

ASSESSING MINORITY ETHNIC'S PERCEPTION TOWARDS AGING PROCESS AND PHYSICAL EXERCISE IN SABAH, MALAYSIA

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Abstract

The aim of this study is to highlight on why aging and physical exercise are essential for the improvement of sustainability healthcare and sportsmanship integration policy in Sabah. It also focuses on sustainable human capital development inclusive recreational, occupational, safety and healthy concern among the governments, schools, the food industry and the social media communication. To delay aging and enhance more physical exercise as part of healthy life development strategies seen as strengths and opportunity strategies. Grounded theory methodology was used for this study which assess the thirty respondents through simulation 0.4KM running activities. Whereas, the individually group is randomly face to face interviewed. Result of this study shows that public health approaches are highly contributing to unsolved 60% health risks and in economic inequalities. Therefore, to address this problem, a sustainability of health care education needs to focus on aging prevention by giving a primary concern among the minority ethnic who is acknowledged as community in need, female, athletes who has been injured and facing career transition. Finally, organization should increase CSR on healthy life setting as well to provide future quality human capital development in Sabah and Malaysian in general.

Keywords: Aging Process (AP), Physical Exercise (PE), Sportsmanship Integration Policy (SIP), Healthy Life Settings (HLS)

1.0 INTRODUCTION

Population aging is likely to influence patterns of health care spending in Malaysia. Accordingly, the rising proportion of younger and older age is placing upward pressure on overall health care although advances in the technological capabilities of medicine have play a much larger role in Malaysia. Relatively, little is known about aging and health care costs subsidies among the minority ethnic in Sabah. In today's developing countries, the rise of modern chronic diseases (MCD) that is famously known as heart disease, cancer, higher sugar in blood or lower red blood supply occurs due to changes in lifestyle and diet as well as aging. Hence, local state and federal sustainability strategies and healthcare initiatives to delay aging and increase physical exercise activities inter organization, tertiary education, institution and residential area to promote sportsmanship gold medal team spirit as well as solidarity among the minority ethnic in Sabah, Malaysia.

1.1 Background of the study

The background of this study is to assess the minority ethnic’s perception towards aging and the benefit of physical exercise in Sabah, Malaysia. The purpose of this study is focusing on three objectives. Firstly, to assess the minority ethnic’s perception towards aging process in Sabah, Malaysia. Second, is to explore the physical exercise benefit to the minority ethnic in Sabah, Malaysia. Third, is to describe the potential of sustainability of healthcare as part of minority ethnic’s best strategies to delay aging, physical exercise enhancement and to survive in Sabah, Malaysia.

1.2 Issue

The issue of death in 2016 heart diseases due to artery blockage totaling 13.2%, followed with female heart diseases amounting 9.9% and malignant breast cancer estimated as 3.8% in Malaysia. There are also increasing hormonal regulation which may be go along with the reproduction principally androgens for male and estrogens for female comprises of more than ninety sub section of the hormonal issues. This shows there is a big gap between male and female’s damages cell replication which leading them having career transition and age faster as in line with MCD. Hence, this requires them having future sustainable support for their long-life sport career and healthy life setting in Malaysia as illustrated in Figure 1.

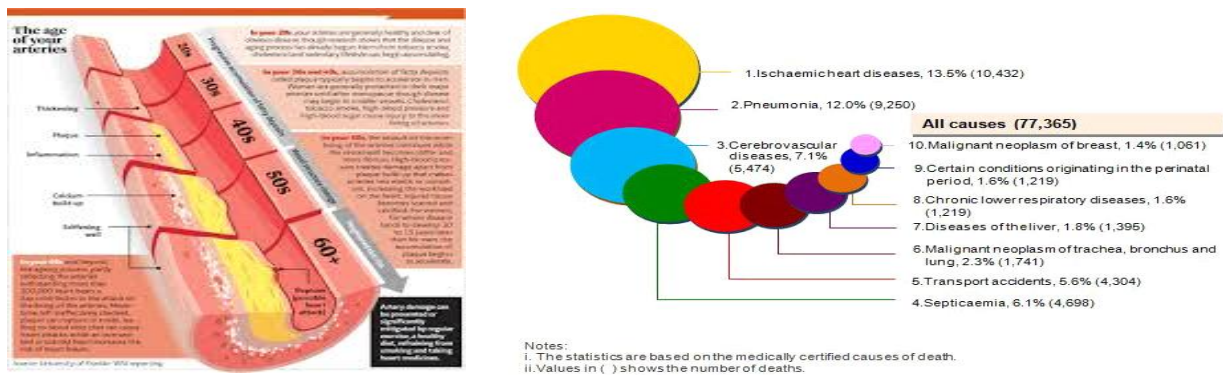


Figure 1. Artery blockage and other modern chronic diseases in line with aging process

Table 1: Sabah population growth and water borne diseases development for the year 2010 until 2013

No.	District	Growth	2013	Water & Air Borne Diseases	2010	2011	2012	2013	JKNS Expenses 2010-2013	
1	Kota Kinabalu	5.58	433,100	Human Malaria	2,644	2,032	2,057	1,606	2010 24,400,000	
2	Penampang	4.54	142,100	Dengue DF/DHF	2,091	402	762	724	2011 26,843,000	
3	Papar	4.18	158,600	Japanese Encephalitis	3	1	3	2	2012 28,700,000	
4	Tuaran	2.78	115,300	Yellow Fever	0	0	0	0	2013 32,781,000	
5	Ranau	3.98	157,900	Hawar Plaque	0	0	0	0		
6	Kota Belud	2.40	98,400	Scrub Taifus	0	0	0	0		
7	Kudat	2.19	84,800	Chikungunya	191	11	0	2		
8	Kota Marudu	3.55	72,800	Kalaazar	0	0	0	0		
9	Pitas	2.68	44,300	West Nile Fever	0	0	0	0		
10	Labuk Sugut	2.92	180,300							
11	Sandakan	4.03	426,000							
12	Kinabatangan	7.11	163,100							
13	Lahad Datu	3.10	220,700							
14	Tawau	2.44	415,600							
15	Semporna	1.83	139,600							
16	Kunak	2.19	69,100							
17	Keningau	5.55	190,700							
18	Pensiangan	1.98	34,800							
19	Tenom	2.18	60,500							
20	Tambunan	3.83	37,800							
21	Beaufort	2.62	81,800							
22	Sipitang	2.06	42,200							
23	Kuala Penyu	1.62	22,500							
24	Tongod	4.86	41,000							
25	Putatan	-	66,800							
SABAH STATE		3.83	3,428,000							

Source :
Vector Diseases Report For State of Sabah (2010-2013)

Table 1 illustrates that there are twenty five districts surrounding the Sabah state, Malaysia having the population amounting 3,428,000 estimated having physically, emotionally stress and environmental pollution hazards affecting the human's health and sports performance. Whilst, the water pollution incurs some chemical properties reading foreseen gaps to convert the solid waste material becoming new renewable energy production.

In short, environmental hazard can be a threat example Water and Air Borne Diseases Sources Obtained From: Vector Diseases Report for State of Sabah (2010 – 2013). Although, there is human's threat in the longer run, there is still another productivity to treat the material through chlorination to kill the bacteria. But, however, if the boiling water temperature rise up to 100 Celsius it may also create another by product as an agent cancer that can be summarized as ecological diversity illustrates in Table 2: Water and Air Borne Diseases Sources Obtained From: Vector Diseases Report For State Of Sabah (2010 – 2013).

The potential of economic and societal costs of MCD, will give impact on economic growth and affecting the income of low and middle income countries for example in inclusive sport injuries among the athletes.

Whether older people spend more years in the labor market will also depend on which institutions value older workers. It is seen as strength, weakness, opportunities and threat for whom acquiring new skills. This adjustment in changing working environment either at government body or private institution will increase the resources for older people that can help them in delaying aging and increase cognitive functioning contribution especially among female (Wilkinson and M.M 2003, Andrushko 2014, Paul 2016, Stinnett and FG 2016).

In 2020, Malaysia estimated to produce 16.2 million of male population and female population which is expected to have 17.5 million (Report.com, 2016). Everyone needs to be healthy and to do well in life. The better our brain is the more concern we are on how to obtain quality food, safety and environmentally friendly and quality healthcare in relation with diet, exercise, water for drinking and ecological recreational facilities system to upbringing sportsmanship communication in Malaysia. Critiques of human are health and sport performance always pointing to the incidence of physical exploitation and sustainability of health care as well as having long life career. *“Just imagined every day you are busy to do work, lecturing, publish papers, travel to overseas and earning RM1,800 per month that influence you are having difficulties to exercise due to locations, time and proper attire and maximum comfortable shoes with technological facilities gym in door and out-door training”*. (Malkinson 2014). Therefore, the benefit of this study is upbringing sport career and healthy life communication among the minority ethnic in Malaysia. Direction of this study is to assess the aging process and to explore *‘Physical Exercise’* in Sabah, Malaysia. Also, to describe sustainability of health care and social integrative communication that can be used as variable parameter of these 30 case studies in future. Considering on focus group limitations thereby there is concern for sustainability education on health care among the community in need, female and organization. Thereby, by venturing CAM Complementary alternative care promotion it may improve effectiveness of our nation’s healthy life setting development in Sabah, Malaysia.

2.0 LITERATURE STUDY

Literature explains the importance of empirical anthropology and phenomenology for making research newness updated and building more knowledge to lead everyone think why becoming community in need. From early childhood, there is an increasing hormonal regulation. In the pre-pubertal stage from about 8 years onwards, the genitals and breasts become more responsive to adrenal hormones and begin to develop and grow from 8 years old onwards. The growth hormones begin to develop. The pituitary gland secretes hormones which in turn act on the reproductive organs to release hormones for reproduction, principally androgens in boys and estrogens in girls may lead to an emotionally unprepared youngster of obsessional personality to regard her body as dirty (Nicholas and Baer 2007, Ramos 2017, Jones 2018).

2.1 Aging

The literature on aging describing the relationship on morphological and physiological alteration should be apply on the brain. This connection causing delay movement and thinking. Based on Marika & 2 authors (2013) they argued that out of 130 participants, they have highlighted that there are benefits of physical exercise to delay aging process. The reason being is because motor planning in adult ranging from 35-40 years old reveals proactive community hot thinker compare to less likely to elderly adult who aged above 69 years old (Berchicci, Cucci et al. 2013).

However, most people would say that the beginning coincides with the biological process of puberty, but the end may be variously evaluated on various factors that pressure the parents or guardian parents: a. Physical b. Economic c. Political d. Educational e. Social f. Psychological. In Kadazan cultures, the one set of adolescence is clearly signaled by puberty rites, usually in the form of initiations, tests of strength and

courage and even ordeals acknowledgement ceremony such as “Momoiboi” or “Engagement” followed with “Sovoon” or “Wedding Day” with adat ceremony.

However, due to current technologically sophisticated society, there is struggling moment without payment for the event value costs as a symbolic to repay back the parents’ sacrifices completing their daughter’s attainment as an adult matured status. It is difficult to describe a typical challenge especially the sub urban, rural area and urban area, both boys and girls are experiencing past childhood experiences, family’s ethical values, religious orientation and the socio-cultural group that they are belongs to. Due to increase in height and size results from intrinsic and extrinsic factors (W. Devokota 2008).

Why do people age faster causing them less exercise? This is because when people get aging symptom like having dizziness, unable to sleep, heavy weight, and unfit condition due to muscle injuries or having respiratory problem such as nose sensitivity. These symptoms may lead them unable to focus on physical exercise. Physical exercise has been well demonstrated as an effective antiaging intervention. Although exercise certainly cannot reverse the aging process, it does impacts the cellular, cognitive, muscular strengths and immune development system. In other words, aging process can be delayed if they are having an adequate immune system that supported with accessibilities, affordability to obtain facilities, logistic, technology, food supplements, water purification systems as part of healthy life setting accommodation to the minority ethnic (ME). These urgent actions ensure people to be always active in life and motivated to improve their emotional intelligence skills, sportsmanship spirit, becoming more independent to live and achieving economic equality in Sabah (H. Pareja-Galeno, N. Garatachea and A.Lucia (2015) "Exercise As A Polypill For Chronic Diseases." *Progress In Molecular Viology and Translational Science*, Vol 135, pp. 497-526).

2.3 Physical Exercise

Physical exercise seen as benefits for healthy body enhancement. It improves cognitive memory coordination and to delay aging as well as oxidative stress. While exercise, any part of the human body muscle may be strengthening its cardiovascular system. It is very important to practice daily physical exercise to boost our immune system and improving our food digestion as well as avoiding from modern chronic diseases (MCD) (Jones & G, 2018).

Hence, by following the process of having aerobic exercise for 15 minutes before 0.4KM run Figure 2, it helps us to maintain body stamina and running or working speed performance. Aerobic conditioning is a process to increase an oxygen intake into human’s lungs and to keep up healthy body metabolism. A stronger heart does not pump more blood especially when there is a higher “LDL” low density cholesterol. Example Table 2.2 the diagram explains that by exercising it improves human’s respiratory system (Lang & B, 2014).

As professional trained cyclists athlete like Miguel Indurain has proven that 28 beats per minute and Lance Armstrong produced 32 beats per minute. This evidence shows the importance for this research which relatively silence to assess the sportsmanship involvement among the minority ethnic comprises of younger to elderly population should be continuously assessing their health lungs, blood pressure, physical level and speed performance making them more educated towards healthy life and physical exercise benefits at least quarterly competition in the 0.4KM run, athletic, track and field as continuous event in Sabah and whole Malaysia (House, et al., 1990).

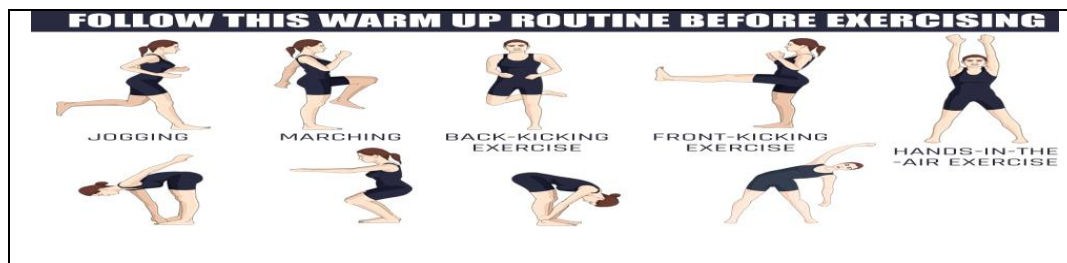


Figure 2. Warming up physical exercise coordination

3.0 METHODOLOGY

3.1 Grounded theory methodology

The grounded theory which used in this study enable researcher to collect data through interview, decoding and video decoding. This is in line with Strauss (1992) which explain that it is significant validity and reliability in data collection per project basis. Another aspect, more in depth richness data will be gather through this method. Data collected were assisted with computer technological transcriber in order to assess minority ethnic's perception towards aging and healthy life setting. It will help researcher to identify their perception to upbringing succeed in sport career development in relation with level of intake comprises of diet (J Trabuasi, 2001), exercise (Stand, 2009), water (E Jequier, 1997) and other ecology recreational activities among the community in need, female and organization that had been achieved success performance but facing some impacts of mild dehydration on wellness (Maughan, 2003), delays challenges in their older adults achieving quality of life (A Drownowski, 2001).

3.2 Research Design

Research design is the structure planning for assessing the minority ethnic's perception towards aging process and sportsmanship diversity in Sabah, Malaysia which can be visualized as follows.

3.2.1 Preliminary social developmental for the community in need case study

This study is using preliminary social developmental for the community in need as part of recruitment strategy identifying and enrolling the minority ethnic's volunteerisms' spirit. Ideally, the local assessor and team management collaboration will be screened out by the municipalities and head of department that certify the number of people to be recruited for the event. Also, to obtain the locations' accessibilities to volunteer researcher through other ecological, healthy life and sportsmanship method strategies (Hancock, 1996).

3.2.2 What If the Collaboration Inadequate Resources

If the collaboration shown inadequate resources from the original plan, then researcher as project manager may change the event and recruitment strategy as long as the proper sports diplomacy approvals are obtained within the control of health, ecology, society policy integration and sponsored organization (Malkinson & T, 2014).

For example, food, logistic, operational administrator, safety for every athletes or volunteer participants who meet a different set of criteria need to be discussed through several meetings and community ethics approval. Because of the limited time frame for data collection, every team member needs to work closely with the site principal assessor and community in charged. Another explanatory, in order to make

sportsmanship continuously understood, respected and practiced such as super bowling, wheel chair basketball, running athletic, football, swimming, tennis, badminton, riding horse and so forth towards sustainability of health and care development strategies (Kollasch & K, 2017).

3.2.3 What If the Disagreement Recommendations

It is important for this research to refer to respect accountability and professionalism for guidance or advice of academicians, local experts as well as community leaders. Every community member may hold community leaders and local organization responsibility. However, if any misunderstandings, external and internal problems which prevalence for aging and sportsmanship diversity such as the behavior from the team collaborators as a one voluntary team spirit. Ideally, close consultation with community leaders, academicians and policy makers should progressively to include minority ethnic as part of the community in need, female and organization. However, an interdisciplinary team comprises of minority ethnic and disability population often seen as the large gaps for “*Healthy Village Healthy Cities*” the 21st century. Planning should be flexible which can be modified from time to time may be fruitful to benefit to the younger to older generations from participating in 111 days eco health disabilities awareness days and survival camp project management.

In other words, this education simulation activities emphasize several identifications on input SWOT of ecological diversity, exploration on physical exercise management as well as describing what is the best strategies for the participant groups recommendation for their aging prevention, human capital development and physical exercise techniques.

Therefore, there will be six modules such as analyzing words, multidimensional scaling of informants based on formal or informal structural sampling coding or decoding analysis, cognitive maps, finding themes, building theoretical conceptual models, grounded theory (Barnett, 1992) and schema analysis (M, 1980) in this research methodology which requires support from all top management from several policy makers, institutions, residential and organization to have sport competitions at the national or international level or both for this 111 Days Eco Health Disabilities Awareness Days and Survival Camp as a theme for building social ecological for upbringing quality labors as a part of contribution on CSR Corporate Social Responsibility improvement unproductive human capital development which at the same time increasing our nation healthy life setting promotion development in Sabah which seen silence in Malaysia.

3.2.4 Theoretical framework analysis

After completing the preliminary case study, in depth interviews, completing a literature survey and defining the problem, researcher may ready to develop a theoretical framework. A theoretical framework is a conceptual model of how one theorizes or makes logical sense of the relationships among the several factors that have been identified as important to the problem. To establish a causal relationship, there are criteria must be fulfilled. Firstly, it is necessary to demonstrate the interrelationships among the variables which represent by the main predictors influencing factor of the assessment situation as explained in Figure 3. From the theoretical framework, then testable hypotheses or predictors can be developed to examine whether the theory determinants of minority ethnic’s life sustainability as well as to ascertain improvement the dynamic understanding measurement of Demographic (i) Distance of Running, (ii) Speed of Productivity, (iii) Sportsmanship Performance, (iv) Blood Pressure.

Table 3. Theoretical framework significant

**THEREOTICAL FRAMEWORK DESIGN
SUSTAINABILITY OF HEALTH CARE
: RE-ADDRESS AGING PREVENTION (AP), HUMAN CAPITAL DEVELOPMENT (HCD),
PHYSICAL EXERCISE MANAGEMENT (PEM) FOR COMMUNITY IN NEED, FEMALE & ORGANIZATION'S (CINFO)
SPORT CAREER & HEALTHY LIFE SETTING THROUGH GROUNDED THEORY (GT)
BASED ON SECONDARY DATA (2014-2019) ACROSS 30 CASE STUDIES IN MALAYSIA**

INTRODUCTION
In 2020, Malaysia Estimated To Produce 16.2 Million Of Male Population And Female Population Is Expected To Have 17.5 Million (Statisticin2016.com, 2016). This Shows There Is A Big Gap Between Male And Female's Future Long Life Sport Career And Healthy Life Setting In Malaysia

Earlier Reports In 1940 Shown That Japan Is The First Country Concern On Social Ecology Of Health Promotion. Nicoletti, 22 August 2016 Commented That Blue Green Algae Seen As A Positive Effects To Enhance Future Sustainable Food Coupon Development For The Country. There Is A Change In Behavior Is Needed In Youth Sport To Ensure Injured Players Do Not Fit For Sport Performance. The Attitude Of Youth Athletes Themselves Regarding Sports Injuries Has Also Been With A Study Of All Age Groups In New Zealand Community Football That Reported 61% Of Players Scandinavian Journal Of Medicine & Science In Sports, 20 (2009)



Public opinion survey

92% of the public find it important to work in a green environment

82% of the public find it important to have green spaces

80% of the public find it important to have green buildings

History of Spirulina
A German Algae scientist, Dr. Oswald discovered the existence of the spiral shaped algae and named it Spirulina.
Dr. Oswald of France in 1962 found that the German/France people living around Lake Chad in Africa had stronger health than other colored people at that time, despite poor living conditions and limited resources.
German people eat a blue green algae found floating on the lake's surface. The algae was spirulina.




SIGNIFICANT OF STUDY
Sustainability Of Health Care (SHC) And Social Integrative Communication (SIC) Shows That There Is Contribution In Aging Prevention (AP), Human Capital Development (HCD) And Physical Exercise Management For Community In Need, Female And Organization (CINFO). Therefore, The Benefit Of This Study Is Unbringing Sport Career And Healthy Life Communication Among The CINFO In Malaysia.

The first significance of this study is to attempt a record keeping The significance of this study may create social determinants of health care (Porter, 2010 & 2017) record keeping with the therapeutic exercise for muscle injury, motivate the community in need, female and organization by accommodating new subsidy allowances [logistic, food supplement, sports attire or shoes] and sustainable development.

In order to develop healthy recreational area, it recommends to design a healthy landscaping green sporty area that may create placebo cognition systems at best resources (Waldhelm, 2012) (S., 1989) (Stuhler, 2008) materials. Such as educational rehabilitation recovery center combining sport recreational ecological to validate as well as increasing healthy life promotion (Stokols, Establishing and Maintaining Healthy Environments : Toward A Social Ecology Of Health Promotion, 1992) as the second significant of this study.

Moreover, the third significant of this study is to provide lessons plans to provide students having the abilities to reduce dizziness such as leg injury, emotional trauma having hormone disorder, low self esteem, lacking of sleep, lacking of interest to lose weight, unconscious with work attendance and so forth. At the same time, this study having less proactiveness in sport performance probably may offer opportunities to reach researchers, decision policy makers and academicians to serve sustainability of health care as important settings for specific sub populations relates to age 16 years until 80 years old.


12 TIPS TO BE HEALTHY



PROBLEM STATEMENT
The physical exploitation with concerns related to training techniques and handling of injuries. Another point is the second which appears to be a growing phenomenon in residential and organization area that the imposition of body touch, wording communication humiliation, weight limitations may development of unhealthy life style especially eating disorders and wearing sports attire that can be uncomfortable. There are following concern relating to many athletes always disturbing females concentration due to the body type and image which can turn to preoccupation with oxidation stress due to over drinking alcohol or sweets drinks or over eating habits / behavior which seen as need for physical(Giles, 2016) sustainability by using health care promotion daily allowances. Below examples are some of the causes why the targeting population always having the characteristics of dizziness:
"I was uncomfortable with the stress on body type. We were weighed every week it drives me crazy and made me worry about our weight and speed performance. I was paranoid about gaining weight and losing the sports competition. I cannot take it when my coach starts trying to put me down and always massage my back making uncomfortable feeling"

METHODOLOGY
These special issues will be examined based on the secondary data (2014-2019), using grounded theory (Barney G, 1965) (Basch, 1987) (EH Bradley) (Sharan Merriam, 2008) (GT) which could focus on delay policies, technology communication, economics constraints, physical gender exploitation endeavour conflict relationship and healthy life setting gap among the female for future gender sport career differences, exercise or hormonal regulation or energy calories intake

RESULT DISCUSSION
Discussion and observation on indoor and outdoor ecological recreational settings shows 60% complex differences result foreseen continuous development assessment methodology (LB Liu, 1998 & 2018) (S Hean, 2012) (Travis, 2017).



CONCLUSION
Finally, in order to achieve quality control healthy settings promotion in depth understanding among the CINFO that can be beneficial for our nation

INDEPENDENT VARIABLE OR IDENTIFICATION OR INPUT FACTOR (IMPACT OF ECOLOGICAL DIVERSITY (2015-2017))

Ro1 - Identification On Swot (Strength, Weaknesses, Opportunity, Threat) Impacts Of Ecological Diversity In Relation The Needs Of Balanced Diet (Food Supplement), Exercise, Drinking Water And Ecological Recreational Activities In Aging Prevention, Human Capital Development And Physical Exercise Management For Unbringing Community In Need, Female & Organization's Sport Career & Healthy Life Setting Promotion Through Grounded Theory Based On Secondary Data (2014 - 2019) Across 30 Case Studies In Malaysia



RO2 - Exploration On Physical Exercise Management Overview (PEMO) (RO2)
In Aging Prevention, Human Capital Development And Physical Exercise Management For Unbringing Community In Need, Female & Organization's Sport Career & Healthy Life Setting Promotion Through Grounded Theory Based On Secondary Data (2014 - 2019) Across 30 Case Studies In Malaysia



60 - 70% Sedentary
20 - 30% Light
< 5 - 10% Mod-Vig/ PA

Dizziness Signs & Symptoms



4.0 RESULT AND DISCUSSION

4.1 Finding for aging gaps and physical exercise

The Table 2 explains that question asked any aging gaps? The 30 (thirty) respondents answered sometimes having aging gaps only two (2) respondents answered none and seven (7) answered 'Yes'.

Whereas the continuous question represents by the question "Any physical exercise lately?". "None" answer shows the highest rating amounting 16 and the lowest is 5 which explains the younger to elderly aged 16 years old until 80 years old are prevalent to physical exercise in Sabah.

Table 2. Count of respondent by any aging gaps? and any physical exercise lately?

Count of Respondent	Any Physical Exercise lately?	
	None	Yes
Sometimes	2	7
Yes	16	5

4.2 Finding for summary in-depth interview analysis

Table 3 describes that out of 30 (thirty) respondents, R28 answered "Yes" with the question any aging gaps. Also, answered "Yes" the question any physical exercise lately. Next, question any healthcare benefits? He answered "Yes". Additionally, he answered "Yes" the question any balanced diet lately? Moreover, he has answered "Yes" towards the question any drinking water in the last four hours? R28 has proven that all the answers yes determine his speed accuracy 4.4 minutes as part of sportsmanship integration with other healthcare benefits which declares that having strong correlational with the sustainability model integration with diet, exercise, drinking water and innovation of psychological as well as food supplement healthcare. R28 shows the positive demographic profile background relationships towards building human values competency performance as the first winner for the 0.4KM.

Table 3. Summary in-depth interview towards aging, healthcare, balanced diet, drinking water and physical exercise in Sabah through 0.4km run RBH analysis result

	Any Aging Gaps?	Any Physical Exercise lately?	Any Healthcare Benefits?	Any Balanced Diet lately?	Any Drinking Water last four hours ago?	Speed 0.4KM
R1	Yes	None	Yes	Yes	None	5.5minutes
R2	Sometimes	Yes	Yes	Yes	None	5.5Minutes
R3	Yes	Yes	None	None	None	5.2Minutes
R4	Yes	None	None	None	Yes	5.1Minutes
R5	Sometimes	Yes	Yes	Yes	Yes	5.1Minute
R6	Sometimes	None	None	Yes	Yes	5.11Minute
R7	Sometimes	Yes	Yes	Yes	Yes	4.9Minute
R8	Sometimes	Yes	Yes	Yes	Yes	4.9Minute
R9	Yes	Yes	None	None	None	6.0Minute
R10	Yes	None	None	None	None	5.15Minute
R11	Yes	None	None	None	None	5.15Minute
R12	Yes	None	None	None	None	5.30Minute
R13	Sometimes	Yes	Yes	Yes	Yes	4.7Minute
R14	Sometimes	Yes	Yes	Yes	Yes	4.8Minute
R15	Sometimes	Yes	Yes	Yes	None	5.32Minutes

R16	Yes	Yes	None	None	Yes	5.10Minute
R17	Yes	None	Yes	None	None	6.1Minute
R18	Yes	None	None	None	None	6.1Minute
R19	Yes	None	None	Yes	None	6.25Minute
R20	Yes	None	None	None	None	6.25Minute
R21	Yes	None	None	None	None	6.40Minute
R22	Yes	None	None	None	None	6.45Minute
R23	Yes	None	None	None	Yes	6.2Minute
R24	Yes	None	None	None	Yes	6.2Minute
R25	Yes	None	None	None	None	6.42Minute
R26	Yes	None	None	None	None	6.0Minute
R27	Yes	None	Yes	Yes	None	4.85Minute
R28	Yes	Yes	Yes	Yes	Yes	4.4Minute
R29	Sometimes	None	None	None	Yes	5.86Minute
R30	Yes	Yes	None	None	Yes	5.00Minute

5.0 CONCLUSION

The observation result of this study shows that public health approaches are highly contributing to unsolved 60% health risks and in economic inequalities. Therefore, to address this problem, a sustainability of health care education needs to focus on aging prevention by giving a primary concern among the community in need, female and organization to increase healthy life setting as well to provide future quality human capital development in Sabah and Malaysian in general.

As for the conclusion, there are numerous researches focusing on aging gaps and physical exercise benefits. While, there are some evidence is valuable that not being highlighted clearly in Sabah and whole education in Malaysia towards aging gaps, physical exercise and sustainability healthcare modelling in relation with healthy life setting educational promotion among younger to older population aged 16 years until 80 years old to outreach disabled at social welfare home, athletes at residential, tertiary education, undergraduate, postgraduate and working adult. Finally, current quality improvement initiatives development on a community knowledge translation improvement on healthy body muscle and recovery in brain injury seen to be highlighted as a best practice in the areas of physical activity to delay aging as well as modern chronic diseases like high or low blood pressure or overweight.

6.0 FUTURE WORKS

Practicing balanced diet, exercise, drinking water as well as spiritual development are having strong continuous development towards the impacts of ecological diversity and exploration of physical exercise management overview experienced by the organization, female and community in need's perception. Athletes, chemists, environmentalist and epistemologists acknowledge that qualitative research which is relevant to the applied science thorough understanding towards diet, exercise, water and ecological mind recreational which not easily measured.

Therefore, in future research, researcher or postgraduate students should look into sustainability of health care as a broad discipline with the real insight professional education, upbringing environmental, technology to social integrative sport career communication and increasing the healthy life setting promotion management which correlates with level of intake based on standard safety.

Lastly, the data of this study should be used by related ministry in implementation sustainability of health care in delaying aging and enhancing physical exercise as a primary concern by the whole tertiary education, college, university and organization in Malaysia using sports as a tool for national unity which exclude East and West Malaysian differences.

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