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KEMENTERIAN EKONOMI
JABATAN PERANGKAAAN MALAYSIA

KENYATAAN MEDIA

BAGI BANCII MALAYSIA 2020: KESEJAHTERAAN PENDUDUK (KECERGASAN)

8.7 juta rakyat Malaysia mengamalkan gaya hidup aktif pada tahun 2020 dengan rekreasi, *brisk walking* dan berlari adalah aktiviti yang paling digemari

PUTRAJAYA, 26 Jun 2023 – Pada hari ini, Jabatan Perangkaan Malaysia (DOSM) mencatatkan kejayaan dengan keluaran Penerbitan Banci Malaysia 2020: Kesejahteraan Penduduk (Kecergasan), kali pertama sejak lima edisi Banci Penduduk dan Perumahan Malaysia. Penerbitan ini menyediakan maklumat tentang statistik kesejahteraan dalam aspek kecergasan dalam kalangan rakyat Malaysia pada tahun 2020 berdasarkan penemuan Banci Penduduk dan Perumahan Malaysia 2020 (Banci Malaysia 2020).

Menurut DOSM, 16.1 juta responden telah menjawab soalan kecergasan Banci Malaysia 2020 yang mana, 8.7 juta penduduk melaporkan telah terlibat dalam aktiviti sukan atau senaman. Aktiviti tersebut adalah termasuk *brisk walking*, berlari, rekreasi, berbasikal, berenang, aktiviti gimnasium, zumba/ aerobik, taichi/ yoga, e-Sport, sukan lasak dan lain-lain.

Magnitud angka 8.7 juta itu menunjukkan usaha kolektif ke arah mengutamakan kesejahteraan diri dan mengamalkan gaya hidup aktif. Selangor dan Johor adalah dua negeri dengan jumlah penglibatan penduduk dalam aktiviti yang melebihi 1 juta orang, masing-masing iaitu 1.3 juta dan 1.2 juta. Kedua-dua negeri menyumbang 2.5 juta atau 28.5 peratus daripada 8.7 juta penduduk yang menjalankan aktiviti. Petaling, Johor Bahru dan Kinta merupakan daerah pentadbiran yang paling aktif dengan masing-masing 445.9 ribu, 392.5 ribu dan 339.2 ribu penduduk yang melakukan aktiviti fizikal.

Daripada 10 aktiviti sukan atau senaman yang disenaraikan dalam soal selidik, responden boleh memilih satu atau lebih sebagai aktiviti pilihan mereka. Berdasarkan penemuan menunjukkan 62.4 peratus daripada 8.7 juta penduduk aktif pada 2020 telah melakukan sekurang-kurangnya satu aktiviti fizikal, 22.8 peratus terlibat dalam dua aktiviti dan 14.8 peratus melakukan tiga aktiviti dan lebih. Rekreasi (4.2 juta orang), *brisk walking* (2.8 juta orang) dan berlari (2.1 juta orang) adalah aktiviti yang paling digemari yang menarik sebilangan besar peminat dalam kalangan rakyat Malaysia. Ini diikuti dengan berbasikal, e-Sport, zumba/ aerobik, berenang, aktiviti gimnasium, sukan lasak dan aktiviti taichi/ yoga. Populariti aktiviti rekreasi, *brisk walking* dan berlari juga dipaparkan dalam semua kumpulan etnik utama Bumiputera, Cina, India dan Lain-lain sebagai komponen penting dalam gaya hidup aktif.

Penemuan Banci Malaysia 2020 menunjukkan bahawa 61.0 peratus penduduk umur muda di Malaysia terlibat dalam sukan atau senaman dengan W.P. Putrajaya mencatatkan penglibatan tertinggi iaitu 90.2 peratus dan diikuti Selangor (80.6%). Sementara itu, 54.6 peratus penduduk umur muda di Sarawak tidak terlibat dalam sebarang aktiviti. Trend yang sama juga berlaku di Kelantan (54.1%) dan Sabah (52.9%).

Terdapat 55.0 peratus (7.3 juta) penduduk umur bekerja terlibat dalam aktiviti sukan atau senaman, manakala baki 45.0 peratus (5.9 juta) tidak terlibat. W.P. Putrajaya dan W.P. Kuala Lumpur mencatatkan komposisi penglibatan tertinggi, iaitu masing-masing pada 83.5 peratus dan 78.6 peratus. Kategori penduduk tua mencatatkan penglibatan dalam aktiviti sukan atau senaman paling rendah iaitu 33.0 peratus.

Kemudahan sukan dan senaman memainkan peranan penting dalam menggalakkan dan menyokong aktiviti fizikal dalam kalangan individu. Ketersediaan dan keupayaan untuk menyediakan sumber yang diperlukan, peralatan dan persekitaran yang kondusif amat mempengaruhi kejayaan dan keseronokan aktiviti sukan dan senaman. Berdasarkan Banci Malaysia 2020, 80 peratus responden menyatakan bahawa tempat kediaman yang dilengkapi dengan kemudahan taman permainan dan padang bola adalah dalam lingkungan 0-5 kilometer. Ia menunjukkan bahawa kebanyakannya, kedua-dua kemudahan sukan terletak berdekatan dengan tempat kediaman dan mudah diakses. Sementara itu, kurang daripada 60 peratus responden menyatakan bahawa kemudahan sukan dan rekreasi awam seperti padang golf, pusat boling, kolam renang dan stadium mini terletak dalam jarak 0-5 kilometer dari tempat kediaman.

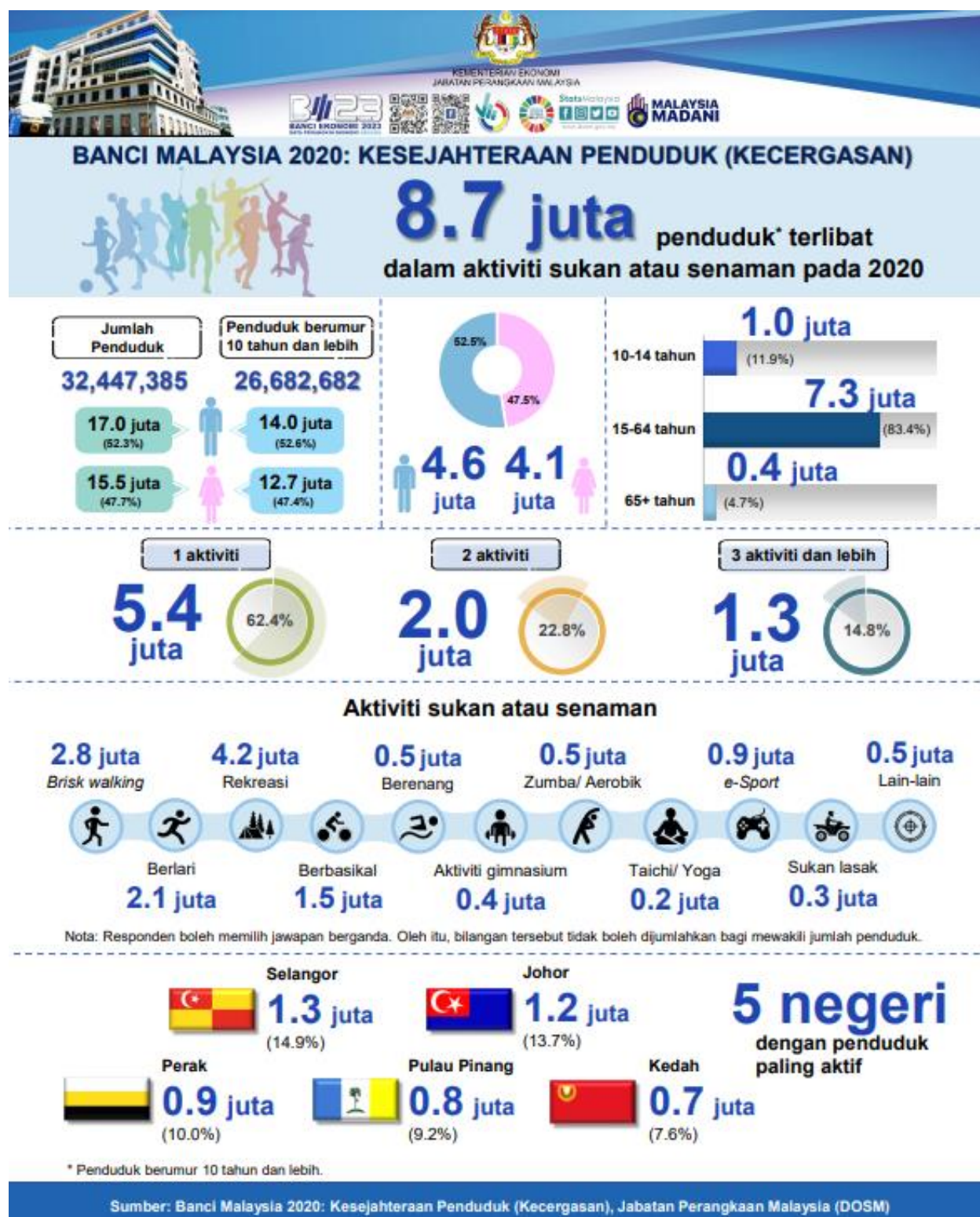
Jabatan Perangkaan Malaysia (DOSM) sedang menjalankan Banci Ekonomi pada tahun 2023. DOSM amat menghargai kerjasama daripada responden dalam memberikan maklumat kepada DOSM serta menjayakan banci ini. Sila layari www.dosm.gov.my untuk maklumat lanjut.

DOSM telah melancarkan OpenDOSM NextGen sebagai medium yang menyediakan katalog data dan visualisasi bagi memudahkan pengguna menganalisis pelbagai data. OpenDOSM NextGen ialah platform perkongsian data sumber terbuka dan boleh diakses melalui portal <https://open.dosm.gov.my>.

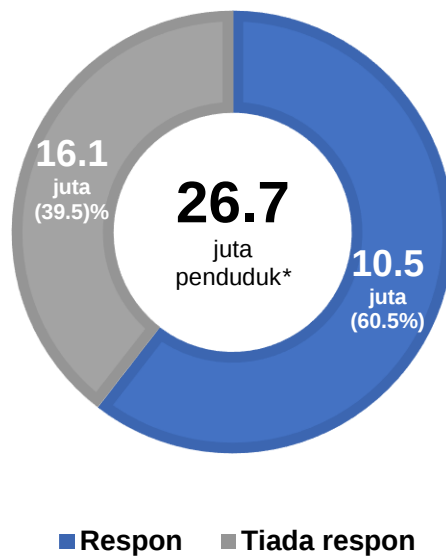
Dimaklumkan bahawa Kerajaan Malaysia telah mengisytiharkan Hari Statistik Negara (MyStats Day) pada 20 Oktober setiap tahun. Tema sambutan MyStats Day adalah *“Connecting the World with Data We Can Trust”*.

DOSM akan mengeluarkan Anggaran KDNK Awalan bermula pada suku tahun kedua 2023. Anggaran awalan ini merupakan inisiatif yang dilaksanakan oleh DOSM untuk memberikan gambaran prestasi ekonomi empat (4) minggu awal sebelum KDNK Suku Tahunan dikeluarkan.

Paparan 1: Infografik Banci Malaysia 2020: Kesejahteraan Penduduk (Kecergasan)

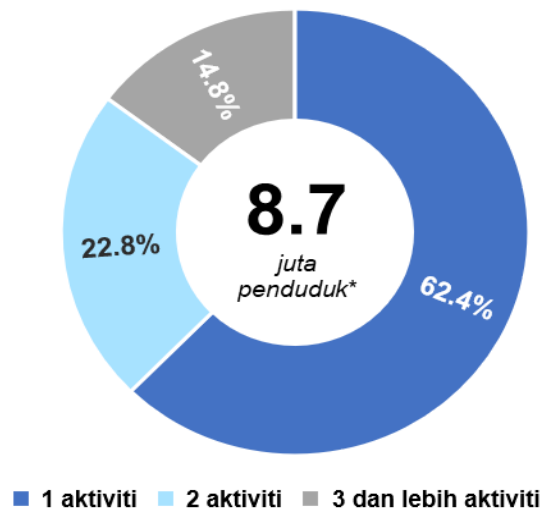


Carta 1: Peratus respon, Malaysia, 2020



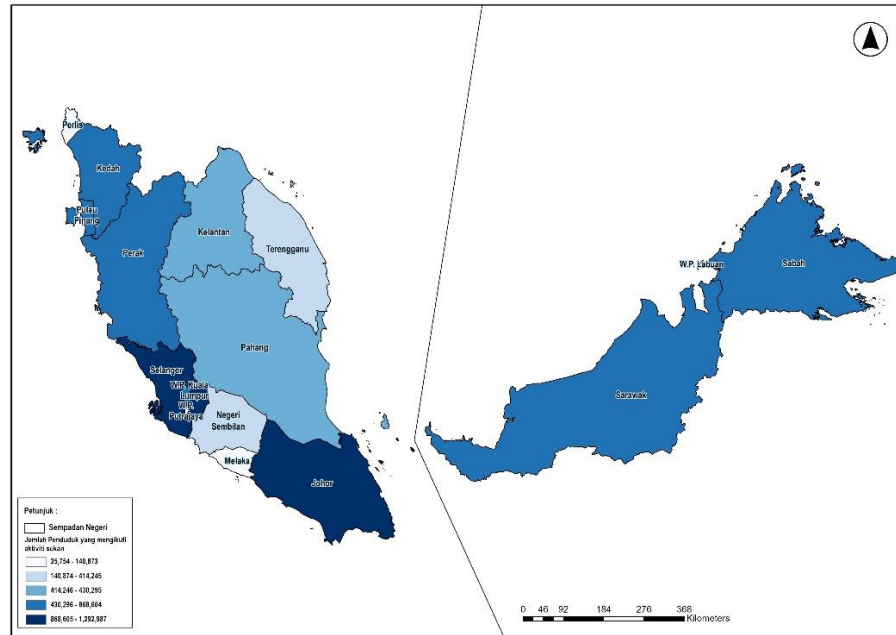
Nota: Penduduk merujuk responden berumur 10 tahun dan lebih

Carta 2: Bilangan orang terlibat dalam sukan atau senaman mengikut bilangan aktiviti, Malaysia, 2020



Nota: Penduduk merujuk responden berumur 10 tahun dan lebih yang terlibat dalam sukan atau senaman

Paparan 2: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, Negeri, Malaysia, 2020



Carta 3: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, Malaysia, 2020



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JABATAN PERANGKAAN MALAYSIA

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MINISTRY OF ECONOMY
DEPARTMENT OF STATISTICS MALAYSIA

MEDIA STATEMENT
FOR MYCENSUS 2020: POPULATION WELL-BEING (FITNESS)

8.7 million Malaysians embracing an active lifestyle in 2020 with recreation, brisk walking and running are the most preferred activities

PUTRAJAYA, 26 June 2023 – Today, the Department of Statistics Malaysia (DOSM) marks a ground-breaking achievement with the release of ***Publication of MyCensus 2020: Population Well-being (Fitness)***, the first time since the past five editions of Population and Housing Census. This landmark publication encapsulates a wealth of insights on statistics of well-being in the aspect of fitness among Malaysian in the year of 2020 based on the findings from Population and Housing Census of Malaysia 2020 (MyCensus 2020).

According to DOSM, 16.1 million respondents have responded to MyCensus 2020 fitness questions, of which 8.7 million persons were engaged in sports or exercise activities. The activities include brisk walking, running, recreation, cycling, swimming, gymnasium activity, zumba/ aerobic, taichi/ yoga, e-sport, extreme sports and others.

The magnitude of the figure 8.7 million showcased the collective effort towards prioritising personal well-being and embracing an active lifestyle. Selangor and

Johor were the two states with the number of people participating in activities surpassing 1 million marks at 1.3 million and 1.2 million, respectively. Both states represented 2.5 million or 28.5 per cent of 8.7 million persons engaged in the activities. Petaling, Johor Bahru and Kinta were the most active administrative districts with 445.9 thousand, 392.5 thousand and 339.2 thousand of population have engaged in physical activities, respectively.

Out of 10 sports or exercise activities listed in the questionnaire, a respondent may choose one or more as their preferred activity. The findings featured that 62.4 per cent of the 8.7 million active population in 2020 were participating in at least one physical activity, 22.8 per cent engaged in two activities and 14.8 per cent performed three activities and more. Recreation (4.2 million persons), brisk walking (2.8 million persons) and running (2.1 million persons) are the most favoured activities that attract a significant number of enthusiasts among Malaysians. This was followed by cycling, e-Sport, zumba/ aerobic, swimming, gymnasium activity, extreme sports and taichi/ yoga activities. The popularity of recreation, brisk walking and running activities were also reflected among all main ethnic groups of Bumiputera, Chinese, Indians and Others as their integral components of active lifestyles.

MyCensus 2020 findings showed that 61.0 per cent of young population in Malaysia engaged in sports or exercise activities with W.P. Putrajaya recording the highest participation at 90.2 per cent and followed by Selangor (80.6%). Meanwhile, 54.6 per cent of young age population in Sarawak did not involve in any activity. The similar trend were also observed in Kelantan (54.1%) and Sabah (52.9%). There were 55.0 per cent (7.3 million) of working age population engaged in sports or exercise activities, while the remaining 45.0 per cent (5.9 million) did not. W.P. Putrajaya and W.P. Kuala Lumpur recorded the highest composition of engagement at 83.5 per cent and 78.6 per cent respectively. The old age category registered the lowest engagement in sports or exercise activities

at 33.0 per cent. Sports and exercise facilities play a crucial role in promoting and supporting physical activity among individuals. The readiness and ability to provide the necessary resources, equipment and a conducive environment greatly influence the success and enjoyment of sports and exercise activities. Based on MyCensus 2020, 80 per cent of respondents declared that living quarters equipped with playground and football field facilities were within 0-5 kilometres. It shows that for the most part, both sports facilities are located nearby to living quarters and easily accessible. Meanwhile, less than 60 per cent of respondents declared that public sports and recreation facilities such as golf course, bowling centre, swimming pool and mini stadium were located within a distance of 0-5 kilometres from the living quarters.

The Department of Statistics Malaysia (DOSM) is conducting the Economic Census in 2023. DOSM greatly appreciates the cooperation of respondents in providing information and ensuring the success of this census. Please visit www.dosm.gov.my for more information.

DOSM has launched OpenDOSM NextGen as a medium that provides a catalogue of data and visualisation to facilitate users in analysing various data. OpenDOSM NextGen is an open source data sharing platform and accessible through <https://open.dosm.gov.my> portal.

Please be informed that the Government of Malaysia has declared National Statistics Day (MyStats Day) on October 20 each year. MyStats Day theme is “Connecting the World with Data We Can Trust”.

DOSM will release the Advance GDP Estimates beginning in the second quarter of 2023. These advance estimates are an initiative by DOSM to provide an overview of the economic performance four (4) weeks prior to the release of Quarterly.

Exhibit 1: Infographic on MyCensus 2020: Population Well-being (Fitness)

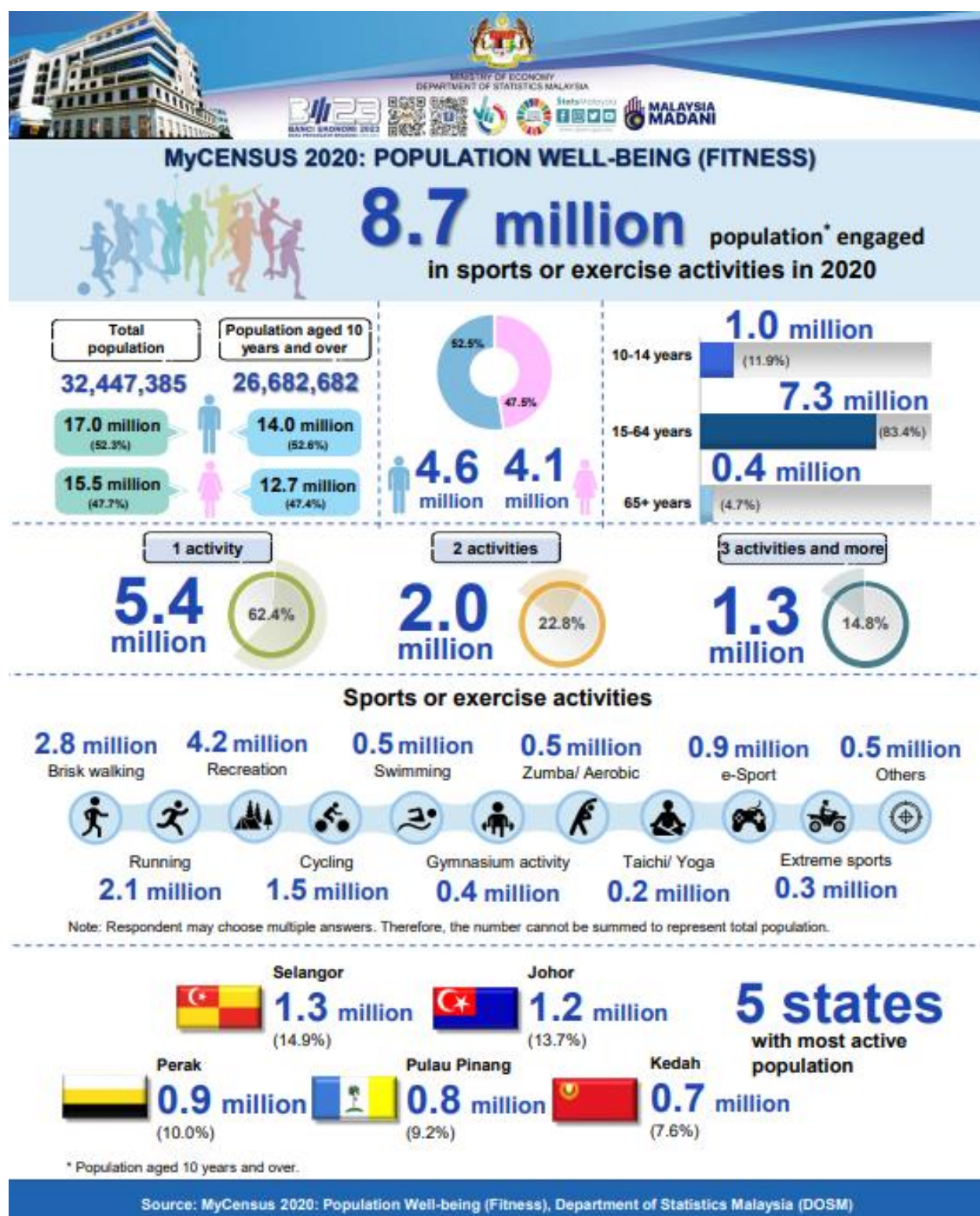
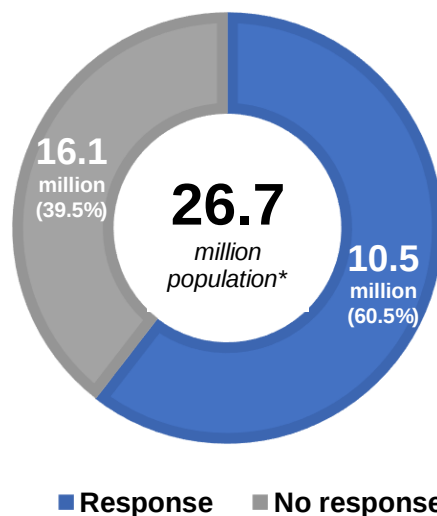
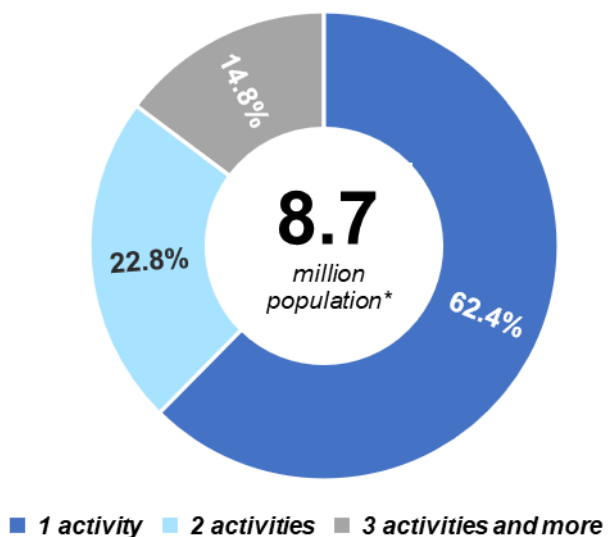


Chart 1: Percentage of response, Malaysia, 2020



Note: Population refers to respondent aged 10 years and over

Chart 2: Number of person engaged in sports or exercise by number of activities, Malaysia, 2020



Note: Population refers to respondent aged 10 years and over that have engaged in sports or exercise activities

Exhibit 2: Population aged 10 years and over engaged in sports or exercise activities, State, Malaysia, 2020

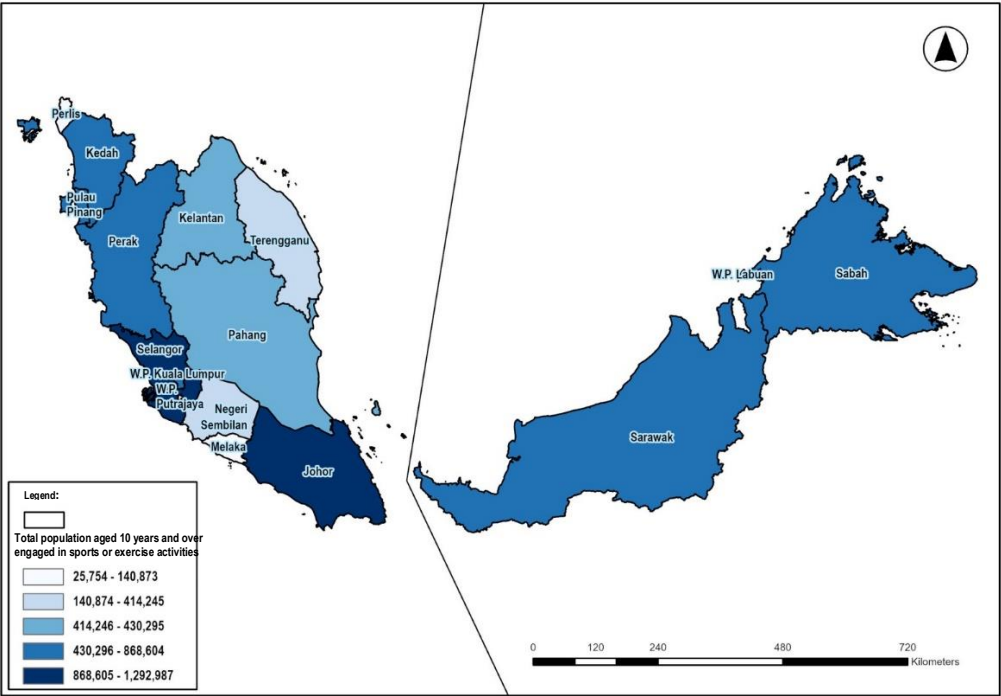


Chart 3: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, Malaysia, 2020

