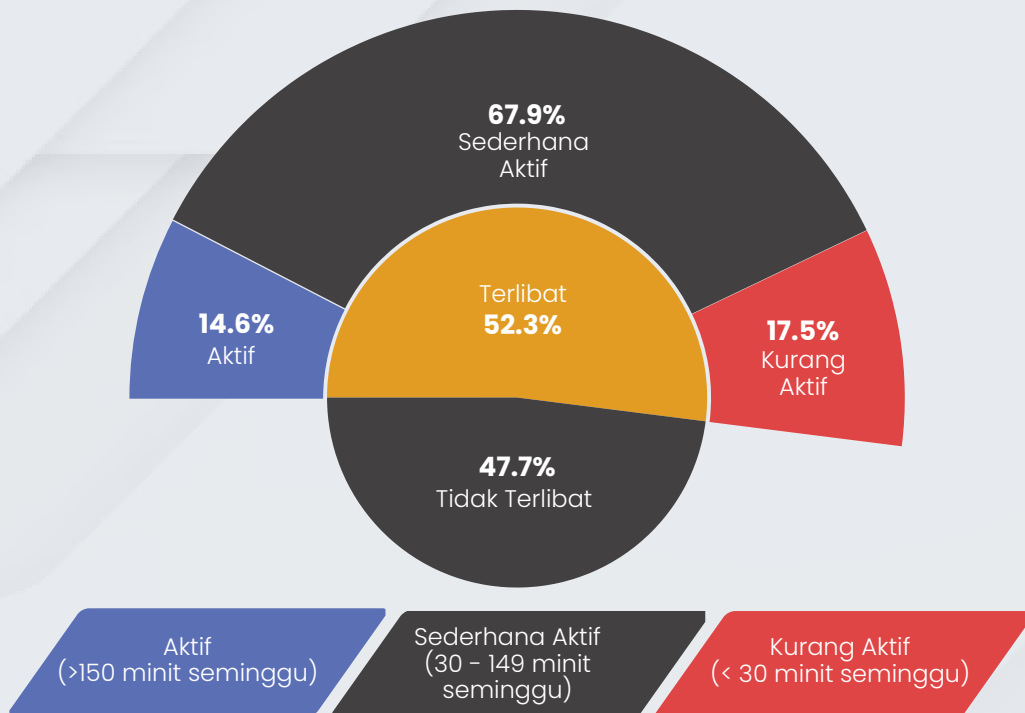
Skala Skor Indeks



Nota: Skala skor indeks merujuk kepada skor IBSM secara keseluruhan

PENGLIBATAN DAN KEAKTIFAN

PENGLIBATAN DAN TAHAP KEAKTIFAN RAKYAT MALAYSIA DALAM SUKAN



Nota: Definisi Aktif, Sederhana Aktif dan Kurang Aktif diadaptasi daripada takrifan World Health Organisation (WHO), 2020



FAKTOR
BUDAYA SUKAN

IBSM'24

INDEKS BUDAYA SUKAN MALAYSIA 2024

FAKTOR BUDAYA SUKAN

FASILITI

Berikut adalah kriteria **fasiliti sukan** yang mempengaruhi budaya sukan dalam kalangan rakyat Malaysia:

- Fasiliti sukan yang mesra pengguna **89.9%**
- Fasiliti sukan yang menepati minat dan keperluan **88.3%**
- Fasiliti sukan yang selamat digunakan **87.1%**
- Jumlah fasiliti sukan yang mencukupi **84.9%**
- Penyelenggaraan fasiliti sukan secara berkala **64.9%**

- Kualiti dan kuantiti fasiliti sukan yang mesra pengguna, selamat serta menepati minat dan keperluan, mempengaruhi budaya sukan rakyat Malaysia.
- Penyelenggaraan fasiliti sukan yang dilaksanakan secara berkala menjamin keselamatan pengguna dan mendorong penglibatan secara konsisten.

FAKTOR BUDAYA SUKAN

TADBIR URUS

Berikut adalah kriteria **tadbir urus** fasiliti sukan yang mempengaruhi budaya sukan dalam kalangan rakyat Malaysia:

- Menyediakan kemudahan sokongan bersukan (contoh: tandas, parkir dll) **89.1%**
- Jadual penggunaan fasiliti perlu menepati keperluan (waktu operasi) **82.7%**
- Menyediakan arahan dan prosedur penggunaan fasiliti **82.3%**
- Tempahan fasiliti sukan yang mesra pengguna **81.2%**
- Keperluan tenaga pengajar di fasiliti sukan **69.8%**

- Tadbir urus yang menepati keperluan dan keselesaan pengguna mempengaruhi skor indeks IBSM.

FAKTOR BUDAYA SUKAN

BARANGAN DAN PERKHIDMATAN

Berikut adalah pandangan individu terhadap **barangan dan perkhidmatan** sukan yang mempengaruhi budaya sukan dalam kalangan rakyat Malaysia:

- Barangan berjenama tidak menjadi keutamaan **80.9%**
- Perkhidmatan berkaitan aktiviti bersukan secara dalam talian **79.1%**
- Pembelian barangan sukan secara atas talian **77.3%**
- Keperluan perkhidmatan profesional **74.5%**
- Peralatan khusus diperlukan untuk bersukan **59.1%**

- Kemudahan pembelian barangan sukan dan perkhidmatan secara atas talian mempengaruhi penglibatan secara individu dan masyarakat dalam aktiviti sukan senaman dan rekreasi.

FAKTOR BUDAYA SUKAN

PENGEMBANGAN BAKAT

Berikut adalah keperluan **pengembangan bakat** yang mempengaruhi budaya sukan dalam kalangan rakyat Malaysia:

- Menjadikan aktiviti sukan sebagai rutin
- Ilmu pengetahuan & kemahiran sukan
- Program kesedaran sukan
- Perkhidmatan jurulatih yang bertauliah

92.0%

91.7%

84.9%

67.3%

- Pencapaian atlet-atlet negara dan pelbagai program sukan kebangsaan menjadi inspirasi dan amalan pembudayaan sukan.

FAKTOR BUDAYA SUKAN

PENGETAHUAN

Berikut adalah pengaruh **pengetahuan** terhadap budaya sukan dalam kalangan rakyat Malaysia:

- Pengetahuan tentang tahap kecergasan dan kesihatan diri
- Pengetahuan tentang aspek keselamatan semasa bersukan
- Pengetahuan tentang kepelbagaian sukan sedia ada
- Maklumat terkini berkaitan sukan

95.3%

94.5%

89.4%

87.5%

- Pengetahuan tentang aspek kesihatan, keselamatan dan teknologi dalam sukan mempengaruhi skor budaya sukan.



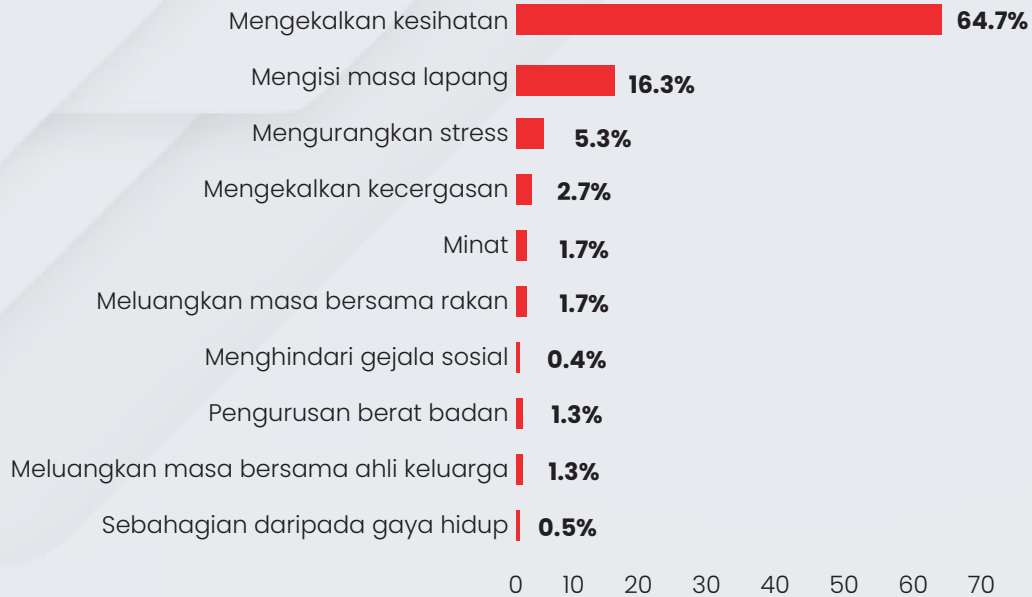
***PENDORONG &
PENGHALANG DALAM
SUKAN***

IBSM'24

INDEKS BUDAYA SUKAN MALAYSIA 2024

FAKTOR PENDORONG

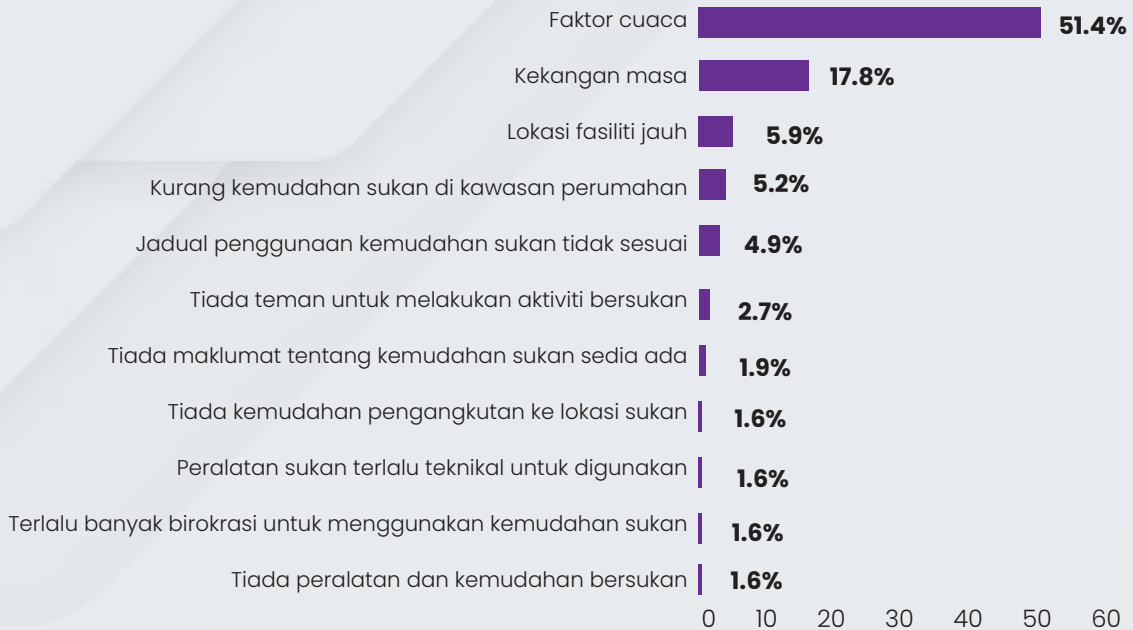
PENGLIBATAN DALAM SUKAN



- Kelestarian kesihatan menjadi faktor utama pembudayaan sukan berbanding faktor-faktor lain seperti mengisi masa lapang, mengurangkan stres dan mengekalkan kecergasan.

FAKTOR PENGHALANG

PENGLIBATAN DALAM SUKAN



- Rakyat Malaysia menyatakan cuaca menjadi penghalang utama penglibatan dalam sukan. Walau bagaimanapun, faktor cuaca ini boleh diatasi dan disesuaikan dengan alternatif aktiviti, tempat dan masa.





ESUKAN
(ESPORTS)

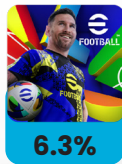
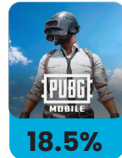
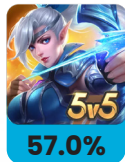
IBSM'24

INDEKS BUDAYA SUKAN MALAYSIA 2024

PENGLIBATAN DALAM ESPORTS

n=1,645

JENIS AKTIVITI ESPORTS



27.4%

JANTINA	Peratus (%)
Lelaki	75.6
Perempuan	24.4

n=1,645

KATEGORI UMUR	Peratus (%)
Pra Belia (13-14 tahun)	12.3
Belia (15-30tahun)	66.7
Pasca Belia (31-59)	20.6
Warga Emas (60 tahun ke atas)	0.4

n=1,645



- Esports popular dalam kalangan generasi belia berbanding dengan lain-lain kumpulan umur.
- Esports didominasi oleh golongan lelaki.
- Mobile Legends dan PUBG merupakan sukan dalam talian paling popular dalam kalangan rakyat Malaysia.



SCREEN TIME (MASA)

ESPORTS



20.3%

< 1 jam sehari



47.5%

1-2 jam sehari



23.3%

3-4 jam sehari



8.9%

> 4 jam sehari

67.8% individu yang terlibat esports memperuntukkan masa kurang dari 2 jam

32.2% individu memperuntukkan lebih 2 jam sehari untuk bermain esports.



PENGLIBATAN DAN SEMANGAT KESUKANAN

- Melaksanakan **penyelidikan** yang berfokus kepada sukan mengikut trend semasa rakyat Malaysia (cth: Pickleball, berbasikal, etc).
- Di samping melahirkan atlet-atlet elit, pertubuhan/persatuan sukan perlu mengambil tanggungjawab membudayakan sukan ke peringkat komuniti.
- Mempergiat **aktiviti** sukan, senaman dan rekreasi di peringkat akar umbi dan komuniti.
- Meningkatkan **liputan media** dalam mempromosikan sukan massa.
- Meningkatkan kesedaran kepentingan sukan terhadap **kesihatan** sepanjang hayat.
- Mewujudkan **kolaborasi** dengan pelbagai agensi di peringkat daerah bagi melaksanakan program sukan di peringkat komuniti.

EKOSISTEM

- Mengoptimumkan penggunaan fasiliti (tempat kerja, institusi pengajian tinggi, dan fasiliti sukan awam).
- Individu berusaha melakukan aktiviti sukan tanpa fasiliti/peralatan yang khusus.
- Mengurangkan kebergantungan kepada fasiliti untuk melibatkan diri dalam sukan.
- Meningkatkan kreativiti melaksanakan sukan, senaman dan rekreasi untuk memaksimumkan faedah bersukan.
- Tingkatkan penggunaan teknologi dan kaedah online dalam tadbir urus fasiliti.
- Meningkatkan pemantauan dan penyelenggaraan berkala bagi fasiliti awam

POLISI

- Membangunkan garis panduan gaya hidup sihat melalui pembudayaan sukan.
- Semakan polisi secara berkala dilaksanakan berdasarkan hasil kajian IBSM mengikut trend penglibatan (fizikal) dan semangat kesukanan (bukan fizikal).
- Memastikan visi dan misi sukan sentiasa menjadi rujukan dalam pembentukan polisi berkaitan sukan.
- Membangunkan blue print budaya sukan sebagai rujukan dan perancangan strategik kerajaan negeri.



1. Apakah itu 'Indeks Budaya Sukan Malaysia' (IBSM)?

Merupakan "Key Performance Indicator" (KPI) nasional yang menjadi penanda aras bagi mengukur tahap & trend penglibatan rakyat Malaysia dalam sukan, senaman dan rekreasi dalam satu jangka masa panjang.

2. Apakah Domain dan Indikator dalam pembentukan Indeks Budaya Sukan Malaysia?

IBSM berteraskan dua domain iaitu Domain Penglibatan dan Semangat Kesukanan yang diperkukuhkan dengan lima indikator iaitu Keaktifan, Kesukarelaan, Dedikasi, Perbelanjaan dan Sumbangan.

3. Apakah definisi 'sukan' dalam konteks Indeks Budaya Sukan Malaysia?

Definisi 'sukan' dalam konteks kajian ini adalah aktiviti aktif termasuk permainan, senaman dan rekreasi yang dilaksanakan mengikut peraturan dalam bentuk pertandingan atau bukan pertandingan untuk tujuan mencapai prestasi, kecergasan, interaksi sosial dan kesejahteraan.

4. Bagaimanakah Domain dan Indikator dalam pembentukan Indeks Budaya Sukan Malaysia ditentukan?

Domain dan indikator yang digunakan dalam IBSM telah dipilih bagi memberi gambaran yang menyeluruh mengenai Budaya Sukan di Malaysia. Pemilihan ini dilaksanakan dengan mengambil kira kepakaran ahli akademik dalam bidang pembangunan sukan, sesi sindikasi melibatkan 10 kumpulan pelaksana dan meta-analisis perbandingan laporan indeks di peringkat tempatan dan antarabangsa.

5. Bagaimana pemberat bagi setiap domain ditentukan?

Pemberat IBSM ditentukan secara statistik menggunakan data semasa yang dianalisis. Nilai Sumbangan Domain Semangat Kesukanan Terhadap Penglibatan diperoleh menggunakan Regresi Logistik (Nagelkerke R-squared).

6. Apakah kepentingan pembentukan Indeks Budaya Sukan Malaysia kepada pembuat dasar pembangunan belia di Malaysia?

Berikut merupakan kepentingan IBSM:

- Menjadi penanda aras dalam mengukur pencapaian budaya sukan rakyat Malaysia
- Mewujudkan indikator dan domain yang komprehensif dalam mengukur budaya sukan
- Mengukur trend budaya sukan dalam kalangan rakyat Malaysia
- Memandu pembentukan pelan tindakan bagi meningkatkan budaya sukan rakyat Malaysia
- Menyediakan input bagi pelaksanaan program pembudayaan sukan di Malaysia.

7. Adakah skor tahun semasa dalam RMKe-12 boleh dibandingkan dengan skor pada tahun 2018-2020 dalam RMKe-11?

Secara asasnya dapatan skor antara tahun 2018-2020 (RMKe-11) dengan dapatan 2021-2023 (RMKe-12) tidak boleh dibandingkan. Walaubagaimana pun dapatan setiap tahun dalam dua kohort RMKe-11 dan RMKe-12 boleh dijadikan penanda aras bagi mengukur trend pencapaian budaya sukan dalam kalangan rakyat Malaysia. Ini adalah kerana domain dan indikator dalam dua kohort tempoh tersebut telah ditambahbaik dengan mengambilkira perubahan gaya hidup impak pandemik, perubahan trend dan budaya serta gaya hidup supaya indeks ini kekal relevan dengan trend semasa.

8. Adakah akan berlaku perubahan domain dan skor IBSM pada masa akan datang?

Perubahan akan terus berlaku dalam domain dan indikator IBSM bagi memastikan indeks ini sentiasa relevan dan sentiasa peka dengan tuntutan perubahan semasa dalam kalangan belia dan rakyat Malaysia.

9. Apakah harapan pelaksanaan IBSM oleh Kementerian Belia dan Sukan melalui pembentukan IBSM?

Malaysia berhasrat menjadi sebuah Negara Bersukan (sporting nation) sebagai pelan jangka masa panjang. IBSM pula merupakan satu-satunya mekanisme pengukuran bagi memantau pencapaian ke arah budaya sukan yang dihasratkan oleh kerajaan. Justeru, IBSM wajar dilaksanakan bagi memastikan usaha ke arah matlamat ini dapat dirancang dengan strategi yang tepat dan bersesuaian.

10. Siapakah yang perlu menggunakan IBSM ini?

- Penggubal dasar polisi pembangunan belia dan sukan
- Badan-badan korporat
- Pakar-pakar pembangunan sukan
- Pemegang taruh pembangunan belia
- Lain-lain individu yang berkepentingan dengan pengurusan pembangunan sukan

11. Bagaimana buku atau maklumat berhubung IBSM ini boleh diperolehi?

Anda boleh mendapatkan koleksi IBSM seperti berikut:

Penerbitan Buku IBSM:

Institut Penyelidikan Pembangunan Belia Malaysia (IYRES)

Aras 10, Menara KBS,
No.27 Persiaran Perdana
62570 Putrajaya

ATAU, boleh dimuat turun secara percuma melalui portal IYRES iaitu <http://www.iyres.gov.my>

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PENGHARGAAN

Institut Penyelidikan Pembangunan Belia Malaysia (IYRES), dibawah Kementerian Belia dan Sukan (KBS) ingin merakamkan setinggi-tinggi penghargaan dan terima kasih kepada para pakar rujuk kajian, penyelidik bersama, ex-officio kementerian/agensi, penyelia, enumerator, responden dan individu yang terlibat secara langsung dan tidak langsung dalam menjayakan penghasilan kajian ini. Semoga hasil kajian ini menjadi rujukan kepada semua pihak dalam merencana dan membangunkan program pembangunan sukan di Malaysia

10 Kumpulan Pelaksana Pembangunan Belia

- Kementerian & Agensi Persekutuan Kerajaan Negeri
- Kepimpinan Politik
- Syarikat Berkaitan Kerajaan dan Swasta
- NGO Belia dan Individu Belia
- NGO
- Keluarga
- Masyarakat
- Institusi Pendidikan dan Penyelidikan
- Media

IYRES Community Enumerator (ICE)

Jawatankuasa Teknikal

- Jabatan Belia dan Sukan Negara (JBSN)
- Kementerian Ekonomi
- Kementerian Pendidikan Malaysia (KPM)
- Kementerian Pengajian Tinggi Malaysia (KPT)
- Majlis Sukan Negara (MSN)
- Institut Sukan Negara (ISN)
- Bahagian Dasar dan Perancangan Strategik, KBS
- Jabatan Kemajuan Orang Asli (JAKOA)
- Agensi Anti Doping Malaysia (ADAMAS)

8 Kumpulan Sasaran Belia

- Belia Bersekolah
- Belia Pengajian Tinggi
- Belia Bekerjaya
- Perkumpulan Belia
- Belia Massa
- Belia Malaysia Antarabangsa
- Belia Minoriti & Golongan Terpinggir
- Belia Berisiko



**FACTS &
FIGURES**

MSCI'24

MALAYSIAN SPORTS CULTURE INDEX 2024



INSTITUTE FOR
YOUTH RESEARCH
MALAYSIA



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IYRES is a national research centre that studies various aspects of youth trends and development and their relationship to changes occurring at the national, regional and international levels. To achieve its goals, the institute will implement various types of research programmes; organise conferences, workshops, lectures and seminars; publish journals and pamphlets on research findings; establish research and training programmes; and provide various research facilities including a resource and data centre on youth development.

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MESSAGE

IBSM'24

MALAYSIAN SPORTS CULTURE INDEX 2024



MESSAGE FROM THE MINISTER OF YOUTH AND SPORTS

YB HANNAH YEOH

Greetings and Salam Malaysia MADANI,

In the rapid development of today's digital world, the pursuit of the well-being of the people remains a priority. In line with this, the efforts of the Institute for Youth Research Malaysia (IYRES) in conducting the research on the Malaysia Sports Culture Index 2024 (MSCI'24) continue to be carried out. The main objective of establishing this index is to measure the level of Malaysians' participation in sports, exercise, and recreation, while also actively engaging in the spirit of sportsmanship as reflected through volunteer activities, dedication, spending, and contributions in sports culture activities.

The findings in this index reflect the various initiatives implemented by the Ministry of Youth and Sports, which are also supported across ministries, agencies, and non-governmental organisations, contributing to efforts to cultivate a sports culture in Malaysia. The main indicator for enhancing sports culture among Malaysians in this Index is participation in sports, exercise, and recreational activities.

Understanding this indicator, Malaysians are encouraged to participate in sports, exercise, or recreational activities according to their interests, as well as their age and health suitability. It is hoped that the effort to enable Malaysians to achieve well-being through participation in sports activities will become a reality.



FOREWORD SECRETARY-GENERAL MINISTRY OF YOUTH AND SPORTS

HON. DATO' TS. DR. NAGULENDRAN KANGAYATKARASU

Once again, IYRES has produced the research report Malaysian Sports Culture Index 2024 (MSCI'24) to be used as a guide and reference for the development of mass sports. Agencies implementing sports, exercise, and recreational culture programmes across the country can use the findings of this study to review and improve last year's programmes and begin planning future programmes that are more practical and support the policies of the Ministry of Youth and Sports (KBS).

The findings showing an increase in Malaysians' participation in sports, i.e. from 52.0 percent in the year of 2023 to 52.3 percent in the year of 2024 is a reflection that the programmes and initiatives implemented by KBS, as well as partner Ministries, Agencies, and NGOs, whether directly or indirectly.

In addition, the focus of KBS in the year 2025 is to highlight the concept of Malaysia MADANI in the field of sports by placing emphasis on innovative new sports and community sports that are the nation's heritage. The main goal is unity, well-being, and appreciating the principle of mutual respect, in addition to fulfilling the specific objective of making Malaysians more active and healthier. In summary, KBS now places greater emphasis on the development of sports that are inclusive, innovative, and oriented toward the well-being of the people in line with the aspirations of Malaysia MADANI.



CHIEF EXECUTIVE OFFICER INSTITUTE FOR YOUTH RESEARCH MALAYSIA (IYRES)

Greetings and Salam Malaysia MADANI,

I extend congratulations and thanks to the researchers and consultants at IYRES who have completed the Malaysian Sports Culture Index 2024 (MSCI'24) research project. This Facts and Figures book contains concise and compact data on the level and trend of participation in sports, exercise, and recreation among Malaysians.

The MSCI 2024 achievement shows an increase in the index compared to the past three (3) years, which in turn reflects that a large number of Malaysian have risen from the Covid-19 pandemic and have begun engaging in healthy physical activities based on sports.

As the leader in youth development research, IYRES will continue its research and publication functions according to the framework and direction set by the Ministry of Youth and Sports. It is hoped that this report can be used as a reference by implementers of sports culture programmes across the country, policymakers and strategic planners of Ministries, as well as academics and the public. It is hoped that consistent participation in sports, exercise, and recreation among Malaysians will shape a prosperous Malaysian society.



***EXECUTIVE
SUMMARY***

MSCI'24

MALAYSIAN SPORTS CULTURE INDEX 2024

INTRODUCTION

The Malaysian Sports Culture Index 2024 (MSCI'24) is a research study conducted by the Institute for Youth Research Malaysia (IYRES), under the Ministry of Youth and Sports Malaysia. The MSCI'24 measurement mechanism focuses on two domains, namely Participation and Sporting Spirit. Five indicators are used, namely Activeness, Volunteerism, Dedication, Expenditure, and Contribution, which have been agreed upon by stakeholders and consultants from local universities. Recommendations from this study will be implemented by 10 implementing groups in accordance with the Malaysian Youth Policy (DBM) 2015–2035. MSCI'24 is a continuation of MSCI 2018–2023, which was carried out to measure the trends in sports culture achievement among Malaysians in the journey toward becoming a sporting nation. This effort is hoped to fulfill the aspirations and goals of the National Sports Vision 2030 (VSN 2030).

BACKGROUND

The well-being of society is an important component in enabling Malaysia to become a developed and productive nation. The Malaysian Sports Culture Index encompasses the practice of an active lifestyle and sporting spirit. It serves as a key indicator of the well-being of Malaysians. Therefore, the MSCI'24 acts as a benchmark in measuring trends and achievements in the sports culture of Malaysians based on the established indicators and domains. The participation domain in sports, with the indicator of individual activeness, represents the physical element. Meanwhile, the sporting spirit domain represents the non-physical element, measured based on the indicators of volunteerism, dedication, expenditure, and contribution.

In addition to domains and indicators, the MSCI'24 also examines ecosystem components such as facilities, governance, goods and services, talent development, and knowledge, which influence the sports culture of Malaysians.

OBJECTIVE

The main objective of this study is to measure the Malaysian Sports Culture Index 2024 and identify current trends in Malaysians' participation in sports, exercise, and recreation.

METHODOLOGY

This study was conducted quantitatively, using a questionnaire developed by the IYRES research team. The data collection process was carried out face-to-face through the IYRES Research Management System (iGREAT) using trained IYRES Community Enumerators (ICE). The study sample involved a total of 6,009 Malaysians aged 13 and above, randomly selected based on Enumeration Blocks (EB) and Place of Residence (PR) determined by the Department of Statistics Malaysia (DOSM). Sampling determination was based on gender, age, ethnicity, and locality that proportionally represent the Malaysian population. Data were analysed using descriptive statistics (frequency, percentage & mean) and inferential statistics (logistic regression analysis & correlation).


FINDINGS

The study shows that the Malaysian Sports Culture Index 2024 (MSCI'24) score is 56.3, which is at a moderate level. The score for the Participation domain is 31.4 and Sporting Spirit is 24.9. Detailed analysis shows that 52.3% of Malaysians are involved in sports, exercise, and recreational activities at least once a month. Meanwhile, 47.7% are not involved in any sports-related activities. The level of activeness shows that 17.5% are at the active level, 67.9% moderately active, and 14.6% less active, according to WHO's (2020) definition. Participation in sports and exercise activities are the two main choices among Malaysians compared to recreational activities. Sporting spirit is measured based on the indicators of volunteerism, dedication, expenditure, and contribution. Consistent volunteer activities are the catalyst for sporting spirit and the main indirect contributor to the MSCI'24 score compared to the other three indicators.

CONCLUSION

The Malaysian Sports Culture Index is at a moderate level, indicating the need for integrated action from all relevant stakeholders. Key recommendations include increasing public awareness about the benefits of sports, strengthening facilities and governance, as well as encouraging community participation through digital programmes and progressive sports policies. These efforts align with the aspirations of the National Sports Vision 2030 towards establishing Malaysia as a sporting nation.



A person is running on a track, viewed from behind. The runner is wearing a dark jacket and dark pants. The track is light-colored and has a white railing on the left side. In the background, there are several concentric circles drawn in a light blue or purple color, centered on the runner's head. The overall lighting is dim, suggesting dusk or dawn.

“ National Key Performance Indicator (KPI) serves as a benchmark for measuring the level and trend of Malaysians’ participation in sports, exercise, and recreation over a long-term period. **”**

What is the ‘Malaysian Sports Culture Index’ ?

The domains and indicators used in this index have been selected to provide a comprehensive overview of the Sports Culture in Malaysia.

EVOLUTION OF MSCSI 2018-2024

11MP



MSCSI'18

12MP



MSCSI'21



MSCSI'22



MSCSI'19



MSCSI'23



MSCSI'20



MSCSI'24

EVOLUTION OF MSCl 2018-2024



MSCI
2018 - 2020

MSCI
2021 - 2024



PARTICIPATION DOMAIN

- PARTICIPATION
- ACTIVENESS

SPORTING SPIRIT DOMAIN

- ATTACHMENT
- DEDICATION

VOLUNTEERISM DOMAIN

- SPONSORSHIP (FINANCIAL/GOODS CONTRIBUTION)
- VOLUNTEER SERVICE

EXPENDITURE DOMAIN

- GOODS & SERVICES

FACILITY DOMAIN

- AVAILABILITY, ACCESSIBILITY, SAFETY, SUITABILITY & FUNCTIONALITY

PARTICIPATION DOMAIN

- ACTIVENESS

SPORTING SPIRIT DOMAIN

- VOLUNTEERISM
- DEDICATION
- EXPENDITURE
- CONTRIBUTION

SPORTS CULTURE FACTORS

- FACILITIES
- GOVERNANCE
- GOODS & SERVICES
- TALENT DEVELOPMENT
- KNOWLEDGE

DOMAIN & INDICATORS

2021 - 2024

PARTICIPATION DOMAIN

- ✓ Activeness Indicator

SPORTING SPIRIT DOMAIN

- ✓ Volunteerism Indicator
- ✓ Dedication Indicator
- ✓ Expenditure Indicator
- ✓ Contribution Indicator



OPERATIONAL DEFINITION

DOMAINS & INDICATORS

PARTICIPATION DOMAIN

Frequency of participation in sports activities at least once within a 1-month period.

ACTIVENESS INDICATOR

Level of participation in sports activities within a week based on the adaptation of international standards (WHO, 2020).

≥ 150 minutes
per week

ACTIVE

30 - 149
minutes per
week

MODERATELY ACTIVE

<30 minutes
per week

LESS ACTIVE

OPERATIONAL DEFINITION

DOMAINS & INDICATORS

SPORTING SPIRIT DOMAIN

Interest, commitment, willingness, and readiness in engaging in sports-related activities.

VOLUNTEERISM INDICATOR

Willingness to spend time and energy on volunteer activities related to sports without expecting anything in return

EXPENDITURE INDICATOR

Spending by individuals on goods and services related to sports

CONTRIBUTION INDICATOR

Allocation and funding of sports-related activities in the form of financial or goods contributions

DEDICATION INDICATOR

Dedication and willingness to participate in activities and contribute ideas related to sports through various mediums



DEFINITION

SPORTS CULTURE

ENCULTURATION OF SPORTS

The movement is implemented to **foster and encourage an active lifestyle** through sports, exercise, and recreation.

SPORTING CULTURE

Sports, exercise, and recreational activities become a **daily practice and routine towards an active**, energetic, and competitive lifestyle through self-initiative.

SPORTS CULTURE

Sports, exercise and recreational activities are **becoming increasingly integrated into lifestyles** along with the existence of Sports Culture Ecosystem.

SPORTING NATION

Malaysia becomes a Sporting Nation where the entire society practices a Sports Culture in line with the availability of its ecosystem.

The Sports Culture Ecosystem refers to the Sports Culture Factors, which consist of Facilities, Governance, Goods and Services, Talent Development, and Knowledge.

SIGNIFICANCE OF THE STUDY

MALYSIAN SPORTS CULTURE INDEX



Serves as a benchmark for measuring the level of achievement of sports culture among Malaysians.



Establishes comprehensive indicators and domains for measuring sports culture.



Guides the development of an action plan to enhance the sports culture among Malaysians.



Measures the trend of sports culture among Malaysians.



Providing input for the implementation of sports culture programmes in Malaysia.

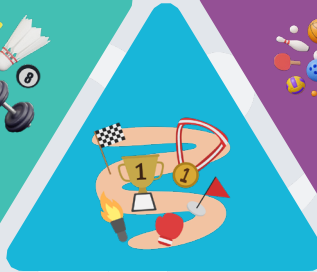
RESEARCH OBJECTIVE

To measure the level of sports participation among Malaysians for the year 2024.

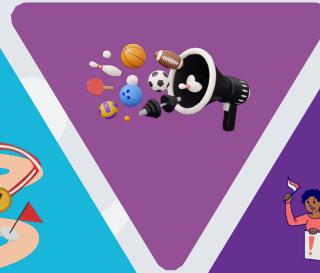
To examine the trend of sports participation among Malaysians.



To measure the Malaysian Sports Culture Index for the year 2024.



To identify the level of sporting spirit among Malaysians for the year 2024.



To generate input and recommendations for policy formulation and direction-setting towards national sports development.

CONCEPTUAL FRAMEWORK

KNOWLEDGE

TALENT DEVELOPMENT

FACILITIES

GOVERNANCE

GOODS AND SERVICES

SPORTS CULTURE FACTOR

PARTICIPATION DOMAIN

- ACTIVENESS

MALYSIAN SPORTS CULTURE INDEX

SPORTING SPIRIT DOMAIN

- VOLUNTEERISM
- DEDICATION
- EXPENDITURE
- CONTRIBUTION

10 IMPLEMENTING GROUPS

- KBS AND IMPLEMENTING AGENCIES
- FAMILY
- RELATED COMPANIES AND PRIVATE SECTOR
- POLITICAL LEADERSHIP
- NGO
- MEDIA
- COMMUNITY
- EDUCATIONAL AND RESEARCH INSTITUTIONS
- NGOs SPORTS
- STATE GOVERNMENTS

RESEARCH METHODOLOGY

01 LOCATION

Throughout Malaysia
(13 States and 3 Federal Territories)



04 RESPONDENT SELECTION CRITERIA

Pre-Youth: 13–14 years
Youth: 15–30 years
Post-Youth: 31–59 years
Senior Citizens: ≥ 60 years



02 RESPONDENTS

- ✓ A total of 6,400 individuals were targeted, but only 6,009 complete data sets were used in this study (94%).
- ✓ Sampling was identified based on Enumeration Blocks (EB) and Place of Residence (PR) from the Department of Statistics Malaysia (DOSM).



05 DATA COLLECTION

The data collection process was conducted face-to-face through the IYRES Research Management System (iGREAT), using trained IYRES Community Enumerators (ICE).



03 TOTAL SUPERVISORS & ENUMERATORS

146 people



06 ANALYSIS

The data was analysed using descriptive statistical methods (frequency, percentage, and mean) and inferential methods (logistic regression analysis and correlation).



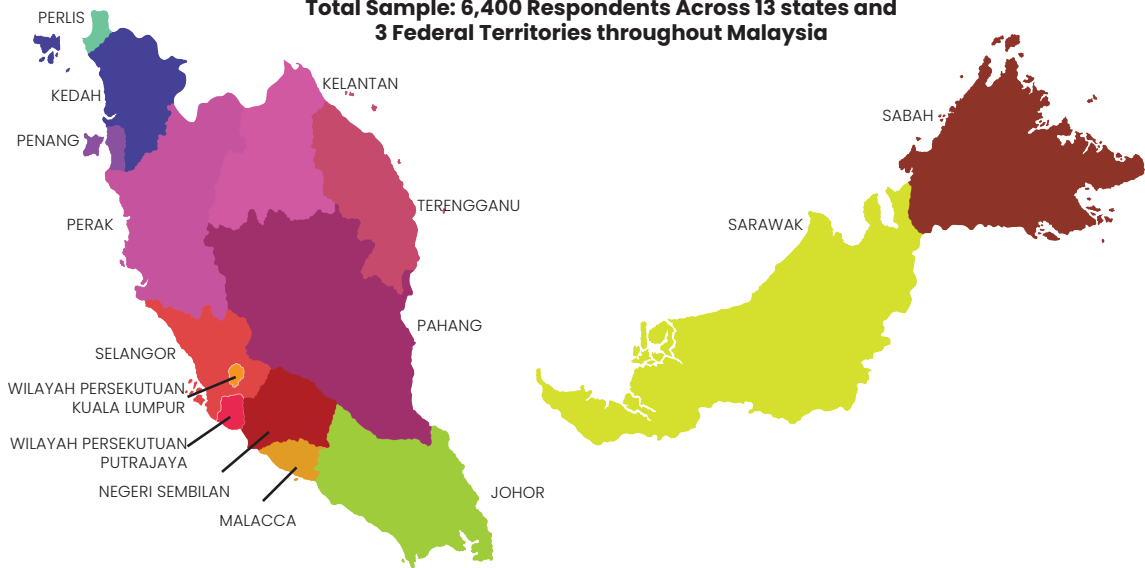
SAMPLING TARGET

BY STATE

Confidence Level: 95% | Margin of Error: 5% | Response Rate: 100%

Average: Throughout Malaysia – 40 respondents per enumerator

Total Sample: 6,400 Respondents Across 13 states and 3 Federal Territories throughout Malaysia



SELANGOR	474
KEDAH	400
JOHOR	474
PERAK	400
KELANTAN	400
PAHANG	400
KUALA LUMPUR	400
TERENGGANU	400

PENANG	473
MALACCA	400
PUTRAJAYA	400
PERLIS	400
SABAH	400
SARAWAK	473
LABUAN	106
NEGERI SEMBILAN	400

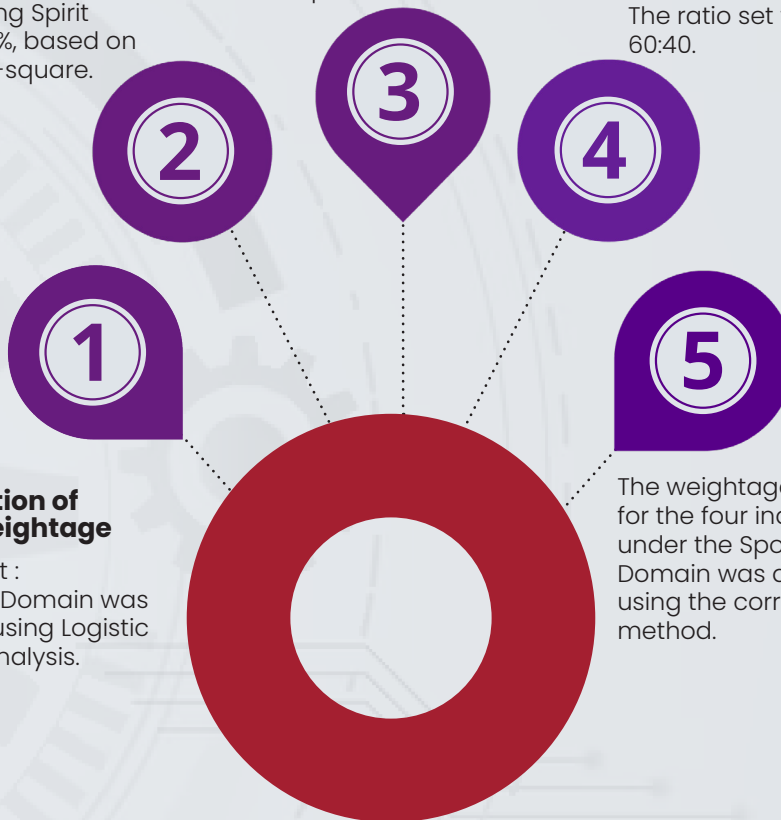
RATIO & CLASSIFICATION

SCORE

By using the collected data, the weightage for the Sporting Spirit Domain is 40%, based on Nagelkerke R-square.

Analysis shows that the weightage for the Participation Domain is 60%.

The ratio set for MSCI'24 is 60:40.



Determination of Domain Weightage

Sporting Spirit :
Participation Domain was determined using Logistic Regression Analysis.

The weightage breakdown for the four indicators under the Sporting Spirit Domain was determined using the correlation method.



DEMOGRAPHICS

OF RESPONDENTS

Total Respondents: 6,009 people

Gender

Male



52.4%

Female



47.6%

Age Category

- 6.3% Pre-Youth
- 42.2% Youth
- 41.3% Post-Youth
- 10.2% Senior Citizen

Location

Urban



67.3%

Rural



32.7%

Marital Status

Single



51.7%

Married



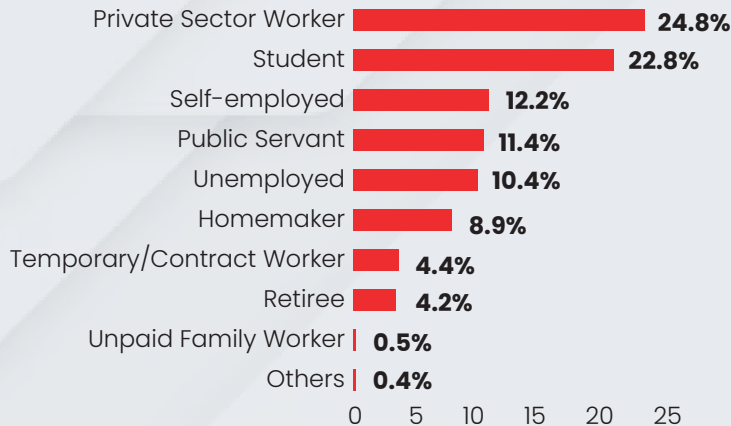
48.3%

States	Frequency	%
Johor	283	4.7
Kedah	410	6.8
Kelantan	403	6.7
Malacca	401	6.7
Negeri Sembilan	311	5.2
Pahang	394	6.6
Perak	418	7.0
Perak	398	6.6
Penang	454	7.6
Sabah	401	6.7
Sarawak	384	6.4
Selangor	474	7.9
Terengganu	333	5.5
Kuala Lumpur	424	7.1
Labuan	120	2.0
Putrajaya	401	6.7
Total	6,009	100

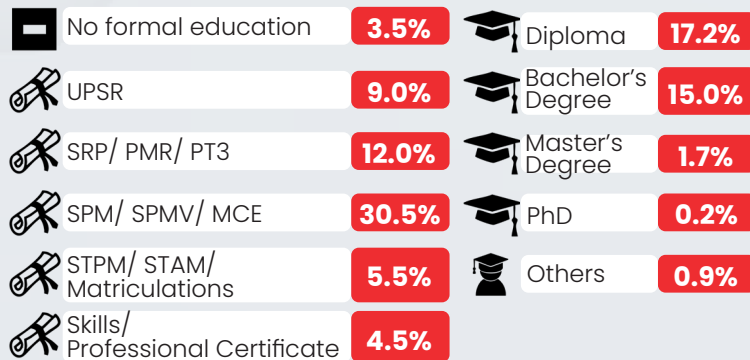
DEMOGRAPHICS

OF RESPONDENTS

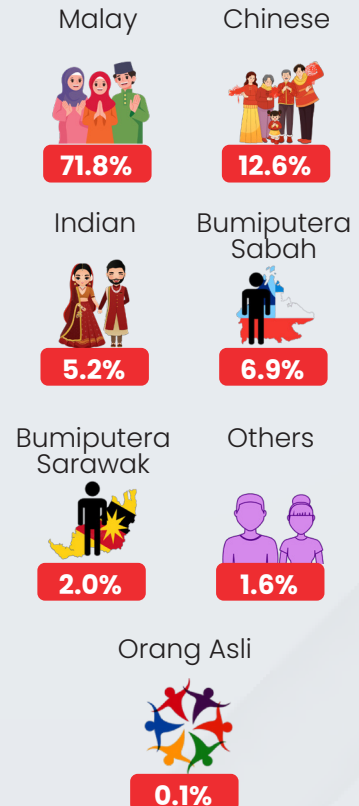
Employments Status



Highest Education



Ethnicity



DEMOGRAPHICS

OF RESPONDENTS

SPORTS ACTIVITY MEDIUM

Sports, Exercise & Recreation



Social Media

n=2,432
77.4%



Video Conference

n=59
1.9%



Conventional Media

n=246
7.8%



Others

n=405
12.9%

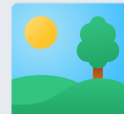
TIME OF ACTIVITY

Sports, Exercise & Recreation



Morning

n=791
25.2%



Noon

n=12
0.4%



Evening

n=1,692
53.8%



Night

n=649
20.6%

SPORTING COMPANION

Sports, Exercise & Recreation



Family

18.0%



Friends

50.4%



Alone

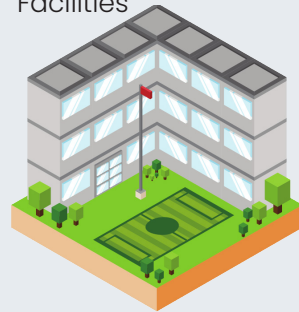
31.2%

SPORTS ACTIVITIES BY LOCATION

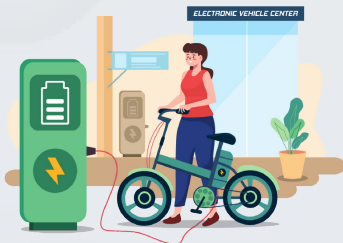
78.5%
Public Facilities



2.7%
Educational Institution
Facilities



5.9%
Home



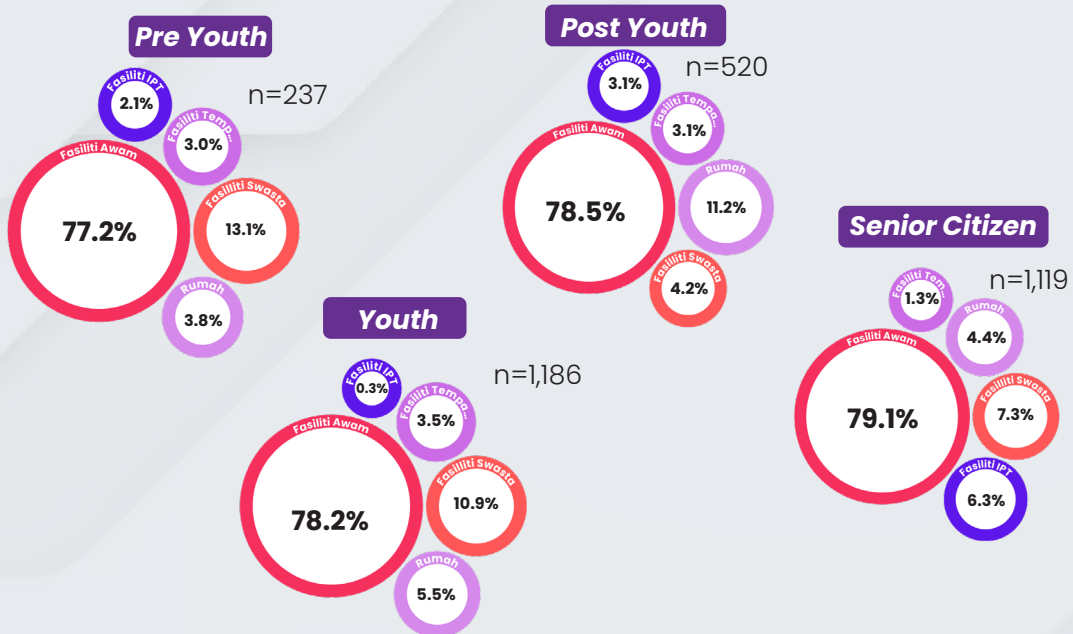
8.6%
Private Facilities



2.5%
Workplace Facilities

LOCATION OF SPORTS ACTIVITIES

(SPORTS, EXERCISE & RECREATION) BY AGE GROUP



- The trend shows that free facilities are the primary choice for Malaysians in engaging in sports, exercise, and recreational activities.
- Across all age categories, whether pre-youth (77.2%), youth (78.2%), post-youth (78.5%), or senior citizens (79.1%), public facility usage recorded the highest percentage.
- Private facilities are the alternative choice among Malaysians in the pre-youth, youth, and senior citizen categories. Meanwhile, individuals in the post-youth category prefer to use their homes as the location for sports, exercise, and recreational activities.





SCORE

MSCI'24

MALAYSIAN SPORTS CULTURE INDEX 2024



SCORE FORMATION

PARTICIPATION
INDEX

+

SPORTING
SPIRIT INDEX

I

B

S

M

24

MSCI'24 SCORE

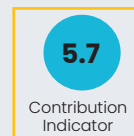
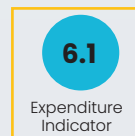
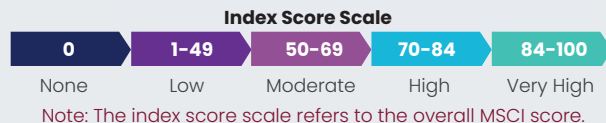
- The **Malaysia Sports Culture Index in 2024** is at a moderate level, with a **score of 56.3**.
- Skor The **Participation Domain** score is **31.4** and the **Sporting Spirit Domain** score is **24.9**.
- An achievement score of 56.3 (moderate level) indicates that the participation of Malaysians in sports increased by 1.3 points compared to 2023.
- MPI2 has begun to show a positive impact on the enculturation of sports among Malaysians, especially after the COVID-19 pandemic era.



➤ **31.4/60**
**Participation
Domain**

➤ **24.9/40**
**Sporting Spirit
Domain**

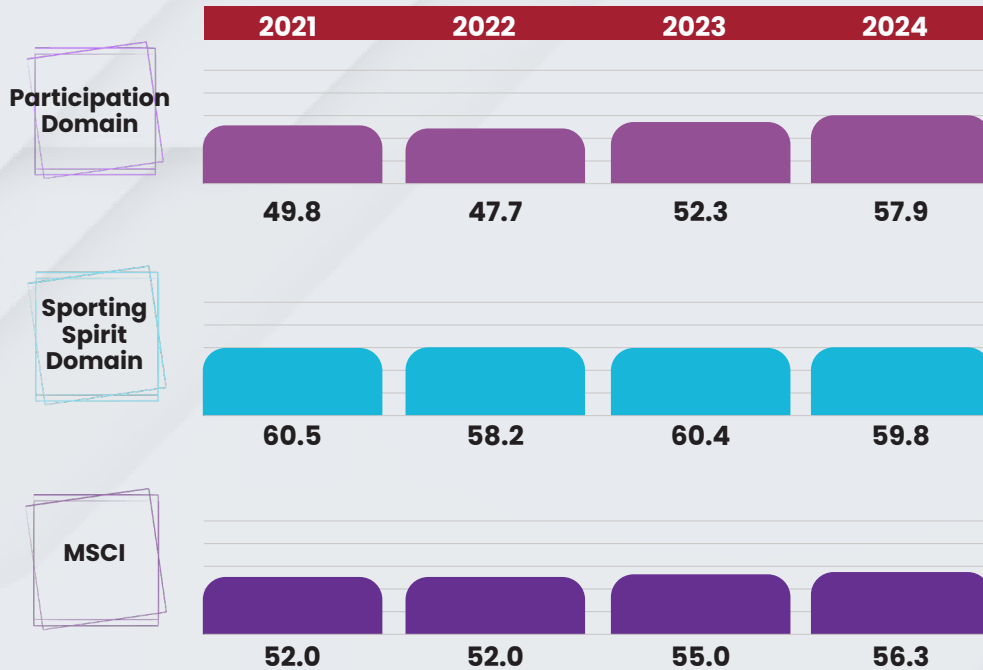
MSCI'24 SCORE
56.3
(Moderate)



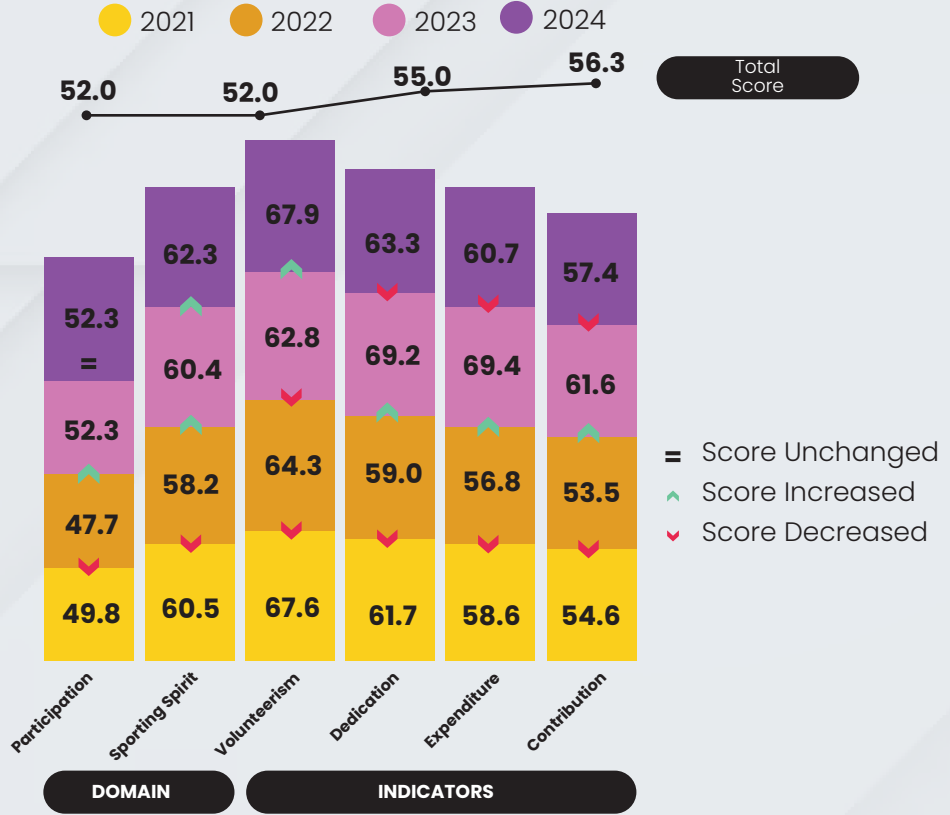
Note: The score weightage is 60% for the Participation Domain and 40% for the Sporting Spirit Domain

TREND OF MSCI SCORE RESULTS

2021 - 2024



COMPARISON OF DOMAIN AND INDICATOR SCORES BY YEAR



Note:

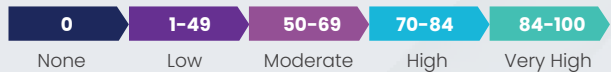
The data display is standardised per 100 to facilitate understanding.

*MSCI 2021 weightage: Participation : Sporting Spirit = 80 : 20

** MSCI 2022 & 2024 weightage: Participation : Sporting Spirit = 60 : 40

*** MSCI 2023 weightage: Participation : Sporting Spirit = 70 : 30

Index Score Scale



Note: The index score scale refers to the overall MSCI score.





PARTICIPATION
DOMAIN

MSCI'24

MALAYSIAN SPORTS CULTURE INDEX 2024

DEFINITION OF ACTIVENESS

The definition of 'active in sports' by the World Health Organization 2020 (WHO) and the Ministry of Health Malaysia (MOH) is engaging in exercise or sports for at least 150 minutes per week (active), 30 to 149 minutes per week (moderately active), and no more than 30 minutes per week (less active).



The definition of 'active in sports' by the American College of Sports Medicine (ACSM) is engaging in exercise or sports for at least 30 minutes, five times a week, at a moderate or high intensity.



IYRES sets the sports activeness indicator based on the recommendations of WHO, MOH, and ACSM.



DEFINITION OF ACTIVENESS

IN SPORTS FOR THE YEAR 2024

52.3%

Participation of Malaysians in
sports, exercise, and recreation



Activeness Level

Active

(> 150 minutes per week)

14.6%

Moderately Active

(30-149 minutes per week)

67.9%

Less Active

(< 30 minutes per week)

17.5%

Note: The definitions of Active, Moderately Active, and Less Active are based on the WHO, 2020 definition

- Findings from the MSCI'24 study show that 52.3% of Malaysians are involved in sports, exercise, and recreational activities.
- Of this **52.3%**, 14.6% are categorised as active, 67.9% as moderately active, and 17.5% as less active.
- A total of **47.7%** of Malaysians are not involved in sports, exercise, or recreational activities.

INDIVIDUAL PARTICIPATION

BY SPORTS CATEGORY

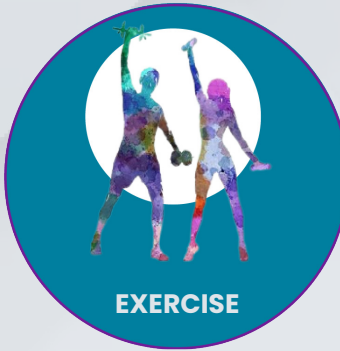
39.4%



SPORTS

(Badminton, Netball, Football, Volleyball, Bowling, Futsal, Golf, Athletics, Table tennis, Sepak takraw)

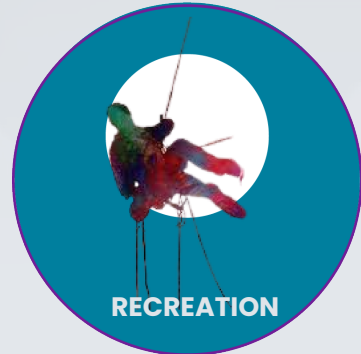
42.9%



EXERCISE

(Walking, Jogging, Gym, Aerobics)

22.7%



RECREATION

(Motorsports, Cycling, Jungle trekking, Hiking)



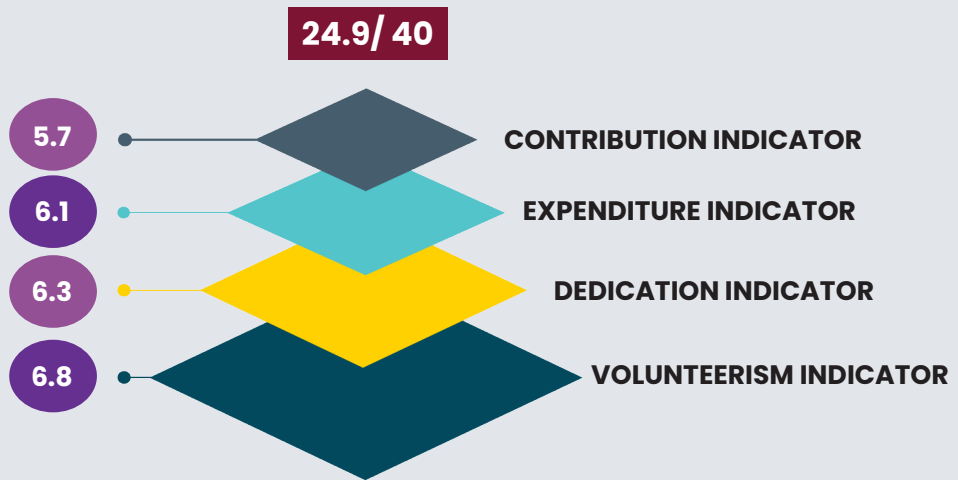
SPORTING SPIRIT
DOMAIN

MSCI'24

MALAYSIAN SPORTS CULTURE INDEX 2024

SPORTING SPIRIT DOMAIN

Sporting Spirit measured based on four indicators



- Sporting spirit refers to the achievement of four indicators, namely **Volunteerism, Dedication, Expenditure, and Contribution**.
- The Sporting Spirit Domain contributes to the Sports Culture Index with an overall weighting of 40. The IBSM'24 Sporting Spirit Domain score is **24.9**.
- Analysis shows that the Volunteerism Indicator has a score of 6.8, followed by the Dedication Indicator with a score of 6.3, the Expenditure Indicator with a score of 6.1, and the Contribution Indicator with a score of 5.7.



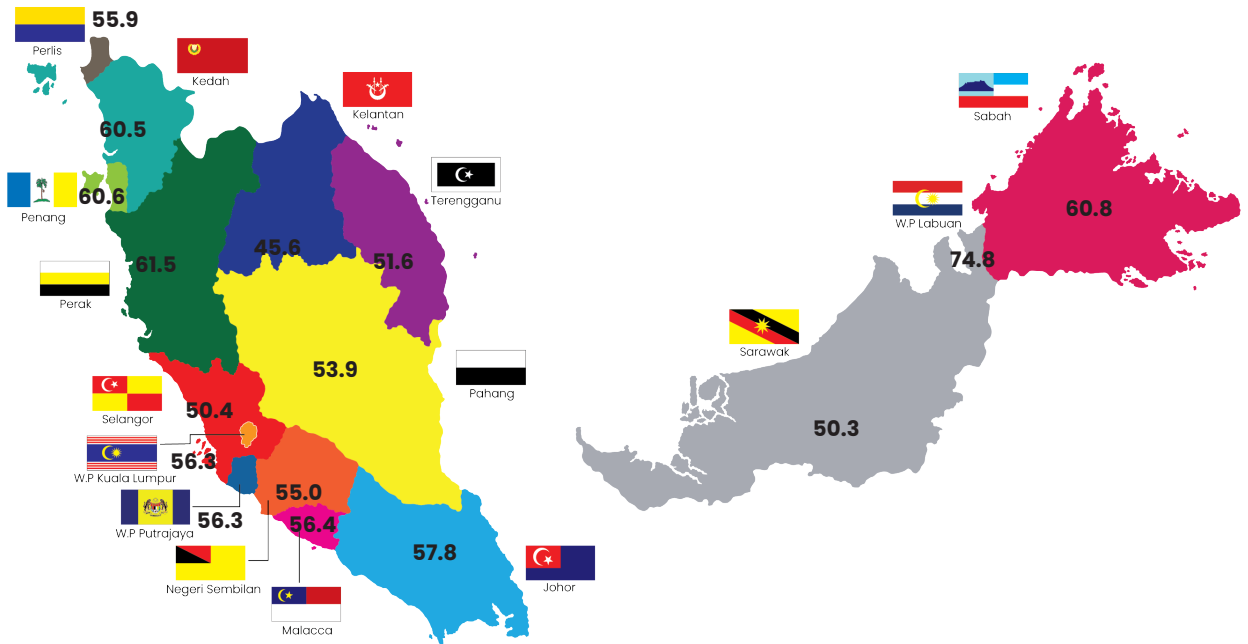
***SCORE BY
DEMOGRAPHICS***

MSCI'24

MALAYSIAN SPORTS CULTURE INDEX 2024

IBSM'24 SCORE

BY STATE



Index Score Scale



None Low Moderate High Very High

Note: The index score scale refers to the overall MSCI score.

IBSM'24 SCORE

BY DEMOGRAPHIC

GENDER	SCORE	LEVEL
Male	64.0	Moderate
Female	47.8	Low

The level of sports culture among males was found to be higher compared to that among females

Score of
64.0

AGE CATEGORY	SCORE	LEVEL
Pre-Youth (13–14 years)	66.1	Moderate
Youth (15–30 years)	63.9	Moderate
Post-Youth (31–59 years)	52.7	Moderate
Senior Citizens (60 years and above)	33.4	Low

The level of sports culture among pre-youth, youth, and post-youth was found to be higher compared to that among senior citizens

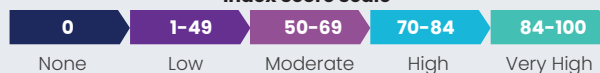
Score of
66.1

LOCATION	SCORE	LEVEL
Urban	57.8	Moderate
Rural	53.3	Moderate

The level of sports culture among Malaysians does not show significant differences by location.

Score of
57.8

Index Score Scale



Note: The index score scale refers to the overall MSCI score.

IBSM'24 SCORE

BY DEMOGRAPHIC

ETHNICITY	SCORE	LEVEL
Malay	56.7	Moderate
Bumiputera Sabah	60.7	Moderate
Bumiputera Sarawak	53.0	Moderate
Indian	51.9	Moderate
Chinese	56.3	Moderate
Bumiputera Orang Asli	9.6	Low
Others	41.1	Low

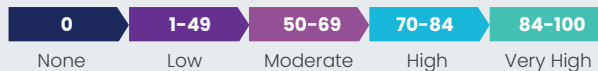


There is no significant difference in sports culture practice scores between the main ethnic categories and marital status.

MARITAL STATUS	SCORE	LEVEL
Single	50.7	Moderate
Married	50.2	Moderate



Index Score Scale



Note: The index score scale refers to the overall MSCI score.



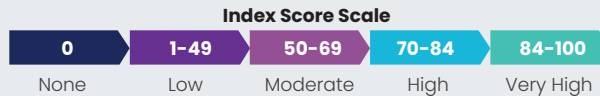
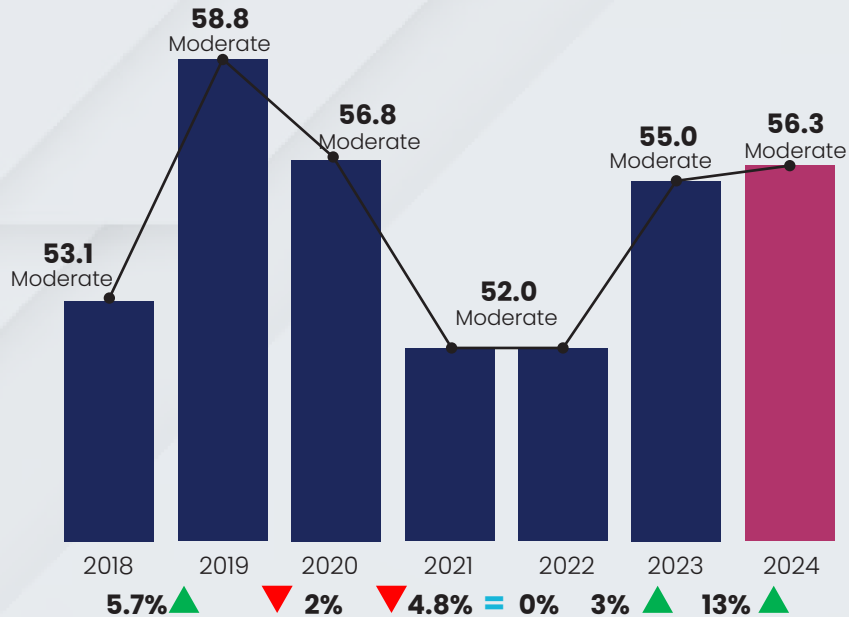
***MSCI SCORE
COMPARISON
BY YEAR***

MSCI'24

MALAYSIAN SPORTS CULTURE INDEX 2024

MSCI SCORE BY YEAR

2018 - 2024



Note: The index score scale refers to the overall MSCI score.

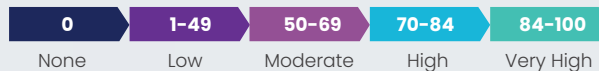
- Since 2018, the Malaysia Sports Culture Index (MSCI) has been at a moderate level, although the score values have not been consistent up to 2024.
- However, after the pandemic era, the MSCI score increased to 56.3 in 2024 compared to 55.0 in 2023.
- The increase in score gives an indication that the sports culture in Malaysia is growing from year to year.

IBSM'24 SCORE

BY STATE

STATES	SCORE 2021	SCORE 2022	SCORE 2023	SCORE 2024
Johor	58.1	51.6	61.9	57.8
Kedah	61.4	49.8	56.1	60.5
Kelantan	55.0	35.7	47.8	45.6
Malacca	53.4	52.7	54.9	56.4
Negeri Sembilan	54.6	46.0	48.3	55.0
Pahang	54.0	55.6	50.5	53.9
Perak	56.7	52.3	55.0	61.5
Perlis	52.1	56.4	51.2	55.9
Penang	50.9	54.5	51.0	60.6
Sabah	57.9	60.3	55.1	60.8
Sarawak	54.7	59.5	52.9	50.3
Selangor	54.8	52.9	49.3	50.4
Terengganu	59.5	54.2	60.2	51.6
W.P. Kuala Lumpur	61.1	63.7	65.0	56.3
W.P. Labuan	57.8	49.9	59.0	74.8
W.P. Putrajaya	57.8	26.5	60.7	61.6

Index Score Scale



Note: The index score scale refers to the overall MSCI score.

- Overall, there is no significant increase or decrease in scores by state.
- Seven (7) states showed a significant increase in scores, namely Kedah, Negeri Sembilan, Perak, Perlis, Penang, Sabah, and W.P. Labuan. Meanwhile, the states of Johor, Terengganu, and W.P. Kuala Lumpur recorded a significant decrease in scores.

IBSM'24 SCORE

BY YEAR

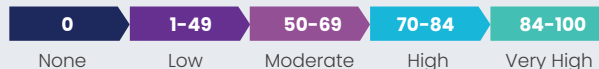
LOCATION	SCORE 2021	SCORE 2022	SCORE 2023	SCORE 2024
Urban	56.6	51.1	55.9	57.8
Rural	54.5	54.8	52.6	53.3

Overall, the MSCI score by location from 2021 to 2024 remained stable, except for the score in urban areas, which decreased by 5.5 from 2021 to 2023 before rising again by 4.8 in 2023.

ETHNICITY	SCORE 2021	SCORE 2022	SCORE 2023	SCORE 2024
Malay	57.0	52.8	56.1	56.7
Bumiputera Sabah	58.4	55.8	53.1	60.7
Bumiputera Sarawak	53.4	59.3	53.1	53.0
Indian	55.5	49.2	50.2	51.9
Chinese	52.3	48.1	49.8	56.3
Bumiputera Orang Asli	52.0	43.7	49.7	9.6
Others	54.1	46.5	46.5	41.1

The main ethnic groups, namely Malay, Chinese, and Indian, did not show significant differences in MSCI score. However, significant differences were observed among other ethnic groups.

Index Score Scale



Note: The index score scale refers to the overall MSCI score.

IBSM'24 SCORE

BY YEAR

GENDER	SCORE 2021	SCORE 2022	SCORE 2023	SCORE 2024
Male	60.5	59.1	62.9	64.0
Female	52.0	44.7	46.1	47.8

Overall, males showed higher scores compared to females. However, both genders exhibited the same upward trend.

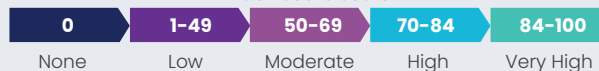
AGE CATEGORY	SCORE 2021	SCORE 2022	SCORE 2023	SCORE 2024
Pre-Youth (13-14 years)	59.4	60.7	67.2	66.1
Youth (15-30 years)	62.1	61.0	65.1	63.9
Post-Youth (31-59 years)	51.4	47.4	48.3	52.7
Senior Citizens (60 years and above)		33.5	29.8	33.4

The Pre-Youth and Youth categories showed inconsistent score patterns. Meanwhile the Post-Youth and Senior Citizens categories showed significant increases.

MARITAL STATUS	SCORE 2021	SCORE 2022	SCORE 2023	SCORE 2024
Single	61.5	61.3	49.7	50.7
Married	51.3	43.6	47.3	50.2

Marital status was found to have no consistent effect on the MSCI score.

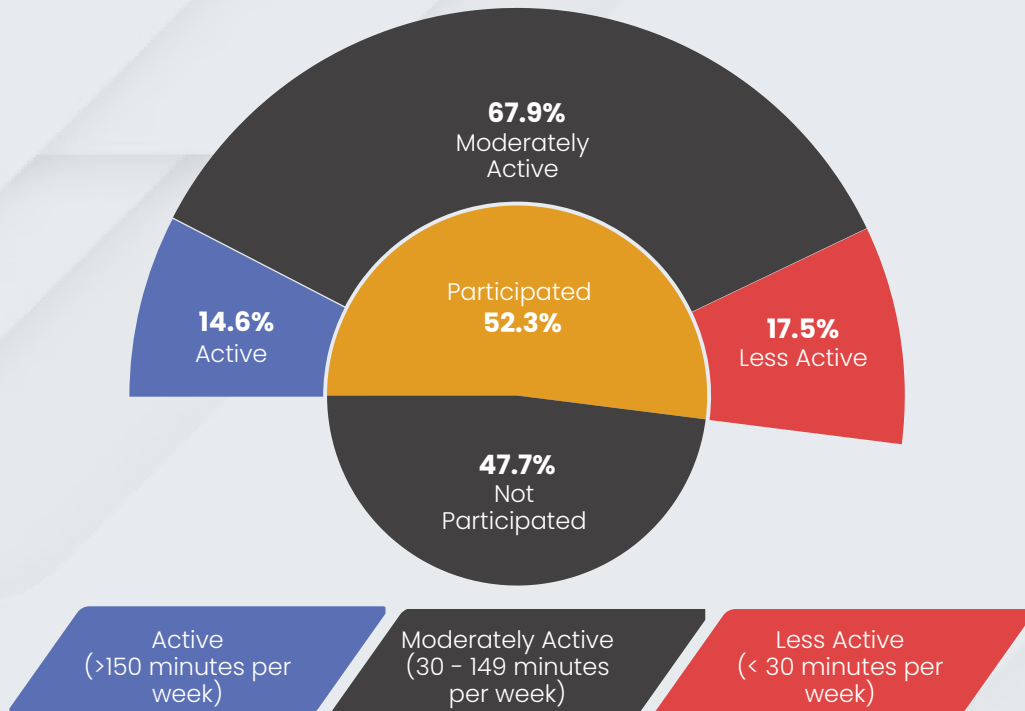
Index Score Scale



Note: The index score scale refers to the overall MSCI score.

PARTICIPATION AND ACTIVENESS

PARTICIPATION AND LEVEL OF ACTIVENESS OF MALAYSIANS IN SPORTS



Note: The definitions of Active, Moderately Active, and Less Active are based on the WHO, 2020 definition



***SPORT CULTURE
FACTORS***

MSCI'24

MALAYSIAN SPORTS CULTURE INDEX 2024

SPORTS CULTURE FACTORS

FACILITIES

The following are the criteria of **sports facilities** that influence the sports culture among Malaysians:

- Fasiliti User-friendly sports facilities **89.9%**
- Sports facilities that meet interests and needs **88.3%**
- Sports facilities that are safe to use **87.1%**
- Sufficient number of sports facilities **84.9%**
- Regular maintenance of sports facilities **64.9%**

- The quality and quantity of user-friendly, safe sports facilities that meet interests and needs influence the sports culture of Malaysians.
- Regular maintenance of sports facilities ensures user safety and encourages consistent participation.

SPORTS CULTURE FACTORS

GOVERNANCE

The following are the **governance** criteria of sports facilities that influence the sports culture among Malaysians:

- Provide sports support facilities (e.g., restrooms, parking, etc.) **89.1%**
- Ensure facility usage schedules meet needs (operating hours) **82.7%**
- Provide instructions and procedures for facility use **82.3%**
- Offer user-friendly sports facility booking system **81.2%**
- Need for instructors at sports facilities **69.8%**

- Governance that meets user needs and comfort influences the MSCI index score.

SPORTS CULTURE FACTORS

GOODS AND SERVICES

The following are individuals' views on sports **goods and services** that influence the sports culture among Malaysians:

- Branded goods are not a priority **80.9%**
- Online services related to sports activities **79.1%**
- Online purchase of sports goods **77.3%**
- Need for professional services **74.5%**
- Need for specialised equipment for sports activities **59.1%**

- The accessibility of purchasing sports goods and services online influences individual and community participation in sports, exercise, and recreational activities.

SPORTS CULTURE FACTORS

TALENT DEVELOPMENT

The following are the **talent development** needs that influence sports culture among Malaysians

- Making sports activities a routine
- Sports knowledge and skills
- Sports awareness programmes
- Certified coaching services

92.0%

91.7%

84.9%

67.3%

- The achievements of national athletes and the implementation of various sports programmes at the national level serve as inspiration and practices for enculturation of sports.

SPORTS CULTURE FACTORS

KNOWLEDGE

The following are the influences of **knowledge** on the sports culture among Malaysians:

- Knowledge about personal fitness and health levels
- Knowledge about safety aspects during sports
- Knowledge about the variety of existing sports
- Up-to-date information related to sports

95.3%

94.5%

89.4%

87.5%

- Knowledge of health, safety, and technology aspects in the field of sports influences the sports culture score.



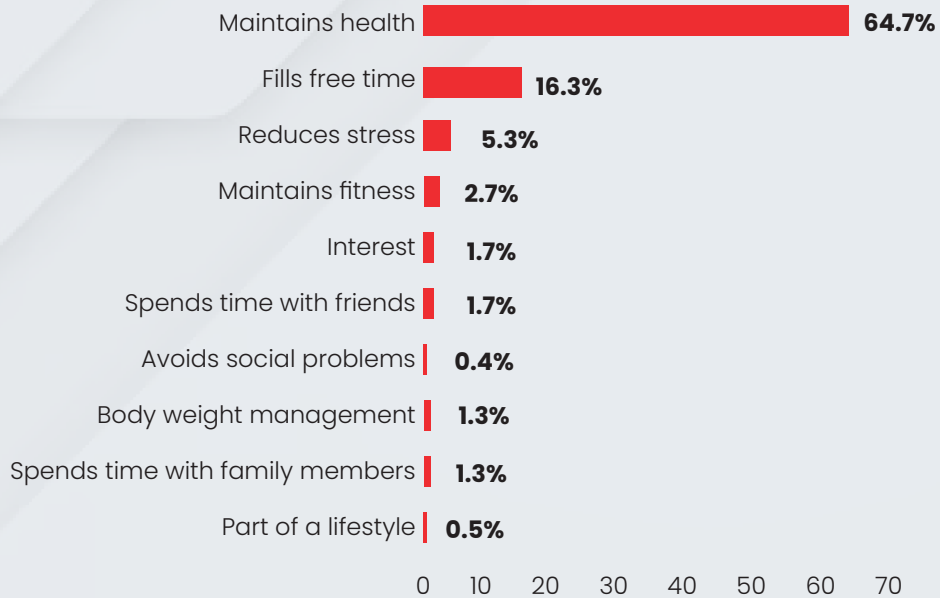
***DRIVER AND BARRIERS
IN SPORTS***

MSCI'24

MALAYSIAN SPORTS CULTURE INDEX 2024

DRIVING FACTORS

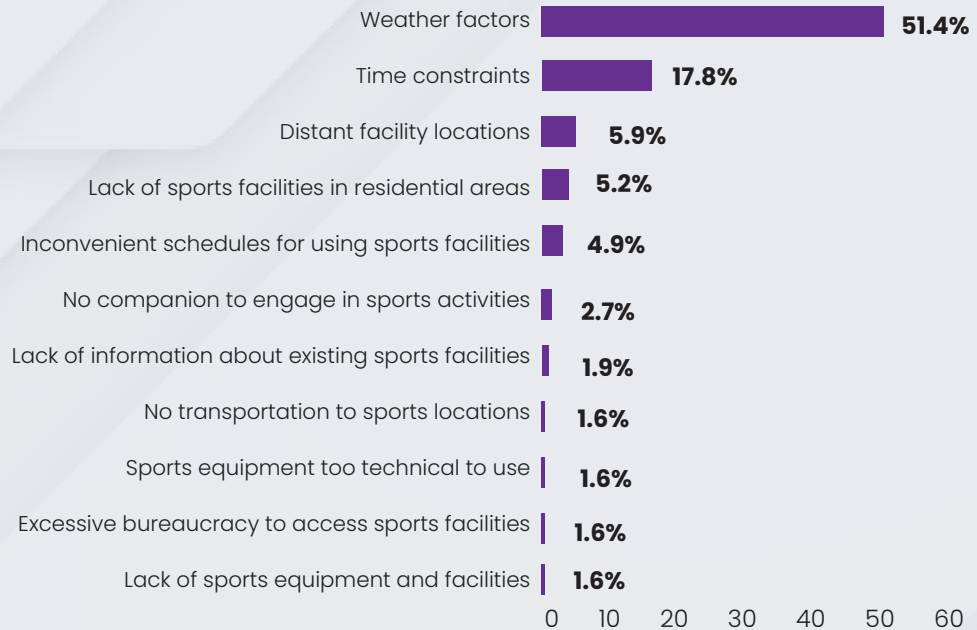
PARTICIPATION IN SPORTS



- Health sustainability is the main factor in the enculturation of sports culture compared to other factors such as filling free time, reducing stress, and maintaining fitness.

BARRIERS

PARTICIPATION IN SPORTS



- Malaysians stated that weather is the main barrier to participation in sports. However, the weather factor can be overcome and adapted to by choosing alternative activities, locations, and times.





ESPORTS

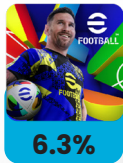
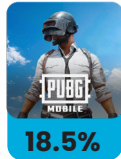
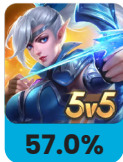
MSCI'24

MALAYSIAN SPORTS CULTURE INDEX 2024

PARTICIPATION IN ESPORTS

n=1,645

TYPES OF ESPORTS ACTIVITIES



27.4%

GENDER	Percentage (%)
Male	75.6
Female	24.4

n=1,645

AGE CATEGORY	Percentage (%)
Pre-Youth (13-14 years)	12.3
Youth (15-30 years)	66.7
Post-Youth (31-59 years)	20.6
Senior Citizens (60 years and above)	0.4

n=1,645



- Esports is popular among the youth generation compared to other age groups.
- Esports is dominated by males.
- Mobile Legends and PUBG are the most popular online games among Malaysians.



SCREEN TIME

ESPORTS



20.3%

< 1 hour per day



47.5%

1-2 hours per day

67.8% of individuals who participated in esports spent less than 2 hours per day.



23.3%

3-4 hours per day



8.9%

> 4 hours per day

32.2% of individuals spent more than 2 hours per day playing esports.



PARTICIPATION AND SPORTING SPIRIT

- Conduct **research** focused on sports following current trends among Malaysians (e.g.: Pickleball, cycling, etc.).
- Besides producing elite athletes, sports organisations/associations need to take responsibility for fostering sports culture at the community level.
- Intensify sports, exercise, and recreational **activities** at the grassroots and community levels.
- Increase **media coverage** to promote mass sports.
- Raise awareness about the importance of sports for lifelong **health**.
- Establish collaborations with various agencies at the district level to implement sports programmes at the community level.

ECOSYSTEM

- Optimise the use of facilities (such as workplaces, higher education institutions, and public sports facilities).
- Encourage individuals to engage in sports activities without relying on specific facilities/ equipment.
- Reduce dependence on facilities to increase sports participation.
- Enhance creativity in conducting sports, exercise, and recreational activities to maximise the benefits of sports.
- Increase the use of technology and online methods in facility management.
- Increase regular monitoring and maintenance of public facilities.

POLICY

- Develop guidelines for a healthy lifestyle through the enculturation of sports.
- Conduct periodic policy reviews based on MSCI study findings according to trends in participation (physical) and sporting spirit (non-physical).
- Ensure that the vision and mission of sports consistently serve as references in the formulation of sports-related policies.
- Develop a sports culture master blueprint as a reference and strategic planning tool for state governments.



1. What is the Malaysian Sports Culture Index (MSCI)?

The MSCI is a national Key Performance Indicator (KPI) that serves as a benchmark to measure the level and trends of Malaysians' involvement in sports, exercise, and recreational activities over a long period.

2. What are the Domains and Indicators in the formation of the Malaysian Sports Culture Index?

MSCI is based on two main domains, namely Participation and Sporting Spirit. It is supported by five indicators, namely Activeness, Volunteerism, Dedication, Expenditure, and Contribution.

3. What is the definition of 'sports' in the context of the Malaysian Sports Culture Index?

The definition of 'sports' in this study refers to active activities including games, exercise, and recreation carried out according to rules, either competitively or non-competitively, with the aim to achieve performance, fitness, social interaction, and well-being.

4. How are the Domains and Indicators in the formation of the Malaysian Sports Culture Index determined?

The domains and indicators used in MSCI were selected to provide a comprehensive overview of the sports culture in Malaysia. The selection was conducted by considering (i) expertise from academic specialists in sports development, (ii) syndication sessions involving 10 implementing groups, and (iii) meta-analysis comparing index reports at local and international levels.

5. How is the weightage for each domain determined?

MSCI weighting is determined statistically using current data analysis. The Contribution Value of the Sporting Spirit Domain towards Participation was obtained through Logistic Regression (Nagelkerke R-squared).

6. What is the importance of forming the Malaysian Sports Culture Index to policymakers in youth development in Malaysia?

The importance of MSCI is as follows:

- Serves as a benchmark to measure the achievement of Malaysians' sports culture
- Creates comprehensive indicators and domains in measuring sports culture
- Measures trends of sports culture among Malaysians
- Guides the formation of action plans to improve Malaysians' sports culture
- Provides input for the implementation of sports culture programmes in Malaysia

7. Can the current year scores in the 12th Malaysia Plan (12MP) be compared with the scores from 2018–2020 in the 11th Malaysia Plan (11MP)?

Basically, the score findings from 2018–2020 (11MP) cannot be directly compared with the score findings from 2021–2023 (12MP). However, the annual scores in both cohorts of the 11MP and 12MP can still be used as benchmarks to measure trends in sports culture achievements among Malaysians. This is because the domains and indicators in both periods were improved to account for post-pandemic lifestyle changes, shifting trends and culture, as well as lifestyle to keep the index relevant to current trends.

8. Will there be changes to the MSCI domains and scores in the future?

Changes will continue to be made to the MSCI domains and indicators to ensure the index remains relevant and responsive to the current demands and changes among youth and Malaysians.

9. What is the expectation for the implementation of IBSM by the Ministry of Youth and Sports?

Malaysia aims to become a Sporting Nation as a long-term plan. MSCI is the sole measurement mechanism to monitor progress toward the sports culture envisioned by the government. Therefore, MSCI should be implemented to ensure efforts toward this goal are planned with appropriate and precise strategies.

10. Siapakah yang perlu menggunakan IBSM ini?

- Policy makers for youth and sports development
- Corporate bodies
- Experts in sports development
- Stakeholders in youth development
- Interested individuals or parties in sports development management

11. How can the book or information relating to MSCI be obtained?

You can obtain the MSCI collection as follows:

MSCI Book Publication:

Institute for Youth Research Malaysia (IYRES)
Level 10, KBS Tower,
No.27 Persiaran Perdana 62570 Putrajaya

OR, it can be **downloaded** for free via the IYRES portal at <http://www.iyres.gov.my>

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10 Youth Development Implementing Groups

- Ministries & Federal Agencies
- State Governments
- Political Leadership
- Government-Linked and Private Companies
- Youth NGOs and Youth Individuals
- NGOs
- Families and Communities
- Educational and Research Institutions
- Media

IYRES Community Enumerator (ICE)

Technical Committee

- National Youth and Sports Department (JBSN)
- Ministry of Economy
- Ministry of Education Malaysia (KPM)
- Ministry of Higher Education Malaysia (KPT)
- National Sports Council (MSN)
- National Sports Institute (ISN)
- Policy and Strategic Planning Division, Ministry of Youth and Sports (KBS)
- Department of Orang Asli Development (JAKOA)
- Malaysian Anti-Doping Agency (ADAMAS)

8 Youth Target Groups

- School-going Youth
- Higher Education Youth
- Working Youth
- Youth Associations
- Mass Youth
- Malaysian International Youth
- Minority & Marginalized Youth
- At-Risk Youth



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