KEMENTERIAN EKONOMI
JABATAN PERANGKAAN MALAYSIA

BANCI MALAYSIA 2020:
KESEJAHTERAAN PENDUDUK (KECERGASAN)

MyCENSUS 2020:
POPULATION WELL-BEING (FITNESS)

JABATAN PERANGKAAN MALAYSIA
DEPARTMENT OF STATISTICS MALAYSIA

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2020

Pemakluman

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 mengistiharkan 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.

Announcement

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.

Diterbitkan dan dicetak oleh / *Published and printed by*:
Jabatan Perangkaan Malaysia
Department of Statistics Malaysia
Blok C6, Kompleks C,
Pusat Pentadbiran Kerajaan Persekutuan
62514 Putrajaya,
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Harga / *Price*	:	RM40.00

Diterbitkan pada Jun 2023 / *Published on June 2023*

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Pengguna yang mengeluarkan sebarang maklumat dari terbitan ini sama ada yang asal atau diolah semula hendaklah meletakkan kenyataan berikut:

“Sumber : Jabatan Perangkaan Malaysia”

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ISBN 978-967-253-699-4

KATA PENGANTAR

Jabatan Perangkaan Malaysia mencatatkan satu kejayaan baharu dengan keluaran Penerbitan Banci Malaysia 2020: Kesejahteraan Penduduk (Kecergasan) buat pertama kali sejak lima edisi Banci Penduduk dan Perumahan yang lalu. Penerbitan ini menyediakan maklumat tentang statistik kesejahteraan bagi aspek kecergasan dalam kalangan penduduk Malaysia pada tahun 2020. Statistik ini menjadi asas kepada dasar dan program masa depan bagi membudayakan gaya hidup aktif untuk negara.

Statistik dalam penerbitan ini memaparkan penduduk berumur 10 tahun dan lebih yang terlibat dalam aktiviti sukan dan senaman. Responden boleh memilih jawapan daripada 10 pilihan aktiviti sukan dan rekreasi, yang mana jawapan berganda adalah diterima. Tambahan pula, individu boleh memilih jawapan ‘tiada’, menunjukkan gaya hidup tidak aktif. Statistik terperinci dipaparkan mengikut profil demografi iaitu jantina, kumpulan umur dan kumpulan etnik serta mengikut jenis aktiviti sukan dan senaman di peringkat daerah pentadbiran dan negeri.

Penerbitan ini mengandungi lima bahagian iaitu infografik, ringkasan penemuan, jadual, nota teknikal dan lampiran bagi membantu pengguna memahami statistik. Melalui penemuan daripada penerbitan ini, DOSM berhasrat untuk memberi impak yang berterusan merentasi landskap akademik yang lebih luas dan membantu agensi kerajaan untuk membangunkan dasar dan program yang berkaitan serta menyediakan kemudahan untuk 'rakyat’. Kekayaan data ini dapat digunakan untuk penyelidikan dan analisis lanjut.

Jabatan merakamkan setinggi-tinggi penghargaan atas kerjasama dan sumbangan yang diberikan oleh semua pihak dalam menjayakan penerbitan ini. Setiap maklum balas dan cadangan untuk penambahbaikan penerbitan ini pada masa akan datang amatlah dihargai.

DATO’ SRI DR. MOHD UZIR MAHIDIN
Ketua Perangkawan Malaysia
Jun 2023

PREFACE

The Department of Statistics Malaysia marks a new milestone with the release of MyCensus 2020: Population Well-being (Fitness) for 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 for the year of 2020. The statistics serve as a basis for future policies and programmes to inculcate active lifestyle for the whole nation.

The statistics in this publication featured the number of population aged 10 years and over which engaged in sports or exercises activities. A respondent may choose an answer from 10 type of sports or exercises activities which multiple answers are allowed. Furthermore, a person may opt for 'none' as an answer, indicating an inactive lifestyle. The detailed statistics are presented by demographic profile namely sex, age group and ethnic group as well as by type of sports or exercises activities at the level of administrative district and state.

This publication consists of five parts that have focused on the infographics, summary of findings, tables and technical notes and appendices to facilitate users in understanding the statistics. Through the findings and discoveries from this publication, DOSM aims to make a lasting impact across the broader academic landscape and assisting the government agencies to develop relevant policies and programmes as well as providing facilities for the 'rakyat'. There are wealth of data for further research and analysis.

The Department gratefully acknowledges the cooperation and contribution rendered by all parties in making this publication a success. Every feedback and suggestion towards improving future publications is highly appreciated.

DATO' SRI DR. MOHD UZIR MAHIDIN
Chief Statistician Malaysia
June 2023

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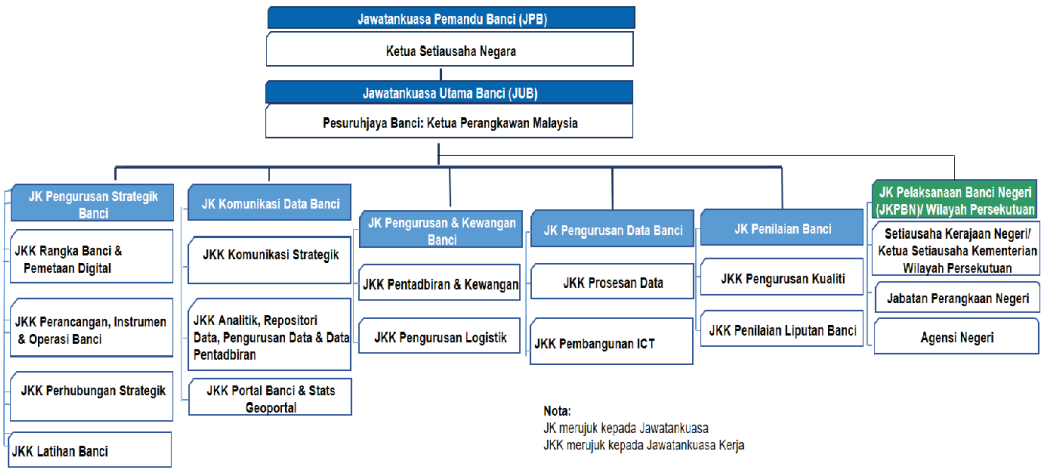
PENGENALAN

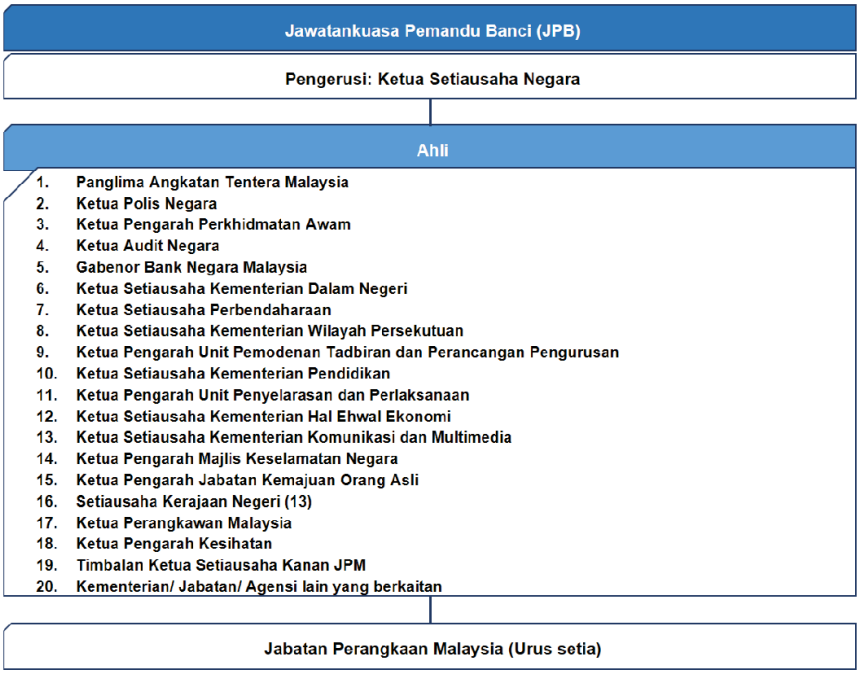
Banci Penduduk dan Perumahan Malaysia 2020 (Banci Malaysia 2020) merupakan banci keenam dilaksanakan sejak penubuhan Malaysia pada tahun 1963. Pelaksanaan banci kali ini adalah sejajar dengan *Resolution on 2020 World Population and Housing Census Programme* yang dipersetujui pada 10 Jun 2015 oleh *United Nations Economic and Social Council* yang menyarankan setiap negara ahli melaksanakan Banci Penduduk dan Perumahan sekurang-kurangnya sekali bagi tempoh 2015 hingga 2024.

Mesyuarat Jemaah Menteri pada 12 Julai 2017 telah bersetuju supaya Jabatan Perangkaan Malaysia (DOSM) melaksanakan Banci Malaysia 2020. Tadbir urus Banci Malaysia 2020 terdiri daripada Jawatankuasa Pemandu Banci yang dipengerusikan oleh Ketua Setiausaha Negara dan Jawatankuasa Utama Banci yang dipengerusikan oleh Ketua Perangkawan Malaysia selaku Pesuruhjaya Banci, serta melibatkan pelbagai agensi di peringkat persekutuan dan negeri meliputi Timbalan Pesuruhjaya, Penolong Pesuruhjaya dan Penguasa Daerah. Selain itu hampir 8,000 orang Penyelia dan 40,000 Pembanci telah dilantik bagi tempoh 2017 hingga 2022.

CARTA TADBIR URUS JAWATANKUASA UTAMA BANCI (JUB)



CARTA TADBIR URUS JAWATANKUASA PEMANDU BANCI (JPB)



Penularan pandemik COVID-19 merupakan cabaran semasa pelaksanaan Banci Malaysia 2020. Banci Malaysia 2020 telah dijadualkan semula sebanyak empat kali dalam tempoh Julai 2020 hingga Oktober 2021 susulan penularan COVID-19 dan pelaksanaan Perintah Kawalan Pergerakan di seluruh negara yang menyebabkan tempoh operasi pembancian mengambil masa selama 482 hari untuk diselesaikan. Operasi Banci Malaysia 2020 telah ditutup secara rasmi pada 31 Oktober 2021 dan dapatan operasi awalan telah pun diumumkan pada 1 November 2021.

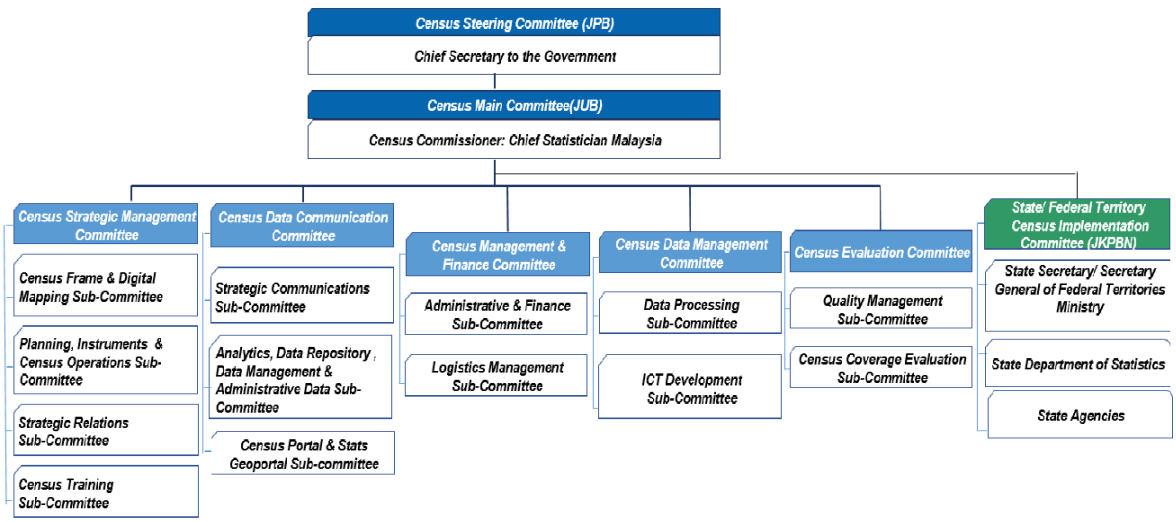
Terdapat 45 tema penerbitan Banci Malaysia 2020 akan diterbitkan secara berperingkat bermula Februari 2020 sehingga 2024.

OVERVIEW

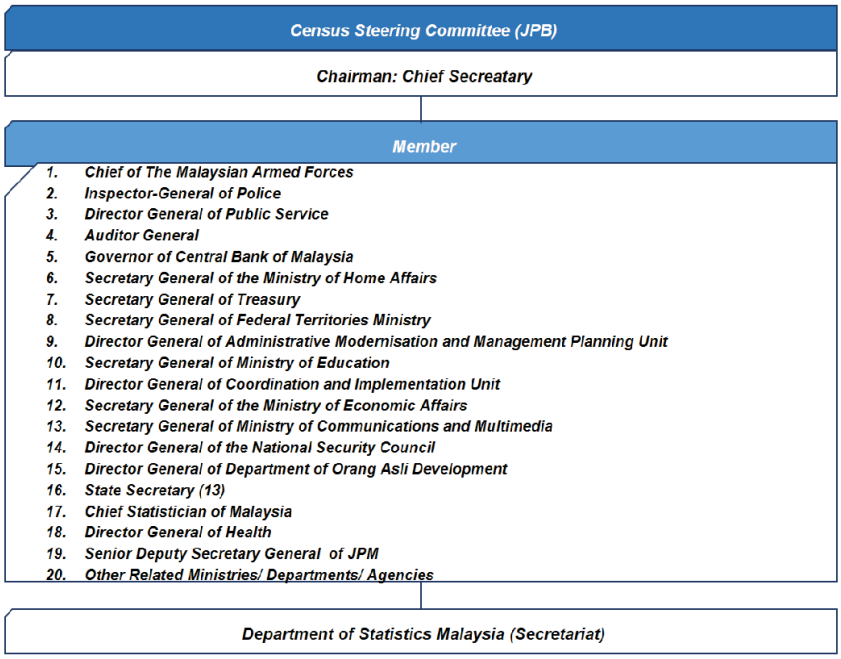
Population and Housing Census of Malaysia 2020 (MyCensus 2020) is the sixth census conducted since the establishment of Malaysia in 1963. The implementation of MyCensus 2020 is in line with the Resolution on 2020 World Population and Housing Census Program agreed on 10 June 2015 by the United Nations Economic and Social Council (ECOSOC) which recommends that each member state implement its census at least once during the period 2015 to 2024.

The Cabinet Meeting on 12 July 2017 has agreed that the Department of Statistics, Malaysia (DOSM) implement MyCensus 2020. The governance of MyCensus 2020 comprise of the Census Steering Committee chaired by the Chief Secretary to the Government and the Census Main Committee chaired by the Chief Statistician Malaysia as the Census Commissioner, along with various agencies from federal and state levels. The operation of the census is led by the Deputy Commissioner, Assistant Commissioner and District Superintendent. In addition, almost 8,000 Supervisors and 40,000 Enumerators have been appointed for the period 2017 to 2022.

GOVERNANCE CHART OF CENSUS MAIN COMMITTEE (JUB)



GOVERNANCE CHART OF CENSUS STEERING COMMITTEE (JPB)



The outbreak of the COVID-19 pandemic in early 2020 has been a challenge to the conduct of MyCensus 2020. MyCensus 2020 was rescheduled four times in the period of July 2020 to October 2021 following the COVID-19 outbreak and the implementation of the Movement Control Order (MCO). Thus, the census enumeration took 482 days to complete. MyCensus 2020 operation was officially closed on 31 October 2021 and the preliminary operation findings were announced on 1 November 2021.

There are 45 themes for MyCensus 2020 publication that will be published in stages from February 2022 until 2024.

KEMENTERIAN EKONOMI
JABATAN PERANGKAAN MALAYSIA

BANCI EKONOMI 2023
DATA PEMANGKIN EKONOMI NEGARA

StatsMalaysia
www.dosm.gov.my

MALAYSIA MADANI

BANCI MALAYSIA 2020: KESEJAHTERAAN PENDUDUK (KECERGASAN)

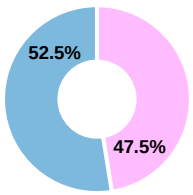
8.7 juta penduduk* terlibat dalam aktiviti sukan atau senaman pada 2020

Jumlah Penduduk
32,447,385

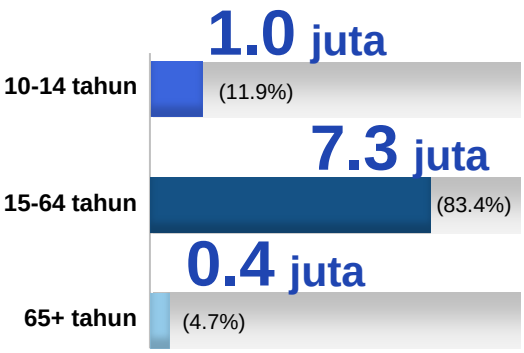
- 17.0 juta (52.3%)
- 15.5 juta (47.7%)

Penduduk berumur 10 tahun dan lebih
26,682,682

- 14.0 juta (52.6%)
- 12.7 juta (47.4%)



4.6 juta | 4.1 juta



1 aktiviti
5.4 juta
62.4%

2 aktiviti
2.0 juta
22.8%

3 aktiviti dan lebih
1.3 juta
14.8%

Aktiviti sukan atau senaman

- 2.8 juta *Brisk walking*
- 4.2 juta Rekreasi
- 0.5 juta Berenang
- 0.5 juta Zumba/ Aerobik
- 0.9 juta *e-Sport*
- 0.5 juta Lain-lain

- Berlari 2.1 juta
- Berbasikal 1.5 juta
- Aktiviti gimnasium 0.4 juta
- Taichi/ Yoga 0.2 juta
- Sukan lasak 0.3 juta

Nota: Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

5 negeri dengan penduduk paling aktif

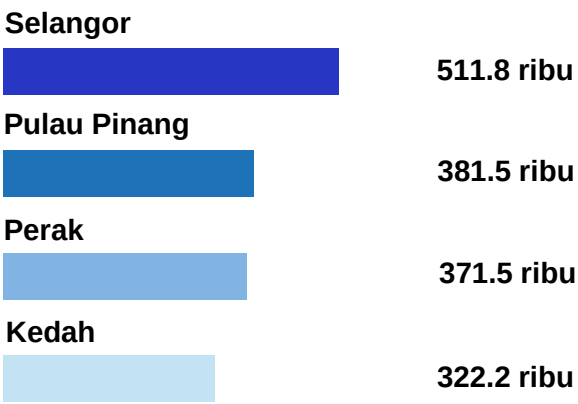
- Selangor 1.3 juta (14.9%)
- Johor 1.2 juta (13.7%)
- Perak 0.9 juta (10.0%)
- Pulau Pinang 0.8 juta (9.2%)
- Kedah 0.7 juta (7.6%)

* Penduduk berumur 10 tahun dan lebih.

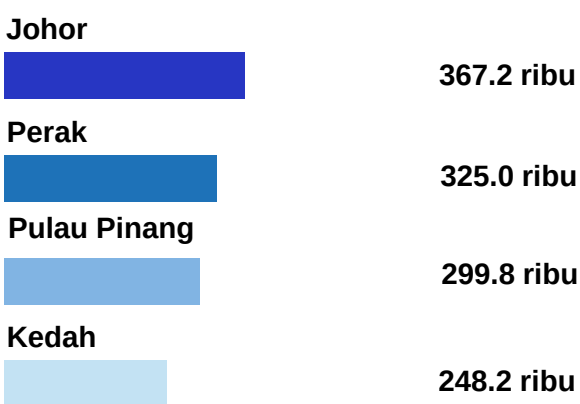
Sumber: Banci Malaysia 2020: Kesejahteraan Penduduk (Kecergasan), Jabatan Perangkaan Malaysia (DOSM)

LIMA (5) NEGERI TERTINGGI MENGIKUT JENIS AKTIVITI SUKAN ATAU SENAMAN TERTINGGI, MALAYSIA, 2020

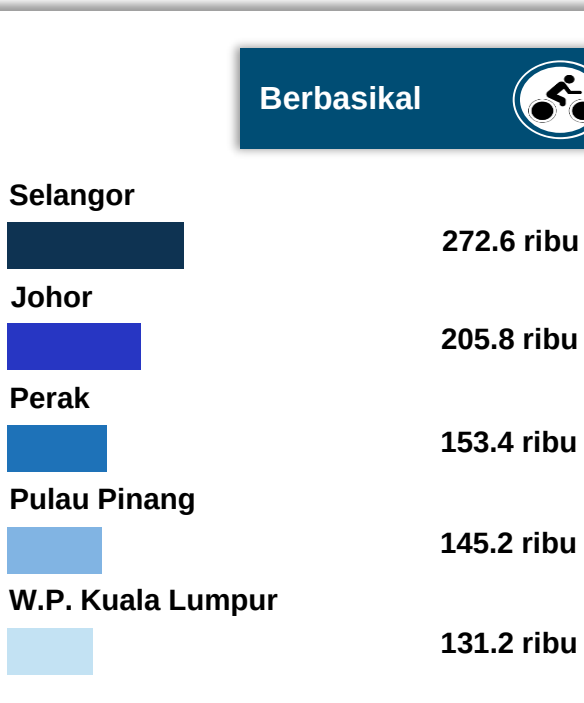
Rekreasi



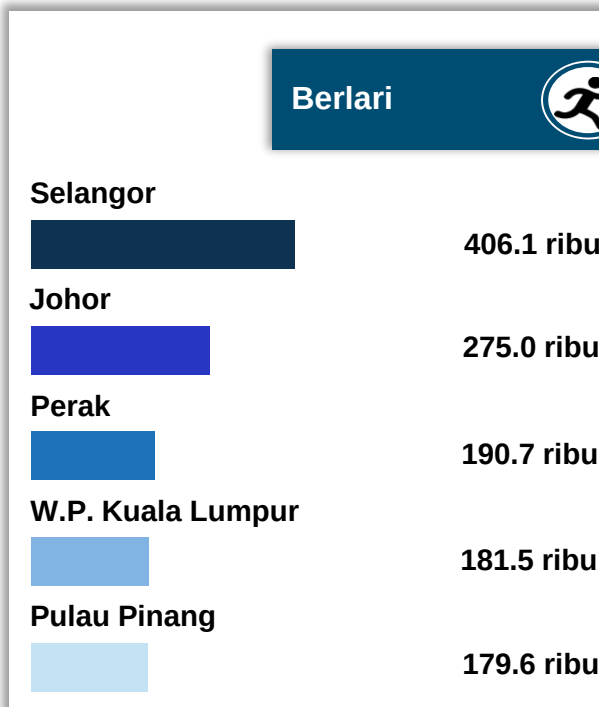
Brisk walking



Berbasikal



Berlari



Nota: Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Sumber: Banci Malaysia 2020: Kesejahteraan Penduduk (Kecergasan), Jabatan Perangkaan Malaysia (DOSM)

TIGA (3) NEGERI TERTINGGI MENGIKUT JENIS AKTIVITI SUKAN ATAU SENAMAN, MALAYSIA, 2020

Brisk walking

Selangor	421.8 ribu
Johor	367.2 ribu
Perak	325.0 ribu

Berlari

Selangor	406.1 ribu
Johor	275.0 ribu
Perak	190.7 ribu

Rekreasi

Johor	630.5 ribu
Selangor	511.8 ribu
Pulau Pinang	381.5 ribu

Berbasikal

Selangor	272.6 ribu
Johor	205.8 ribu
Perak	153.4 ribu

Berenang

Selangor	116.8 ribu
W.P. Kuala Lumpur	70.6 ribu
Pulau Pinang	60.0 ribu

Aktiviti gimnasium

Selangor	108.9 ribu
W.P. Kuala Lumpur	65.7 ribu
Pulau Pinang	51.8 ribu

Zumba/ Aerobik

Selangor	96.4 ribu
Johor	63.0 ribu
Pulau Pinang	47.0 ribu

Taichi/ Yoga

Selangor	56.9 ribu
Pulau Pinang	37.2 ribu
Johor	35.1 ribu

e-Sport

Selangor	136.6 ribu
Johor	106.9 ribu
Sarawak	98.8 ribu

Sukan lasak

Selangor	43.8 ribu
Johor	34.0 ribu
Perak	32.1 ribu

X Tiada

Sarawak	960.5 ribu
Perak	919.6 ribu
Sabah	807.1 ribu

Lain-lain

Selangor	119.5 ribu
Johor	54.9 ribu
Perak	53.0 ribu

Nota: Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Sumber: Banci Malaysia 2020: Kesejahteraan Penduduk (Kecergasan), Jabatan Perangkaan Malaysia (DOSM)

TIGA (3) DAERAH PENTADBIRAN TERTINGGI MENGIKUT JENIS AKTIVITI SUKAN ATAU SENAMAN, MALAYSIA, 2020

Brisk walking

Petaling	168.1 ribu
Kinta	139.7 ribu
Johor Bahru	115.6 ribu

Berlari

Petaling	142.8 ribu
Johor Bahru	113.9 ribu
Ulu Langat	89.6 ribu

Rekreasi

Johor Bahru	184.2 ribu
Petaling	159.7 ribu
Kinta	138.7 ribu

Berbasikal

Petaling	81.6 ribu
Johor Bahru	69.7 ribu
Ulu Langat	57.4 ribu

Berenang

Petaling	48.5 ribu
Johor Bahru	30.7 ribu
Ulu Langat	27.3 ribu

Aktiviti gimnasium

Petaling	47.3 ribu
Johor Bahru	25.7 ribu
Ulu Langat	23.4 ribu

Zumba/ Aerobik

Petaling	33.1 ribu
Johor Bahru	26.5 ribu
Ulu Langat	21.7 ribu

Taichi/ Yoga

Petaling	25.4 ribu
Timur Laut	16.1 ribu
Johor Bahru	15.1 ribu

e-Sport

Petaling	44.7 ribu
Johor Bahru	37.9 ribu
Kinta	32.3 ribu

Sukan lasak

Petaling	13.8 ribu
Johor Bahru	12.4 ribu
Kinta	11.1 ribu

Tiada

Kinta	300.4 ribu
Kota Bharu	223.8 ribu
Johor Bahru	219.2 ribu

Lain-lain

Petaling	44.3 ribu
Ulu Langat	24.8 ribu
Johor Bahru	24.7 ribu

Nota: Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Sumber: Banci Malaysia 2020: Kesejahteraan Penduduk (Kecergasan), Jabatan Perangkaan Malaysia (DOSM)

BILANGAN PENDUDUK BERUMUR 10 TAHUN DAN LEBIH MENGIKUT JENIS AKTIVITI SUKAN ATAU SENAMAN, JANTINA DAN KUMPULAN UMUR, MALAYSIA, 2020

		Jantina		Kumpulan Umur		
	Jumlah Responden	Lelaki	Perempuan	10 - 14 tahun	15 - 64 tahun	65+ tahun
Brisk walking	2.84 juta	1.40 juta	1.44 juta	0.25 juta	2.37 juta	0.22 juta
Berlari	2.12 juta	1.24 juta	0.89 juta	0.34 juta	1.76 juta	0.03 juta
Rekreasi	4.21 juta	2.12 juta	2.10 juta	0.52 juta	3.54 juta	0.16 juta
Berbasikal	1.53 juta	0.89 juta	0.64 juta	0.35 juta	1.15 juta	0.02 juta
Berenang	0.47 juta	0.27 juta	0.20 juta	0.07 juta	0.39 juta	0.01 juta
Aktiviti gimnasium	0.41 juta	0.27 juta	0.14 juta	0.01 juta	0.39 juta	0.01 juta
Zumba/ Aerobik	0.48 juta	0.07 juta	0.41 juta	0.03 juta	0.45 juta	0.01 juta
Taichi/ Yoga	0.24 juta	0.06 juta	0.18 juta	0.01 juta	0.21 juta	0.03 juta
e-Sport	0.87 juta	0.67 juta	0.20 juta	0.15 juta	0.72 juta	2.16 ribu
Sukan lasak	0.32 juta	0.25 juta	0.07 juta	0.04 juta	0.28 juta	2.05 ribu
Tiada	7.44 juta	3.64 juta	3.80 juta	0.66 juta	5.94 juta	0.84 juta
Lain-lain	0.50 juta	0.32 juta	0.18 juta	0.05 juta	0.42 juta	0.03 juta

Nota: Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Sumber: Banci Malaysia 2020: Kesejahteraan Penduduk (Kecergasan), Jabatan Perangkaan Malaysia (DOSM)

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BILANGAN PENDUDUK BERUMUR 10 TAHUN DAN LEBIH MENGIKUT JENIS AKTIVITI SUKAN ATAU SENAMAN DAN KUMPULAN ETNIK, MALAYSIA, 2020

	Jumlah Responden	Kumpulan Etnik			
		Bumiputera	Cina	India	Lain-lain
Brisk walking	2.70 juta	1,657.8 ribu	767.7 ribu	252.1 ribu	17.7 ribu
Berlari	2.07 juta	1,424.7 ribu	490.7 ribu	139.4 ribu	12.5 ribu
Rekreasi	4.03 juta	3,016.2 ribu	761.5 ribu	230.2 ribu	26.1 ribu
Berbasikal	1.48 juta	1,070.3 ribu	309.8 ribu	93.9 ribu	8.6 ribu
Berenang	0.45 juta	250.5 ribu	166.1 ribu	29.7 ribu	3.5 ribu
Aktiviti gimnasium	0.40 juta	203.4 ribu	152.1 ribu	36.8 ribu	2.8 ribu
Zumba/ Aerobik	0.47 juta	334.5 ribu	105.7 ribu	29.4 ribu	2.9 ribu
Taichi/ Yoga	0.23 juta	44.7 ribu	161.1 ribu	25.8 ribu	1.5 ribu
e-Sport	0.84 juta	663.0 ribu	139.9 ribu	36.5 ribu	4.6 ribu
Sukan lasak	0.31 juta	243.4 ribu	40.7 ribu	19.3 ribu	1.9 ribu
X Tiada	6.90 juta	5,013.9 ribu	1,466.4 ribu	369.4 ribu	51.6 ribu
Lain-lain	0.49 juta	339.6 ribu	117.0 ribu	33.6 ribu	3.2 ribu

Nota: Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Sumber: Banci Malaysia 2020: Kesejahteraan Penduduk (Kecergasan), Jabatan Perangkaan Malaysia (DOSM)

MINISTRY OF ECONOMY
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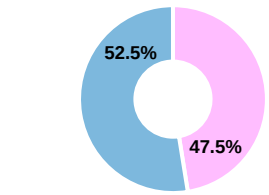
MyCENSUS 2020: POPULATION WELL-BEING (FITNESS)

8.7 million population* engaged in sports or exercise activities in 2020

Total population	Population aged 10 years and over
32,447,385	26,682,682
17.0 million (52.3%)	14.0 million (52.6%)
15.5 million (47.7%)	12.7 million (47.4%)



4.6 million | 4.1 million

10-14 years	1.0 million (11.9%)
15-64 years	7.3 million (83.4%)
65+ years	0.4 million (4.7%)

1 activity	2 activities	3 activities and more
5.4 million	2.0 million	1.3 million
62.4%	22.8%	14.8%

Sports or exercise activities

Brisk walking	Recreation	Swimming	Zumba/ Aerobic	e-Sport	Others
2.8 million	4.2 million	0.5 million	0.5 million	0.9 million	0.5 million

Running	Cycling	Gymnasium activity	Taichi/ Yoga	Extreme sports
2.1 million	1.5 million	0.4 million	0.2 million	0.3 million

Note: Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

5 states with most active population

Selangor	Johor	Perak	Pulau Pinang	Kedah
1.3 million (14.9%)	1.2 million (13.7%)	0.9 million (10.0%)	0.8 million (9.2%)	0.7 million (7.6%)

* Population aged 10 years and over.

Source: MyCensus 2020: Population Well-being (Fitness), Department of Statistics Malaysia (DOSM)

TOP FIVE (5) STATES BY HIGHEST TYPE OF SPORTS OR EXERCISE ACTIVITIES, MALAYSIA, 2020

Recreation

Johor	630.5 thousand
Selangor	511.8 thousand
Pulau Pinang	381.5 thousand
Perak	371.5 thousand
Kedah	322.2 thousand

Brisk walking

Selangor	421.8 thousand
Johor	367.2 thousand
Perak	325.0 thousand
Pulau Pinang	299.8 thousand
Kedah	248.2 thousand

Cycling

Selangor	272.6 thousand
Johor	205.8 thousand
Perak	153.4 thousand
Pulau Pinang	145.2 thousand
W.P. Kuala Lumpur	131.2 thousand

Running

Selangor	406.1 thousand
Johor	275.0 thousand
Perak	190.7 thousand
W.P. Kuala Lumpur	181.5 thousand
Pulau Pinang	179.6 thousand

Note: Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Source: MyCensus 2020: Population Well-being (Fitness), Department of Statistics Malaysia (DOSM)

TOP THREE (3) STATES BY TYPE OF SPORTS OR EXERCISE ACTIVITIES, MALAYSIA, 2020

Brisk walking

Selangor	421.8 thousand
Johor	367.2 thousand
Perak	325.0 thousand

Running

Selangor	406.1 thousand
Johor	275.0 thousand
Perak	190.7 thousand

Recreation

Johor	630.5 thousand
Selangor	511.8 thousand
Pulau Pinang	381.5 thousand

Cycling

Selangor	272.6 thousand
Johor	205.8 thousand
Perak	153.4 thousand

Swimming

Selangor	116.8 thousand
W.P. Kuala Lumpur	70.6 thousand
Pulau Pinang	60.0 thousand

Gymnasium activity

Selangor	108.9 thousand
W.P. Kuala Lumpur	65.7 thousand
Pulau Pinang	51.8 thousand

Zumba/ Aerobic

Selangor	96.4 thousand
Johor	63.0 thousand
Pulau Pinang	47.0 thousand

Taichi/ Yoga

Selangor	56.9 thousand
Pulau Pinang	37.2 thousand
Johor	35.1 thousand

e-Sport

Selangor	136.6 thousand
Johor	106.9 thousand
Sarawak	98.8 thousand

Extreme sports

Selangor	43.8 thousand
Johor	34.0 thousand
Perak	32.1 thousand

None

Sarawak	960.5 thousand
Perak	919.6 thousand
Sabah	807.1 thousand

Others

Selangor	119.5 thousand
Johor	54.9 thousand
Perak	53.0 thousand

Note: Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Source: MyCensus 2020: Population Well-being (Fitness), Department of Statistics Malaysia (DOSM)

TOP THREE (3) ADMINISTRATIVE DISTRICTS BY TYPE OF SPORTS OR EXERCISE ACTIVITIES, MALAYSIA, 2020

Brisk walking

Petaling	168.1 thousand
Kinta	139.7 thousand
Johor Bahru	115.6 thousand

Running

Petaling	142.8 thousand
Johor Bahru	113.9 thousand
Ulu Langat	89.6 thousand

Recreation

Johor Bahru	184.2 thousand
Petaling	159.7 thousand
Kinta	138.7 thousand

Cycling

Petaling	81.6 thousand
Johor Bahru	69.7 thousand
Ulu Langat	57.4 thousand

Swimming

Petaling	48.5 thousand
Johor Bahru	30.7 thousand
Ulu Langat	27.3 thousand

Gymnasium activity

Petaling	47.3 thousand
Johor Bahru	25.7 thousand
Ulu Langat	23.4 thousand

Zumba/ Aerobic

Petaling	33.1 thousand
Johor Bahru	26.5 thousand
Ulu Langat	21.7 thousand

Taichi/ Yoga

Petaling	25.4 thousand
Timur Laut	16.1 thousand
Johor Bahru	15.1 thousand

e-Sport

Petaling	44.7 thousand
Johor Bahru	37.9 thousand
Kinta	32.3 thousand

Extreme sports

Petaling	13.8 thousand
Johor Bahru	12.4 thousand
Kinta	11.1 thousand

None

Kinta	300.4 thousand
Kota Bharu	223.8 thousand
Johor Bahru	219.2 thousand

Others

Petaling	44.3 thousand
Ulu Langat	24.8 thousand
Johor Bahru	24.7 thousand

Note: Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Source: MyCensus 2020: Population Well-being (Fitness), Department of Statistics Malaysia (DOSM)

NUMBER OF THE POPULATION AGED 10 YEARS AND OVER BY TYPE OF SPORTS OR EXERCISE ACTIVITIES, SEX AND AGE GROUP, MALAYSIA, 2020

		Sex		Age Group		
	Total Respondents	Male	Female	10 - 14 years	15 - 64 years	65+ years
Brisk walking	2.84 million	1.40 million	1.44 million	0.25 million	2.37 million	0.22 million
Running	2.12 million	1.24 million	0.89 million	0.34 million	1.76 million	0.03 million
Recreation	4.21 million	2.12 million	2.10 million	0.52 million	3.54 million	0.16 million
Cycling	1.53 million	0.89 million	0.64 million	0.35 million	1.15 million	0.02 million
Swimming	0.47 million	0.27 million	0.20 million	0.07 million	0.39 million	0.01 million
Gymnasium activity	0.41 million	0.27 million	0.14 million	0.01 million	0.39 million	0.01 million
Zumba/ Aerobic	0.48 million	0.07 million	0.41 million	0.03 million	0.45 million	0.01 million
Taichi/ Yoga	0.24 million	0.06 million	0.18 million	0.01 million	0.21 million	0.03 million
e-Sport	0.87 million	0.67 million	0.20 million	0.15 million	0.72 million	2.16 thousand
Extreme sports	0.32 million	0.25 million	0.07 million	0.04 million	0.28 million	2.05 thousand
None	7.44 million	3.64 million	3.80 million	0.66 million	5.94 million	0.84 million
Others	0.50 million	0.32 million	0.18 million	0.05 million	0.42 million	0.03 million

Note: Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Source: MyCensus 2020: Population Well-being (Fitness), Department of Statistics Malaysia (DOSM)

NUMBER OF THE POPULATION AGED 10 YEARS AND OVER BY TYPE OF SPORTS OR EXERCISE ACTIVITIES AND ETHNIC GROUP, MALAYSIA, 2020

	Total Respondents	Ethnic Group: Bumiputera	Chinese	Indians	Others
Brisk walking	2.70 million	1,657.8 thousand	767.7 thousand	252.1 thousand	17.7 thousand
Running	2.07 million	1,424.7 thousand	490.7 thousand	139.4 thousand	12.5 thousand
Recreation	4.03 million	3,016.2 thousand	761.5 thousand	230.2 thousand	26.1 thousand
Cycling	1.48 million	1,070.3 thousand	309.8 thousand	93.9 thousand	8.6 thousand
Swimming	0.45 million	250.5 thousand	166.1 thousand	29.7 thousand	3.5 thousand
Gymnasium activity	0.40 million	203.4 thousand	152.1 thousand	36.8 thousand	2.8 thousand
Zumba/ Aerobic	0.47 million	334.5 thousand	105.7 thousand	29.4 thousand	2.9 thousand
Taichi/ Yoga	0.23 million	44.7 thousand	161.1 thousand	25.8 thousand	1.5 thousand
e-Sport	0.84 million	663.0 thousand	139.9 thousand	36.5 thousand	4.6 thousand
Extreme sports	0.31 million	243.4 thousand	40.7 thousand	19.3 thousand	1.9 thousand
None	6.90 million	5,013.9 thousand	1,466.4 thousand	369.4 thousand	51.6 thousand
Others	0.49 million	339.6 thousand	117.0 thousand	33.6 thousand	3.2 thousand

Note: Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Source: MyCensus 2020: Population Well-being (Fitness), Department of Statistics Malaysia (DOSM)

BAHAGIAN 1

PART 1

RINGKASAN PENEMUAN

SUMMARY OF FINDINGS

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1. PENGENALAN

Kesihatan fizikal boleh dipelihara melalui penglibatan dalam aktiviti sukan atau senaman yang kerap dan ia berfaedah untuk individu dari semua peringkat umur dan keupayaan. Menurut *Global Statistics Report on Physical Activity 2022* daripada Pertubuhan Kesihatan Sedunia, lebih daripada 80 peratus remaja dan lebih satu daripada empat orang dewasa tidak terlibat dalam jumlah aktiviti fizikal yang disyorkan untuk kesihatan yang baik. Kanak-kanak dan orang dewasa yang tidak aktif secara fizikal terlepas peluang untuk meningkatkan kesihatan mereka dan menyumbang kepada peningkatan beban morbiditi dan kematian yang dibawa oleh penyakit tidak berjangkit (NCD)[1].

Mengambil kira kepentingan rakyat Malaysia dalam mengamalkan gaya hidup sihat, Jabatan Perangkaan Malaysia (DOSM) memperkenalkan soalan khas dalam Banci Malaysia 2020 bagi mengukur tahap penglibatan seseorang dalam aktiviti sukan atau senaman. Ini selaras dengan objektif kerajaan melalui Visi Sukan Negara 2030 (VSN2030) yang dilancarkan pada 2022 dalam mempromosikan budaya sukan di Malaysia melalui inisiatif yang komprehensif, bersepadu dan kolektif. VSN2030 berkonsepkan 'Daripada Komuniti Kepada Komuniti', bertujuan menjadikan Malaysia sebagai negara sukan dengan sasaran sekurang-kurangnya dua pertiga rakyat bersenam dan aktif bersukan sekurang-kurangnya lima sesi seminggu dan 30 minit setiap sesi[2].

Penerbitan ini mengeluarkan statistik mengenai penglibatan rakyat Malaysia (berumur 10 tahun dan lebih) dalam aktiviti sukan atau senaman pada 2020. Aktiviti tersebut termasuk *brisk walking*, berlari, rekreasi, berbasikal, berenang, aktiviti gimnasium, zumba/ aerobik, taichi/ yoga, e-sukan, sukan lasak dan lain-lain. Buat pertama kalinya DOSM telah memperkenalkan empat modul khas dimana merangkumi Kesihatan dan Kecergasan; Hubungan Sosial; Perumahan; dan Warga Emas. Keluaran mengenai kecergasan ini adalah siri pertama modul khas dengan baki penemuan diterbitkan secara berperingkat dari 2023 hingga 2024.

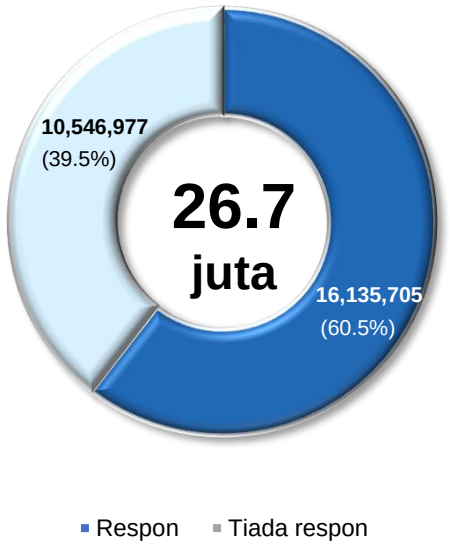
[1] *Global Statistics Report on Physical Activity*, Pertubuhan Kesihatan Sedunia
[2] Dokumen Visi Sukan Negara 2030, Kementerian Belia dan Sukan Malaysia

2. RESPON BAGI MODUL KECERGASAN

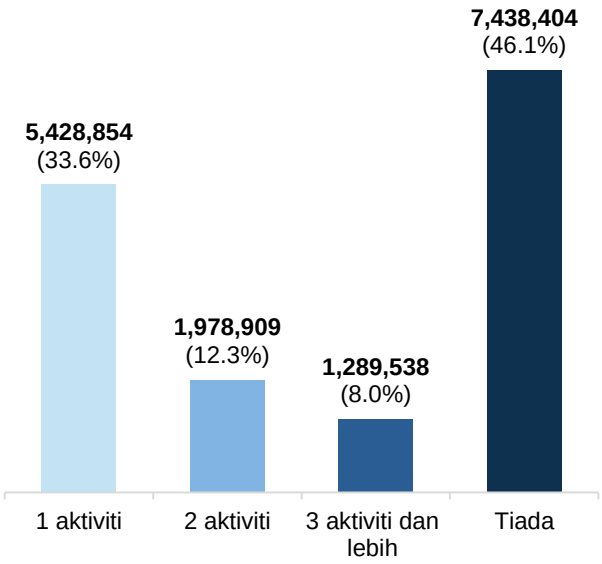
Banci Malaysia 2020 merekodkan 26.7 juta Penduduk di Malaysia berumur 10 tahun dan lebih. Daripada jumlah ini, 16.1 juta (60.5%) telah memberikan respon kepada soalan berkaitan aktiviti sukan atau senaman. Manakala, baki 10.5 juta (39.5%) tidak memberikan respon.

Penemuan menunjukkan 8.7 juta (53.9%) daripada 16.1 juta yang memberikan respon adalah terlibat dalam aktiviti sukan atau senaman. Berdasarkan kepada respon, seseorang mungkin terlibat di dalam satu, dua atau tiga aktiviti dan lebih sukan atau senaman, manakala lain-lain mungkin memilih untuk tidak terlibat dalam aktiviti fizikal. Daripada 16.1 juta yang telah memberikan respon, 33.6 peratus atau 5.4 juta melakukan sekurang-kurangnya satu aktiviti sukan atau senaman. Tambahan pula, 2.0 juta (12.3%) terlibat dalam dua aktiviti dan 1.3 juta (8.0%) terlibat dalam tiga aktiviti dan lebih. Baki 7.4 juta tidak terlibat dalam sebarang aktiviti.

Carta 1: Peratus respon, Malaysia, 2020



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

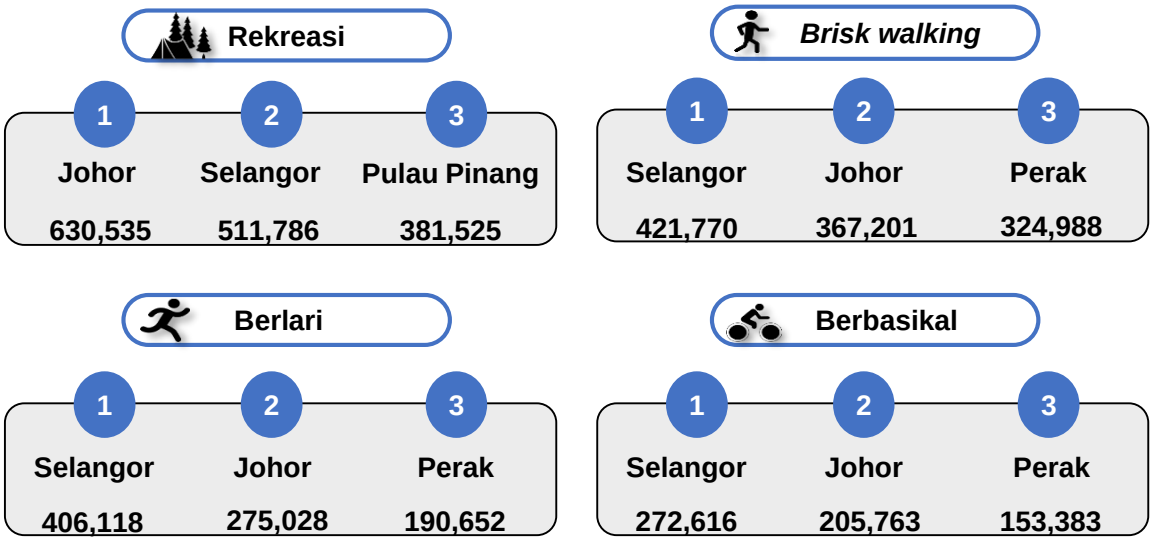


3. JENIS AKTIVITI SUKAN ATAU SENAMAN

Banci Malaysia 2020 meliputi 10 jenis aktiviti sukan atau senaman. Seseorang boleh memilih jawapan berganda dan 'tiada' merujuk kepada mereka yang tidak melakukan sebarang aktiviti.

Empat aktiviti utama yang menjadi pilihan rakyat Malaysia ialah rekreasi (4,212,222), *brisk walking (*2,844,905), berlari (2,124,500) dan berbasikal (1,526,553). Johor merekodkan bilangan penduduk tertinggi yang terlibat dalam aktiviti rekreasi (630,535), diikuti oleh Selangor (511,786) dan Pulau Pinang (381,525). Manakala, Selangor, Johor dan Perak merekodkan penglibatan tertinggi bagi tiga jenis aktiviti sukan atau senaman iaitu *brisk walking*, berlari dan berbasikal.

Paparan 1: Bilangan penduduk tertinggi mengikut jenis aktiviti sukan atau senaman dan negeri, Malaysia, 2020



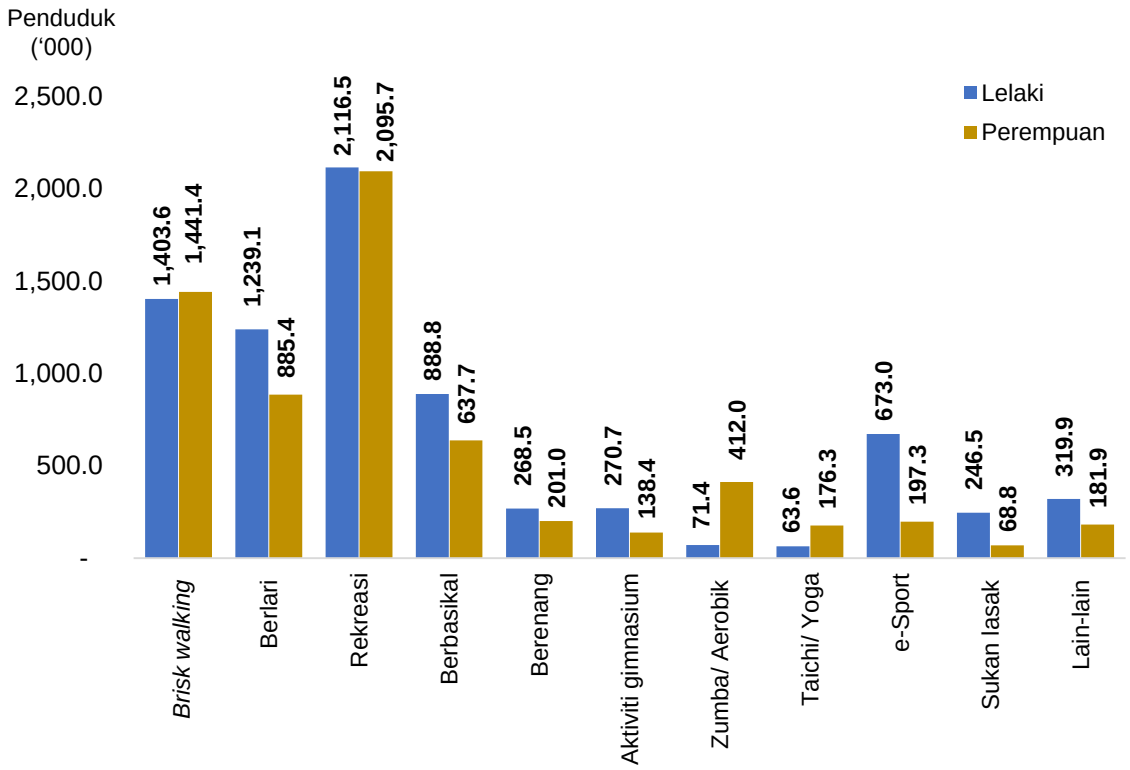
"Menjelang tahun 2020, Malaysia telah mensasarkan 50% rakyatnya membudayakan sukan dengan menjadikan aktiviti fizikal dan sukan sebagai sebahagian daripada gaya hidup."
Sumber: Institut Penyelidikan Pembangunan Belia Malaysia, 2019

Nota: Bilangan penduduk merujuk pengakuan responden yang memilih jawapan berganda

4. JANTINA

Secara umumnya, aktiviti sukan atau senaman yang sering dilakukan oleh kedua-dua jantina adalah rekreasi, *brisk walking* dan berlari. Bagi rekreasi, lelaki menyumbang seramai 2,116,526 (50.2%) manakala perempuan 2,095,696 (49.8%). Selain itu, aktiviti *brisk walking* mencatatkan bilangan tertinggi bagi perempuan iaitu 1,441,354 dan lelaki 1,403,551. Bagi berlari, lelaki merekodkan bilangan tertinggi iaitu 1,239,057 berbanding perempuan dengan 885,443. Aktiviti sukan atau senaman yang kurang disertai oleh lelaki adalah zumba/ aerobik dan taichi/ yoga manakala perempuan ialah aktiviti gimnasium dan sukan lasak.

Carta 3: Bilangan penduduk mengikut aktiviti sukan atau senaman dan jantina, Malaysia, 2020



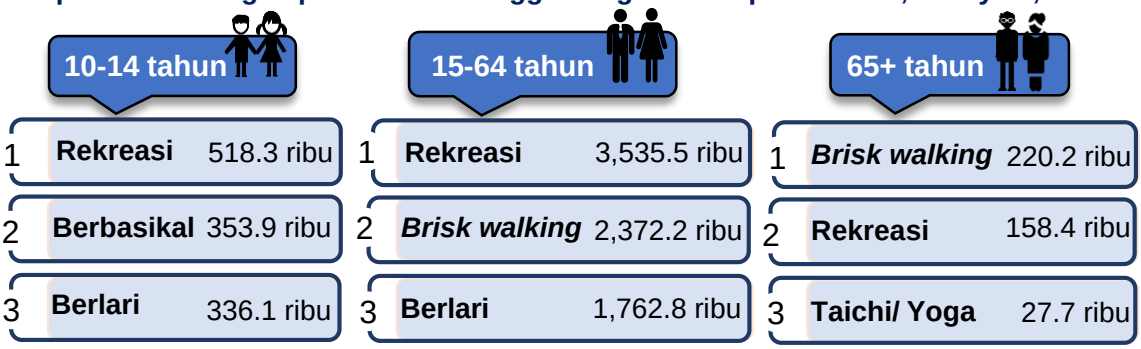
"*Lancet Global Health* pada 2018, mendapati bahawa lebih daripada satu perempat orang dewasa di seluruh dunia berada dalam keadaan yang tidak cukup aktif secara fizikal. Di kebanyakan negara, wanita kurang aktif berbanding lelaki (purata global 31·7% untuk wanita tidak aktif berbanding 23·4% untuk lelaki tidak aktif)."
Sumber: *The Lancet Global Health*, 2018

5. KUMPULAN UMUR

Dalam penduduk umur muda (10-14 tahun), 1,032,417 yang terlibat dalam aktiviti sukan atau senaman, manakala 659,583 tidak melakukan sebarang aktiviti. Aktiviti sukan atau senaman yang sering dilakukan oleh penduduk umur muda ialah rekreasi (518,320), diikuti oleh berbasikal (353,930) dan berlari (336,117).

Bagi penduduk umur bekerja (15-64 tahun) pula, rekreasi merupakan aktiviti yang sering dilakukan sebanyak 3,535,495, diikuti oleh *brisk walking (*2,372,226) dan berlari (1,762,764). Manakala, *brisk walking* (220,164) merupakan aktiviti sukan atau senaman yang sering dilakukan penduduk umur tua (65 tahun dan lebih), diikuti rekreasi *(*158,407) dan taichi/ yoga (27,677).

Paparan 2: Bilangan penduduk tertinggi mengikut kumpulan umur, Malaysia, 2020



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.

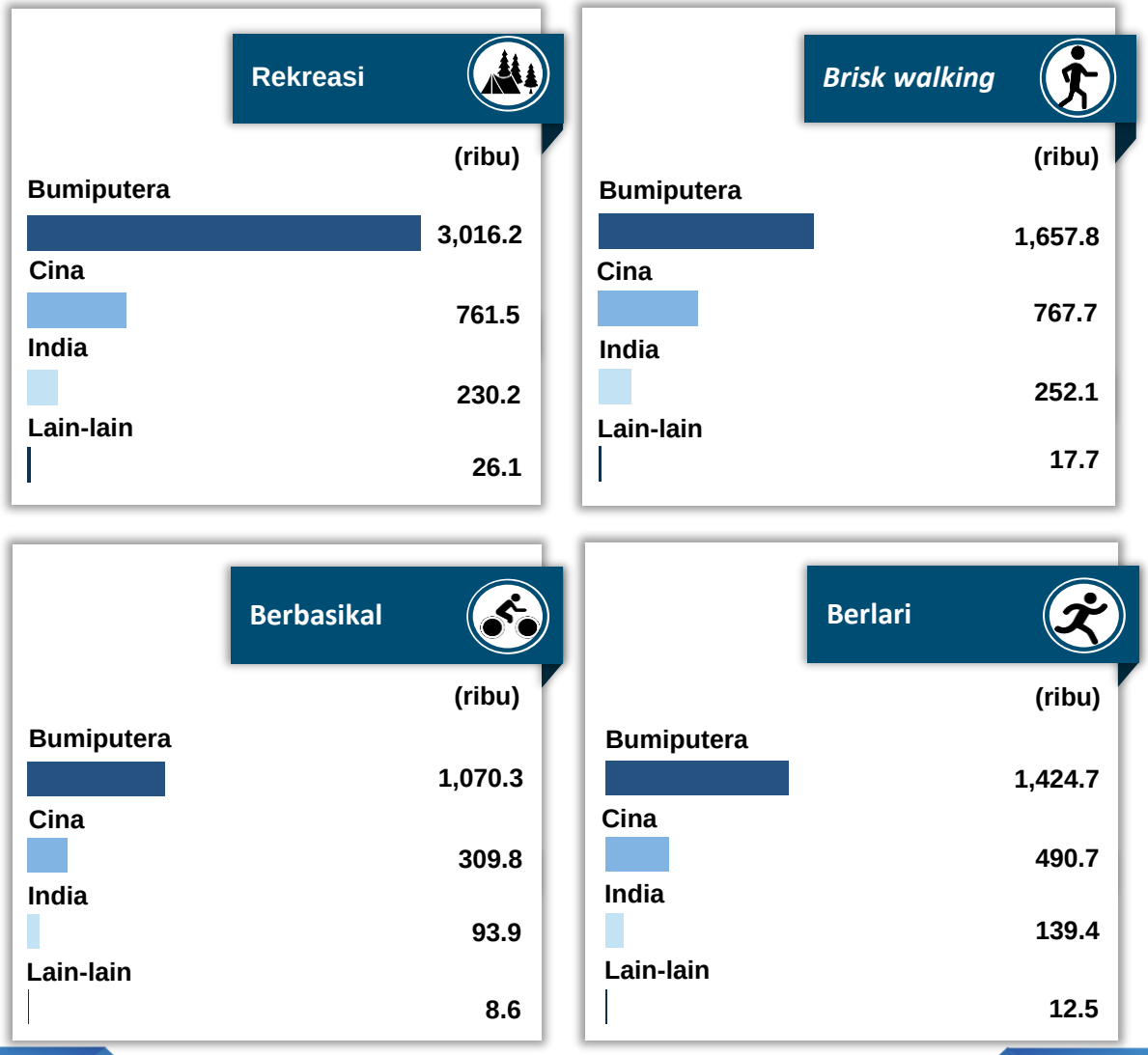
"Umur 65+ tahun disarankan untuk melakukan sekurang-kurangnya 150 minit aktiviti fizikal tahap sederhana."
Sumber: Tinjauan Kebangsaan Kesihatan dan Morbiditi, 2015

6. KOMPOSISI ETNIK

Semua kumpulan etnik utama menunjukkan keutamaan yang sama dalam memilih aktiviti sukan atau senaman yang paling digemari iaitu rekreasi, *brisk walking* dan berlari. Bilangan Bumiputera yang terlibat dalam aktiviti rekreasi adalah 3,016,247, diikuti dengan *brisk walking (*1,657,812), berbasikal (1,070,314) dan berlari (1,424,664).

Sementara itu, Cina mencatatkan kedua tertinggi bagi aktiviti rekreasi seramai 761,539, *brisk walking (*767,684), berbasikal (309,841) dan larian (490,666). India paling ramai terlibat dalam *brisk walking* (252,053), rekreasi (230,174) dan berlari (139,361).

Paparan 3: Bilangan penduduk tertinggi mengikut komposisi etnik, Malaysia, 2020

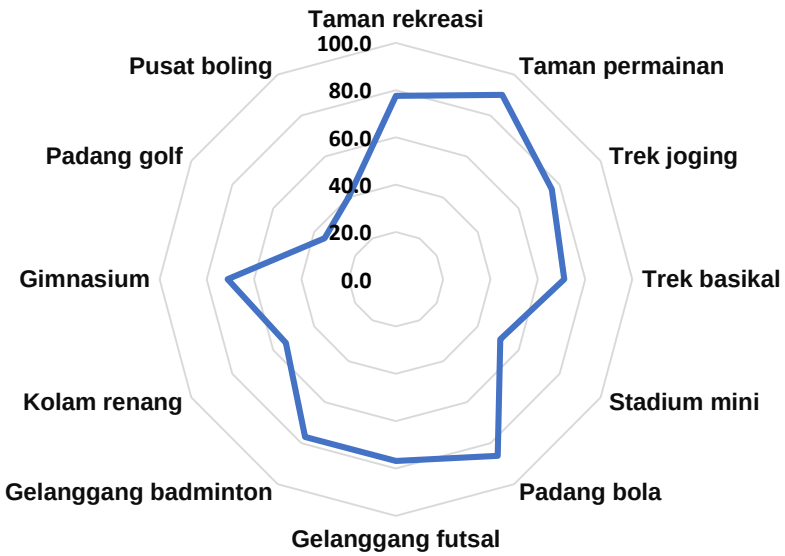


7. AKSES KEPADA KEMUDAHAN AWAM SUKAN DAN REKREASI

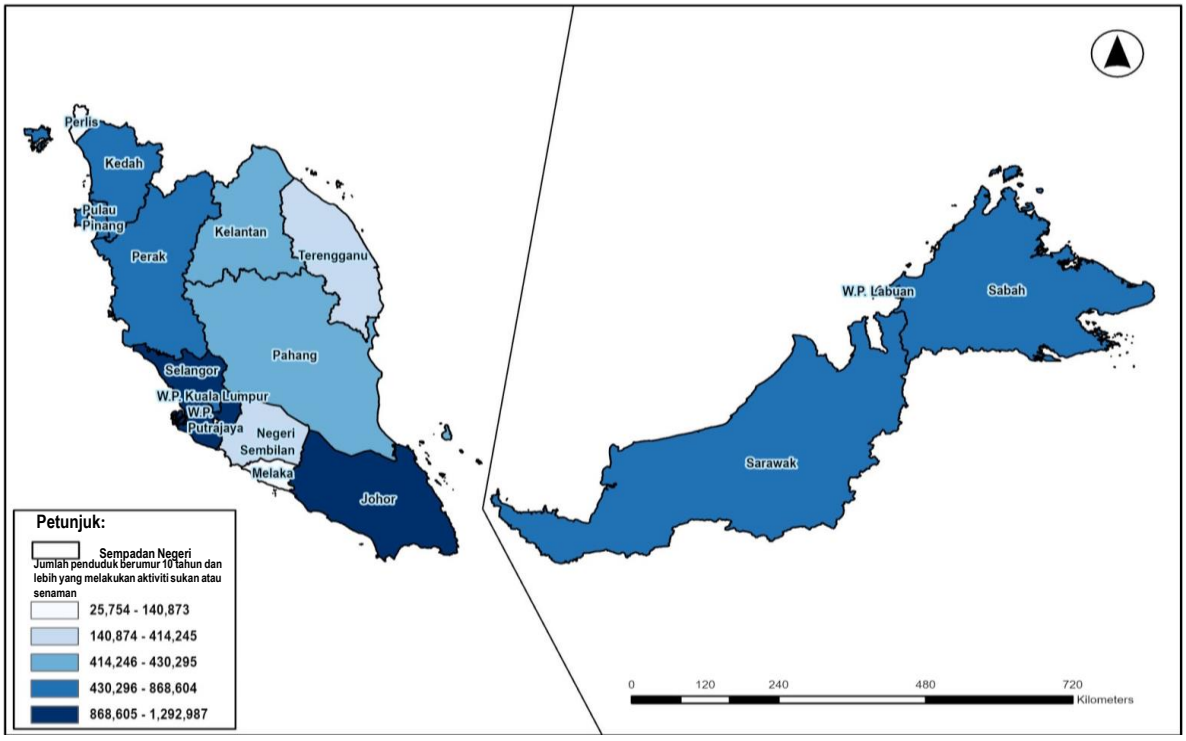
Jarak kemudahan sukan dan rekreasi awam mengukur tahap kebolehcapaian dari tempat kediaman kepada kemudahan sukan dan rekreasi awam yang disediakan di kawasan tempat kediaman. Penemuan adalah berdasarkan pelaporan oleh responden dari segi anggaran jarak terhampir antara tempat kediaman dan kemudahan sukan dan rekreasi awam pada tahun 2020.

Secara keseluruhan, 80 peratus responden melaporkan tempat kediaman yang dilengkapi kemudahan taman permainan dan padang bola berada antara 0-5 kilometer dari tempat kediaman. Ia menunjukkan secara majoritinya, kedua-kedua kemudahan sukan tersebut berhampiran dengan tempat kediaman dan mudah diakses oleh penduduk. Manakala, kurang daripada 60 peratus responden melaporkan bahawa kemudahan sukan dan rekreasi awam seperti padang golf, pusat boling, kolam renang dan stadium mini berada antara jarak 0-5 kilometer dari tempat kediaman.

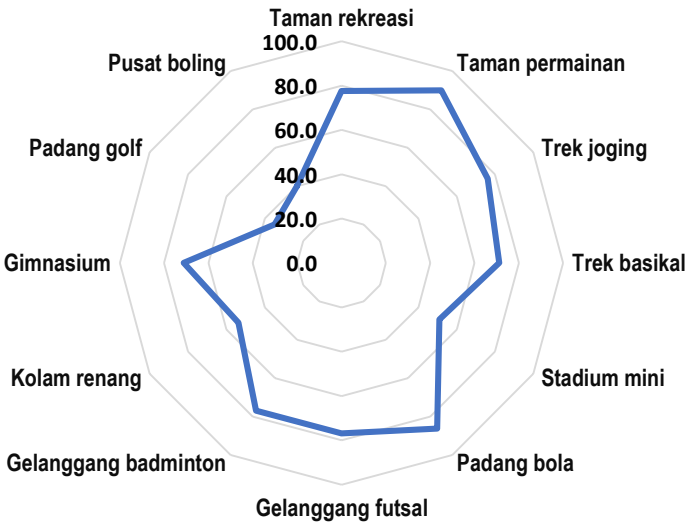
Carta 4: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, Malaysia, 2020



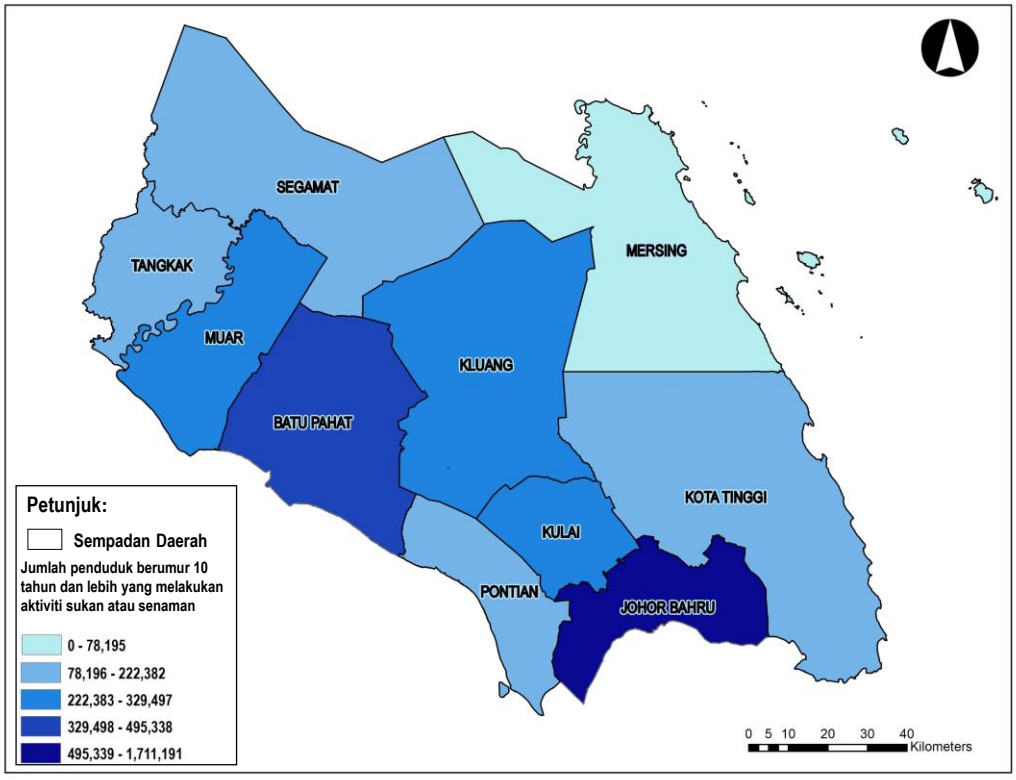
Paparan 4: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, negeri, Malaysia, 2020



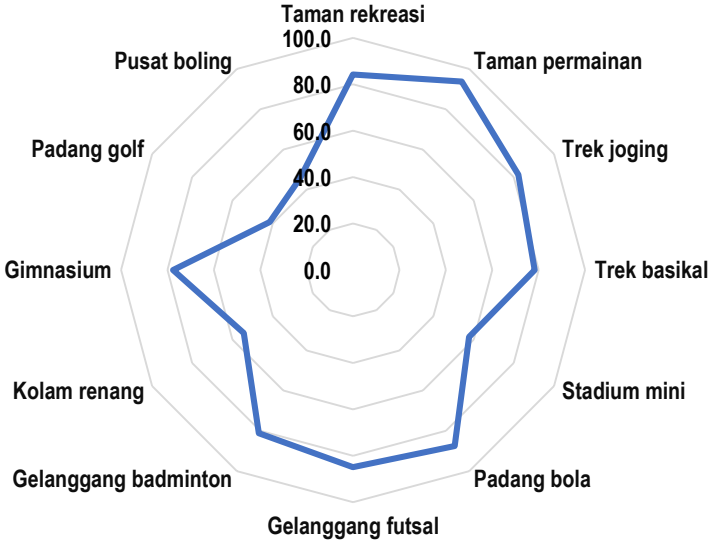
Carta 5: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, Malaysia, 2020



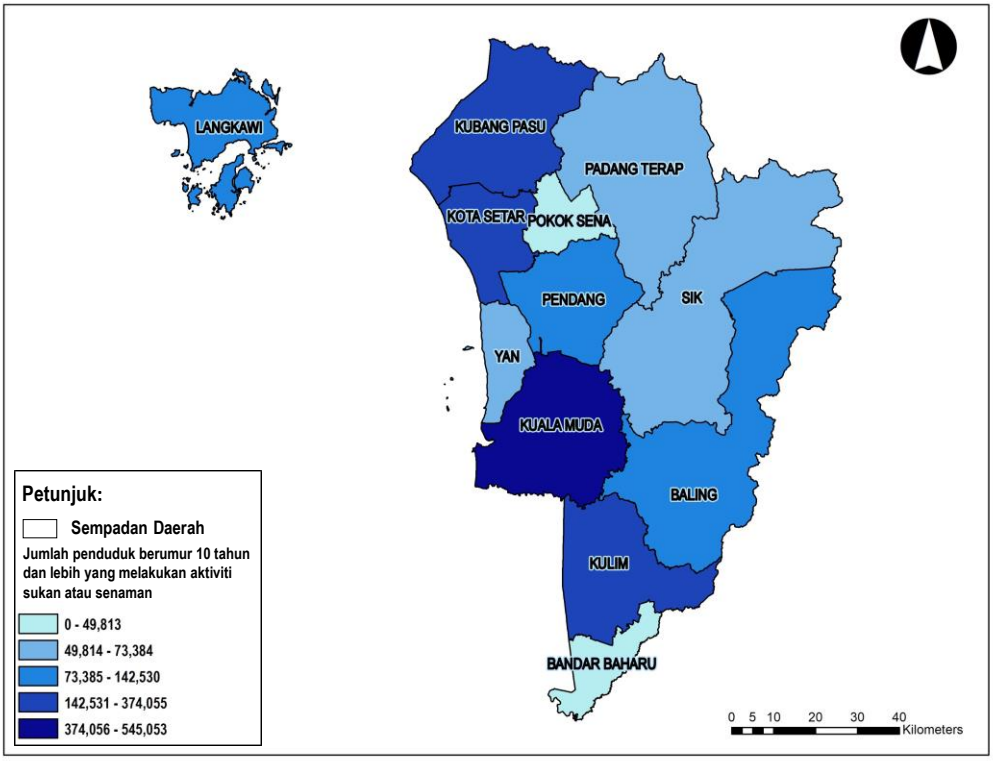
Paparan 5: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, Johor, 2020



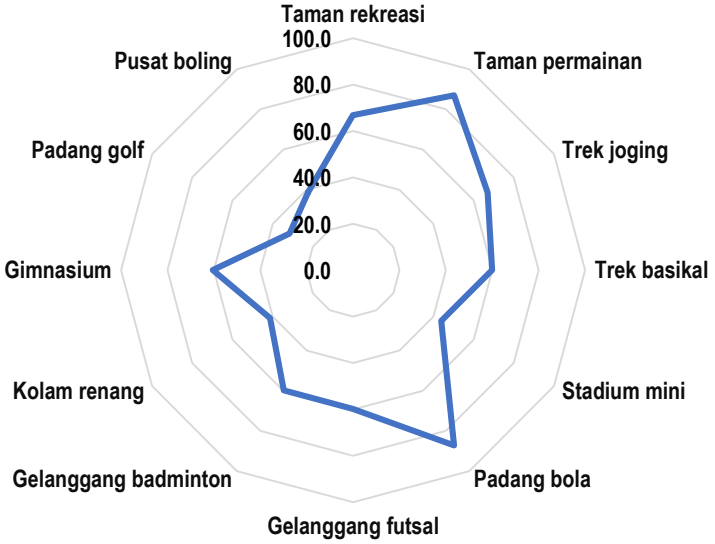
Carta 6: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, Johor, 2020



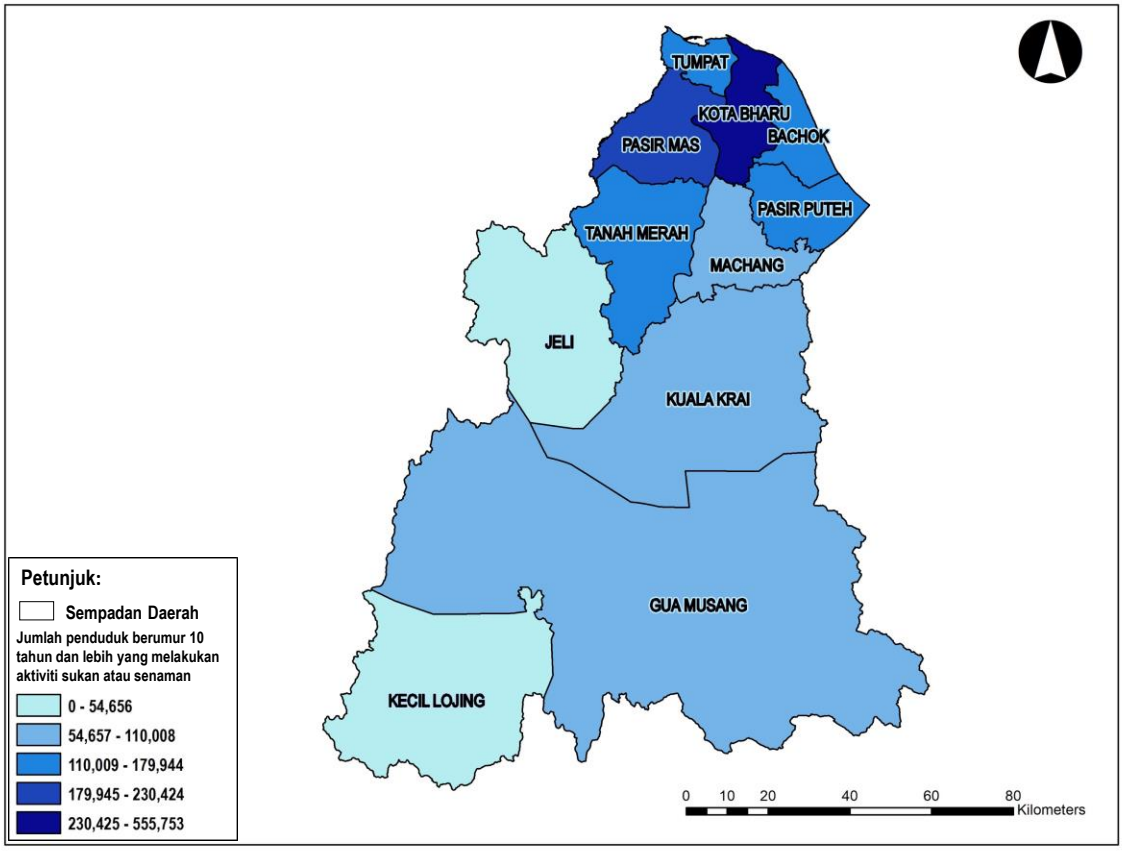
Paparan 6: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, Kedah, 2020



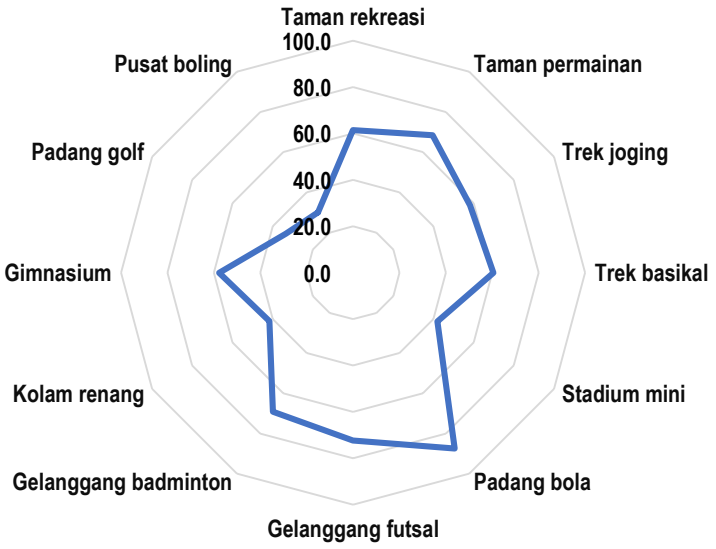
Carta 7: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, Kedah, 2020



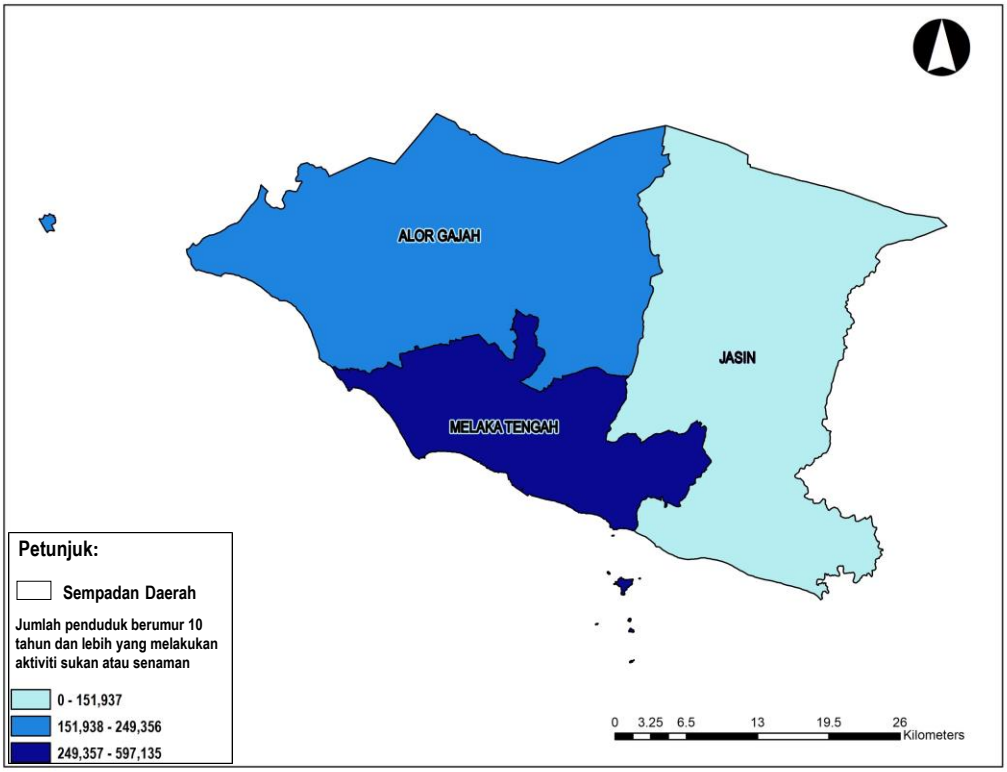
Paparan 7: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, Kelantan, 2020



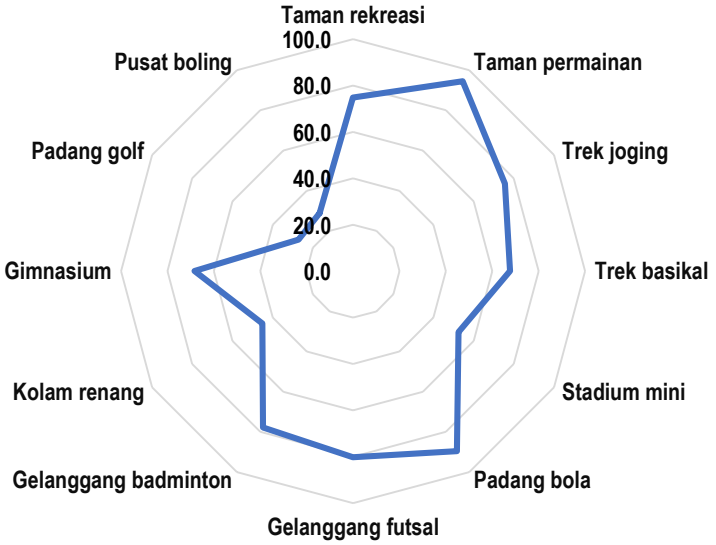
Carta 8: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, Kelantan, 2020



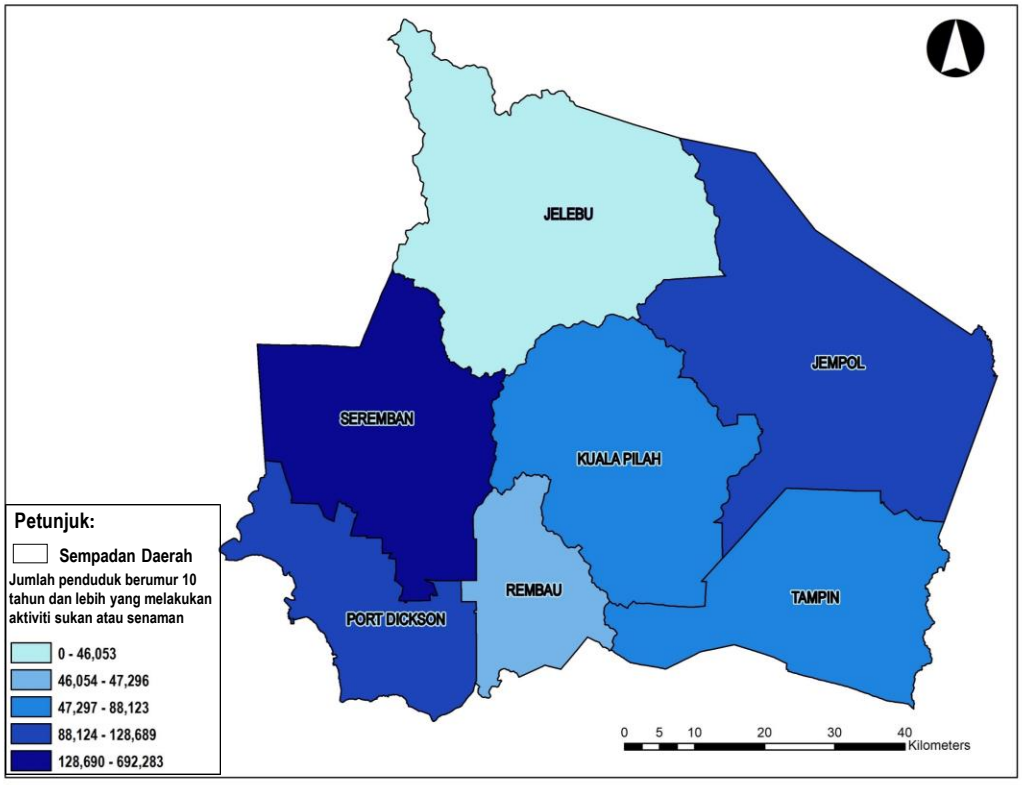
Paparan 8: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, Melaka, 2020



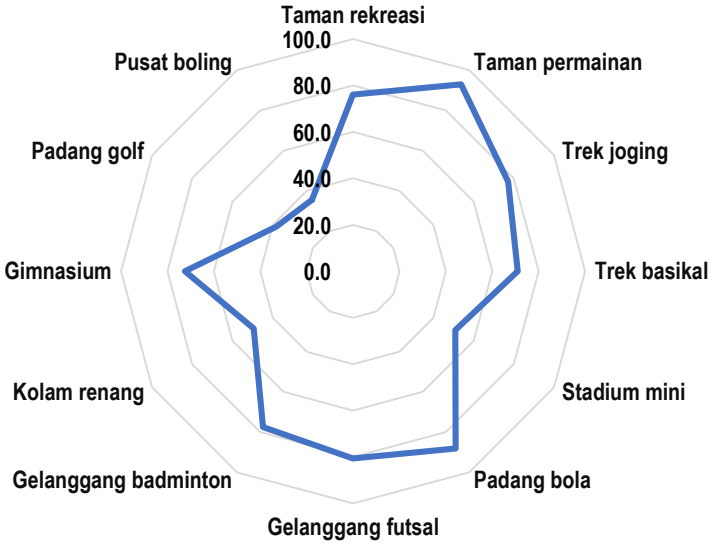
Carta 9: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, Melaka, 2020



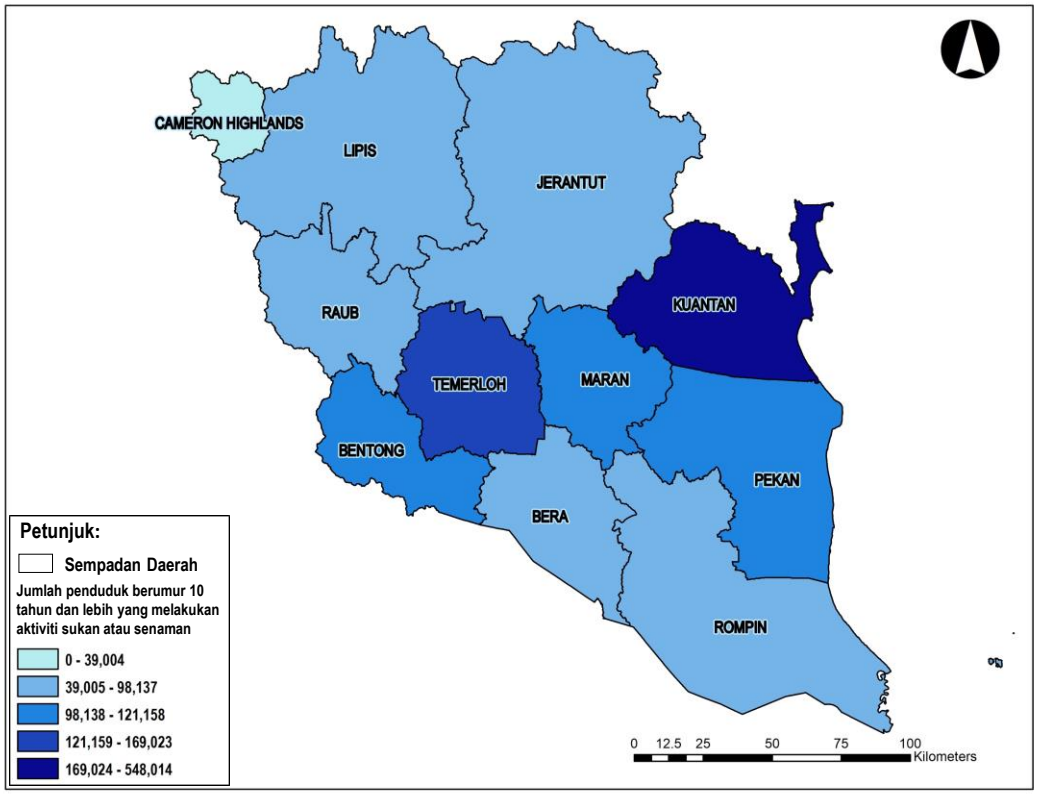
Paparan 9: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, Negeri Sembilan, 2020



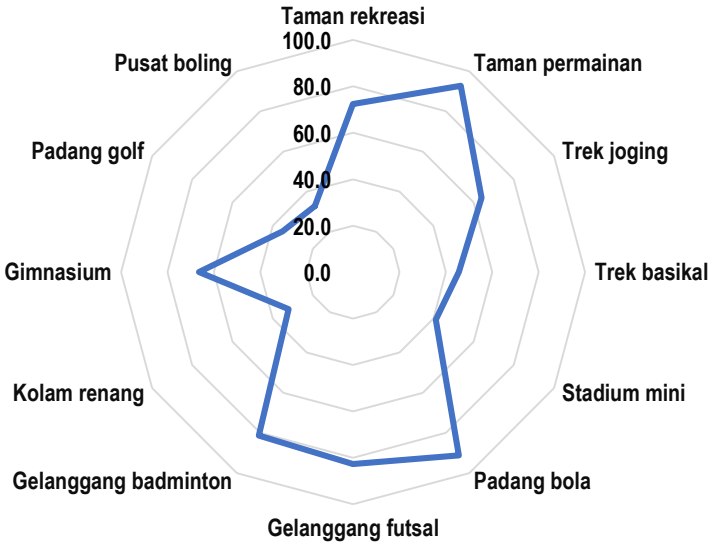
Carta 10: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, Negeri Sembilan, 2020



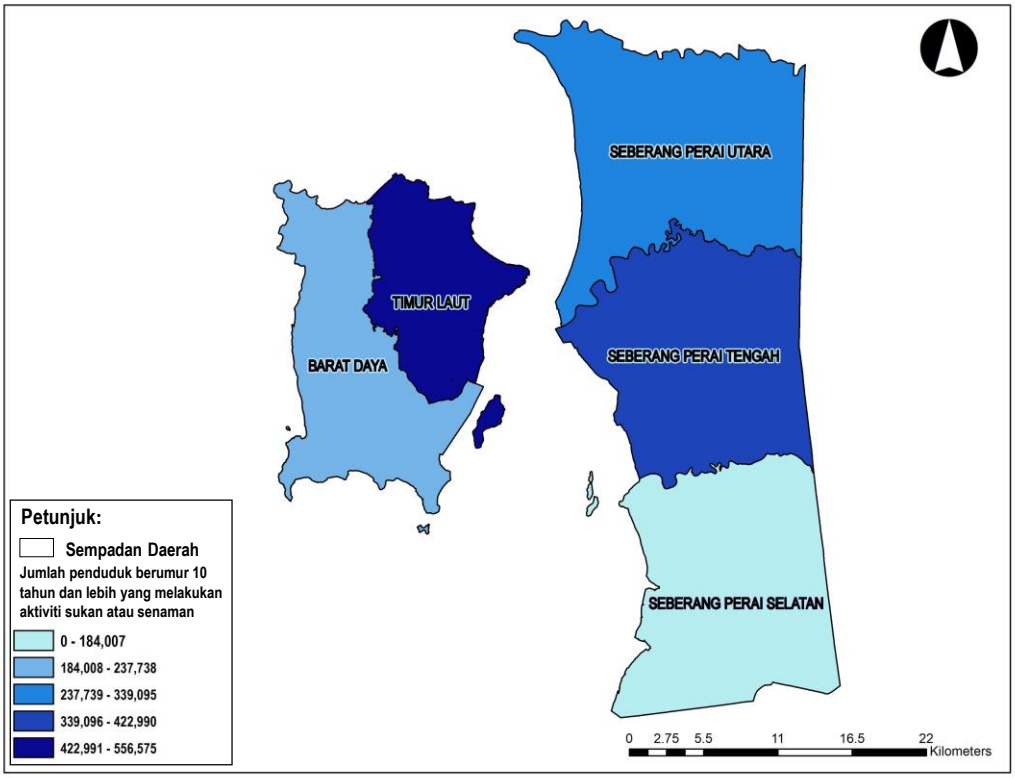
Paparan 10: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, Pahang, 2020



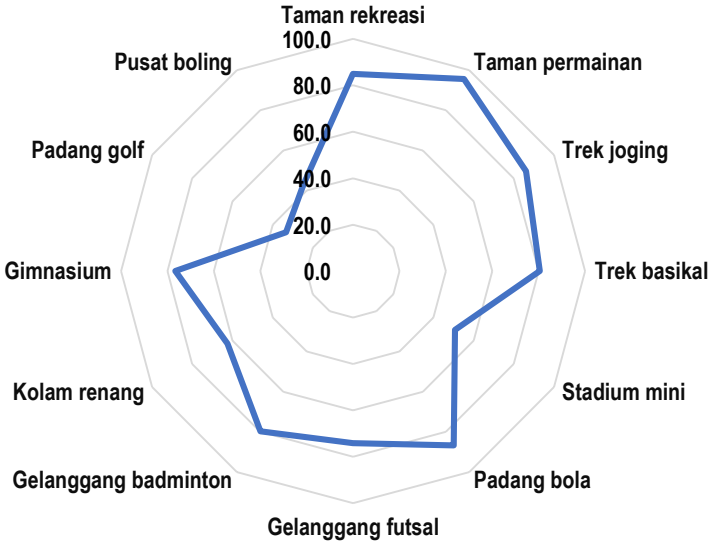
Carta 11: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, Pahang, 2020



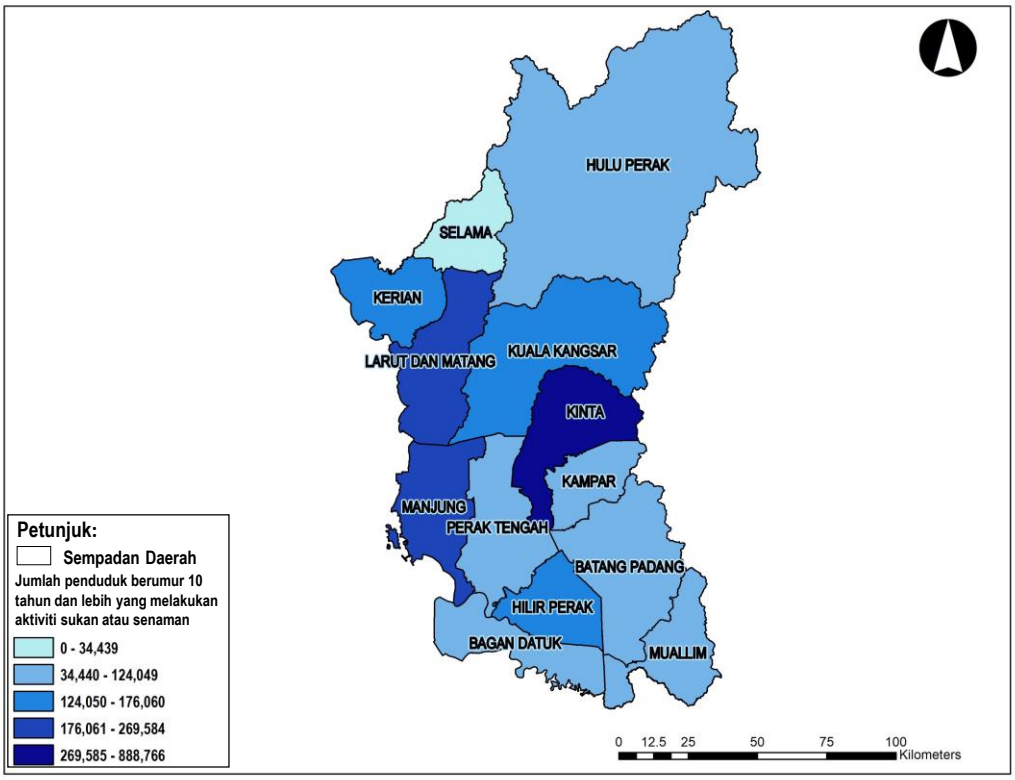
Paparan 11: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, Pulau Pinang, 2020



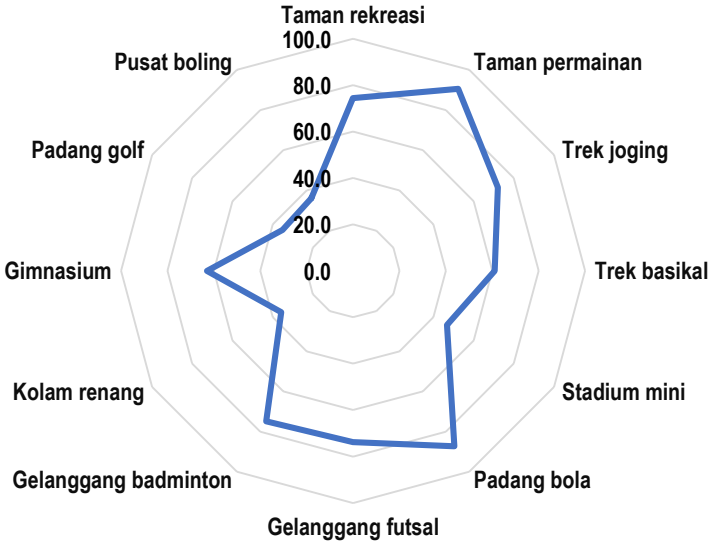
Carta 12: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, Pulau Pinang, 2020



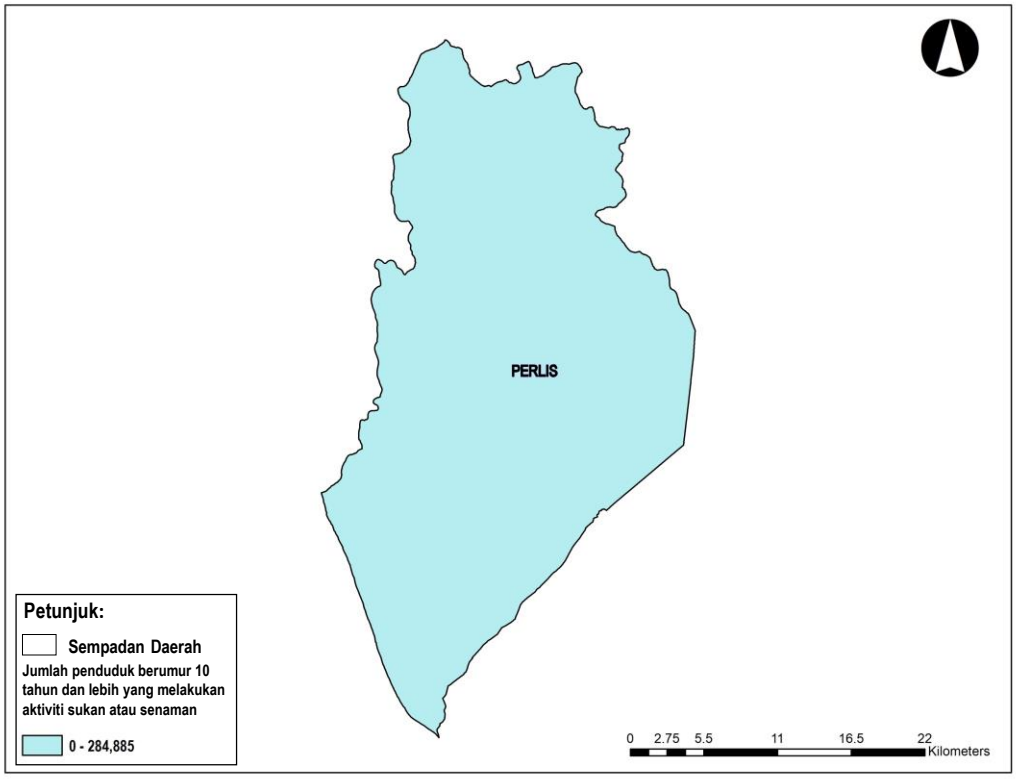
Paparan 12: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, Perak, 2020



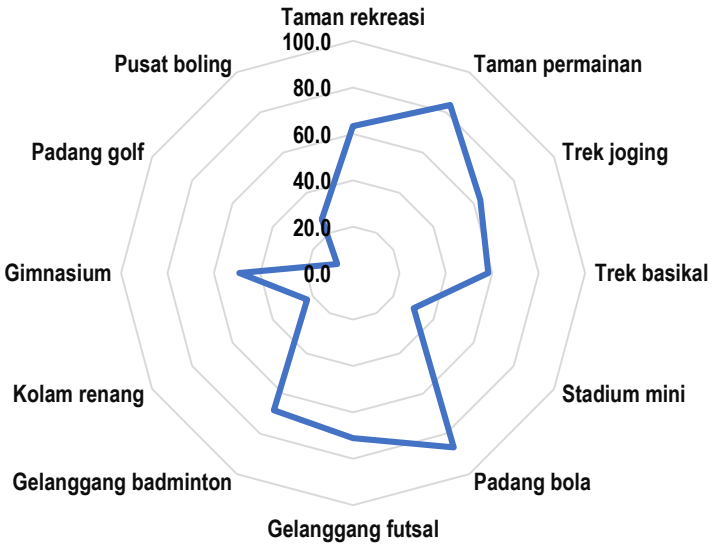
Carta 13: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, Perak, 2020



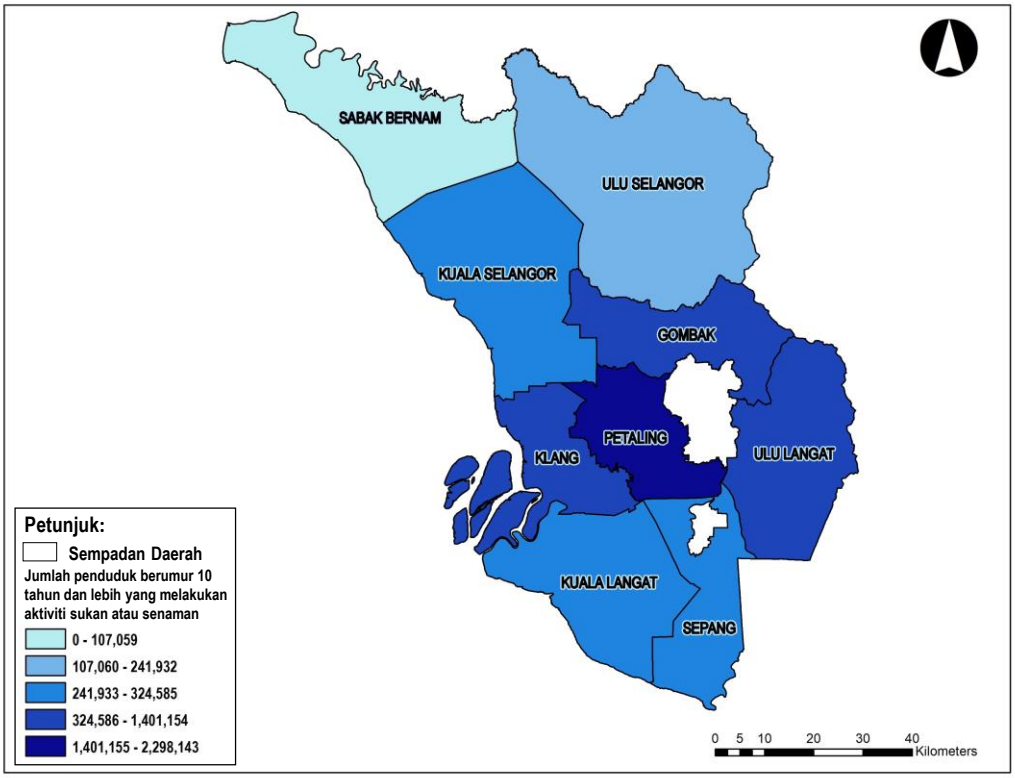
Paparan 13: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, Perlis, 2020



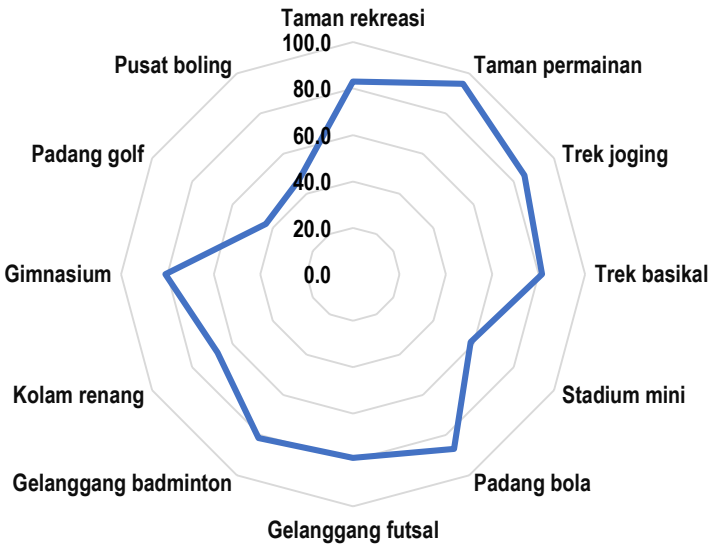
Carta 14: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, Perlis, 2020



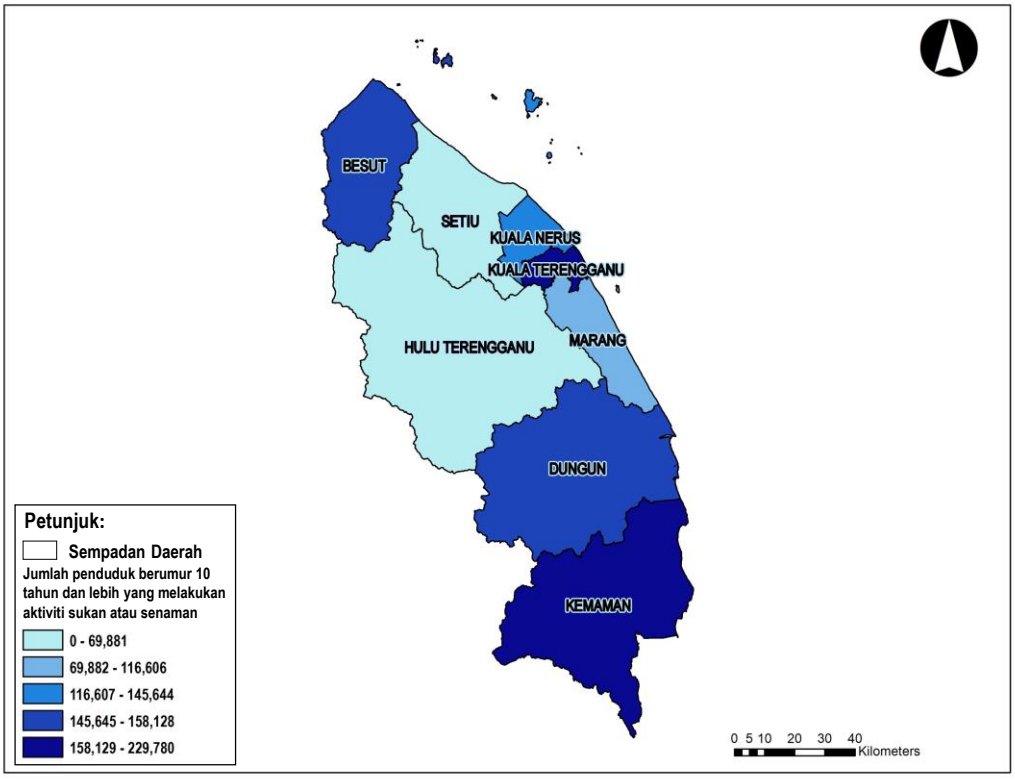
Paparan 14: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, Selangor, 2020



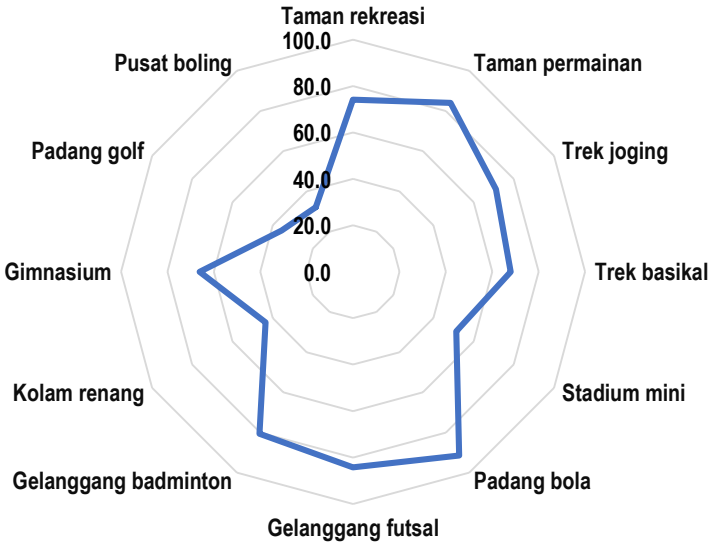
Carta 15: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, Selangor, 2020



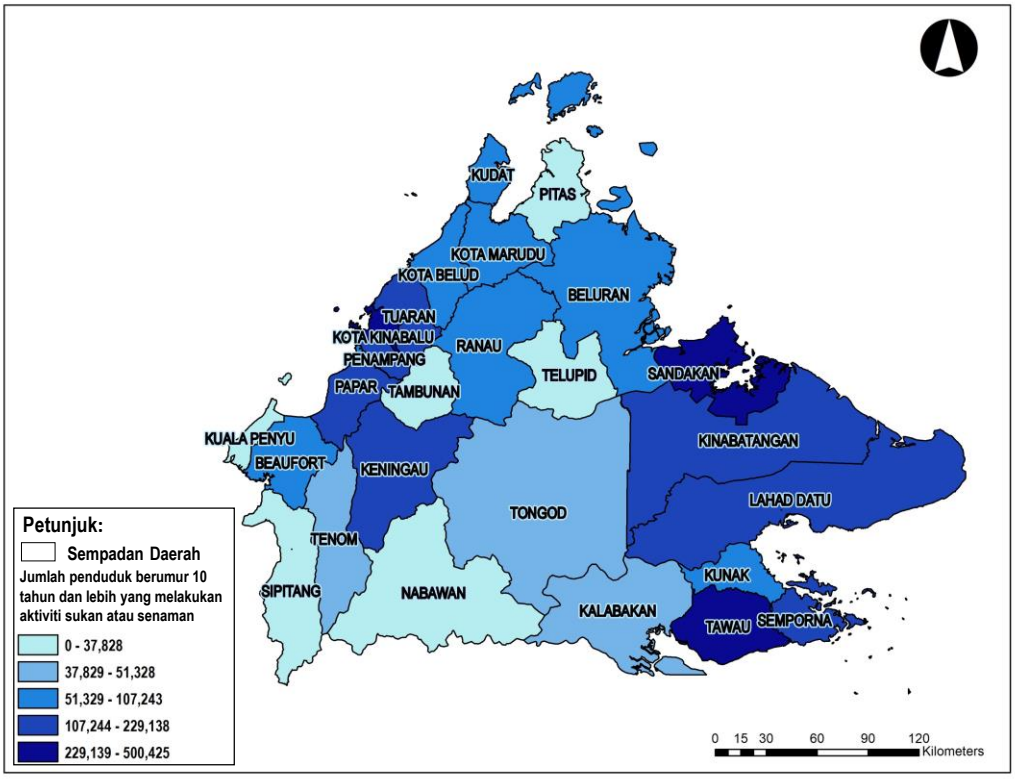
Paparan 15: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, Terengganu, 2020



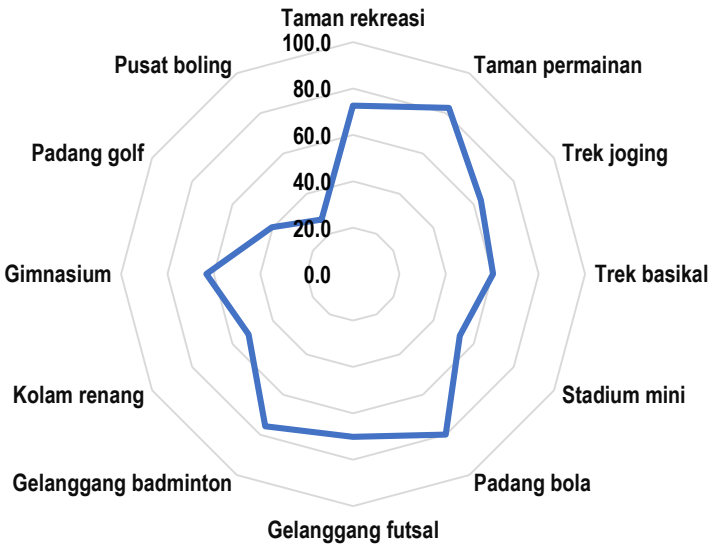
Carta 16: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, Terengganu, 2020



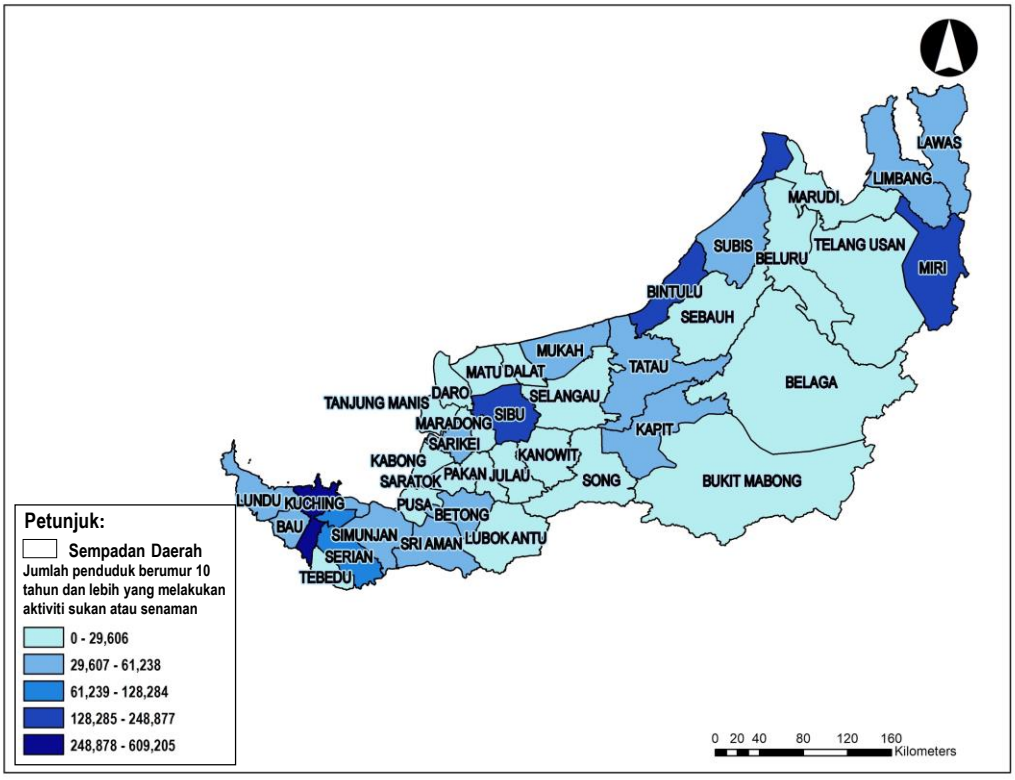
Paparan 16: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, Sabah, 2020



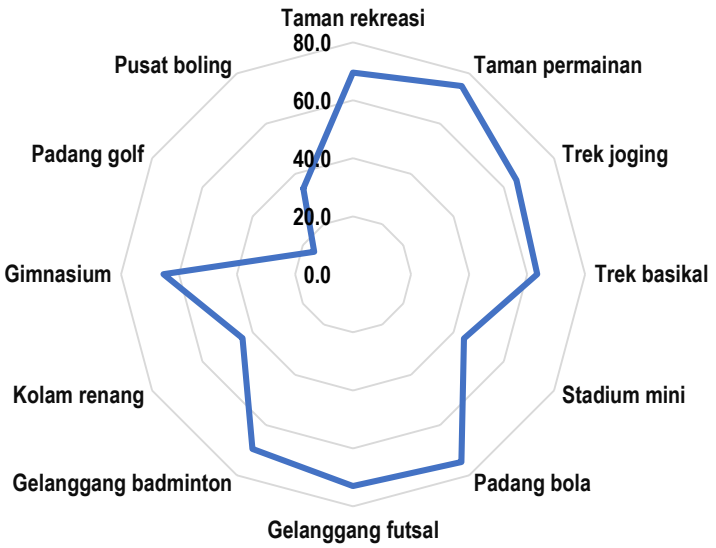
Carta 17: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, Sabah, 2020



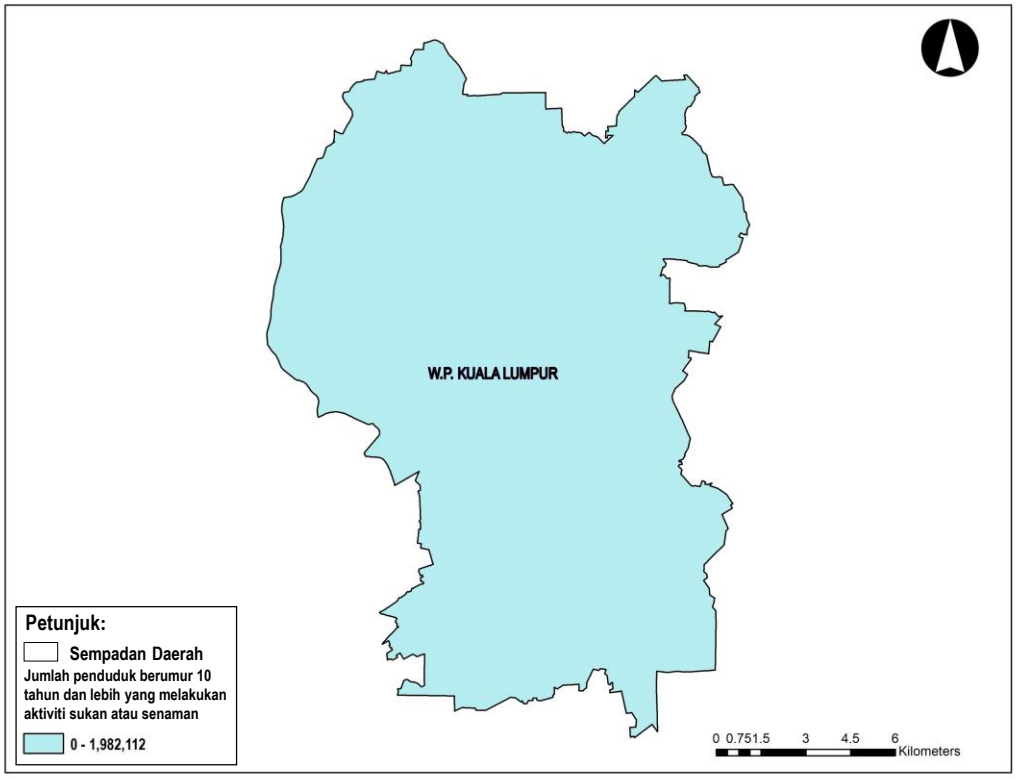
Paparan 17: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, Sarawak, 2020



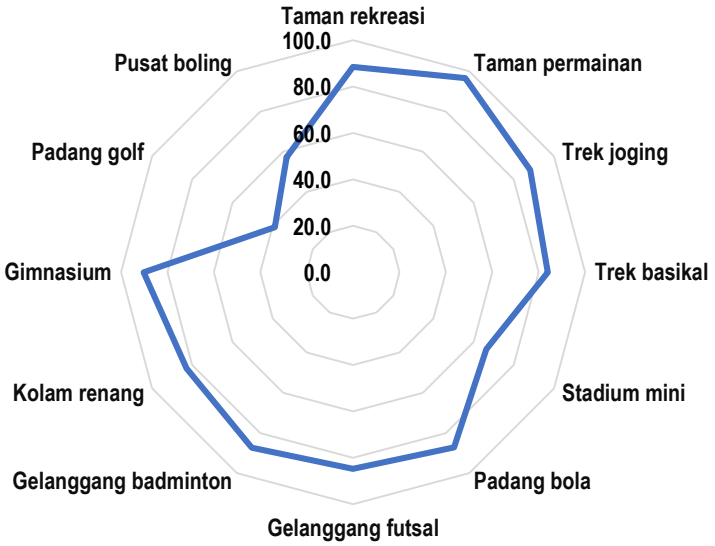
Carta 18: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, Sarawak, 2020



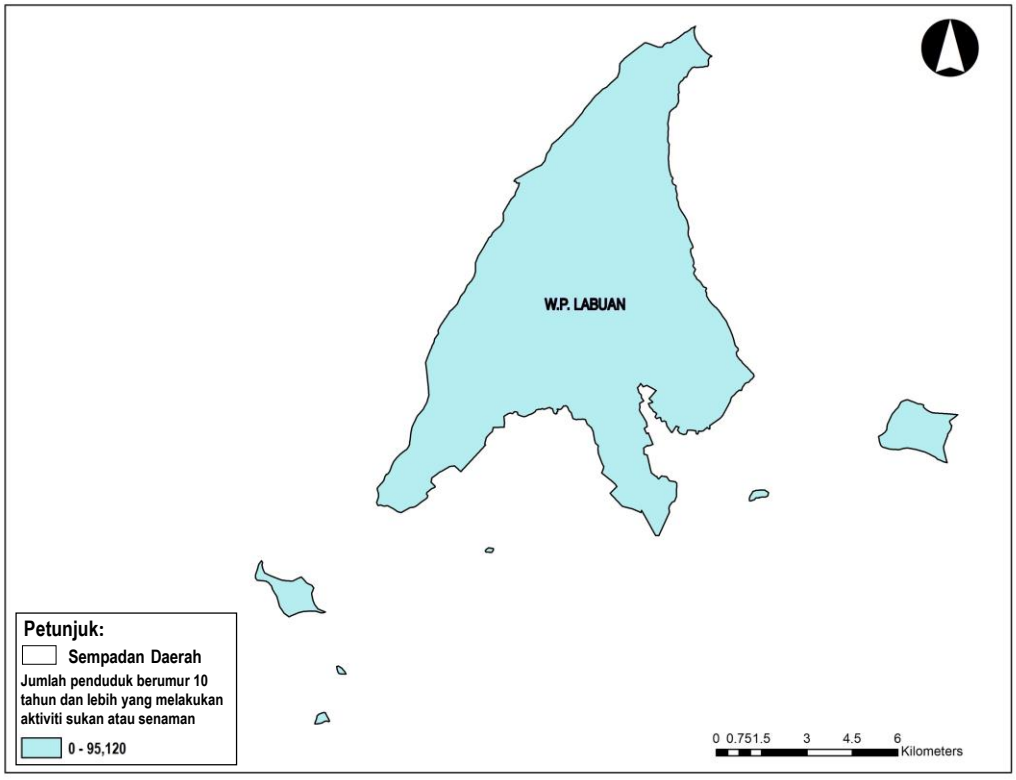
Paparan 18: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, W.P. Kuala Lumpur, 2020



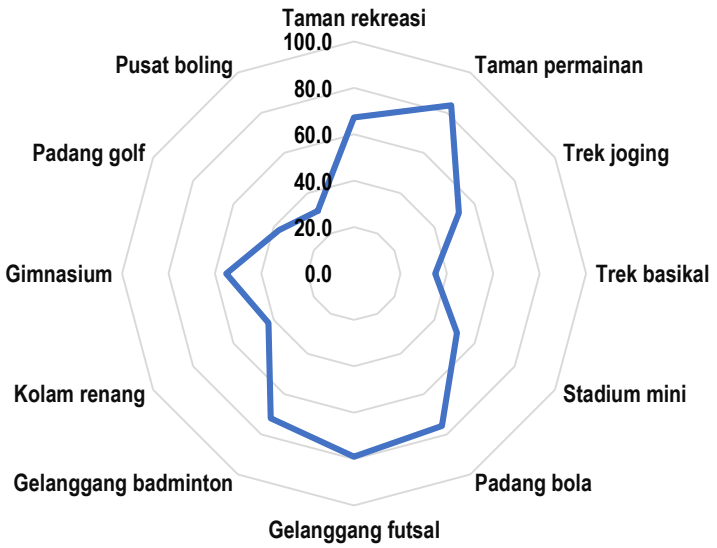
Carta 19: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, W.P. Kuala Lumpur, 2020



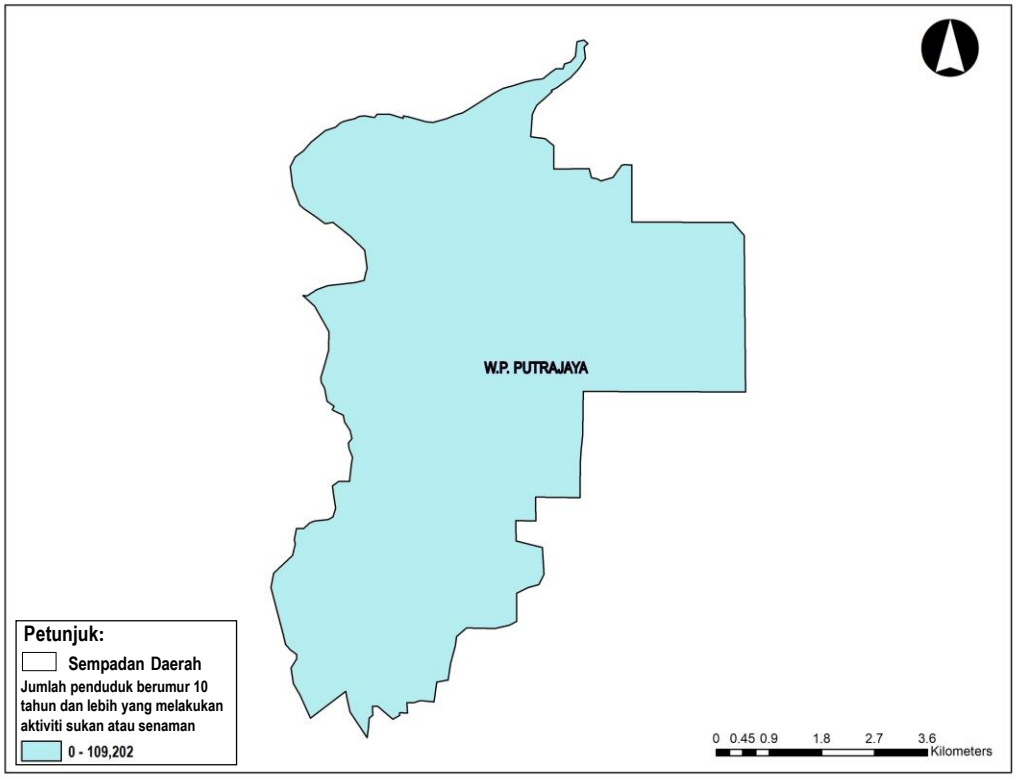
Paparan 19: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, W.P. Labuan, 2020



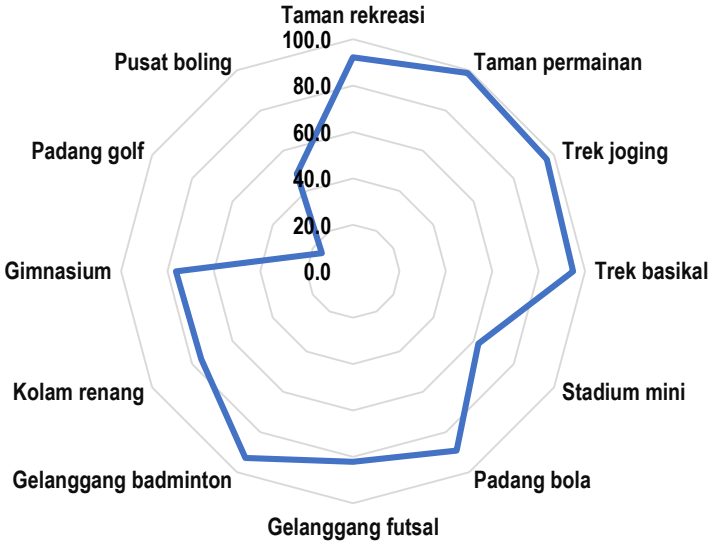
Carta 20: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, W.P. Labuan, 2020



Paparan 20: Penduduk berumur 10 tahun dan lebih yang melakukan aktiviti sukan atau senaman, W.P. Putrajaya, 2020



Carta 21: Peratus akses kepada kemudahan awam sukan dan rekreasi bagi jarak 0-5 kilometer, W.P. Putrajaya, 2020



1. INTRODUCTION

Physical health may be preserved by carrying out regular sports or exercise activities and it is beneficial for individuals of all ages and abilities. According to Global Statistics Report on Physical Activity 2022 from World Health Organization, more than 80 per cent of teenagers and more than one in four adults do not engage in the recommended amounts of physical activity for good health. Children and adults who are physically inactive miss out an opportunity to improve their health and contribute to the rising burden of morbidity and mortality brought by non-communicable diseases (NCDs)[1].

In view of the importance of Malaysian in embracing a healthy lifestyle, Department of Statistics Malaysia (DOSM) has introduced a special question in MyCensus 2020 to gauge the level of a person engagement in sports or exercise activities. This is in line with the government objective through National Sports Vision 2030 (VSN2030) which was launched in 2022 in promoting sports culture in Malaysia through comprehensive, integrated and collective initiatives. The VSN2030 with a concept 'From the Community to the Community', is aiming to make Malaysia as a sports nation with the target of at least two-thirds of Malaysians exercising and being active in sports at least five sessions a week and 30 minutes per session[2].

This publication releases statistics on Malaysians (aged 10 years and over) engagement in sports or exercise activities in 2020. The activities include brisk walking, running, recreation, cycling, swimming, gymnasium activity, zumba/ aerobic, taichi/ yoga, e-sport, extreme sports and others. For the first time ever, DOSM has introduced four special modules which include Health and Fitness; Social Relation; Housing and Senior Citizen. This release on the fitness is the first series of special modules with the remaining findings published in stages from 2023 until 2024.

[1] *Global Statistics Report on Physical Activity 2022, World Health Organization*
[2] *National Sports Vision 2030 document, Ministry of Youth and Sports Malaysia*

2. RESPONSE FOR FITNESS MODULE

MyCensus 2020 recorded 26.7 million of population in Malaysia aged 10 years and over. Out of this total, 16.1 million (60.5%) have responded to the questions related to sports or exercise activities, while the remainder 10.5 million (39.5%) did not respond.

The findings indicated that 8.7 million (53.9%) from 16.1 million that have responded were engaged in sports or exercise activities. Based on the response, a person may engage in one, two or three and more sports or exercise activities, while others may choose not to engage in any of the physical activities. From 16.1 million that have responded, 33.6 per cent or 5.4 million engaged in at least one sports or exercise activities. In addition, 2.0 million (12.3%) were engaged in two activities and 1.3 million (8.0%) involved in three activities and more. The remainder 7.4 million did not engage in any activities.

Chart 1: Percentage of response, Malaysia, 2020

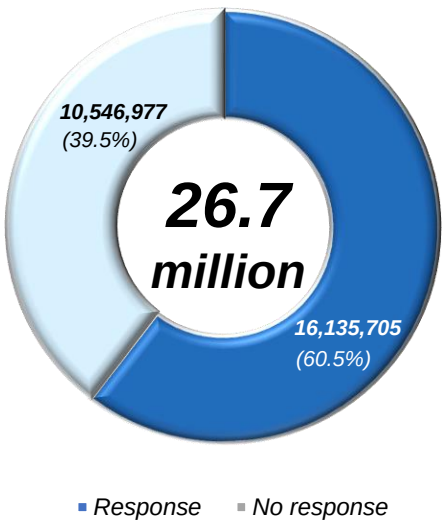
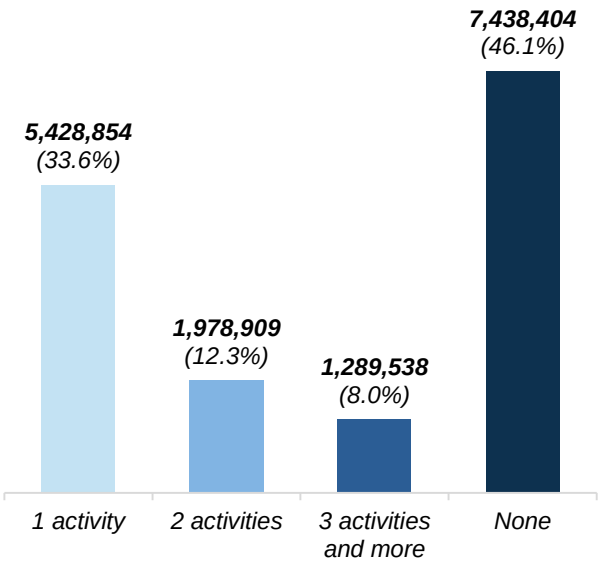


Chart 2: Number of person engaged in sports or exercise by number of activities, Malaysia, 2020



3. TYPE OF SPORTS OR EXERCISE ACTIVITIES

MyCensus 2020 covers 10 types of sports or exercise activities. A person may choose multiple answer and 'none' refers to those who did not perform any activity.

Four main activities preferred by Malaysians were recreation (4,212,222), brisk walking (2,844,905), running (2,124,500) and cycling (1,526,553). Johor recorded the highest number engaged in recreation activities (630,535), followed by Selangor (511,786) and Pulau Pinang (381,525). Meanwhile, Selangor, Johor and Perak recorded the highest participation in three types of sports or exercise activities namely, brisk walking, running and cycling.

Exhibit 1: Highest number of person by type of sports or exercise activities and state, Malaysia, 2020

Recreation

1	2	3
Johor	Selangor	Pulau Pinang
630,535	511,786	381,525

Brisk walking

1	2	3
Selangor	Johor	Perak
421,770	367,201	324,988

Running

1	2	3
Selangor	Johor	Perak
406,118	275,028	190,652

Cycling

1	2	3
Selangor	Johor	Perak
272,616	205,763	153,383

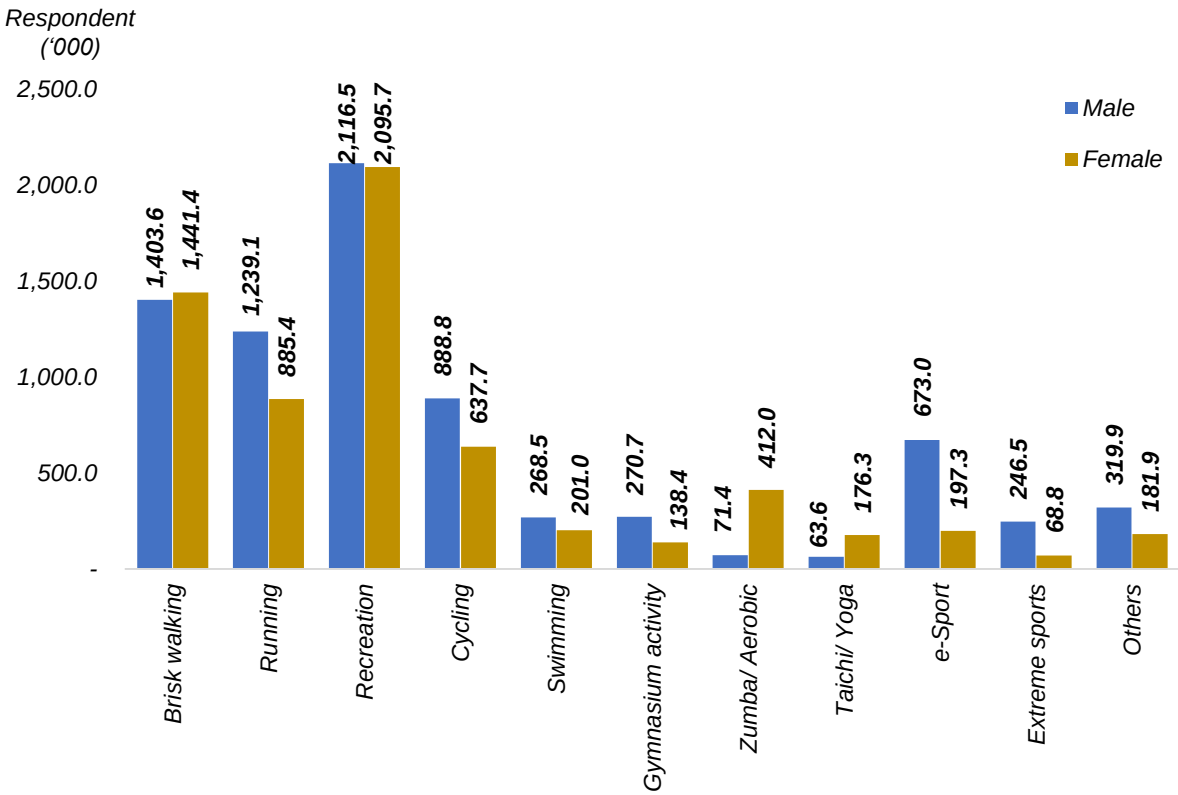
"By 2020, Malaysia has targeted 50% of its people to civilize sports by making physical activity and sport as a part of lifestyle."
Source: Institute For Youth Research Malaysia, 2019

Notes: Number of population refers to respondent who chose multiple answers

4. SEX

In general, the sports or exercise activities that are often performed by both sexes are recreation, brisk walking and running. For recreation, males accounted for 2,116,526 (50.2%) while females 2,095,696 (49.8%). On the other hand, brisk walking activities recorded the highest number for females at 1,441,354, while males 1,403,551. For running, males recorded the highest number at 1,239,057 as compared to females with 885,443. The sports or exercise activities that males engaged the least are zumba/ aerobics and taichi/ yoga while females engaged in gymnasium activities and extreme sports.

Chart 3: Number of person by sports or exercise activities and sex, Malaysia, 2020



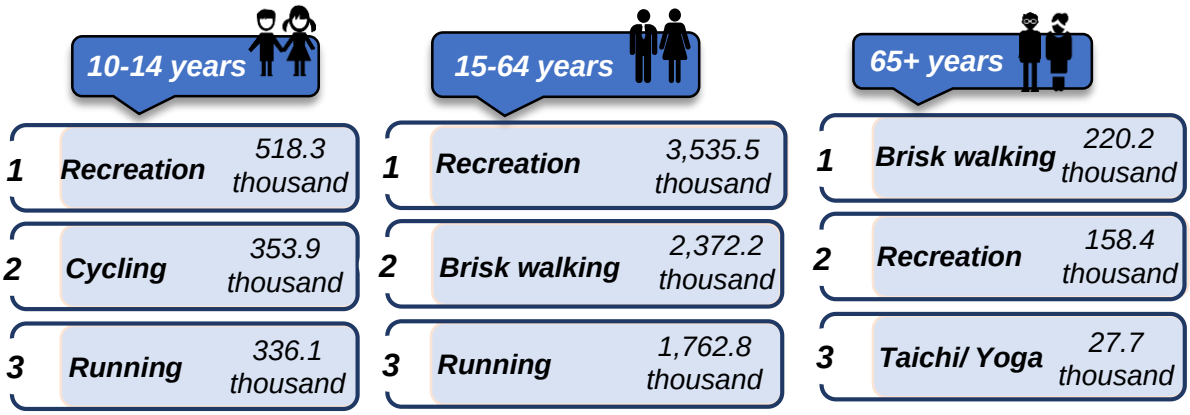
"The Lancet Global Health, in 2018, found that more than a quarter of adults globally are insufficiently physically active. Across most countries, women are less active than men (global average of 31·7% for inactive women vs 23·4% for inactive men)."
Source: The Lancet Global Health, 2018

5. AGE GROUP

Among young age population (10-14 years), 1,032,417 were engaged in sports or exercise activities, while 659,583 did not engage in any sport activity. The most common sports or exercise activities of the young age population was recreation (518,320), followed by cycling (353,930) and running (336,117).

For the working age population (15-64 years), recreation was a frequent activity with 3,535,495, followed by brisk walking (2,372,226) and running (1,762,764). Meanwhile, brisk walking (220,164) is an activity that is often performed by the old age population (65 years and over), followed by recreation (158,407) and taichi/ yoga (27,677).

Exhibit 2: : Highest number of person by age group, Malaysia, 2020



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.

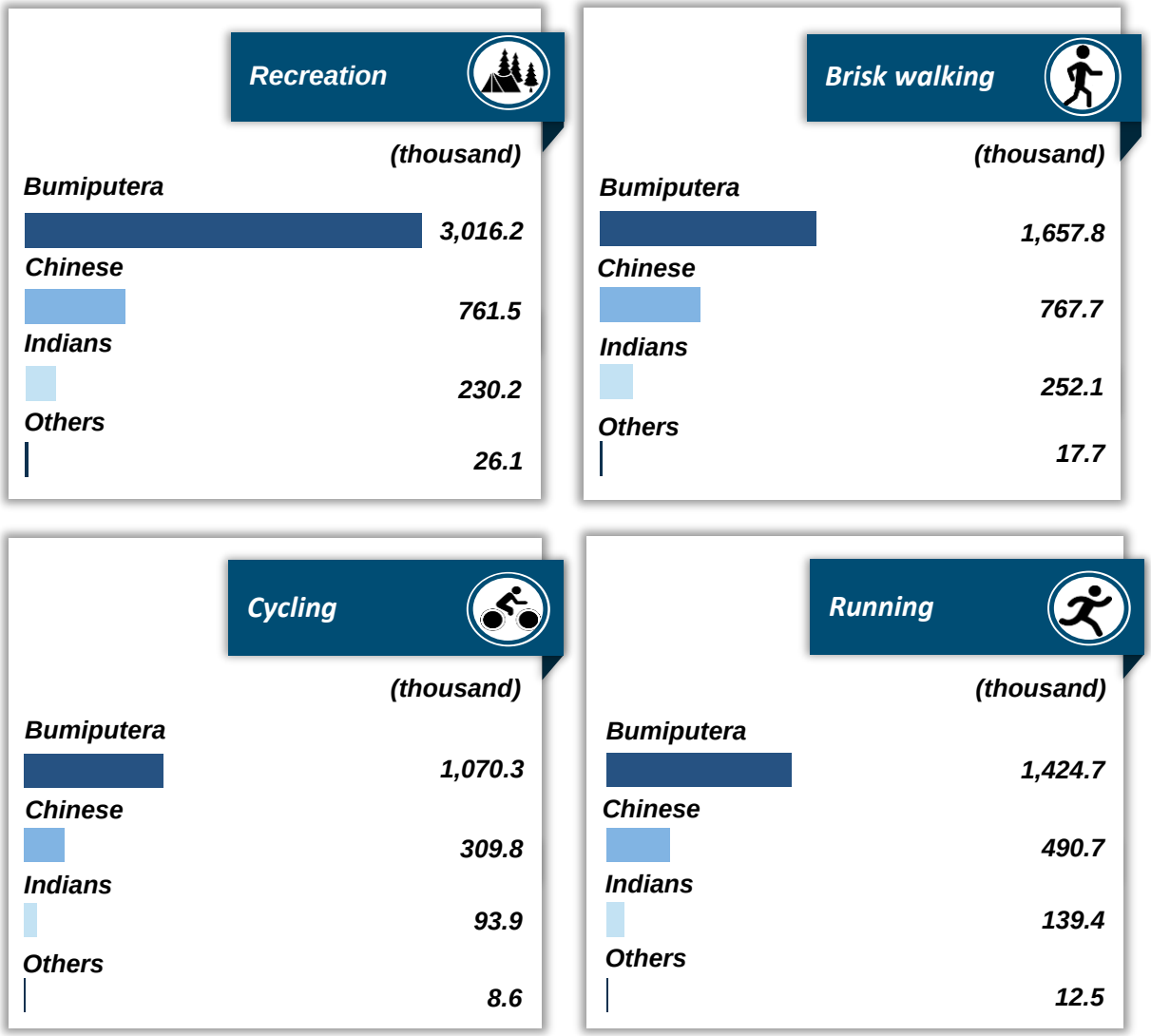
"Aged of 65+ years are advised to do at least 150 minutes of moderate physical activity."
Source: National Health and Morbidity Survey, 2015

6. ETHNIC COMPOSITION

All main ethnic groups showed the same preference in choosing the most preferable sports or exercise activities namely recreation, brisk walking and running. The number of Bumiputera engaged in recreation activity was 3,016,247, followed by brisk walking (1,657,812), cycling (1,070,314) and running (1,424,664).

Meanwhile, Chinese recorded the second highest for recreation activity of 761,539, brisk walking (767,684), cycling (309,841) and running (490,666). Indians engaged the most in brisk walking (252,053), recreation (230,174) and running (139,361).

Exhibit 3: Highest number of person by ethnic composition, Malaysia, 2020



7. ACCESS TO THE PUBLIC SPORTS AND RECREATIONAL FACILITIES

The access distance to public sports and recreation facilities measures the level of accessibility from living quarters to the public sports and recreation facilities provided in the living quarters area. The findings are based on self-declaration by respondents in terms of the estimated nearest distance between living quarters and public sports and recreation facilities in 2020.

Overall, 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.

Chart 4: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, Malaysia, 2020

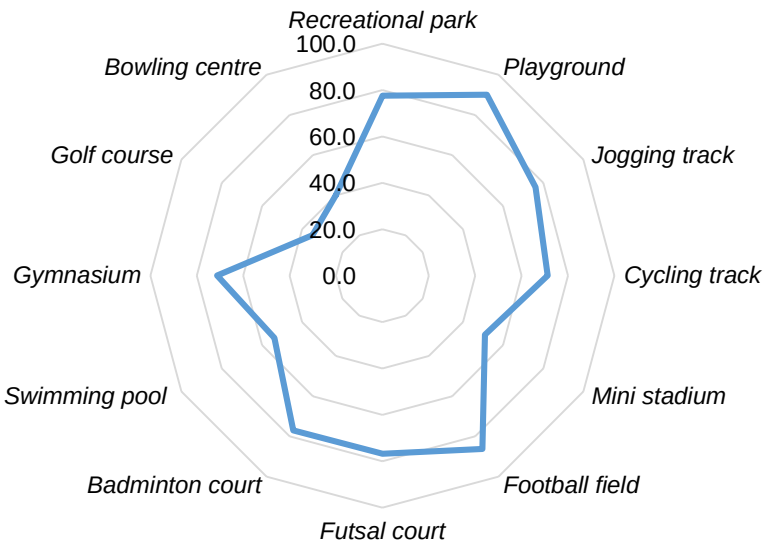


Exhibit 4: Population aged 10 years and over engaged in sports or exercise activities, state, Malaysia, 2020

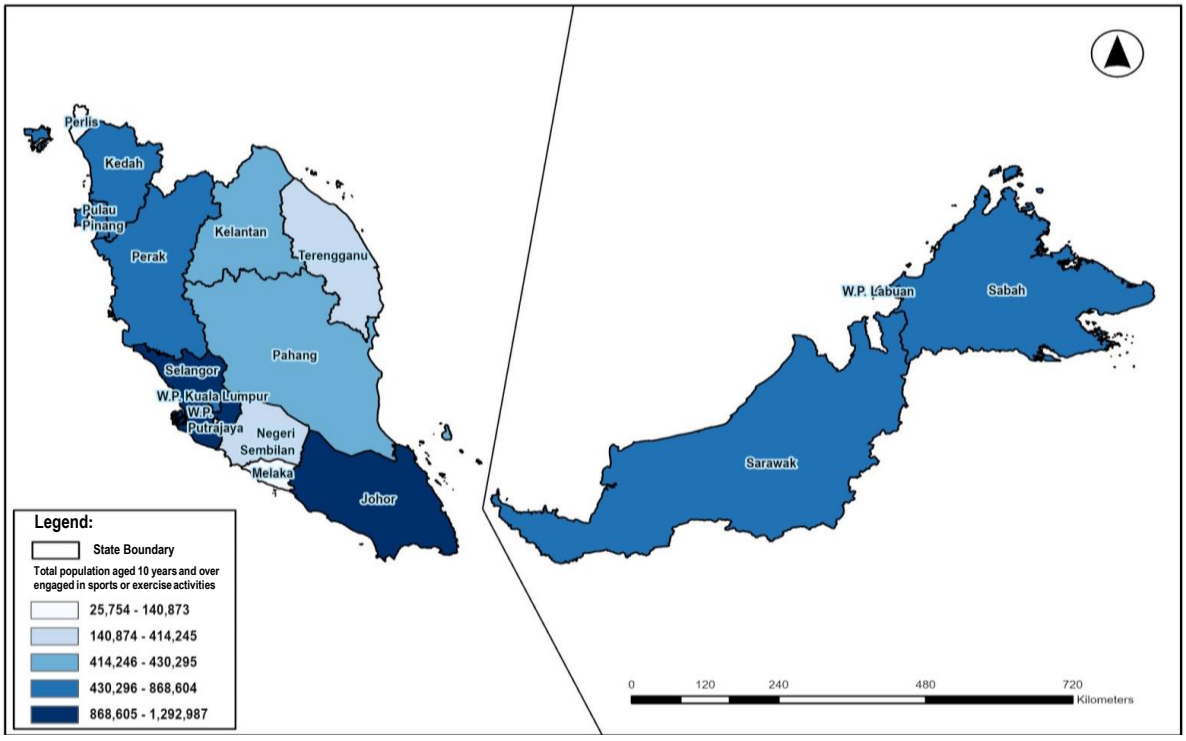


Chart 5: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, Malaysia, 2020

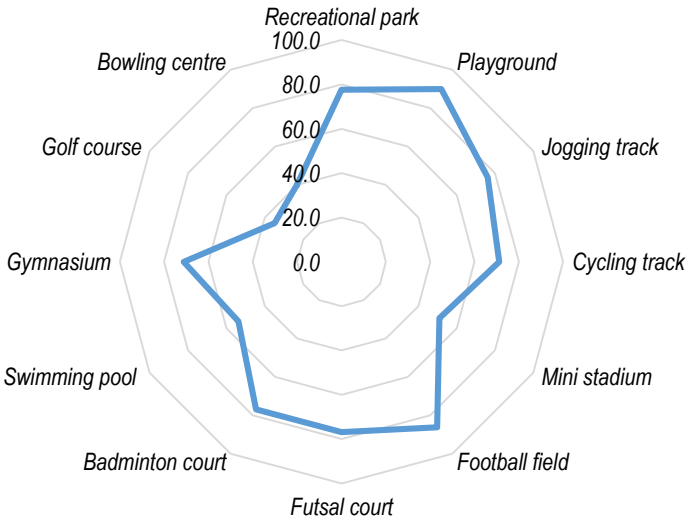


Exhibit 5: Population aged 10 years and over engaged in sports or exercise activities, Johor, 2020

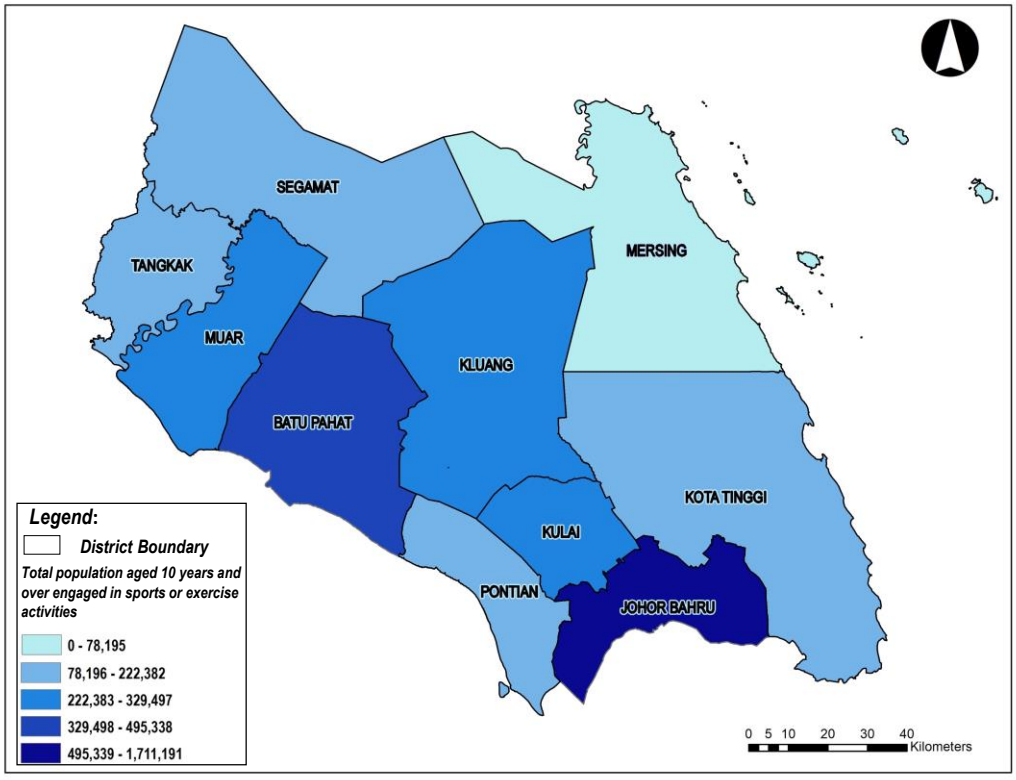


Chart 6: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, Johor, 2020

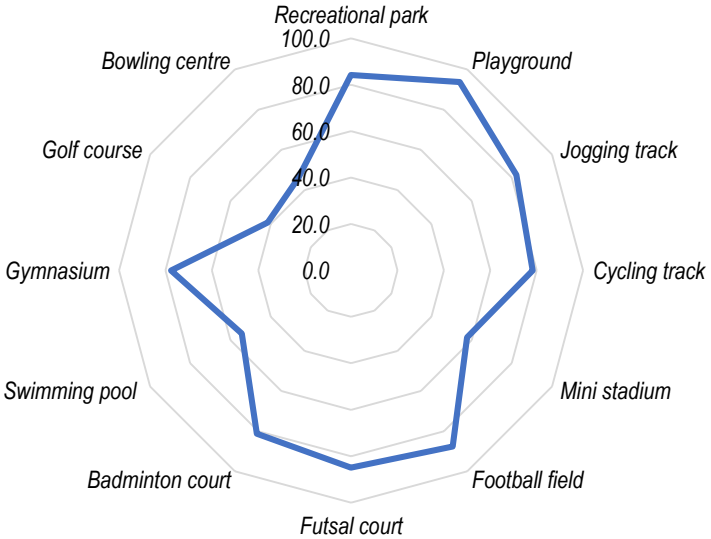


Exhibit 6: Population aged 10 years and over engaged in sports or exercise activities, Kedah, 2020

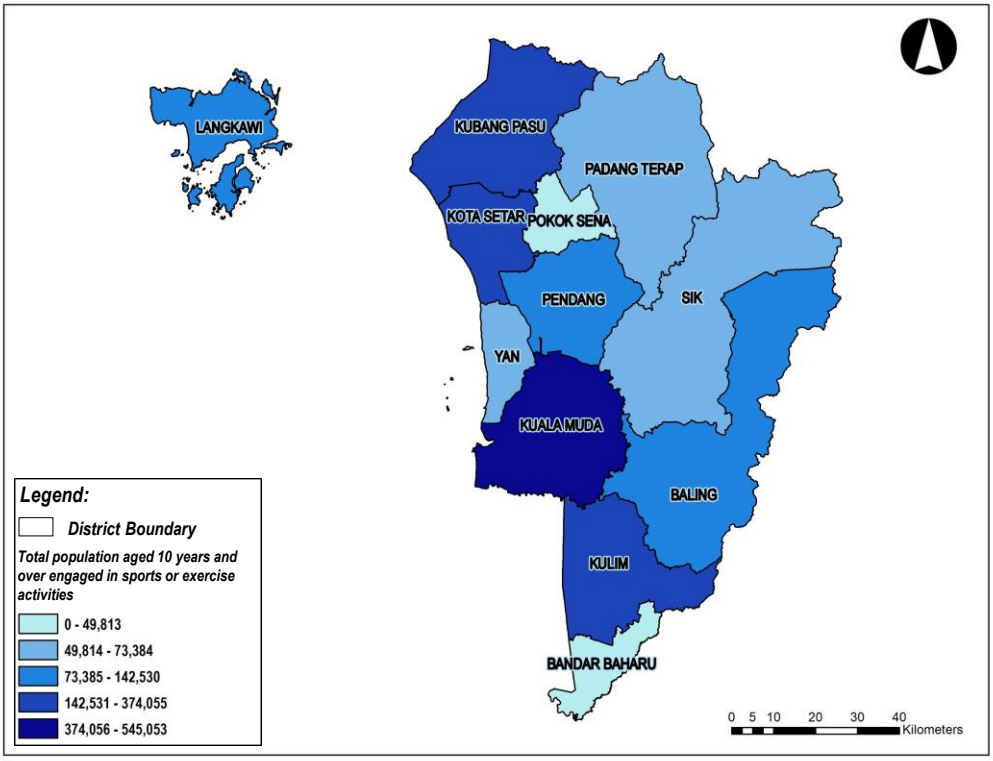


Chart 7: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, Kedah, 2020

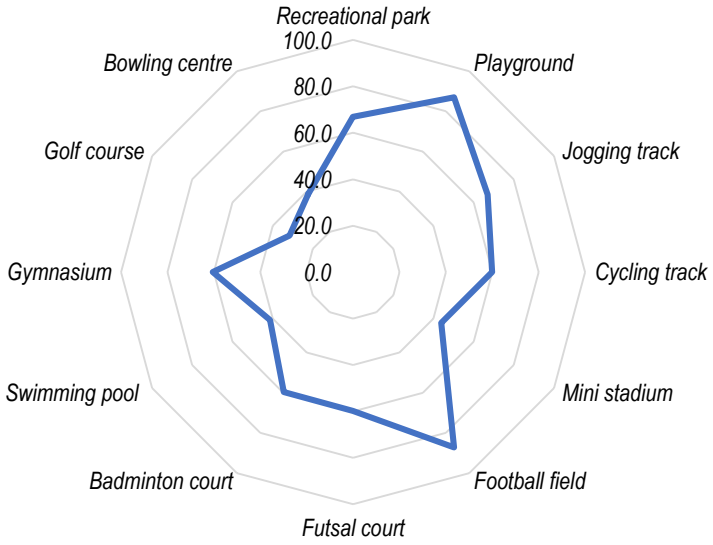


Exhibit 7: Population aged 10 years and over engaged in sports or exercise activities, Kelantan, 2020

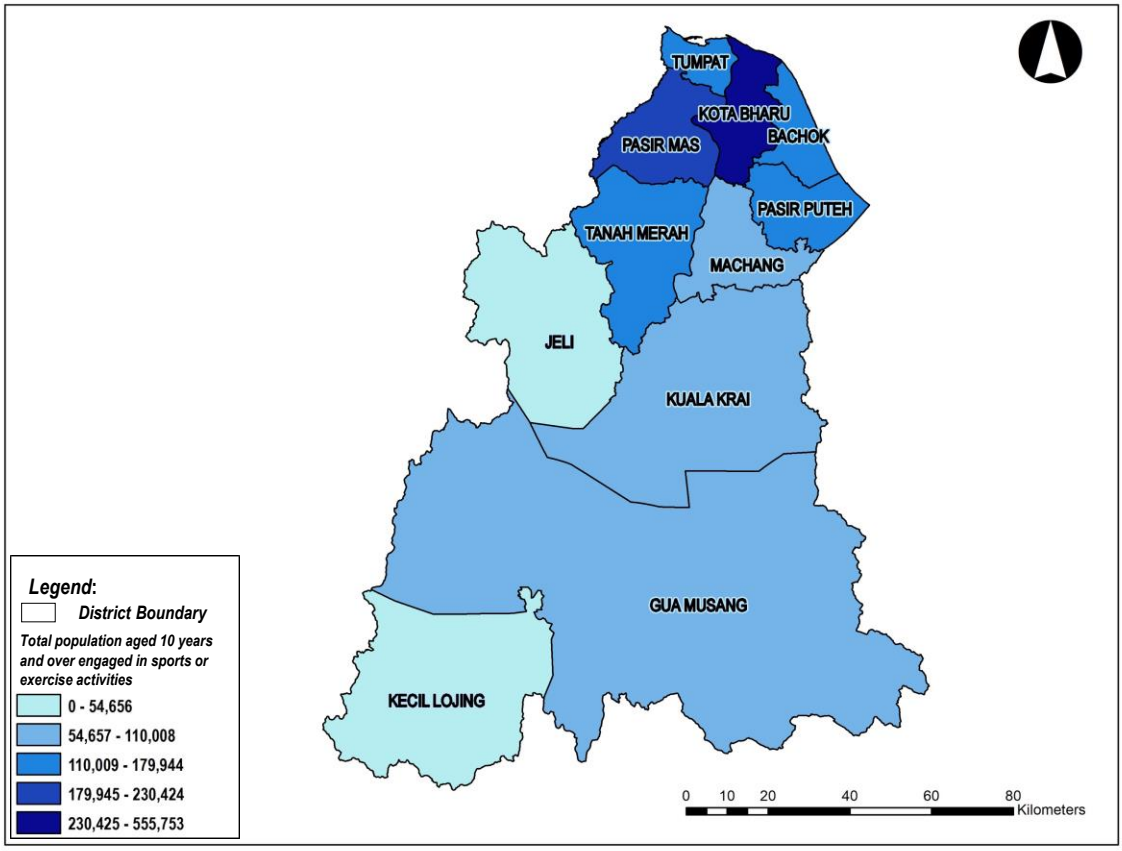


Chart 8: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, Kelantan, 2020

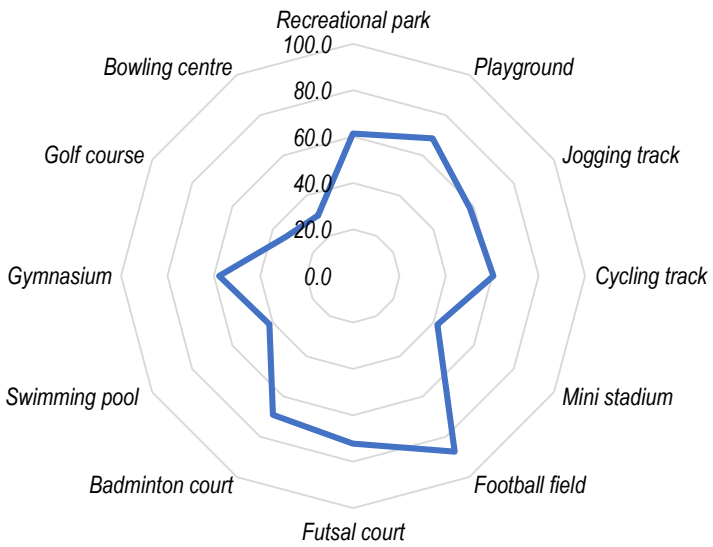


Exhibit 8: Population aged 10 years and over engaged in sports or exercise activities, Melaka, 2020

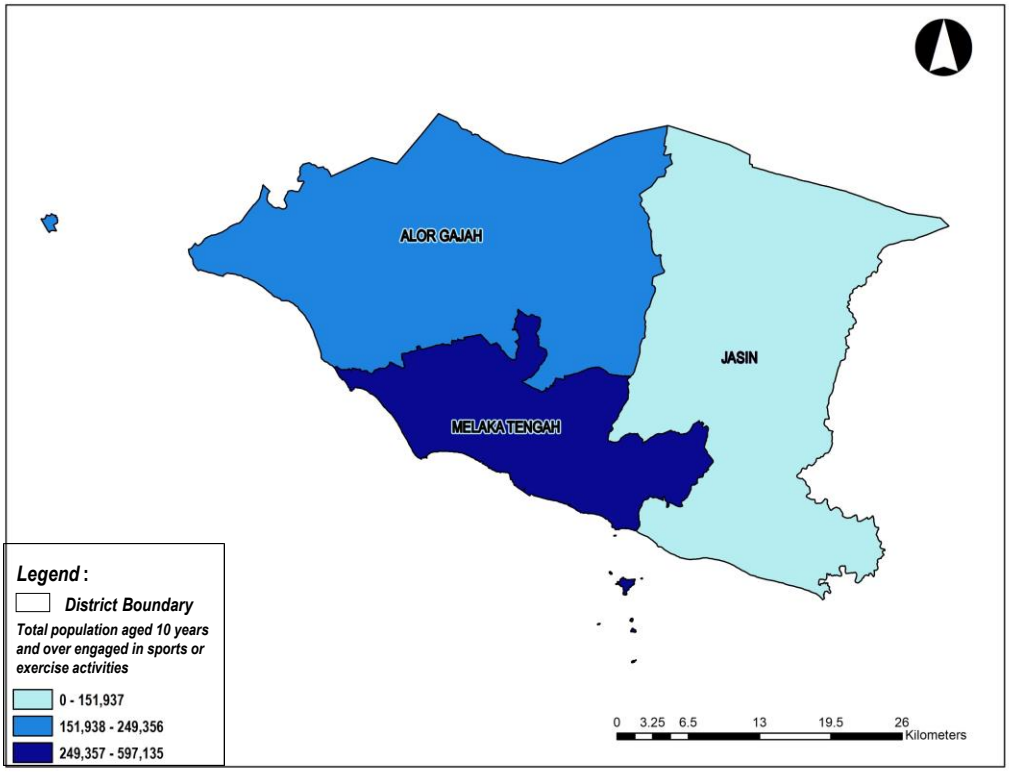


Chart 9: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, Melaka, 2020

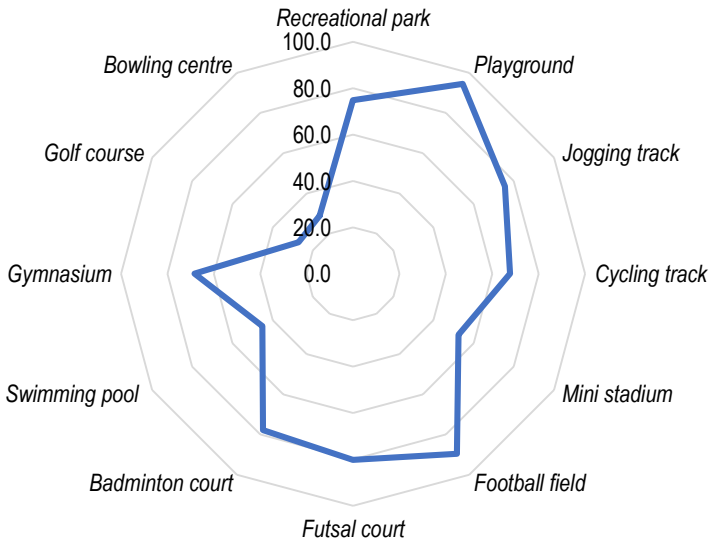


Exhibit 9: Population aged 10 years and over engaged in sports or exercise activities, Negeri Sembilan, 2020

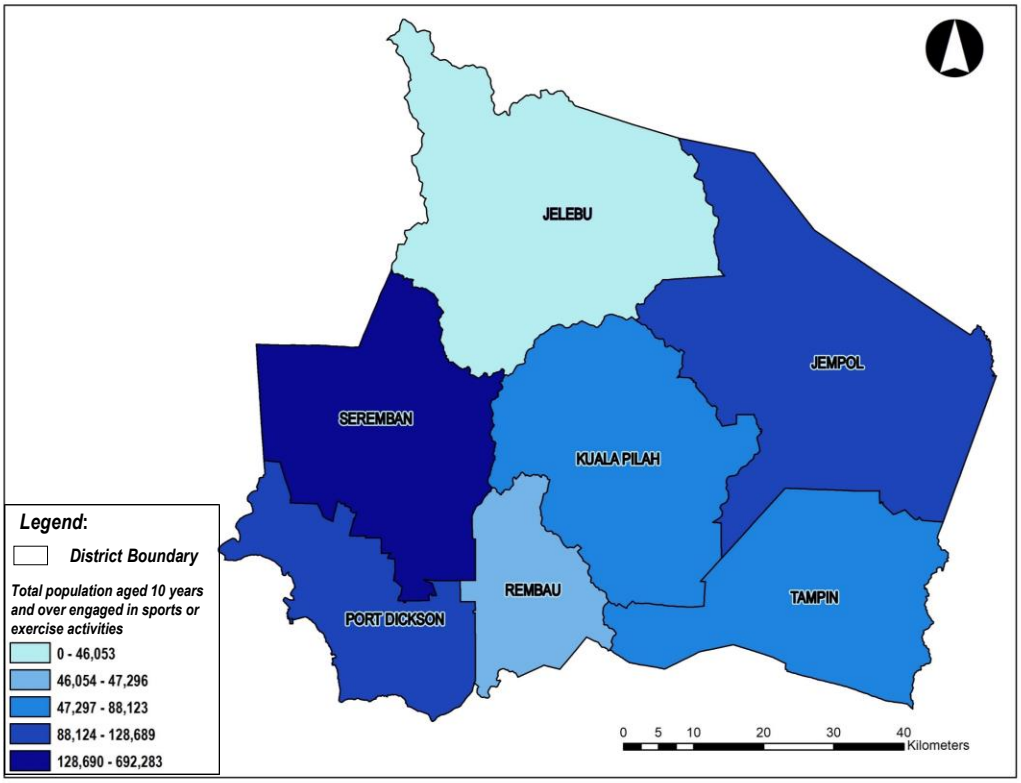


Chart 10: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, Negeri Sembilan, 2020

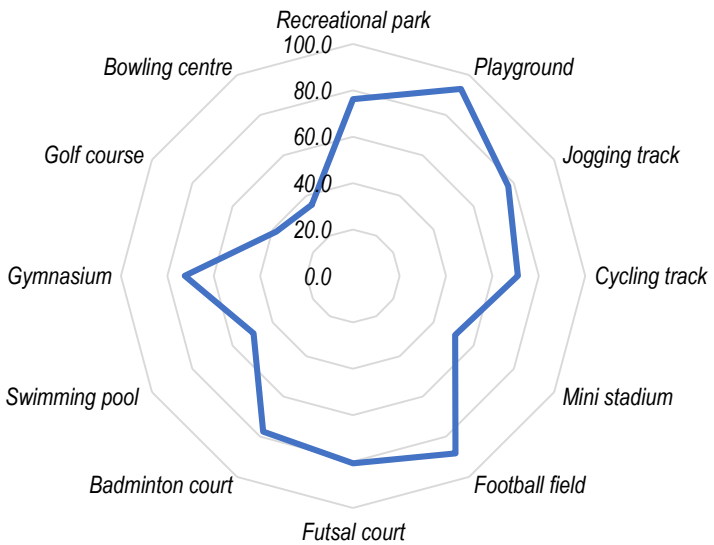


Exhibit 10: Population aged 10 years and over engaged in sports or exercise activities, Pahang, 2020

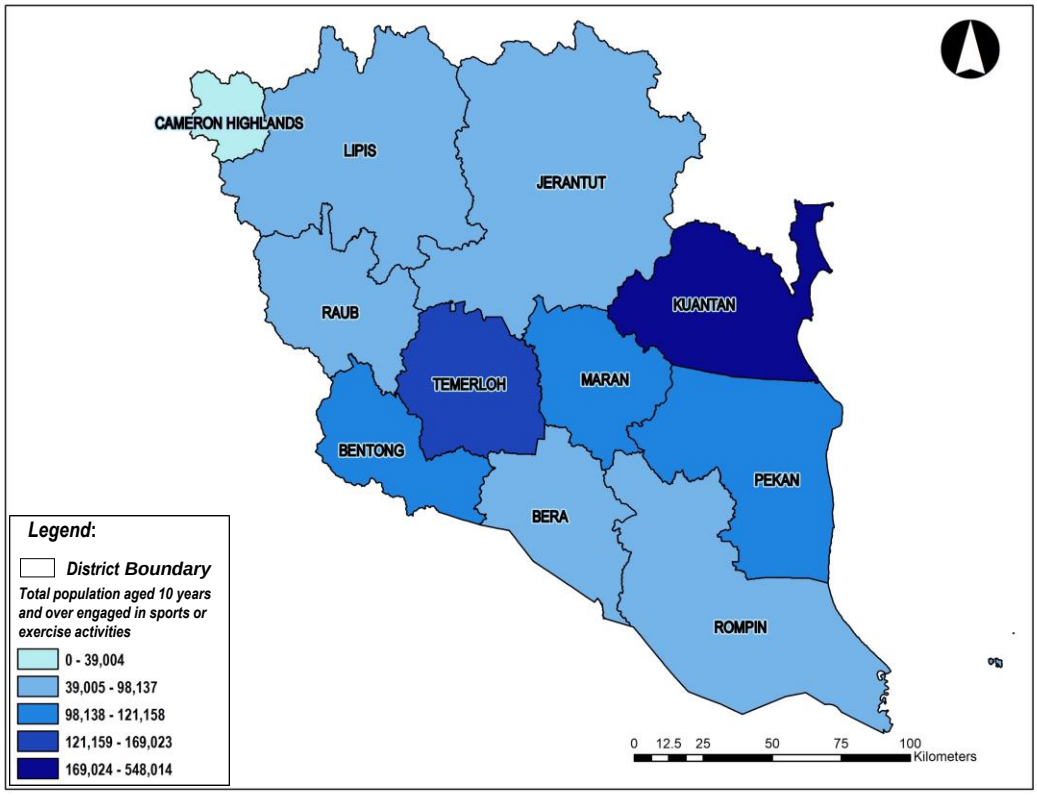


Chart 11: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, Pahang, 2020

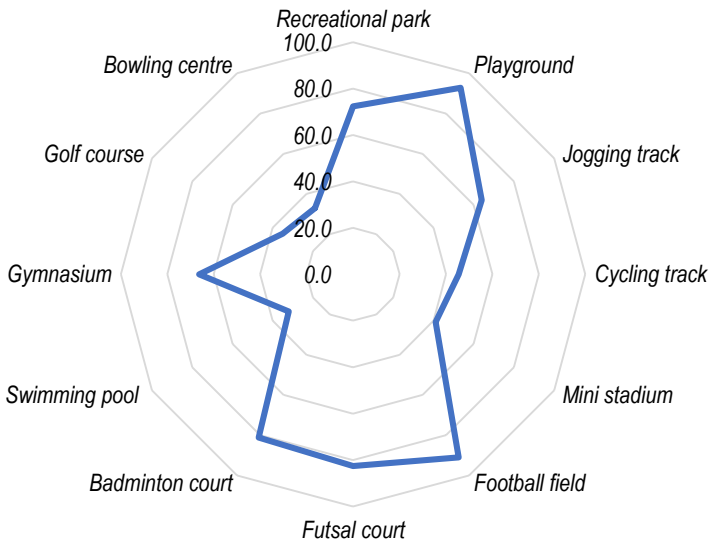


Exhibit 11: Population aged 10 years and over engaged in sports or exercise activities, Pulau Pinang, 2020

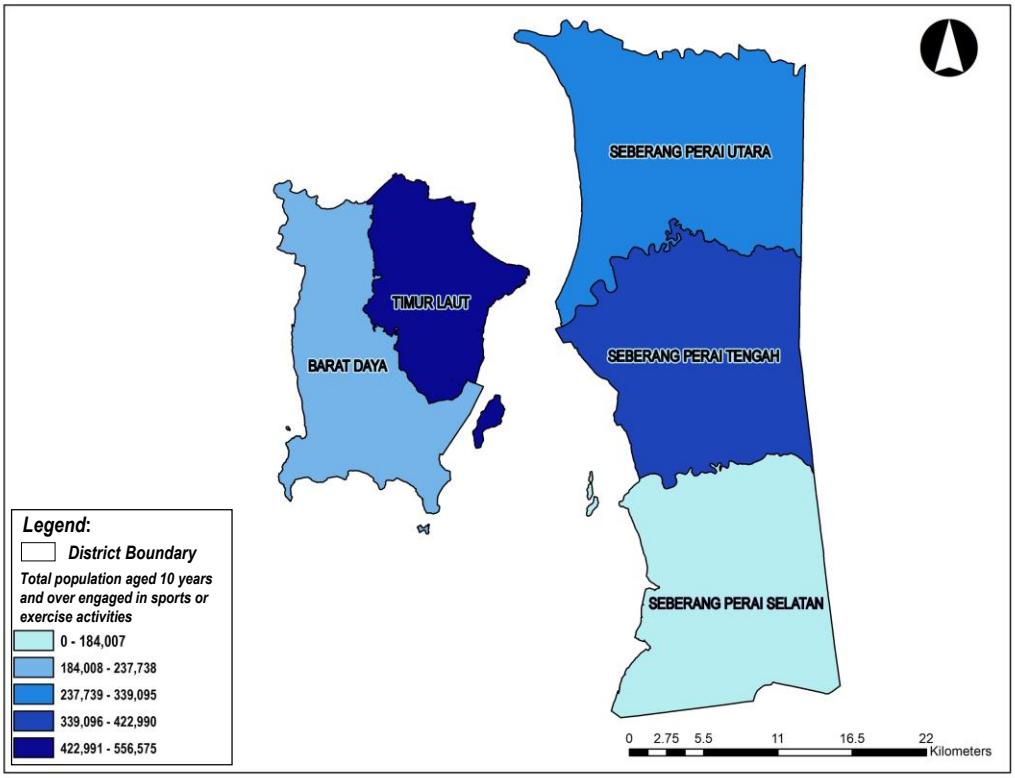


Chart 12: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, Pulau Pinang, 2020

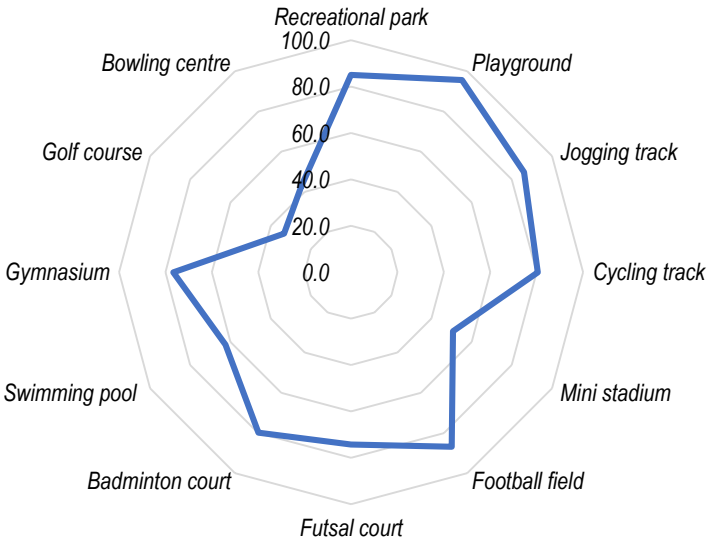


Exhibit 12: Population aged 10 years and over engaged in sports or exercise activities, Perak, 2020

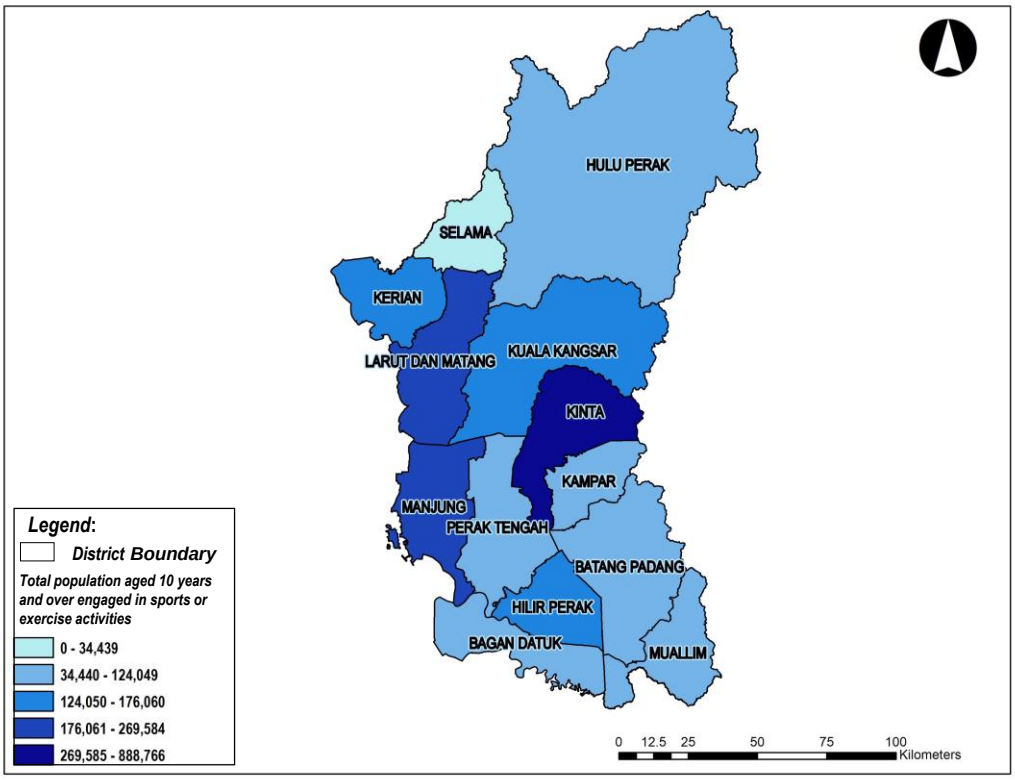


Chart 13: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, Perak, 2020

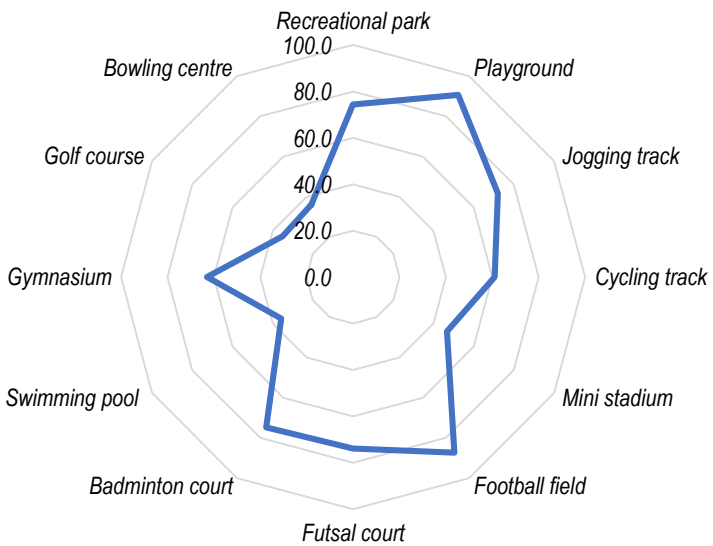


Exhibit 13: Population aged 10 years and over engaged in sports or exercise activities, Perlis, 2020

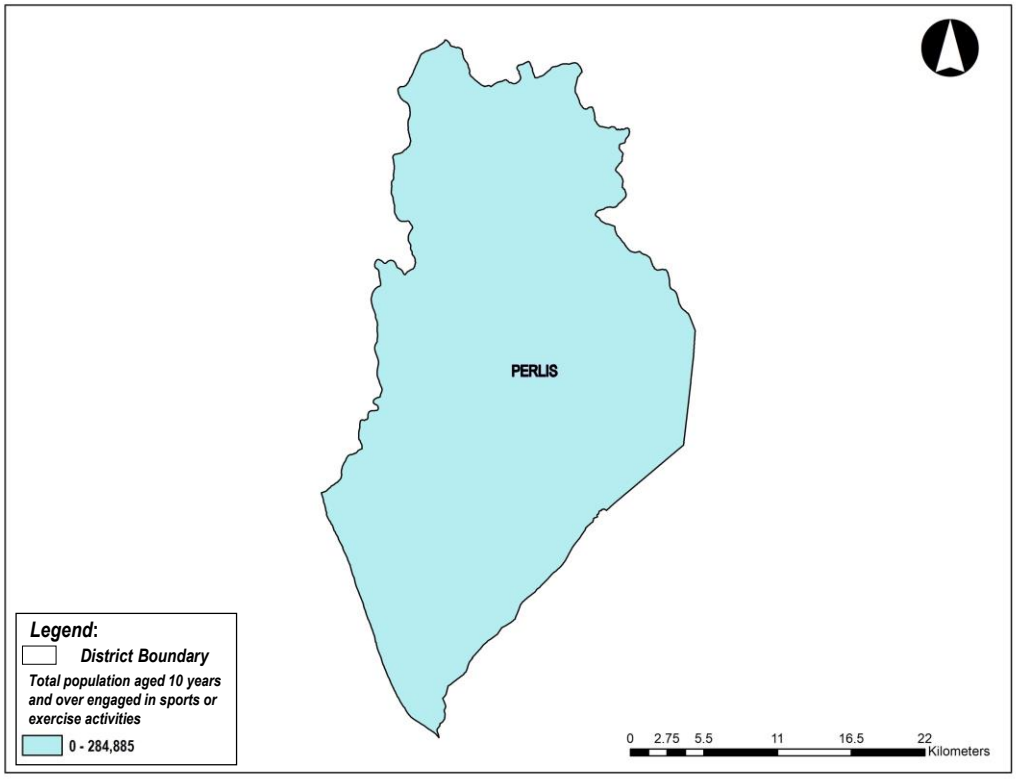


Chart 14: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, Perlis, 2020

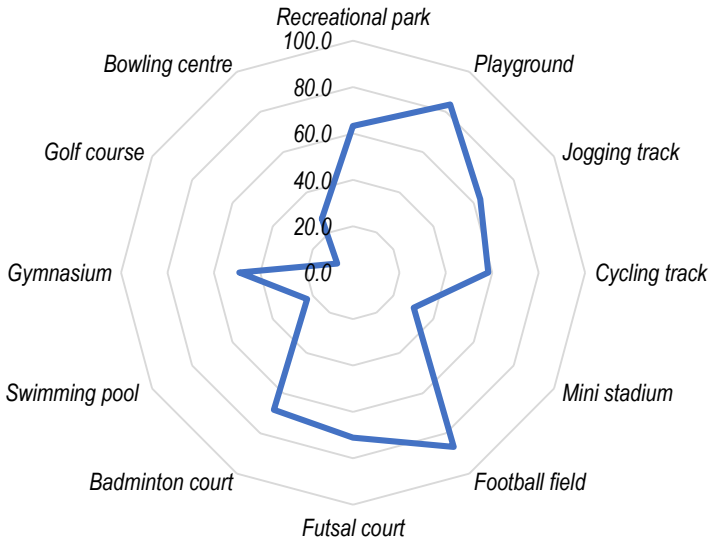


Exhibit 14: Population aged 10 years and over engaged in sports or exercise activities, Selangor, 2020

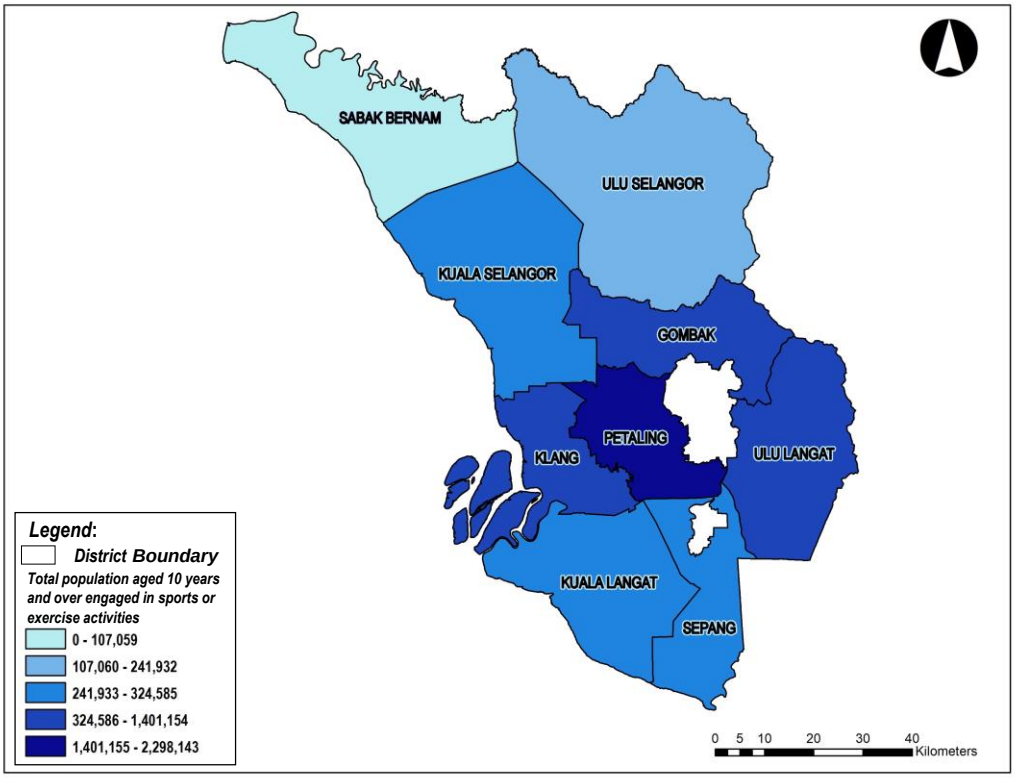


Chart 15: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, Selangor, 2020

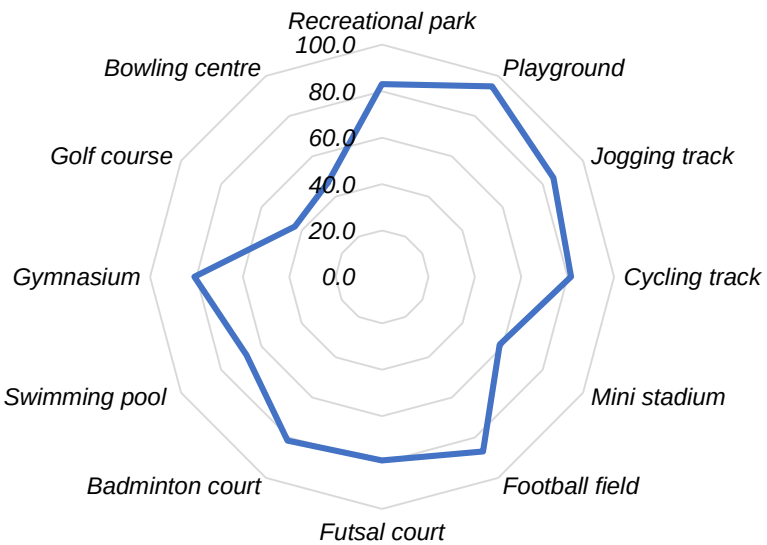


Exhibit 15: Population aged 10 years and over engaged in sports or exercise activities, Terengganu, 2020

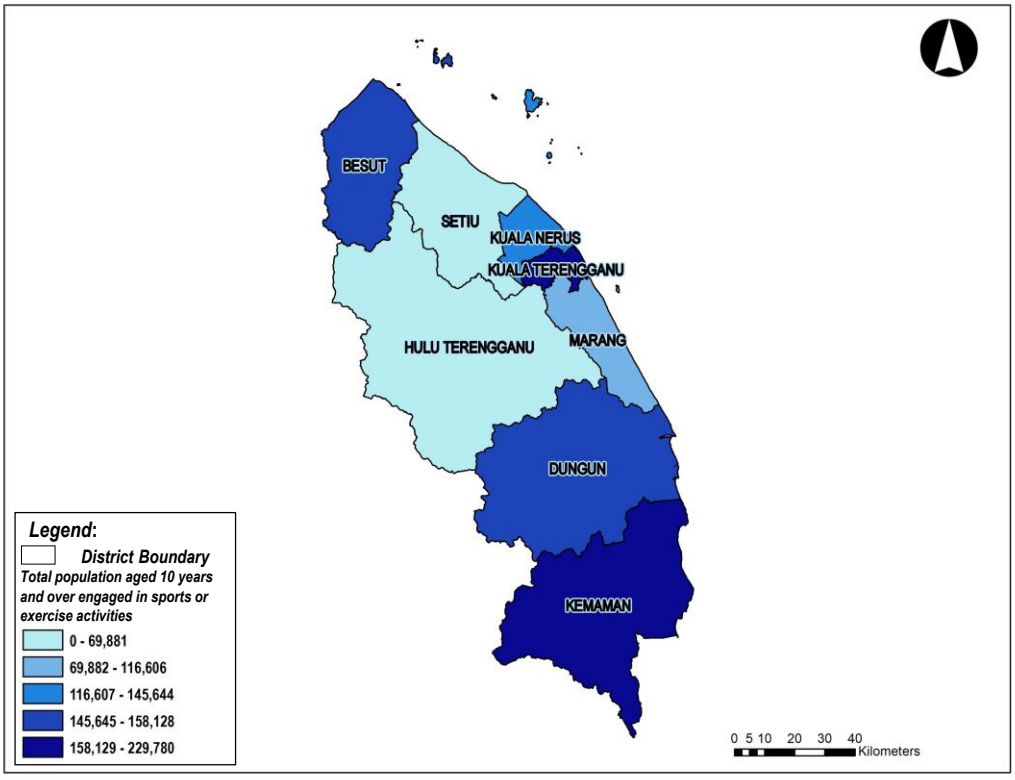


Chart 16: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, Terengganu, 2020

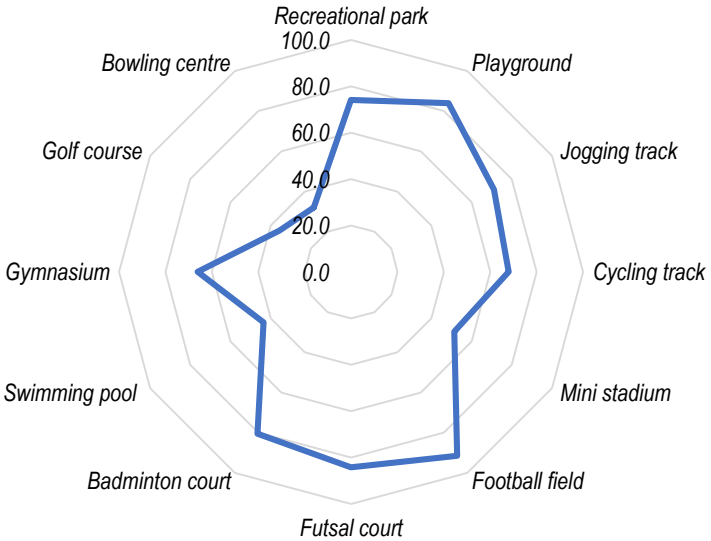


Exhibit 16: Population aged 10 years and over engaged in sports or exercise activities, Sabah, 2020

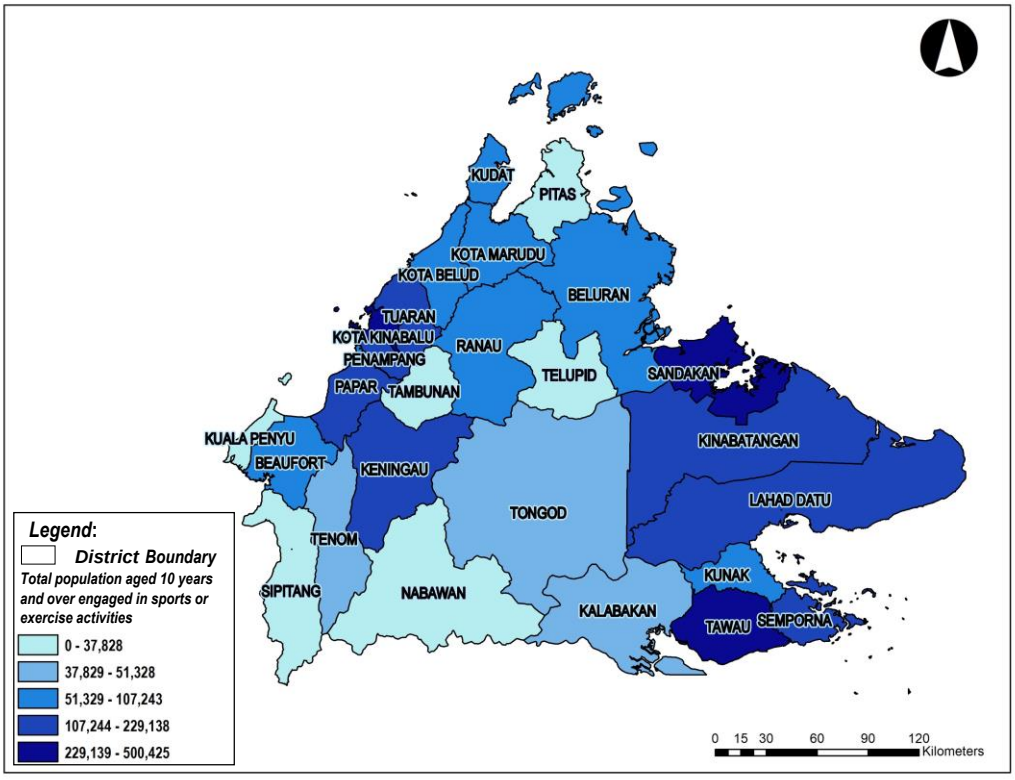


Chart 17: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, Sabah, 2020

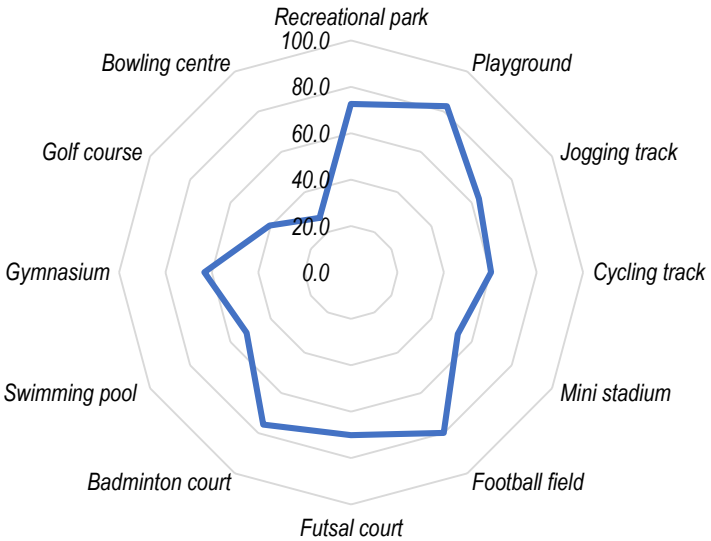


Exhibit 17: Population aged 10 years and over engaged in sports or exercise activities, Sarawak, 2020

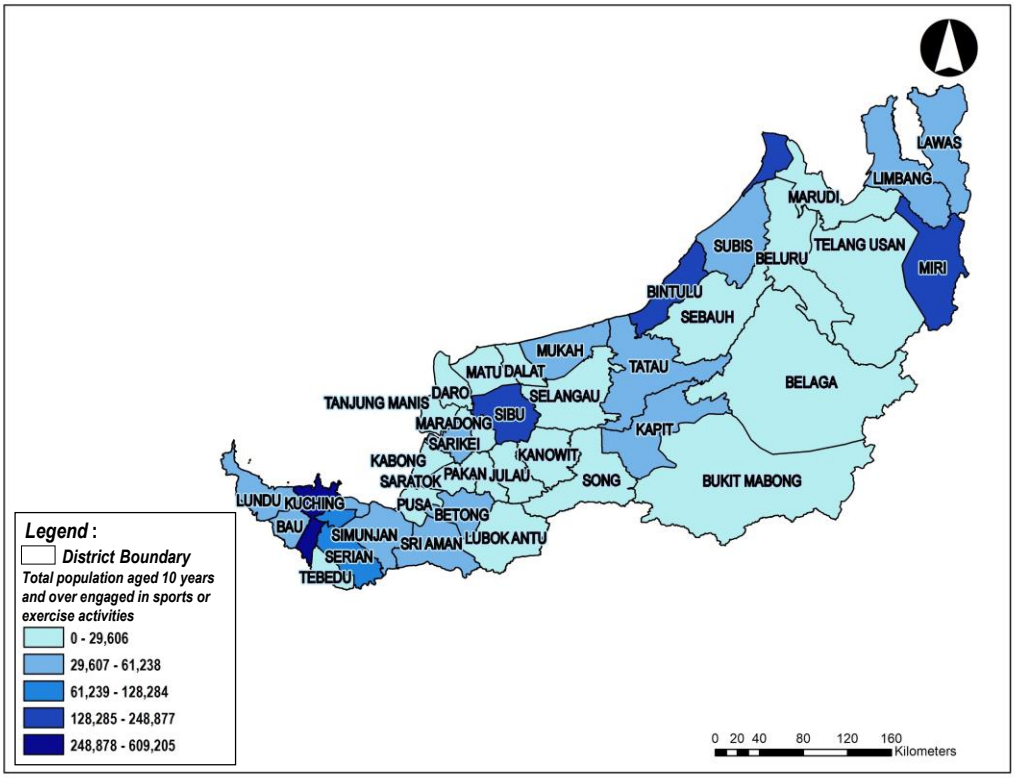


Chart 18: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, Sarawak, 2020

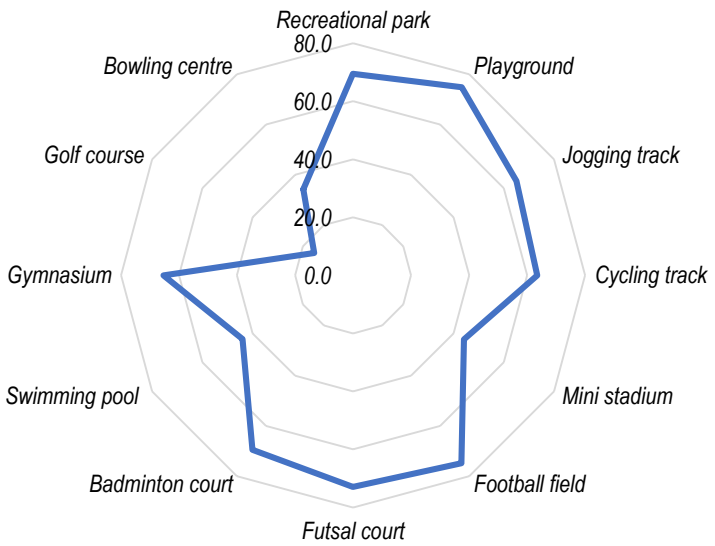


Exhibit 18: Population aged 10 years and over engaged in sports or exercise activities, W.P. Kuala Lumpur, 2020

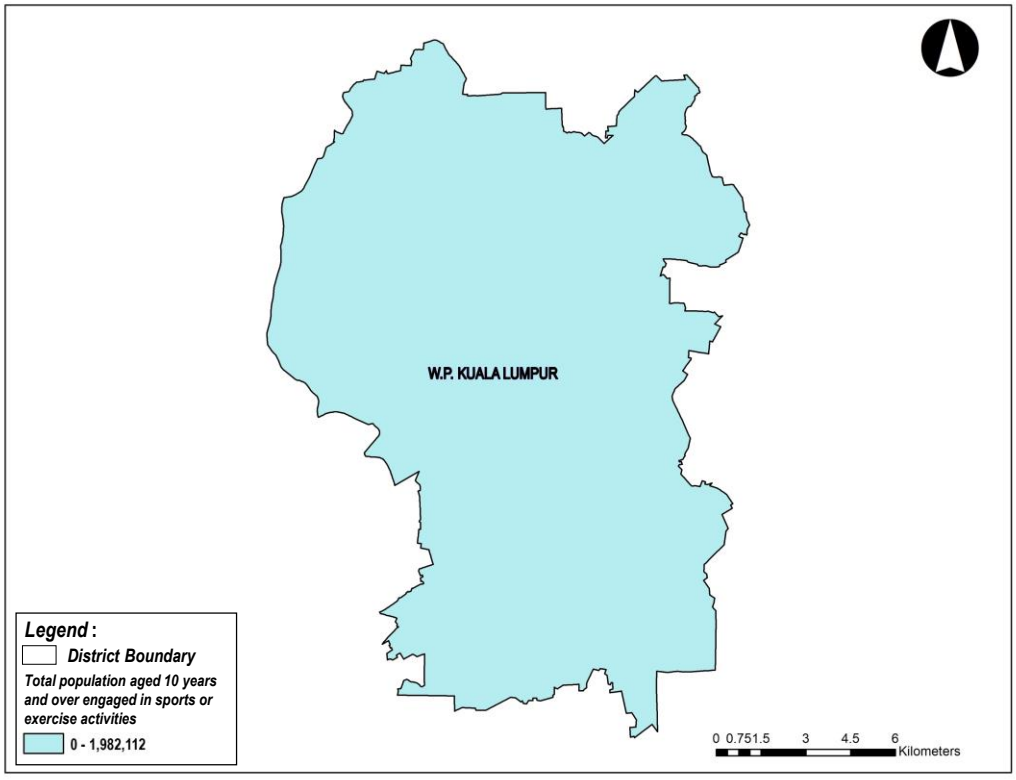


Chart 19: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, W.P. Kuala Lumpur, 2020

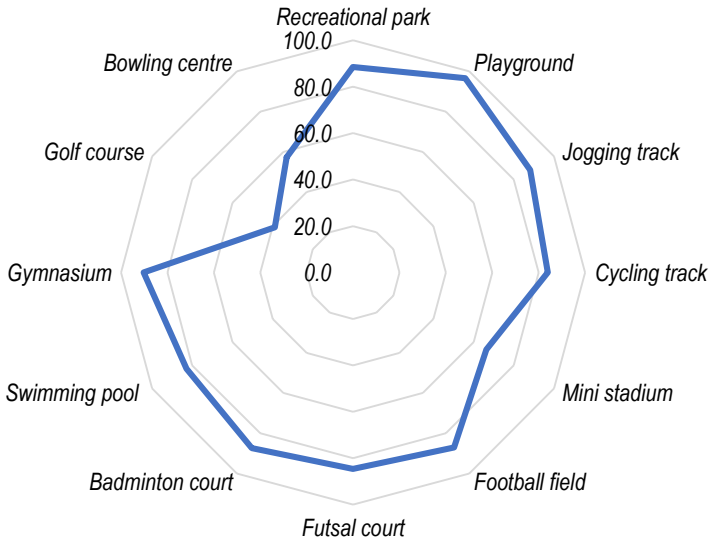


Exhibit 19: Population aged 10 years and over engaged in sports or exercise activities, W.P. Labuan, 2020

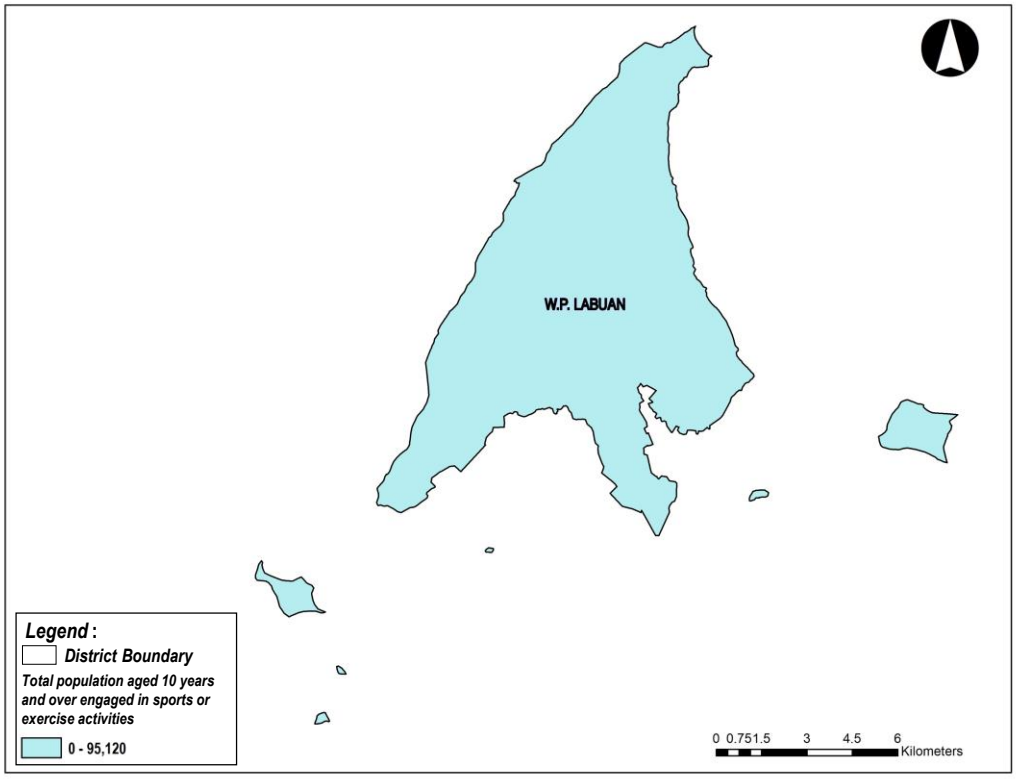


Chart 20: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, W.P. Labuan, 2020

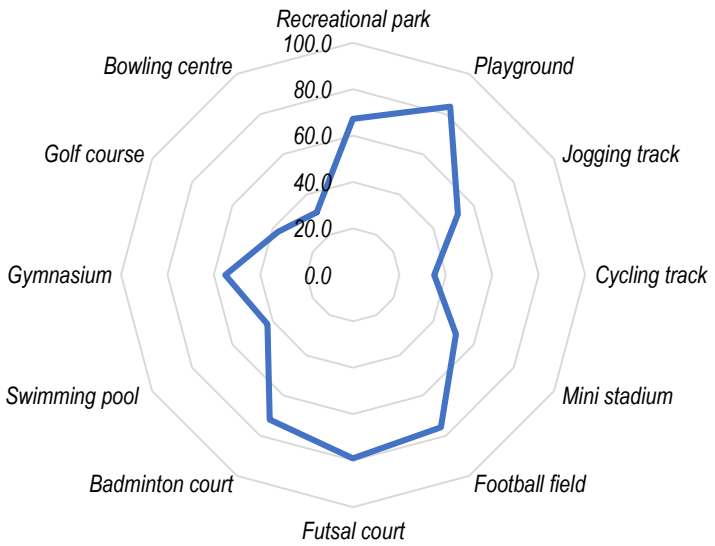


Exhibit 20: Population aged 10 years and over engaged in sports or exercise activities, W.P. Putrajaya, 2020

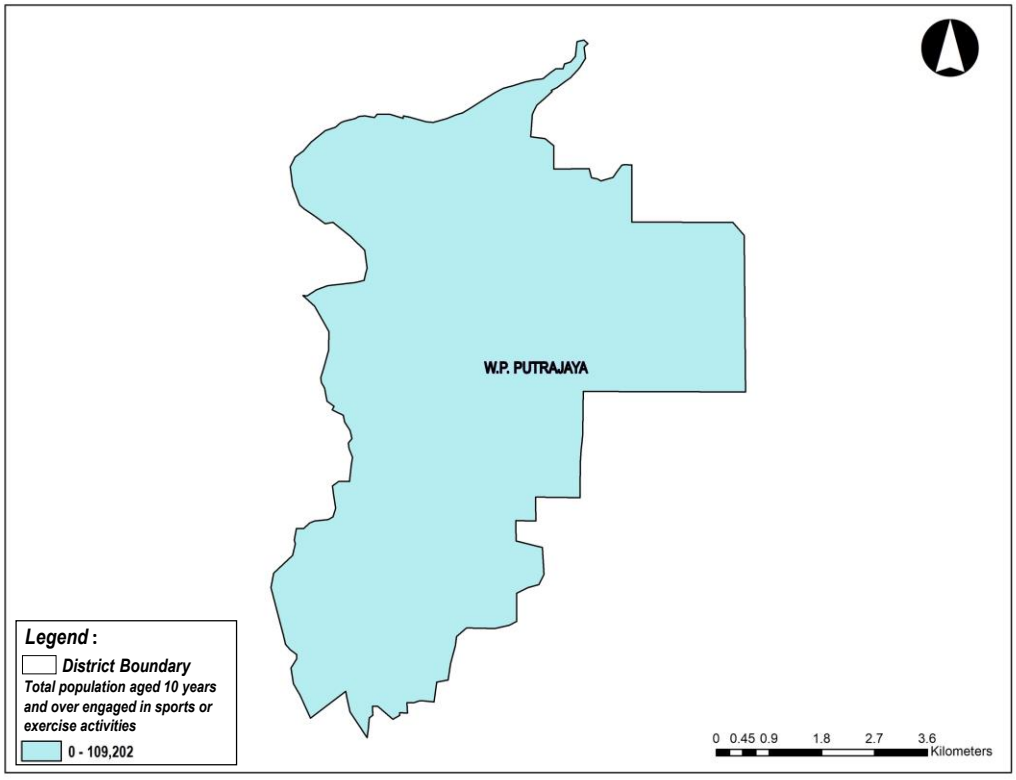
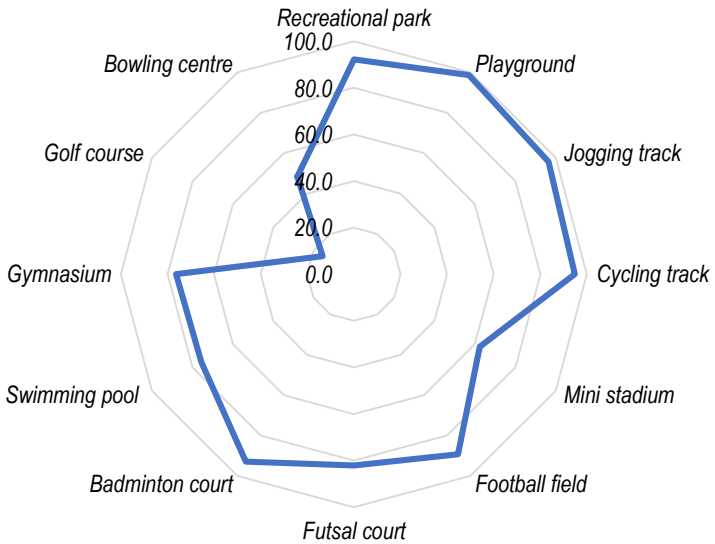


Chart 21: Percentage of area with access to the public sports and recreational facilities of distance 0-5 kilometres, W.P. Putrajaya, 2020



BAHAGIAN 2

PART 2

JADUAL

TABLES

Muka surat ini sengaja dibiarkan kosong

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Jadual 1 : Bilangan penduduk mengikut umur tertentu, daerah pentadbiran dan negeri, Malaysia, 2020
Table 1: Number of population by age-specific, administrative district and state, Malaysia, 2020

Negeri dan Daerah Pentadbiran *State and Administrative District*	Jumlah *Total*	Penduduk *Population*	
		Penduduk 10 tahun dan lebih *Population 10 years and over*	Penduduk 10 tahun ke bawah *Population below 10 years*
MALAYSIA	**32,447,385**	**26,682,682**	**5,764,703**
Johor	**4,009,670**	**3,381,060**	**628,610**
Batu Pahat	495,338	429,418	65,920
Johor Bahru	1,711,191	1,402,671	308,520
Kluang	323,762	277,206	46,556
Kota Tinggi	222,382	188,028	34,354
Mersing	78,195	66,266	11,929
Muar	314,776	269,156	45,620
Pontian	173,318	147,272	26,046
Segamat	197,762	173,567	24,195
Kulai	329,497	285,337	44,160
Tangkak	163,449	142,139	21,310
Kedah	**2,131,427**	**1,739,917**	**391,510**
Baling	142,643	119,221	23,422
Bandar Baharu	44,412	37,820	6,592
Kota Setar	374,051	306,782	67,269
Kuala Muda	544,984	438,187	106,797
Kubang Pasu	237,759	200,571	37,188
Kulim	337,699	270,726	66,973
Langkawi	94,138	77,536	16,602
Padang Terap	65,698	54,491	11,207
Sik	67,925	56,288	11,637
Yan	73,384	58,682	14,702
Pendang	98,922	77,943	20,979
Pokok Sena	49,812	41,670	8,142
Kelantan	**1,792,501**	**1,448,052**	**344,449**
Bachok	157,288	130,930	26,358
Kota Bharu	555,757	462,795	92,962
Machang	110,008	86,776	23,232
Pasir Mas	230,424	182,900	47,524
Pasir Puteh	136,157	108,033	28,124
Tanah Merah	150,766	121,534	29,232
Tumpat	179,943	139,255	40,688
Gua Musang	101,886	76,003	25,883
Kuala Krai	105,007	86,282	18,725
Jeli	54,656	45,514	9,142
Kecil Lojing	10,609	8,030	2,579
Melaka	**998,428**	**833,141**	**165,287**
Alor Gajah	249,356	218,431	30,925
Jasin	151,937	132,323	19,614
Melaka Tengah	597,135	482,387	114,748
Negeri Sembilan	**1,199,974**	**991,213**	**208,761**
Jelebu	46,053	36,362	9,691
Kuala Pilah	70,331	59,385	10,946
Port Dickson	128,689	105,812	22,877
Rembau	47,296	40,921	6,375
Seremban	692,283	573,831	118,452
Tampin	88,123	71,676	16,447
Jempol	127,199	103,226	23,973
Pahang	**1,591,295**	**1,316,194**	**275,101**
Bentong	116,799	98,414	18,385
Cameron Highlands	39,004	32,992	6,012
Jerantut	96,006	79,098	16,908
Kuantan	548,014	453,227	94,787
Lipis	96,620	79,529	17,091
Pekan	121,158	103,532	17,626
Raub	96,139	79,154	16,985
Temerloh	169,023	133,335	35,688
Rompin	98,065	81,206	16,859
Maran	112,330	93,009	19,321
Bera	98,137	82,698	15,439
Pulau Pinang	**1,740,405**	**1,484,069**	**256,336**
Seberang Perai Tengah	422,990	367,361	55,629
Seberang Perai Utara	339,095	282,249	56,846
Seberang Perai Selatan	184,007	157,078	26,929
Timur Laut	556,575	475,416	81,159
Barat Daya	237,738	201,965	35,773

Jadual 1 : Bilangan penduduk mengikut umur tertentu, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)
Table 1: Number of population by age-specific, administrative district and state, Malaysia, 2020 (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Jumlah *Total*	Penduduk *Population*	
		Penduduk 10 tahun dan lebih *Population 10 years and over*	Penduduk 10 tahun ke bawah *Population below 10 years*
Perak	**2,496,041**	**2,115,586**	**380,455**
Batang Padang	124,049	104,540	19,509
Manjung	246,977	205,640	41,337
Kinta	888,767	749,484	139,283
Kerian	166,352	142,585	23,767
Kuala Kangsar	176,060	147,718	28,342
Larut dan Matang	269,584	224,727	44,857
Hilir Perak	141,959	124,389	17,570
Hulu Perak	95,076	77,848	17,228
Perak Tengah	94,573	81,036	13,537
Kampar	98,732	86,360	12,372
Muallim	76,688	67,253	9,435
Bagan Datuk	82,785	74,798	7,987
Selama	34,439	29,208	5,231
Perlis	**284,885**	**250,321**	**34,564**
Perlis	284,885	250,321	34,564
Selangor	**6,994,423**	**5,493,726**	**1,500,697**
Gombak	942,400	676,671	265,729
Klang	1,088,942	870,669	218,273
Kuala Langat	307,449	249,304	58,145
Kuala Selangor	281,711	225,438	56,273
Petaling	2,298,130	1,806,499	491,631
Sabak Bernam	107,057	88,996	18,061
Sepang	325,244	266,235	59,009
Ulu Langat	1,400,461	1,116,200	284,261
Ulu Selangor	243,029	193,714	49,315
Terengganu	**1,149,440**	**932,328**	**217,112**
Besut	154,168	124,273	29,895
Dungun	158,130	127,175	30,955
Kemaman	215,582	168,706	46,876
Kuala Terengganu	229,781	190,311	39,470
Marang	116,605	94,651	21,954
Hulu Terengganu	69,881	58,160	11,721
Setiu	59,651	48,580	11,071
Kuala Nerus	145,642	120,472	25,170
Sabah	**3,418,785**	**2,729,447**	**689,338**
Tawau	372,615	289,376	83,239
Lahad Datu	229,138	176,437	52,701
Semporna	166,587	122,761	43,826
Sandakan	439,050	354,638	84,412
Kinabatangan	143,112	111,235	31,877
Beluran	77,125	60,027	17,098
Kota Kinabalu	500,421	406,358	94,063
Ranau	85,077	71,054	14,023
Kota Belud	107,243	87,641	19,602
Tuaran	135,665	109,737	25,928
Penampang	162,174	135,993	26,181
Papar	150,667	128,545	22,122
Kudat	86,410	68,771	17,639
Kota Marudu	69,528	54,260	15,268
Pitas	36,660	29,097	7,563
Beaufort	75,716	62,881	12,835
Kuala Penyu	23,710	19,642	4,068
Sipitang	37,828	30,115	7,713
Tenom	51,328	42,592	8,736
Nabawan	28,349	23,311	5,038
Keningau	150,927	120,372	30,555
Tambunan	31,573	24,197	7,376
Kunak	68,893	51,623	17,270
Tongod	42,742	32,007	10,735
Putatan	68,811	56,819	11,992
Telupid	29,241	23,030	6,211
Kalabakan	48,195	36,928	11,267

Jadual 1 : Bilangan penduduk mengikut umur tertentu, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)
Table 1: Number of population by age-specific, administrative district and state, Malaysia, 2020 (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Jumlah *Total*	Penduduk *Population*	
		Penduduk 10 tahun dan lebih *Population 10 years and over*	Penduduk 10 tahun ke bawah *Population below 10 years*
Sarawak	**2,453,677**	**2,118,101**	**335,576**
Kuching	609,205	523,571	85,634
Bau	52,643	46,089	6,554
Lundu	33,479	28,680	4,799
Samarahan	128,284	110,160	18,124
Serian	85,345	74,417	10,928
Simunjan	36,211	31,304	4,907
Sri Aman	61,238	52,959	8,279
Lubok Antu	24,573	21,872	2,701
Betong	36,303	31,994	4,309
Saratok	23,105	20,560	2,545
Sarikei	44,039	38,231	5,808
Maradong	20,299	17,180	3,119
Daro	19,477	16,301	3,176
Julau	15,333	13,240	2,093
Sibu	248,064	216,012	32,052
Dalat	21,147	18,203	2,944
Mukah	42,275	35,942	6,333
Kanowit	24,700	21,275	3,425
Bintulu	178,646	151,724	26,922
Tatau	31,920	26,977	4,943
Kapit	36,030	30,430	5,600
Song	9,961	8,496	1,465
Belaga	22,502	19,845	2,657
Miri	248,877	218,393	30,484
Marudi	18,838	16,483	2,355
Limbang	45,061	37,795	7,266
Lawas	36,604	30,351	6,253
Matu	16,316	14,151	2,165
Asajaya	33,606	28,549	5,057
Pakan	15,462	13,323	2,139
Selangau	19,844	17,257	2,587
Tebedu	25,232	22,099	3,133
Pusa	19,557	16,027	3,530
Kabong	18,404	16,024	2,380
Tanjung Manis	7,946	6,860	1,086
Sebauh	29,606	26,263	3,343
Bukit Mabong	10,155	8,651	1,504
Subis	57,289	50,401	6,888
Beluru	28,695	24,542	4,153
Telang Usan	17,406	15,470	1,936
W.P. Kuala Lumpur	**1,982,112**	**1,693,582**	**288,530**
W.P. Labuan	**95,120**	**76,921**	**18,199**
W.P. Putrajaya	**109,202**	**79,024**	**30,178**

Jadual 2 : Bilangan dan peratus respon bagi penduduk berumur 10 tahun dan lebih yang terlibat dalam aktiviti sukan atau senaman, daerah pentadbiran dan negeri, Malaysia, 2020

Table 2: Number and percentage of response for population aged 10 years and over that engaged in sports or exercise activities, administrative district and state, Malaysia, 2020

Negeri dan Daerah Pentadbiran *State and Administrative District*	Jumlah *Total*	Penduduk *Population*			
		Respon *Response*	%	Tiada respon *No Response*	%
MALAYSIA	**26,682,682**	**16,135,705**	**60.5**	**10,546,977**	**39.5**
Johor	**3,381,060**	**1,866,692**	**55.2**	**1,514,368**	**44.8**
Batu Pahat	429,418	172,205	40.1	257,213	59.9
Johor Bahru	1,402,671	611,737	43.6	790,934	56.4
Kluang	277,206	256,293	92.5	20,913	7.5
Kota Tinggi	188,028	147,008	78.2	41,020	21.8
Mersing	66,266	58,591	88.4	7,675	11.6
Muar	269,156	198,307	73.7	70,849	26.3
Pontian	147,272	119,162	80.9	28,110	19.1
Segamat	173,567	81,214	46.8	92,353	53.2
Kulai	285,337	151,966	53.3	133,371	46.7
Tangkak	142,139	70,209	49.4	71,930	50.6
Kedah	**1,739,917**	**1,341,383**	**77.1**	**398,534**	**22.9**
Baling	119,221	97,408	81.7	21,813	18.3
Bandar Baharu	37,820	25,697	67.9	12,123	32.1
Kota Setar	306,782	259,307	84.5	47,475	15.5
Kuala Muda	438,187	300,641	68.6	137,546	31.4
Kubang Pasu	200,571	152,183	75.9	48,388	24.1
Kulim	270,726	205,495	75.9	65,231	24.1
Langkawi	77,536	74,850	96.5	2,686	3.5
Padang Terap	54,491	45,151	82.9	9,340	17.1
Sik	56,288	38,833	69.0	17,455	31.0
Yan	58,682	51,456	87.7	7,226	12.3
Pendang	77,943	55,324	71.0	22,619	29.0
Pokok Sena	41,670	35,038	84.1	6,632	15.9
Kelantan	**1,448,052**	**1,167,907**	**80.7**	**280,145**	**19.3**
Bachok	130,930	102,057	77.9	28,873	22.1
Kota Bharu	462,795	383,180	82.8	79,615	17.2
Machang	86,776	78,373	90.3	8,403	9.7
Pasir Mas	182,900	159,151	87.0	23,749	13.0
Pasir Puteh	108,033	61,032	56.5	47,001	43.5
Tanah Merah	121,534	95,103	78.3	26,431	21.7
Tumpat	139,255	124,111	89.1	15,144	10.9
Gua Musang	76,003	57,973	76.3	18,030	23.7
Kuala Krai	86,282	64,735	75.0	21,547	25.0
Jeli	45,514	34,905	76.7	10,609	23.3
Kecil Lojing	8,030	7,287	90.7	743	9.3
Melaka	**833,141**	**233,012**	**28.0**	**600,129**	**72.0**
Alor Gajah	218,431	50,885	23.3	167,546	76.7
Jasin	132,323	26,763	20.2	105,560	79.8
Melaka Tengah	482,387	155,364	32.2	327,023	67.8
Negeri Sembilan	**991,213**	**714,902**	**72.1**	**276,311**	**27.9**
Jelebu	36,362	30,390	83.6	5,972	16.4
Kuala Pilah	59,385	39,751	66.9	19,634	33.1
Port Dickson	105,812	80,156	75.8	25,656	24.2
Rembau	40,921	37,878	92.6	3,043	7.4
Seremban	573,831	407,894	71.1	165,937	28.9
Tampin	71,676	36,225	50.5	35,451	49.5
Jempol	103,226	82,608	80.0	20,618	20.0
Pahang	**1,316,194**	**964,845**	**73.3**	**351,349**	**26.7**
Bentong	98,414	43,804	44.5	54,610	55.5
Cameron Highlands	32,992	27,831	84.4	5,161	15.6
Jerantut	79,098	72,773	92.0	6,325	8.0
Kuantan	453,227	303,418	66.9	149,809	33.1
Lipis	79,529	36,506	45.9	43,023	54.1
Pekan	103,532	94,502	91.3	9,030	8.7
Raub	79,154	62,691	79.2	16,463	20.8
Temerloh	133,335	109,678	82.3	23,657	17.7
Rompin	81,206	70,842	87.2	10,364	12.8
Maran	93,009	84,029	90.3	8,980	9.7
Bera	82,698	58,771	71.1	23,927	28.9
Pulau Pinang	**1,484,069**	**1,272,643**	**85.8**	**211,426**	**14.2**
Seberang Perai Tengah	367,361	329,684	89.7	37,677	10.3
Seberang Perai Utara	282,249	229,250	81.2	52,999	18.8
Seberang Perai Selatan	157,078	140,052	89.2	17,026	10.8
Timur Laut	475,416	395,174	83.1	80,242	16.9
Barat Daya	201,965	178,483	88.4	23,482	11.6

Jadual 2 : Bilangan dan peratus respon bagi penduduk berumur 10 tahun dan lebih yang terlibat dalam aktiviti sukan atau senaman, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 2: Number and percentage of response for population aged 10 years and over that engaged in sports or exercise activities, administrative district and state, Malaysia, 2020 (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Jumlah *Total*	Penduduk *Population*			
		Respon *Response*	%	Tiada respon *No Response*	%
Perak	**2,115,586**	**1,788,157**	**84.5**	**327,429**	**15.5**
Batang Padang	104,540	93,515	89.5	11,025	10.5
Manjung	205,640	179,911	87.5	25,729	12.5
Kinta	749,484	639,601	85.3	109,883	14.7
Kerian	142,585	131,612	92.3	10,973	7.7
Kuala Kangsar	147,718	131,528	89.0	16,190	11.0
Larut dan Matang	224,727	202,188	90.0	22,539	10.0
Hilir Perak	124,389	75,417	60.6	48,972	39.4
Hulu Perak	77,848	72,122	92.6	5,726	7.4
Perak Tengah	81,036	65,981	81.4	15,055	18.6
Kampar	86,360	77,763	90.0	8,597	10.0
Muallim	67,253	50,436	75.0	16,817	25.0
Bagan Datuk	74,798	50,796	67.9	24,002	32.1
Selama	29,208	17,287	59.2	11,921	40.8
Perlis	**250,321**	**211,086**	**84.3**	**39,235**	**15.7**
Perlis	250,321	211,086	84.3	39,235	15.7
Selangor	**5,493,726**	**1,804,115**	**32.8**	**3,689,611**	**67.2**
Gombak	676,671	194,365	28.7	482,306	71.3
Klang	870,669	261,289	30.0	609,380	70.0
Kuala Langat	249,304	66,900	26.8	182,404	73.2
Kuala Selangor	225,438	96,704	42.9	128,734	57.1
Petaling	1,806,499	595,938	33.0	1,210,561	67.0
Sabak Bernam	88,996	37,802	42.5	51,194	57.5
Sepang	266,235	115,123	43.2	151,112	56.8
Ulu Langat	1,116,200	367,381	32.9	748,819	67.1
Ulu Selangor	193,714	68,613	35.4	125,101	64.6
Terengganu	**932,328**	**823,932**	**88.4**	**108,396**	**11.6**
Besut	124,273	121,916	98.1	2,357	1.9
Dungun	127,175	117,959	92.8	9,216	7.2
Kemaman	168,706	127,987	75.9	40,719	24.1
Kuala Terengganu	190,311	165,796	87.1	24,515	12.9
Marang	94,651	77,381	81.8	17,270	18.2
Hulu Terengganu	58,160	55,386	95.2	2,774	4.8
Setiu	48,580	43,682	89.9	4,898	10.1
Kuala Nerus	120,472	113,825	94.5	6,647	5.5
Sabah	**2,729,447**	**1,426,959**	**52.3**	**1,302,488**	**47.7**
Tawau	289,376	172,836	59.7	116,540	40.3
Lahad Datu	176,437	128,841	73.0	47,596	27.0
Semporna	122,761	102,106	83.2	20,655	16.8
Sandakan	354,638	141,831	40.0	212,807	60.0
Kinabatangan	111,235	64,266	57.8	46,969	42.2
Beluran	60,027	39,501	65.8	20,526	34.2
Kota Kinabalu	406,358	187,145	46.1	219,213	53.9
Ranau	71,054	11,569	16.3	59,485	83.7
Kota Belud	87,641	55,022	62.8	32,619	37.2
Tuaran	109,737	35,231	32.1	74,506	67.9
Penampang	135,993	59,917	44.1	76,076	55.9
Papar	128,545	46,229	36.0	82,316	64.0
Kudat	68,771	46,711	67.9	22,060	32.1
Kota Marudu	54,260	33,931	62.5	20,329	37.5
Pitas	29,097	24,945	85.7	4,152	14.3
Beaufort	62,881	41,304	65.7	21,577	34.3
Kuala Penyu	19,642	5,841	29.7	13,801	70.3
Sipitang	30,115	16,713	55.5	13,402	44.5
Tenom	42,592	14,814	34.8	27,778	65.2
Nabawan	23,311	12,471	53.5	10,840	46.5
Keningau	120,372	50,831	42.2	69,541	57.8
Tambunan	24,197	11,274	46.6	12,923	53.4
Kunak	51,623	24,216	46.9	27,407	53.1
Tongod	32,007	25,139	78.5	6,868	21.5
Putatan	56,819	33,316	58.6	23,503	41.4
Telupid	23,030	9,689	42.1	13,341	57.9
Kalabakan	36,928	31,270	84.7	5,658	15.3

Jadual 2 : Bilangan dan peratus respon bagi penduduk berumur 10 tahun dan lebih yang terlibat dalam aktiviti sukan atau senaman, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 2: Number and percentage of response for population aged 10 years and over that engaged in sports or exercise activities, administrative district and state, Malaysia, 2020 (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Jumlah** *Total*	**Penduduk** *Population*			
		Respon *Response*	**%**	**Tiada respon** *No Response*	**%**
Sarawak	**2,118,101**	**1,555,836**	**73.5**	**562,265**	**26.5**
Kuching	523,571	416,653	79.6	106,918	20.4
Bau	46,089	37,507	81.4	8,582	18.6
Lundu	28,680	26,780	93.4	1,900	6.6
Samarahan	110,160	96,132	87.3	14,028	12.7
Serian	74,417	68,405	91.9	6,012	8.1
Simunjan	31,304	5,841	18.7	25,463	81.3
Sri Aman	52,959	36,025	68.0	16,934	32.0
Lubok Antu	21,872	17,788	81.3	4,084	18.7
Betong	31,994	24,343	76.1	7,651	23.9
Saratok	20,560	6,481	31.5	14,079	68.5
Sarikei	38,231	32,104	84.0	6,127	16.0
Maradong	17,180	13,396	78.0	3,784	22.0
Daro	16,301	11,446	70.2	4,855	29.8
Julau	13,240	10,898	82.3	2,342	17.7
Sibu	216,012	197,297	91.3	18,715	8.7
Dalat	18,203	18,052	99.2	151	0.8
Mukah	35,942	34,491	96.0	1,451	4.0
Kanowit	21,275	20,046	94.2	1,229	5.8
Bintulu	151,724	35,920	23.7	115,804	76.3
Tatau	26,977	6,085	22.6	20,892	77.4
Kapit	30,430	10,412	34.2	20,018	65.8
Song	8,496	8,489	99.9	7	0.1
Belaga	19,845	4,808	24.2	15,037	75.8
Miri	218,393	160,750	73.6	57,643	26.4
Marudi	16,483	10,314	62.6	6,169	37.4
Limbang	37,795	34,544	91.4	3,251	8.6
Lawas	30,351	26,382	86.9	3,969	13.1
Matu	14,151	13,294	93.9	857	6.1
Asajaya	28,549	28,088	98.4	461	1.6
Pakan	13,323	10,913	81.9	2,410	18.1
Selangau	17,257	9,894	57.3	7,363	42.7
Tebedu	22,099	18,414	83.3	3,685	16.7
Pusa	16,027	12,715	79.3	3,312	20.7
Kabong	16,024	12,976	81.0	3,048	19.0
Tanjung Manis	6,860	6,378	93.0	482	7.0
Sebauh	26,263	13,306	50.7	12,957	49.3
Bukit Mabong	8,651	8,098	93.6	553	6.4
Subis	50,401	29,280	58.1	21,121	41.9
Beluru	24,542	15,540	63.3	9,002	36.7
Telang Usan	15,470	5,551	35.9	9,919	64.1
W.P. Kuala Lumpur	**1,693,582**	**832,629**	**49.2**	**860,953**	**50.8**
W.P. Labuan	**76,921**	**58,515**	**76.1**	**18,406**	**23.9**
W.P. Putrajaya	**79,024**	**73,092**	**92.5**	**5,932**	**7.5**

Jadual 3 : Bilangan penduduk berumur 10 tahun dan lebih mengikut kekerapan melakukan aktiviti sukan atau senaman, daerah pentadbiran dan negeri, Malaysia, 2020
Table 3: Number of population aged 10 years and over by frequency of doing sports or exercise activities, administrative district and state, Malaysia, 2020

Negeri dan Daerah Pentadbiran *State and Administrative District*	Jumlah *Total*	Kekerapan melakukan aktiviti sukan atau senaman *Frequency of doing sports or exercise activities*							
		1 aktiviti/ *activity*	%	2 aktiviti/ *activities*	%	3 aktiviti dan lebih/ *3 activities and more*	%	Tiada *None*	%
MALAYSIA	**16,135,705**	**5,428,854**	**33.6**	**1,978,909**	**12.3**	**1,289,538**	**8.0**	**7,438,404**	**46.1**
Johor	**1,866,692**	**753,774**	**40.4**	**269,713**	**14.4**	**163,880**	**8.8**	**679,325**	**36.4**
Batu Pahat	172,205	82,232	47.8	25,201	14.6	15,357	8.9	49,415	28.7
Johor Bahru	611,737	234,286	38.3	90,236	14.8	67,991	11.1	219,224	35.8
Kluang	256,293	104,422	40.7	46,101	18.0	19,886	7.8	85,884	33.5
Kota Tinggi	147,008	51,427	35.0	13,225	9.0	7,936	5.4	74,420	50.6
Mersing	58,591	21,969	37.5	6,962	11.9	4,147	7.1	25,513	43.5
Muar	198,307	87,881	44.3	38,526	19.4	16,442	8.3	55,458	28.0
Pontian	119,162	53,083	44.5	12,097	10.2	5,419	4.5	48,563	40.8
Segamat	81,214	31,710	39.0	8,425	10.4	7,604	9.4	33,475	41.2
Kulai	151,966	59,675	39.3	20,638	13.6	14,842	9.8	56,811	37.4
Tangkak	70,209	27,089	38.6	8,302	11.8	4,256	6.1	30,562	43.5
Kedah	**1,341,383**	**446,585**	**33.3**	**133,450**	**9.9**	**77,233**	**5.8**	**684,115**	**51.0**
Baling	97,408	24,494	25.1	4,746	4.9	2,158	2.2	66,010	67.8
Bandar Baharu	25,697	13,428	52.3	1,891	7.4	769	3.0	9,609	37.4
Kota Setar	259,307	72,372	27.9	19,950	7.7	10,290	4.0	156,695	60.4
Kuala Muda	300,641	139,344	46.3	43,672	14.5	25,987	8.6	91,638	30.5
Kubang Pasu	152,183	50,981	33.5	16,930	11.1	9,470	6.2	74,802	49.2
Kulim	205,495	72,868	35.5	27,257	13.3	15,869	7.7	89,501	43.6
Langkawi	74,850	25,057	33.5	5,836	7.8	2,930	3.9	41,027	54.8
Padang Terap	45,151	11,386	25.2	4,732	10.5	5,040	11.2	23,993	53.1
Sik	38,833	8,627	22.2	1,704	4.4	692	1.8	27,810	71.6
Yan	51,456	7,554	14.7	2,940	5.7	1,786	3.5	39,176	76.1
Pendang	55,324	12,929	23.4	1,997	3.6	1,209	2.2	39,189	70.8
Pokok Sena	35,038	7,545	21.5	1,795	5.1	1,033	2.9	24,665	70.4
Kelantan	**1,167,907**	**306,947**	**26.3**	**77,092**	**6.6**	**46,256**	**4.0**	**737,612**	**63.2**
Bachok	102,057	24,082	23.6	5,660	5.5	3,180	3.1	69,135	67.7
Kota Bharu	383,180	116,722	30.5	25,486	6.7	17,165	4.5	223,807	58.4
Machang	78,373	19,042	24.3	6,334	8.1	4,258	5.4	48,739	62.2
Pasir Mas	159,151	31,220	19.6	9,366	5.9	4,810	3.0	113,755	71.5
Pasir Puteh	61,032	17,599	28.8	4,582	7.5	2,321	3.8	36,530	59.9
Tanah Merah	95,103	21,681	22.8	3,916	4.1	2,468	2.6	67,038	70.5
Tumpat	124,111	36,460	29.4	12,070	9.7	6,211	5.0	69,370	55.9
Gua Musang	57,973	19,700	34.0	4,202	7.2	1,469	2.5	32,602	56.2
Kuala Krai	64,735	9,419	14.6	2,490	3.8	1,530	2.4	51,296	79.2
Jeli	34,905	10,431	29.9	2,945	8.4	2,837	8.1	18,692	53.6
Kecil Lojing	7,287	591	8.1	41	0.6	7	0.1	6,648	91.2
Melaka	**233,012**	**86,202**	**37.0**	**30,325**	**13.0**	**24,346**	**10.4**	**92,139**	**39.5**
Alor Gajah	50,885	18,438	36.2	7,331	14.4	6,224	12.2	18,892	37.1
Jasin	26,763	9,450	35.3	3,725	13.9	3,372	12.6	10,216	38.2
Melaka Tengah	155,364	58,314	37.5	19,269	12.4	14,750	9.5	63,031	40.6
Negeri Sembilan	**714,902**	**284,251**	**39.8**	**79,402**	**11.1**	**49,438**	**6.9**	**301,811**	**42.2**
Jelebu	30,390	4,088	13.5	2,015	6.6	2,172	7.1	22,115	72.8
Kuala Pilah	39,751	11,334	28.5	2,643	6.6	1,463	3.7	24,311	61.2
Port Dickson	80,156	43,755	54.6	8,531	10.6	5,028	6.3	22,842	28.5
Rembau	37,878	15,835	41.8	4,018	10.6	2,727	7.2	15,298	40.4
Seremban	407,894	153,054	37.5	49,418	12.1	32,676	8.0	172,746	42.4
Tampin	36,225	12,646	34.9	6,825	18.8	2,684	7.4	14,070	38.8
Jempol	82,608	43,539	52.7	5,952	7.2	2,688	3.3	30,429	36.8
Pahang	**964,845**	**265,931**	**27.6**	**93,060**	**9.6**	**63,216**	**6.6**	**542,638**	**56.2**
Bentong	43,804	14,325	32.7	4,929	11.3	3,906	8.9	20,644	47.1
Cameron Highlands	27,831	3,630	13.0	1,293	4.6	657	2.4	22,251	80.0
Jerantut	72,773	16,918	23.2	3,409	4.7	4,949	6.8	47,497	65.3
Kuantan	303,418	95,749	31.6	37,533	12.4	23,761	7.8	146,375	48.2
Lipis	36,506	8,440	23.1	2,802	7.7	2,871	7.9	22,393	61.3
Pekan	94,502	22,681	24.0	9,483	10.0	6,524	6.9	55,814	59.1
Raub	62,691	13,783	22.0	4,634	7.4	6,093	9.7	38,181	60.9
Temerloh	109,678	46,161	42.1	13,837	12.6	6,185	5.6	43,495	39.7
Rompin	70,842	19,811	28.0	4,829	6.8	2,250	3.2	43,952	62.0
Maran	84,029	12,863	15.3	6,936	8.3	4,036	4.8	60,194	71.6
Bera	58,771	11,570	19.7	3,375	5.7	1,984	3.4	41,842	71.2
Pulau Pinang	**1,272,643**	**467,772**	**36.8**	**217,352**	**17.1**	**110,862**	**8.7**	**476,657**	**37.5**
Seberang Perai Tengah	329,684	124,996	37.9	72,010	21.8	25,125	7.6	107,553	32.6
Seberang Perai Utara	229,250	77,842	34.0	37,390	16.3	22,319	9.7	91,699	40.0
Seberang Perai Selatan	140,052	69,676	49.8	33,345	23.8	12,210	8.7	24,821	17.7
Timur Laut	395,174	130,741	33.1	50,377	12.7	36,832	9.3	177,224	44.8
Barat Daya	178,483	64,517	36.1	24,230	13.6	14,376	8.1	75,360	42.2

Jadual 3 : Bilangan penduduk berumur 10 tahun dan lebih mengikut kekerapan melakukan aktiviti sukan atau senaman, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)
Table 3: Number of population aged 10 years and over by frequency of doing sports or exercise activities, administrative district and state, Malaysia, 2020 (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Jumlah *Total*	Kekerapan melakukan aktiviti sukan atau senaman *Frequency of doing sports or exercise activities*							
		1 aktiviti/ *activity*	%	2 aktiviti/ *activities*	%	3 aktiviti dan lebih/ *3 activities and more*	%	Tiada *None*	%
Perak	**1,788,157**	**573,621**	**32.1**	**183,204**	**10.2**	**111,779**	**6.3**	**919,553**	**51.4**
Batang Padang	93,515	30,154	32.2	7,929	8.5	6,173	6.6	49,259	52.7
Manjung	179,911	63,592	35.3	19,002	10.6	13,811	7.7	83,506	46.4
Kinta	639,601	219,850	34.4	75,039	11.7	44,267	6.9	300,445	47.0
Kerian	131,612	37,946	28.8	12,146	9.2	7,460	5.7	74,060	56.3
Kuala Kangsar	131,528	34,912	26.5	10,532	8.0	6,102	4.6	79,982	60.8
Larut dan Matang	202,188	63,993	31.7	20,868	10.3	13,231	6.5	104,096	51.5
Hilir Perak	75,417	25,974	34.4	6,625	8.8	3,674	4.9	39,144	51.9
Hulu Perak	72,122	21,150	29.3	7,045	9.8	3,257	4.5	40,670	56.4
Perak Tengah	65,981	21,376	32.4	6,858	10.4	4,747	7.2	33,000	50.0
Kampar	77,763	19,898	25.6	6,526	8.4	2,595	3.3	48,744	62.7
Muallim	50,436	18,349	36.4	6,004	11.9	4,079	8.1	22,004	43.6
Bagan Datuk	50,796	11,405	22.5	2,200	4.3	1,512	3.0	35,679	70.2
Selama	17,287	5,022	29.1	2,430	14.1	871	5.0	8,964	51.9
Perlis	**211,086**	**71,740**	**34.0**	**33,601**	**15.9**	**18,921**	**9.0**	**86,824**	**41.1**
Perlis	211,086	71,740	34.0	33,601	15.9	18,921	9.0	86,824	41.1
Selangor	**1,804,115**	**710,073**	**39.4**	**326,360**	**18.1**	**256,554**	**14.2**	**511,128**	**28.3**
Gombak	194,365	81,975	42.2	35,476	18.3	28,838	14.8	48,076	24.7
Klang	261,289	106,911	40.9	41,041	15.7	31,224	11.9	82,113	31.4
Kuala Langat	66,900	29,234	43.7	10,374	15.5	7,957	11.9	19,335	28.9
Kuala Selangor	96,704	31,704	32.8	14,722	15.2	11,601	12.0	38,677	40.0
Petaling	595,938	234,226	39.3	117,879	19.8	93,803	15.7	150,030	25.2
Sabak Bernam	37,802	11,910	31.5	3,580	9.5	2,035	5.4	20,277	53.6
Sepang	115,123	43,951	38.2	20,869	18.1	19,131	16.6	31,172	27.1
Ulu Langat	367,381	145,812	39.7	71,486	19.5	54,949	15.0	95,134	25.9
Ulu Selangor	68,613	24,350	35.5	10,933	15.9	7,016	10.2	26,314	38.4
Terengganu	**823,932**	**273,319**	**33.2**	**86,769**	**10.5**	**54,157**	**6.6**	**409,687**	**49.7**
Besut	121,916	35,478	29.1	14,712	12.1	9,792	8.0	61,934	50.8
Dungun	117,959	63,555	53.9	6,868	5.8	3,455	2.9	44,081	37.4
Kemaman	127,987	52,166	40.8	15,541	12.1	11,349	8.9	48,931	38.2
Kuala Terengganu	165,796	43,430	26.2	14,287	8.6	7,365	4.4	100,714	60.7
Marang	77,381	22,343	28.9	6,727	8.7	3,267	4.2	45,044	58.2
Hulu Terengganu	55,386	15,542	28.1	4,936	8.9	3,603	6.5	31,305	56.5
Setiu	43,682	6,579	15.1	5,093	11.7	2,993	6.9	29,017	66.4
Kuala Nerus	113,825	34,226	30.1	18,605	16.3	12,333	10.8	48,661	42.8
Sabah	**1,426,959**	**430,611**	**30.2**	**121,805**	**8.5**	**67,473**	**4.7**	**807,070**	**56.6**
Tawau	172,836	46,174	26.7	14,493	8.4	6,597	3.8	105,572	61.1
Lahad Datu	128,841	50,603	39.3	9,557	7.4	4,857	3.8	63,824	49.5
Semporna	102,106	16,318	16.0	3,504	3.4	1,798	1.8	80,486	78.8
Sandakan	141,831	36,077	25.4	11,736	8.3	6,990	4.9	87,028	61.4
Kinabatangan	64,266	17,364	27.0	5,340	8.3	1,018	1.6	40,544	63.1
Beluran	39,501	12,732	32.2	1,543	3.9	512	1.3	24,714	62.6
Kota Kinabalu	187,145	65,947	35.2	25,229	13.5	15,485	8.3	80,484	43.0
Ranau	11,569	6,386	55.2	1,059	9.2	726	6.3	3,398	29.4
Kota Belud	55,022	20,794	37.8	6,439	11.7	3,644	6.6	24,145	43.9
Tuaran	35,231	13,445	38.2	2,578	7.3	1,914	5.4	17,294	49.1
Penampang	59,917	18,953	31.6	8,057	13.4	5,597	9.3	27,310	45.6
Papar	46,229	16,981	36.7	5,721	12.4	4,490	9.7	19,037	41.2
Kudat	46,711	18,529	39.7	3,425	7.3	1,482	3.2	23,275	49.8
Kota Marudu	33,931	5,742	16.9	1,379	4.1	694	2.0	26,116	77.0
Pitas	24,945	6,848	27.5	552	2.2	562	2.3	16,983	68.1
Beaufort	41,304	12,151	29.4	3,278	7.9	1,410	3.4	24,465	59.2
Kuala Penyu	5,841	2,942	50.4	826	14.1	658	11.3	1,415	24.2
Sipitang	16,713	5,415	32.4	2,501	15.0	1,081	6.5	7,716	46.2
Tenom	14,814	4,582	30.9	1,220	8.2	812	5.5	8,200	55.4
Nabawan	12,471	4,894	39.2	793	6.4	367	2.9	6,417	51.5
Keningau	50,831	18,425	36.2	6,365	12.5	2,738	5.4	23,303	45.8
Tambunan	11,274	4,096	36.3	1,020	9.0	459	4.1	5,699	50.5
Kunak	24,216	2,359	9.7	706	2.9	421	1.7	20,730	85.6
Tongod	25,139	6,819	27.1	453	1.8	114	0.5	17,753	70.6
Putatan	33,316	8,653	26.0	3,173	9.5	2,577	7.7	18,913	56.8
Telupid	9,689	2,400	24.8	328	3.4	164	1.7	6,797	70.2
Kalabakan	31,270	4,982	15.9	530	1.7	306	1.0	25,452	81.4

Jadual 3 : Bilangan penduduk berumur 10 tahun dan lebih mengikut kekerapan melakukan aktiviti sukan atau senaman, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)
Table 3: Number of population aged 10 years and over by frequency of doing sports or exercise activities, administrative district and state, Malaysia, 2020 (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Jumlah** *Total*	**Kekerapan melakukan aktiviti sukan atau senaman** *Frequency of doing sports or exercise activities*							
		1 aktiviti/ *activity*	**%**	**2 aktiviti/** *activities*	**%**	**3 aktiviti dan lebih/** *3 activities and more*	**%**	**Tiada** *None*	**%**
Sarawak	**1,555,836**	**369,844**	**23.8**	**141,152**	**9.1**	**84,342**	**5.4**	**960,498**	**61.7**
Kuching	416,653	119,390	28.7	51,665	12.4	31,068	7.5	214,530	51.5
Bau	37,507	8,142	21.7	3,286	8.8	1,382	3.7	24,697	65.8
Lundu	26,780	2,313	8.6	922	3.4	513	1.9	23,032	86.0
Samarahan	96,132	24,097	25.1	10,043	10.4	7,259	7.6	54,733	56.9
Serian	68,405	13,140	19.2	4,101	6.0	1,737	2.5	49,427	72.3
Simunjan	5,841	840	14.4	257	4.4	192	3.3	4,552	77.9
Sri Aman	36,025	12,975	36.0	3,581	9.9	2,024	5.6	17,445	48.4
Lubok Antu	17,788	732	4.1	452	2.5	184	1.0	16,420	92.3
Betong	24,343	4,878	20.0	1,410	5.8	1,223	5.0	16,832	69.1
Saratok	6,481	833	12.9	445	6.9	325	5.0	4,878	75.3
Sarikei	32,104	6,379	19.9	2,234	7.0	1,494	4.7	21,997	68.5
Maradong	13,396	1,527	11.4	888	6.6	395	2.9	10,586	79.0
Daro	11,446	3,239	28.3	1,368	12.0	392	3.4	6,447	56.3
Julau	10,898	1,102	10.1	365	3.3	137	1.3	9,294	85.3
Sibu	197,297	55,414	28.1	15,916	8.1	9,260	4.7	116,707	59.2
Dalat	18,052	3,011	16.7	890	4.9	329	1.8	13,822	76.6
Mukah	34,491	4,280	12.4	1,506	4.4	1,060	3.1	27,645	80.2
Kanowit	20,046	2,078	10.4	489	2.4	257	1.3	17,222	85.9
Bintulu	35,920	9,408	26.2	3,984	11.1	2,948	8.2	19,580	54.5
Tatau	6,085	633	10.4	123	2.0	81	1.3	5,248	86.2
Kapit	10,412	1,095	10.5	447	4.3	180	1.7	8,690	83.5
Song	8,489	1,404	16.5	602	7.1	331	3.9	6,152	72.5
Belaga	4,808	384	8.0	69	1.4	32	0.7	4,323	89.9
Miri	160,750	46,258	28.8	19,260	12.0	14,796	9.2	80,436	50.0
Marudi	10,314	2,593	25.1	451	4.4	189	1.8	7,081	68.7
Limbang	34,544	8,168	23.6	2,829	8.2	1,476	4.3	22,071	63.9
Lawas	26,382	7,144	27.1	1,943	7.4	1,297	4.9	15,998	60.6
Matu	13,294	4,723	35.5	2,170	16.3	541	4.1	5,860	44.1
Asajaya	28,088	4,754	16.9	1,531	5.5	856	3.0	20,947	74.6
Pakan	10,913	3,167	29.0	4,885	44.8	1,227	11.2	1,634	15.0
Selangau	9,894	833	8.4	170	1.7	52	0.5	8,839	89.3
Tebedu	18,414	1,522	8.3	265	1.4	92	0.5	16,535	89.8
Pusa	12,715	2,779	21.9	370	2.9	132	1.0	9,434	74.2
Kabong	12,976	1,128	8.7	301	2.3	130	1.0	11,417	88.0
Tanjung Manis	6,378	2,230	35.0	466	7.3	216	3.4	3,466	54.3
Sebauh	13,306	474	3.6	64	0.5	29	0.2	12,739	95.7
Bukit Mabong	8,098	670	8.3	206	2.5	36	0.4	7,186	88.7
Subis	29,280	4,366	14.9	1,029	3.5	382	1.3	23,503	80.3
Beluru	15,540	694	4.5	70	0.5	52	0.3	14,724	94.7
Telang Usan	5,551	1,047	18.9	99	1.8	36	0.6	4,369	78.7
W.P. Kuala Lumpur	**832,629**	**347,967**	**41.8**	**162,296**	**19.5**	**137,644**	**16.5**	**184,722**	**22.2**
W.P. Labuan	**58,515**	**15,680**	**26.8**	**5,967**	**10.2**	**4,107**	**7.0**	**32,761**	**56.0**
W.P. Putrajaya	**73,092**	**24,537**	**33.6**	**17,361**	**23.8**	**19,330**	**26.4**	**11,864**	**16.2**

Jadual 4(a) : Bilangan penduduk berumur 10 tahun dan lebih yang terlibat dalam aktiviti sukan atau senaman mengikut jantina, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020

Table 4(a) : Number of population aged 10 years and over that engaged in sports or exercise activities by sex, age group, administrative district and state, Malaysia, 2020

Negeri dan Daerah Pentadbiran *State and Administrative District*	Jumlah *Total*	Jantina/ Kumpulan Umur *Sex/ Age Group*										
		Jumlah *Total*			Lelaki *Male*				Perempuan *Female*			
		10 - 14	15 - 64	65+	Jumlah *Total*	10 - 14	15 - 64	65+	Jumlah *Total*	10 - 14	15 - 64	65+
MALAYSIA	**8,697,301**	**1,032,417**	**7,251,727**	**413,157**	**4,568,742**	**555,250**	**3,802,010**	**211,482**	**4,128,559**	**477,167**	**3,449,717**	**201,675**
Johor	**1,187,367**	**128,915**	**1,001,937**	**56,515**	**643,808**	**68,281**	**546,482**	**29,045**	**543,559**	**60,634**	**455,455**	**27,470**
Batu Pahat	122,790	11,546	106,101	5,143	64,618	6,022	56,030	2,566	58,172	5,524	50,071	2,577
Johor Bahru	392,513	43,381	335,647	13,485	208,252	23,001	178,272	6,979	184,261	20,380	157,375	6,506
Kluang	170,409	20,152	139,849	10,408	95,893	10,487	79,805	5,601	74,516	9,665	60,044	4,807
Kota Tinggi	72,588	8,229	60,838	3,521	39,191	4,488	33,010	1,693	33,397	3,741	27,828	1,828
Mersing	33,078	4,122	27,218	1,738	18,507	2,207	15,336	964	14,571	1,915	11,882	774
Muar	142,849	13,793	121,238	7,818	83,770	7,224	72,582	3,964	59,079	6,569	48,656	3,854
Pontian	70,599	7,765	58,015	4,819	37,810	4,141	31,268	2,401	32,789	3,624	26,747	2,418
Segamat	47,739	5,178	38,896	3,665	24,658	2,744	20,007	1,907	23,081	2,434	18,889	1,758
Kulai	95,155	10,353	81,013	3,789	50,177	5,569	42,737	1,871	44,978	4,784	38,276	1,918
Tangkak	39,647	4,396	33,122	2,129	20,932	2,398	17,435	1,099	18,715	1,998	15,687	1,030
Kedah	**657,268**	**94,207**	**535,694**	**27,367**	**343,307**	**50,160**	**279,077**	**14,070**	**313,961**	**44,047**	**256,617**	**13,297**
Baling	31,398	5,305	25,123	970	16,699	2,832	13,367	500	14,699	2,473	11,756	470
Bandar Baharu	16,088	2,305	12,711	1,072	8,203	1,151	6,557	495	7,885	1,154	6,154	577
Kota Setar	102,612	13,369	83,430	5,813	52,819	7,022	42,742	3,055	49,793	6,347	40,688	2,758
Kuala Muda	209,003	29,399	170,422	9,182	108,012	15,472	87,854	4,686	100,991	13,927	82,568	4,496
Kubang Pasu	77,381	10,649	63,420	3,312	39,623	5,725	32,188	1,710	37,758	4,924	31,232	1,602
Kulim	115,994	19,259	93,783	2,952	61,583	10,390	49,684	1,509	54,411	8,869	44,099	1,443
Langkawi	33,823	4,015	28,754	1,054	18,027	2,146	15,327	554	15,796	1,869	13,427	500
Padang Terap	21,158	2,848	17,418	892	11,977	1,507	9,985	485	9,181	1,341	7,433	407
Sik	11,023	1,847	8,662	514	5,772	964	4,556	252	5,251	883	4,106	262
Yan	12,280	1,690	10,019	571	6,576	965	5,301	310	5,704	725	4,718	261
Pendang	16,135	1,895	13,690	550	8,507	1,095	7,139	273	7,628	800	6,551	277
Pokok Sena	10,373	1,626	8,262	485	5,509	891	4,377	241	4,864	735	3,885	244
Kelantan	**430,295**	**69,910**	**343,242**	**17,143**	**224,641**	**37,117**	**178,834**	**8,690**	**205,654**	**32,793**	**164,408**	**8,453**
Bachok	32,922	5,108	26,474	1,340	17,200	2,749	13,816	635	15,722	2,359	12,658	705
Kota Bharu	159,373	22,430	130,117	6,826	81,287	11,276	66,523	3,488	78,086	11,154	63,594	3,338
Machang	29,634	6,403	22,072	1,159	15,178	3,389	11,200	589	14,456	3,014	10,872	570
Pasir Mas	45,396	6,798	36,604	1,994	24,408	3,679	19,743	986	20,988	3,119	16,861	1,008
Pasir Puteh	24,502	3,776	19,623	1,103	12,341	1,984	9,798	559	12,161	1,792	9,825	544
Tanah Merah	28,065	5,096	21,927	1,042	15,426	2,928	11,987	511	12,639	2,168	9,940	531
Tumpat	54,741	10,999	41,602	2,140	28,392	5,956	21,358	1,078	26,349	5,043	20,244	1,062
Gua Musang	25,371	4,355	20,102	914	14,067	2,367	11,161	539	11,304	1,988	8,941	375
Kuala Krai	13,439	2,665	10,416	358	7,566	1,511	5,883	172	5,873	1,154	4,533	186
Jeli	16,213	2,143	13,804	266	8,356	1,204	7,020	132	7,857	939	6,784	134
Kecil Lojing	639	137	501	1	420	74	345	1	219	63	156	-
Melaka	**140,873**	**14,750**	**119,315**	**6,808**	**74,031**	**7,898**	**62,727**	**3,406**	**66,842**	**6,852**	**56,588**	**3,402**
Alor Gajah	31,993	3,193	28,016	784	17,014	1,674	14,949	391	14,979	1,519	13,067	393
Jasin	16,547	1,716	14,198	633	8,922	914	7,694	314	7,625	802	6,504	319
Melaka Tengah	92,333	9,841	77,101	5,391	48,095	5,310	40,084	2,701	44,238	4,531	37,017	2,690
Negeri Sembilan	**413,091**	**45,153**	**342,586**	**25,352**	**216,754**	**24,497**	**179,385**	**12,872**	**196,337**	**20,656**	**163,201**	**12,480**
Jelebu	8,275	1,567	6,290	418	4,607	947	3,466	194	3,668	620	2,824	224
Kuala Pilah	15,440	1,631	12,527	1,282	7,926	874	6,443	609	7,514	757	6,084	673
Port Dickson	57,314	5,587	48,999	2,728	30,979	3,056	26,515	1,408	26,335	2,531	22,484	1,320
Rembau	22,580	2,269	18,506	1,805	11,187	1,232	9,156	799	11,393	1,037	9,350	1,006
Seremban	235,148	24,463	198,182	12,503	122,391	13,256	102,782	6,353	112,757	11,207	95,400	6,150
Tampin	22,155	3,731	17,141	1,283	11,948	1,870	9,378	700	10,207	1,861	7,763	583
Jempol	52,179	5,905	40,941	5,333	27,716	3,262	21,645	2,809	24,463	2,643	19,296	2,524
Pahang	**422,207**	**61,223**	**346,298**	**14,686**	**230,729**	**33,012**	**189,799**	**7,918**	**191,478**	**28,211**	**156,499**	**6,768**
Bentong	23,160	3,094	18,764	1,302	12,508	1,633	10,222	653	10,652	1,461	8,542	649
Cameron Highlands	5,580	562	4,705	313	3,017	277	2,570	170	2,563	285	2,135	143
Jerantut	25,276	4,555	19,838	883	14,020	2,392	11,154	474	11,256	2,163	8,684	409
Kuantan	157,043	22,381	130,435	4,227	84,729	11,986	70,413	2,330	72,314	10,395	60,022	1,897
Lipis	14,113	2,051	11,707	355	7,931	1,102	6,639	190	6,182	949	5,068	165
Pekan	38,688	5,273	32,369	1,046	22,292	2,811	18,903	578	16,396	2,462	13,466	468
Raub	24,510	2,965	20,191	1,354	12,889	1,562	10,618	709	11,621	1,403	9,573	645
Temerloh	66,183	10,462	53,253	2,468	35,264	5,826	28,131	1,307	30,919	4,636	25,122	1,161
Rompin	26,890	3,685	22,080	1,125	15,423	1,952	12,808	663	11,467	1,733	9,272	462
Maran	23,835	3,534	19,687	614	13,407	2,082	11,015	310	10,428	1,452	8,672	304
Bera	16,929	2,661	13,269	999	9,249	1,389	7,326	534	7,680	1,272	5,943	465
Pulau Pinang	**795,986**	**76,722**	**674,557**	**44,707**	**414,686**	**42,141**	**349,817**	**22,728**	**381,300**	**34,581**	**324,740**	**21,979**
Seberang Perai Tengah	222,131	22,129	189,757	10,245	119,625	12,108	102,217	5,300	102,506	10,021	87,540	4,945
Seberang Perai Utara	137,551	15,941	115,724	5,886	70,607	8,539	59,007	3,061	66,944	7,402	56,717	2,825
Seberang Perai Selatan	115,231	12,067	98,070	5,094	61,194	6,623	51,699	2,872	54,037	5,444	46,371	2,222
Timur Laut	217,950	16,436	183,334	18,180	108,432	9,056	90,541	8,835	109,518	7,380	92,793	9,345
Barat Daya	103,123	10,149	87,672	5,302	54,828	5,815	46,353	2,660	48,295	4,334	41,319	2,642

Jadual 4(a) : Bilangan penduduk berumur 10 tahun dan lebih yang terlibat dalam aktiviti sukan atau senaman mengikut jantina, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 4(a) : Number of population aged 10 years and over that engaged in sports or exercise activities by sex, age group, administrative district and state, Malaysia, 2020 (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Jumlah *Total*	Jantina/ Kumpulan Umur *Sex/ Age Group*										
		Jumlah *Total*			Lelaki *Male*				Perempuan *Female*			
					Jumlah *Total*				Jumlah *Total*			
		10 - 14	15 - 64	65+		10 - 14	15 - 64	65+		10 - 14	15 - 64	65+
Perak	**868,604**	**100,946**	**705,313**	**62,345**	**451,393**	**54,628**	**365,497**	**31,268**	**417,211**	**46,318**	**339,816**	**31,077**
Batang Padang	44,256	5,344	35,665	3,247	24,193	3,126	19,438	1,629	20,063	2,218	16,227	1,618
Manjung	96,405	11,186	80,184	5,035	51,168	5,994	42,586	2,588	45,237	5,192	37,598	2,447
Kinta	339,156	35,677	274,504	28,975	173,038	19,282	139,313	14,443	166,118	16,395	135,191	14,532
Kerian	57,552	8,218	46,313	3,021	30,452	4,492	24,522	1,438	27,100	3,726	21,791	1,583
Kuala Kangsar	51,546	6,540	41,339	3,667	26,794	3,559	21,404	1,831	24,752	2,981	19,935	1,836
Larut dan Matang	98,092	12,231	78,738	7,123	50,301	6,561	40,096	3,644	47,791	5,670	38,642	3,479
Hilir Perak	36,273	4,032	29,273	2,968	18,672	2,172	14,987	1,513	17,601	1,860	14,286	1,455
Hulu Perak	31,452	4,591	25,138	1,723	16,974	2,490	13,607	877	14,478	2,101	11,531	846
Perak Tengah	32,981	4,078	27,774	1,129	17,569	2,160	14,876	533	15,412	1,918	12,898	596
Kampar	29,019	2,785	23,523	2,711	15,060	1,459	12,179	1,422	13,959	1,326	11,344	1,289
Muallim	28,432	3,071	24,022	1,339	14,915	1,630	12,606	679	13,517	1,441	11,416	660
Bagan Datuk	15,117	1,999	12,190	928	8,132	1,078	6,622	432	6,985	921	5,568	496
Selama	8,323	1,194	6,650	479	4,125	625	3,261	239	4,198	569	3,389	240
Perlis	**124,262**	**13,778**	**103,236**	**7,248**	**63,752**	**7,339**	**52,828**	**3,585**	**60,510**	**6,439**	**50,408**	**3,663**
Perlis	124,262	13,778	103,236	7,248	63,752	7,339	52,828	3,585	60,510	6,439	50,408	3,663
Selangor	**1,292,987**	**139,048**	**1,097,736**	**56,203**	**658,470**	**74,467**	**555,398**	**28,605**	**634,517**	**64,581**	**542,338**	**27,598**
Gombak	146,289	16,906	123,747	5,636	74,471	9,049	62,430	2,992	71,818	7,857	61,317	2,644
Klang	179,176	21,130	150,209	7,837	93,105	11,539	77,459	4,107	86,071	9,591	72,750	3,730
Kuala Langat	47,565	6,002	40,318	1,245	24,552	3,153	20,778	621	23,013	2,849	19,540	624
Kuala Selangor	58,027	7,494	49,461	1,072	28,881	4,005	24,332	544	29,146	3,489	25,129	528
Petaling	445,908	41,075	378,575	26,258	224,637	21,840	189,720	13,077	221,271	19,235	188,855	13,181
Sabak Bernam	17,525	2,195	14,279	1,051	8,996	1,176	7,312	508	8,529	1,019	6,967	543
Sepang	83,951	9,961	71,977	2,013	43,806	5,338	37,452	1,016	40,145	4,623	34,525	997
Ulu Langat	272,247	28,978	233,366	9,903	137,302	15,482	116,729	5,091	134,945	13,496	116,637	4,812
Ulu Selangor	42,299	5,307	35,804	1,188	22,720	2,885	19,186	649	19,579	2,422	16,618	539
Terengganu	**414,245**	**57,348**	**344,927**	**11,970**	**219,048**	**30,368**	**182,423**	**6,257**	**195,197**	**26,980**	**162,504**	**5,713**
Besut	59,982	9,944	48,410	1,628	31,905	5,418	25,664	823	28,077	4,526	22,746	805
Dungun	73,878	9,596	61,804	2,478	39,150	5,032	32,844	1,274	34,728	4,564	28,960	1,204
Kemaman	79,056	11,979	65,655	1,422	42,371	6,153	35,467	751	36,685	5,826	30,188	671
Kuala Terengganu	65,082	7,908	54,550	2,624	33,736	4,187	28,166	1,383	31,346	3,721	26,384	1,241
Marang	32,337	4,816	26,590	931	17,450	2,563	14,398	489	14,887	2,253	12,192	442
Hulu Terengganu	24,081	2,857	20,148	1,076	13,548	1,527	11,491	530	10,533	1,330	8,657	546
Setiu	14,665	2,592	11,909	164	7,860	1,430	6,330	100	6,805	1,162	5,579	64
Kuala Nerus	65,164	7,656	55,861	1,647	33,028	4,058	28,063	907	32,136	3,598	27,798	740
Sabah	**619,889**	**83,210**	**514,340**	**22,339**	**332,236**	**45,253**	**275,127**	**11,856**	**287,653**	**37,957**	**239,213**	**10,483**
Tawau	67,264	9,311	55,845	2,108	37,256	5,218	30,867	1,171	30,008	4,093	24,978	937
Lahad Datu	65,017	8,866	54,338	1,813	35,528	4,728	29,757	1,043	29,489	4,138	24,581	770
Semporna	21,620	3,991	17,241	388	12,035	2,194	9,640	201	9,585	1,797	7,601	187
Sandakan	54,803	7,230	45,309	2,264	29,547	4,045	24,264	1,238	25,256	3,185	21,045	1,026
Kinabatangan	23,722	2,866	20,631	225	14,384	1,712	12,537	135	9,338	1,154	8,094	90
Beluran	14,787	2,388	12,068	331	8,306	1,305	6,839	162	6,481	1,083	5,229	169
Kota Kinabalu	106,661	11,655	90,241	4,765	54,425	6,205	45,685	2,535	52,236	5,450	44,556	2,230
Ranau	8,171	1,145	6,582	444	4,176	566	3,382	228	3,995	579	3,200	216
Kota Belud	30,877	4,757	24,545	1,575	15,821	2,582	12,466	773	15,056	2,175	12,079	802
Tuaran	17,937	2,513	14,944	480	9,358	1,386	7,729	243	8,579	1,127	7,215	237
Penampang	32,607	3,271	27,705	1,631	16,586	1,735	14,042	809	16,021	1,536	13,663	822
Papar	27,192	4,008	22,373	811	14,433	2,095	11,905	433	12,759	1,913	10,468	378
Kudat	23,436	3,989	18,499	948	12,066	2,121	9,476	469	11,370	1,868	9,023	479
Kota Marudu	7,815	1,279	6,325	211	4,289	705	3,468	116	3,526	574	2,857	95
Pitas	7,962	1,130	6,542	290	4,301	577	3,577	147	3,661	553	2,965	143
Beaufort	16,839	2,200	13,598	1,041	8,649	1,202	6,909	538	8,190	998	6,689	503
Kuala Penyu	4,426	644	3,499	283	2,196	328	1,720	148	2,230	316	1,779	135
Sipitang	8,997	1,154	7,427	416	4,857	594	4,028	235	4,140	560	3,399	181
Tenom	6,614	1,015	5,275	324	3,430	547	2,710	173	3,184	468	2,565	151
Nabawan	6,054	964	4,915	175	3,215	492	2,641	82	2,839	472	2,274	93
Keningau	27,528	3,944	22,786	798	14,702	2,156	12,118	428	12,826	1,788	10,668	370
Tambunan	5,575	789	4,563	223	2,973	409	2,458	106	2,602	380	2,105	117
Kunak	3,486	536	2,923	27	2,051	337	1,696	18	1,435	199	1,227	9
Tongod	7,386	961	6,204	221	4,255	508	3,630	117	3,131	453	2,574	104
Putatan	14,403	1,633	12,301	469	7,819	910	6,644	265	6,584	723	5,657	204
Telupid	2,892	298	2,548	46	1,672	147	1,502	23	1,220	151	1,046	23
Kalabakan	5,818	673	5,113	32	3,906	449	3,437	20	1,912	224	1,676	12

Jadual 4(a) : Bilangan penduduk berumur 10 tahun dan lebih yang terlibat dalam aktiviti sukan atau senaman mengikut jantina, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 4(a) : Number of population aged 10 years and over that engaged in sports or exercise activities by sex, age group, administrative district and state, Malaysia, 2020 (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Jumlah *Total*	Jantina/ Kumpulan Umur *Sex/ Age Group*										
		Jumlah *Total*			Lelaki *Male*				Perempuan *Female*			
					Jumlah *Total*				Jumlah *Total*			
		10 - 14	15 - 64	65+		10 - 14	15 - 64	65+		10 - 14	15 - 64	65+
Sarawak	**595,338**	**67,203**	**493,084**	**35,051**	**317,842**	**36,816**	**262,822**	**18,204**	**277,496**	**30,387**	**230,262**	**16,847**
Kuching	202,123	20,118	167,174	14,831	105,875	10,882	87,327	7,666	96,248	9,236	79,847	7,165
Bau	12,810	1,641	10,403	766	7,115	925	5,799	391	5,695	716	4,604	375
Lundu	3,748	556	2,994	198	2,064	322	1,643	99	1,684	234	1,351	99
Samarahan	41,399	4,595	36,009	795	21,814	2,518	18,848	448	19,585	2,077	17,161	347
Serian	18,978	2,442	15,209	1,327	10,085	1,366	8,026	693	8,893	1,076	7,183	634
Simunjan	1,289	219	1,041	29	764	137	613	14	525	82	428	15
Sri Aman	18,580	2,174	14,925	1,481	9,998	1,199	8,025	774	8,582	975	6,900	707
Lubok Antu	1,368	212	1,138	18	785	123	650	12	583	89	488	6
Betong	7,511	1,155	6,020	336	4,021	624	3,209	188	3,490	531	2,811	148
Saratok	1,603	229	1,322	52	821	110	684	27	782	119	638	25
Sarikei	10,107	1,340	8,112	655	5,207	741	4,107	359	4,900	599	4,005	296
Maradong	2,810	387	2,281	142	1,442	190	1,183	69	1,368	197	1,098	73
Daro	4,999	639	4,227	133	3,097	357	2,662	78	1,902	282	1,565	55
Julau	1,604	514	1,082	8	931	284	642	5	673	230	440	3
Sibu	80,590	9,011	66,319	5,260	42,611	4,961	35,073	2,577	37,979	4,050	31,246	2,683
Dalat	4,230	664	3,307	259	2,366	383	1,838	145	1,864	281	1,469	114
Mukah	6,846	860	5,758	228	3,750	466	3,165	119	3,096	394	2,593	109
Kanowit	2,824	530	2,219	75	1,495	279	1,175	41	1,329	251	1,044	34
Bintulu	16,340	1,687	14,138	515	8,797	930	7,583	284	7,543	757	6,555	231
Tatau	837	115	707	15	456	63	383	10	381	52	324	5
Kapit	1,722	220	1,449	53	963	127	811	25	759	93	638	28
Song	2,337	518	1,761	58	1,262	270	952	40	1,075	248	809	18
Belaga	485	63	413	9	286	29	254	3	199	34	159	6
Miri	80,314	8,031	67,950	4,333	42,184	4,354	35,517	2,313	38,130	3,677	32,433	2,020
Marudi	3,233	357	2,679	197	1,865	198	1,568	99	1,368	159	1,111	98
Limbang	12,473	1,633	10,411	429	6,995	927	5,841	227	5,478	706	4,570	202
Lawas	10,384	1,501	8,340	543	5,856	850	4,726	280	4,528	651	3,614	263
Matu	7,434	853	6,280	301	4,542	480	3,915	147	2,892	373	2,365	154
Asajaya	7,141	1,021	5,585	535	3,945	574	3,076	295	3,196	447	2,509	240
Pakan	9,279	932	7,600	747	4,847	487	3,970	390	4,432	445	3,630	357
Selangau	1,055	164	849	42	571	90	460	21	484	74	389	21
Tebedu	1,879	285	1,483	111	1,022	157	803	62	857	128	680	49
Pusa	3,281	572	2,607	102	2,104	352	1,699	53	1,177	220	908	49
Kabong	1,559	292	1,179	88	896	165	692	39	663	127	487	49
Tanjung Manis	2,912	407	2,401	104	1,558	211	1,284	63	1,354	196	1,117	41
Sebauh	567	62	503	2	413	38	373	2	154	24	130	-
Bukit Mabong	912	102	798	12	642	58	578	6	270	44	220	6
Subis	5,777	744	4,816	217	3,283	391	2,767	125	2,494	353	2,049	92
Beluru	816	193	602	21	479	108	364	7	337	85	238	14
Telang Usan	1,182	165	993	24	635	90	537	8	547	75	456	16
W.P. Kuala Lumpur	**647,907**	**67,889**	**555,909**	**24,109**	**333,969**	**36,824**	**284,865**	**12,280**	**313,938**	**31,065**	**271,044**	**11,829**
W.P. Labuan	**25,754**	**3,232**	**21,932**	**590**	**14,207**	**1,759**	**12,111**	**337**	**11,547**	**1,473**	**9,821**	**253**
W.P. Putrajaya	**61,228**	**8,883**	**51,621**	**724**	**29,869**	**4,690**	**24,818**	**361**	**31,359**	**4,193**	**26,803**	**363**

Jadual 4(b) : Bilangan penduduk berumur 10 tahun dan lebih yang tidak terlibat dalam aktiviti sukan atau senaman mengikut jantina, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020

Table 4(b) : Number of population aged 10 years and over that not engaged in sports or exercise activities by sex, age group, administrative district and state, Malaysia, 2020

Negeri dan Daerah Pentadbiran *State and Administrative District*	Jumlah *Total*	Jantina/ Kumpulan Umur *Sex/ Age Group*										
		Jumlah *Total*			Lelaki *Male*				Perempuan *Female*			
					Jumlah *Total*				Jumlah *Total*			
		10 - 14	15 - 64	65+		10 - 14	15 - 64	65+		10 - 14	15 - 64	65+
MALAYSIA	**7,438,404**	**659,583**	**5,940,247**	**838,574**	**3,640,385**	**329,920**	**2,930,806**	**379,659**	**3,798,019**	**329,663**	**3,009,441**	**458,915**
Johor	**679,325**	**52,148**	**551,217**	**75,960**	**350,590**	**25,730**	**289,861**	**34,999**	**328,735**	**26,418**	**261,356**	**40,961**
Batu Pahat	49,415	3,227	40,036	6,152	24,712	1,609	20,396	2,707	24,703	1,618	19,640	3,445
Johor Bahru	219,224	17,448	185,794	15,982	111,080	8,703	95,555	6,822	108,144	8,745	90,239	9,160
Kluang	85,884	6,506	67,359	12,019	46,956	3,173	37,861	5,922	38,928	3,333	29,498	6,097
Kota Tinggi	74,420	5,962	59,388	9,070	40,057	3,030	32,715	4,312	34,363	2,932	26,673	4,758
Mersing	25,513	1,816	20,288	3,409	13,247	853	10,649	1,745	12,266	963	9,639	1,664
Muar	55,458	4,500	43,399	7,559	28,948	2,130	23,456	3,362	26,510	2,370	19,943	4,197
Pontian	48,563	4,317	37,541	6,705	25,605	2,175	20,185	3,245	22,958	2,142	17,356	3,460
Segamat	33,475	2,376	25,762	5,337	17,163	1,166	13,433	2,564	16,312	1,210	12,329	2,773
Kulai	56,811	4,046	47,648	5,117	27,826	1,931	23,608	2,287	28,985	2,115	24,040	2,830
Tangkak	30,562	1,950	24,002	4,610	14,996	960	12,003	2,033	15,566	990	11,999	2,577
Kedah	**684,115**	**70,537**	**535,046**	**78,532**	**333,875**	**35,699**	**263,273**	**34,903**	**350,240**	**34,838**	**271,773**	**43,629**
Baling	66,010	7,263	51,855	6,892	32,808	3,703	26,024	3,081	33,202	3,560	25,831	3,811
Bandar Baharu	9,609	822	7,157	1,630	4,800	455	3,625	720	4,809	367	3,532	910
Kota Setar	156,695	15,450	121,144	20,101	75,049	7,814	58,293	8,942	81,646	7,636	62,851	11,159
Kuala Muda	91,638	8,976	72,466	10,196	42,962	4,319	34,359	4,284	48,676	4,657	38,107	5,912
Kubang Pasu	74,802	6,378	58,227	10,197	36,647	3,209	28,829	4,609	38,155	3,169	29,398	5,588
Kulim	89,501	10,571	72,649	6,281	45,072	5,303	36,973	2,796	44,429	5,268	35,676	3,485
Langkawi	41,027	4,371	33,830	2,826	20,274	2,164	16,783	1,327	20,753	2,207	17,047	1,499
Padang Terap	23,993	2,062	18,764	3,167	11,797	1,045	9,369	1,383	12,196	1,017	9,395	1,784
Sik	27,810	2,749	21,011	4,050	13,564	1,396	10,275	1,893	14,246	1,353	10,736	2,157
Yan	39,176	4,550	29,204	5,422	19,194	2,528	14,264	2,402	19,982	2,022	14,940	3,020
Pendang	39,189	5,248	29,458	4,483	19,426	2,718	14,692	2,016	19,763	2,530	14,766	2,467
Pokok Sena	24,665	2,097	19,281	3,287	12,282	1,045	9,787	1,450	12,383	1,052	9,494	1,837
Kelantan	**737,612**	**82,479**	**576,046**	**79,087**	**354,780**	**41,845**	**277,261**	**35,674**	**382,832**	**40,634**	**298,785**	**43,413**
Bachok	69,135	7,725	53,987	7,423	32,788	3,696	25,871	3,221	36,347	4,029	28,116	4,202
Kota Bharu	223,807	23,291	176,409	24,107	105,759	11,985	83,145	10,629	118,048	11,306	93,264	13,478
Machang	48,739	5,226	37,961	5,552	23,303	2,833	18,035	2,435	25,436	2,393	19,926	3,117
Pasir Mas	113,755	12,810	87,847	13,098	55,066	6,557	42,573	5,936	58,689	6,253	45,274	7,162
Pasir Puteh	36,530	4,345	27,492	4,693	17,637	2,227	13,326	2,084	18,893	2,118	14,166	2,609
Tanah Merah	67,038	8,330	51,875	6,833	33,108	4,262	25,531	3,315	33,930	4,068	26,344	3,518
Tumpat	69,370	7,745	53,576	8,049	32,667	3,865	25,226	3,576	36,703	3,880	28,350	4,473
Gua Musang	32,602	4,127	26,185	2,290	16,852	2,064	13,563	1,225	15,750	2,063	12,622	1,065
Kuala Krai	51,296	5,983	40,205	5,108	24,965	2,895	19,714	2,356	26,331	3,088	20,491	2,752
Jeli	18,692	1,815	15,183	1,694	9,158	919	7,472	767	9,534	896	7,711	927
Kecil Lojing	6,648	1,082	5,326	240	3,477	542	2,805	130	3,171	540	2,521	110
Melaka	**92,139**	**5,816**	**74,826**	**11,497**	**42,937**	**2,840**	**35,142**	**4,955**	**49,202**	**2,976**	**39,684**	**6,542**
Alor Gajah	18,892	1,122	15,674	2,096	8,859	523	7,437	899	10,033	599	8,237	1,197
Jasin	10,216	614	8,197	1,405	4,797	285	3,893	619	5,419	329	4,304	786
Melaka Tengah	63,031	4,080	50,955	7,996	29,281	2,032	23,812	3,437	33,750	2,048	27,143	4,559
Negeri Sembilan	**301,811**	**22,209**	**244,788**	**34,814**	**150,585**	**11,378**	**123,093**	**16,114**	**151,226**	**10,831**	**121,695**	**18,700**
Jelebu	22,115	1,784	17,070	3,261	11,831	927	9,300	1,604	10,284	857	7,770	1,657
Kuala Pilah	24,311	1,975	18,934	3,402	11,948	1,014	9,467	1,467	12,363	961	9,467	1,935
Port Dickson	22,842	1,887	18,179	2,776	11,533	985	9,191	1,357	11,309	902	8,988	1,419
Rembau	15,298	1,028	12,019	2,251	7,520	519	6,089	912	7,778	509	5,930	1,339
Seremban	172,746	11,675	144,286	16,785	85,796	6,069	72,130	7,597	86,950	5,606	72,156	9,188
Tampin	14,070	990	10,684	2,396	6,741	497	5,113	1,131	7,329	493	5,571	1,265
Jempol	30,429	2,870	23,616	3,943	15,216	1,367	11,803	2,046	15,213	1,503	11,813	1,897
Pahang	**542,638**	**53,727**	**431,429**	**57,482**	**277,303**	**27,101**	**222,593**	**27,609**	**265,335**	**26,626**	**208,836**	**29,873**
Bentong	20,644	1,281	16,492	2,871	10,976	615	8,996	1,365	9,668	666	7,496	1,506
Cameron Highlands	22,251	2,905	18,102	1,244	13,297	1,554	11,105	638	8,954	1,351	6,997	606
Jerantut	47,497	4,485	37,868	5,144	24,781	2,353	19,965	2,463	22,716	2,132	17,903	2,681
Kuantan	146,375	15,901	118,921	11,553	71,528	8,030	57,880	5,618	74,847	7,871	61,041	5,935
Lipis	22,393	2,228	17,818	2,347	11,679	1,140	9,362	1,177	10,714	1,088	8,456	1,170
Pekan	55,814	5,434	45,272	5,108	28,937	2,593	23,901	2,443	26,877	2,841	21,371	2,665
Raub	38,181	3,674	30,464	4,043	19,935	1,891	16,043	2,001	18,246	1,783	14,421	2,042
Temerloh	43,495	3,606	34,672	5,217	20,889	1,731	16,725	2,433	22,606	1,875	17,947	2,784
Rompin	43,952	3,849	35,516	4,587	23,182	1,927	18,892	2,363	20,770	1,922	16,624	2,224
Maran	60,194	6,084	44,398	9,712	30,057	3,144	22,555	4,358	30,137	2,940	21,843	5,354
Bera	41,842	4,280	31,906	5,656	22,042	2,123	17,169	2,750	19,800	2,157	14,737	2,906
Pulau Pinang	**476,657**	**31,682**	**387,277**	**57,698**	**229,633**	**16,356**	**187,830**	**25,447**	**247,024**	**15,326**	**199,447**	**32,251**
Seberang Perai Tengah	107,553	7,930	87,657	11,966	54,523	3,921	45,132	5,470	53,030	4,009	42,525	6,496
Seberang Perai Utara	91,699	6,851	73,026	11,822	45,362	3,422	36,416	5,524	46,337	3,429	36,610	6,298
Seberang Perai Selatan	24,821	1,251	21,056	2,514	11,916	573	10,208	1,135	12,905	678	10,848	1,379
Timur Laut	177,224	10,696	142,371	24,157	84,314	5,787	68,351	10,176	92,910	4,909	74,020	13,981
Barat Daya	75,360	4,954	63,167	7,239	33,518	2,653	27,723	3,142	41,842	2,301	35,444	4,097

Jadual 4(b) : Bilangan penduduk berumur 10 tahun dan lebih yang tidak terlibat dalam aktiviti sukan atau senaman mengikut jantina, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 4(b) : Number of population aged 10 years and over that not engaged in sports or exercise activities by sex, age group, administrative district and state, Malaysia, 2020 (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Jumlah *Total*	Jantina/ Kumpulan Umur *Sex/ Age Group*										
		Jumlah *Total*			Lelaki *Male*				Perempuan *Female*			
					Jumlah *Total*				Jumlah *Total*			
		10 - 14	15 - 64	65+		10 - 14	15 - 64	65+		10 - 14	15 - 64	65+
Perak	**919,553**	**70,100**	**708,442**	**141,011**	**447,456**	**35,128**	**349,783**	**62,545**	**472,097**	**34,972**	**358,659**	**78,466**
Batang Padang	49,259	4,032	37,254	7,973	24,394	2,228	18,496	3,670	24,865	1,804	18,758	4,303
Manjung	83,506	6,669	65,674	11,163	41,979	3,314	33,473	5,192	41,527	3,355	32,201	5,971
Kinta	300,445	22,048	229,512	48,885	143,094	11,026	110,449	21,619	157,351	11,022	119,063	27,266
Kerian	74,060	5,091	58,067	10,902	36,001	2,513	28,837	4,651	38,059	2,578	29,230	6,251
Kuala Kangsar	79,982	7,697	61,717	10,568	39,136	3,901	30,573	4,662	40,846	3,796	31,144	5,906
Larut dan Matang	104,096	7,656	79,002	17,438	49,599	3,665	38,362	7,572	54,497	3,991	40,640	9,866
Hilir Perak	39,144	2,974	29,371	6,799	18,975	1,445	14,465	3,065	20,169	1,529	14,906	3,734
Hulu Perak	40,670	4,042	31,343	5,285	20,304	2,016	15,829	2,459	20,366	2,026	15,514	2,826
Perak Tengah	33,000	2,237	26,010	4,753	15,730	1,029	12,772	1,929	17,270	1,208	13,238	2,824
Kampar	48,744	3,684	37,034	8,026	24,045	2,091	18,261	3,693	24,699	1,593	18,773	4,333
Muallim	22,004	1,406	17,285	3,313	10,767	669	8,533	1,565	11,237	737	8,752	1,748
Bagan Datuk	35,679	1,885	29,299	4,495	18,995	920	16,224	1,851	16,684	965	13,075	2,644
Selama	8,964	679	6,874	1,411	4,437	311	3,509	617	4,527	368	3,365	794
Perlis	**86,824**	**5,768**	**66,759**	**14,297**	**40,568**	**2,892**	**31,680**	**5,996**	**46,256**	**2,876**	**35,079**	**8,301**
Perlis	86,824	5,768	66,759	14,297	40,568	2,892	31,680	5,996	46,256	2,876	35,079	8,301
Selangor	**511,128**	**33,572**	**424,207**	**53,349**	**229,425**	**15,344**	**192,378**	**21,703**	**281,703**	**18,228**	**231,829**	**31,646**
Gombak	48,076	2,974	39,468	5,634	20,232	1,292	16,711	2,229	27,844	1,682	22,757	3,405
Klang	82,113	5,595	68,903	7,615	39,291	2,570	33,584	3,137	42,822	3,025	35,319	4,478
Kuala Langat	19,335	1,289	16,300	1,746	9,050	608	7,715	727	10,285	681	8,585	1,019
Kuala Selangor	38,677	3,239	32,023	3,415	18,274	1,566	15,183	1,525	20,403	1,673	16,840	1,890
Petaling	150,030	8,441	123,788	17,801	64,120	3,739	53,509	6,872	85,910	4,702	70,279	10,929
Sabak Bernam	20,277	1,828	16,070	2,379	10,524	897	8,620	1,007	9,753	931	7,450	1,372
Sepang	31,172	2,318	26,206	2,648	13,917	1,044	11,801	1,072	17,255	1,274	14,405	1,576
Ulu Langat	95,134	5,778	79,454	9,902	40,518	2,585	33,873	4,060	54,616	3,193	45,581	5,842
Ulu Selangor	26,314	2,110	21,995	2,209	13,499	1,043	11,382	1,074	12,815	1,067	10,613	1,135
Terengganu	**409,687**	**39,839**	**325,682**	**44,166**	**201,641**	**19,779**	**161,987**	**19,875**	**208,046**	**20,060**	**163,695**	**24,291**
Besut	61,934	6,150	48,319	7,465	29,764	2,907	23,639	3,218	32,170	3,243	24,680	4,247
Dungun	44,081	4,091	35,954	4,036	22,045	2,014	18,171	1,860	22,036	2,077	17,783	2,176
Kemaman	48,931	4,767	40,443	3,721	25,086	2,367	20,844	1,875	23,845	2,400	19,599	1,846
Kuala Terengganu	100,714	9,469	79,049	12,196	49,571	4,795	39,382	5,394	51,143	4,674	39,667	6,802
Marang	45,044	4,905	35,618	4,521	21,723	2,475	17,234	2,014	23,321	2,430	18,384	2,507
Hulu Terengganu	31,305	3,120	24,063	4,122	15,964	1,590	12,533	1,841	15,341	1,530	11,530	2,281
Setiu	29,017	3,053	23,000	2,964	14,335	1,540	11,448	1,347	14,682	1,513	11,552	1,617
Kuala Nerus	48,661	4,284	39,236	5,141	23,153	2,091	18,736	2,326	25,508	2,193	20,500	2,815
Sabah	**807,070**	**93,329**	**660,565**	**53,176**	**398,842**	**47,340**	**325,506**	**25,996**	**408,228**	**45,989**	**335,059**	**27,180**
Tawau	105,572	12,323	86,664	6,585	50,490	6,065	41,075	3,350	55,082	6,258	45,589	3,235
Lahad Datu	63,824	7,611	53,991	2,222	32,542	4,028	27,303	1,211	31,282	3,583	26,688	1,011
Semporna	80,486	12,616	64,495	3,375	40,163	6,639	31,835	1,689	40,323	5,977	32,660	1,686
Sandakan	87,028	9,996	70,400	6,632	41,343	5,081	32,992	3,270	45,685	4,915	37,408	3,362
Kinabatangan	40,544	5,200	34,579	765	21,624	2,724	18,493	407	18,920	2,476	16,086	358
Beluran	24,714	2,648	21,272	794	13,061	1,353	11,299	409	11,653	1,295	9,973	385
Kota Kinabalu	80,484	7,872	66,534	6,078	37,743	3,785	31,043	2,915	42,741	4,087	35,491	3,163
Ranau	3,398	379	2,703	316	1,723	184	1,372	167	1,675	195	1,331	149
Kota Belud	24,145	2,381	18,297	3,467	11,413	1,199	8,727	1,487	12,732	1,182	9,570	1,980
Tuaran	17,294	1,846	13,965	1,483	8,256	905	6,638	713	9,038	941	7,327	770
Penampang	27,310	2,122	22,536	2,652	13,067	1,080	10,775	1,212	14,243	1,042	11,761	1,440
Papar	19,037	1,624	15,564	1,849	8,579	746	6,952	881	10,458	878	8,612	968
Kudat	23,275	2,701	18,240	2,334	11,524	1,340	9,063	1,121	11,751	1,361	9,177	1,213
Kota Marudu	26,116	3,006	20,938	2,172	13,626	1,493	11,023	1,110	12,490	1,513	9,915	1,062
Pitas	16,983	2,133	13,234	1,616	8,563	1,097	6,700	766	8,420	1,036	6,534	850
Beaufort	24,465	2,440	19,241	2,784	12,117	1,213	9,542	1,362	12,348	1,227	9,699	1,422
Kuala Penyu	1,415	117	994	304	658	57	458	143	757	60	536	161
Sipitang	7,716	783	6,181	752	3,869	407	3,095	367	3,847	376	3,086	385
Tenom	8,200	1,080	6,435	685	4,078	550	3,211	317	4,122	530	3,224	368
Nabawan	6,417	836	5,181	400	3,208	437	2,612	159	3,209	399	2,569	241
Keningau	23,303	2,406	19,189	1,708	11,743	1,205	9,685	853	11,560	1,201	9,504	855
Tambunan	5,699	573	4,526	600	2,791	286	2,216	289	2,908	287	2,310	311
Kunak	20,730	2,780	17,186	764	10,699	1,441	8,855	403	10,031	1,339	8,331	361
Tongod	17,753	2,377	14,645	731	9,506	1,248	7,901	357	8,247	1,129	6,744	374
Putatan	18,913	1,805	15,725	1,383	9,193	880	7,674	639	9,720	925	8,051	744
Telupid	6,797	728	5,852	217	3,754	395	3,247	112	3,043	333	2,605	105
Kalabakan	25,452	2,946	21,998	508	13,509	1,502	11,720	287	11,943	1,444	10,278	221

Jadual 4(b) : Bilangan penduduk berumur 10 tahun dan lebih yang tidak terlibat dalam aktiviti sukan atau senaman mengikut jantina, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 4(b) : Number of population aged 10 years and over that not engaged in sports or exercise activities by sex, age group, administrative district and state, Malaysia, 2020 (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Jumlah *Total*	Jantina/ Kumpulan Umur *Sex/ Age Group*										
		Jumlah *Total*			Lelaki *Male*				Perempuan *Female*			
					Jumlah *Total*				Jumlah *Total*			
		10 - 14	15 - 64	65+		10 - 14	15 - 64	65+		10 - 14	15 - 64	65+
Sarawak	**960,498**	**80,767**	**764,976**	**114,755**	**477,632**	**40,199**	**383,467**	**53,966**	**482,866**	**40,568**	**381,509**	**60,789**
Kuching	214,530	17,739	169,484	27,307	103,210	8,709	82,175	12,326	111,320	9,030	87,309	14,981
Bau	24,697	1,885	19,408	3,404	12,414	915	9,992	1,507	12,283	970	9,416	1,897
Lundu	23,032	2,353	18,192	2,487	12,241	1,225	9,842	1,174	10,791	1,128	8,350	1,313
Samarahan	54,733	4,883	45,516	4,334	25,676	2,376	21,311	1,989	29,057	2,507	24,205	2,345
Serian	49,427	4,208	38,636	6,583	25,021	2,133	19,738	3,150	24,406	2,075	18,898	3,433
Simunjan	4,552	273	3,746	533	2,546	131	2,153	262	2,006	142	1,593	271
Sri Aman	17,445	1,237	12,828	3,380	8,325	561	6,195	1,569	9,120	676	6,633	1,811
Lubok Antu	16,420	1,391	12,305	2,724	8,108	712	6,147	1,249	8,312	679	6,158	1,475
Betong	16,832	1,386	12,784	2,662	8,389	687	6,420	1,282	8,443	699	6,364	1,380
Saratok	4,878	380	3,664	834	2,418	187	1,834	397	2,460	193	1,830	437
Sarikei	21,997	1,943	17,173	2,881	10,680	941	8,355	1,384	11,317	1,002	8,818	1,497
Maradong	10,586	975	8,267	1,344	5,168	488	4,035	645	5,418	487	4,232	699
Daro	6,447	518	5,004	925	3,110	236	2,435	439	3,337	282	2,569	486
Julau	9,294	622	7,299	1,373	4,533	304	3,579	650	4,761	318	3,720	723
Sibu	116,707	9,385	93,499	13,823	57,339	4,873	46,200	6,266	59,368	4,512	47,299	7,557
Dalat	13,822	1,140	10,839	1,843	6,955	555	5,588	812	6,867	585	5,251	1,031
Mukah	27,645	2,483	22,726	2,436	14,761	1,274	12,363	1,124	12,884	1,209	10,363	1,312
Kanowit	17,222	1,697	12,906	2,619	8,424	847	6,379	1,198	8,798	850	6,527	1,421
Bintulu	19,580	1,707	16,664	1,209	9,845	849	8,431	565	9,735	858	8,233	644
Tatau	5,248	403	4,370	475	2,886	180	2,442	264	2,362	223	1,928	211
Kapit	8,690	1,011	6,695	984	4,271	512	3,296	463	4,419	499	3,399	521
Song	6,152	507	4,473	1,172	2,878	280	2,079	519	3,274	227	2,394	653
Belaga	4,323	403	3,716	204	2,551	212	2,213	126	1,772	191	1,503	78
Miri	80,436	6,502	66,118	7,816	40,417	3,282	33,154	3,981	40,019	3,220	32,964	3,835
Marudi	7,081	465	5,719	897	3,797	233	3,107	457	3,284	232	2,612	440
Limbang	22,071	2,211	17,215	2,645	10,700	1,071	8,299	1,330	11,371	1,140	8,916	1,315
Lawas	15,998	1,462	12,602	1,934	7,771	671	6,128	972	8,227	791	6,474	962
Matu	5,860	324	4,524	1,012	2,725	139	2,145	441	3,135	185	2,379	571
Asajaya	20,947	2,183	16,110	2,654	10,340	1,082	7,992	1,266	10,607	1,101	8,118	1,388
Pakan	1,634	79	982	573	800	39	508	253	834	40	474	320
Selangau	8,839	673	7,094	1,072	4,702	322	3,846	534	4,137	351	3,248	538
Tebedu	16,535	1,492	13,134	1,909	8,478	768	6,782	928	8,057	724	6,352	981
Pusa	9,434	926	7,435	1,073	4,225	415	3,283	527	5,209	511	4,152	546
Kabong	11,417	1,159	8,703	1,555	5,570	553	4,276	741	5,847	606	4,427	814
Tanjung Manis	3,466	192	2,744	530	1,825	93	1,499	233	1,641	99	1,245	297
Sebauh	12,739	543	11,732	464	7,288	263	6,748	277	5,451	280	4,984	187
Bukit Mabong	7,186	517	5,733	936	4,190	270	3,410	510	2,996	247	2,323	426
Subis	23,503	1,822	19,640	2,041	12,751	929	10,781	1,041	10,752	893	8,859	1,000
Beluru	14,724	1,268	11,868	1,588	7,919	668	6,403	848	6,805	600	5,465	740
Telang Usan	4,369	420	3,429	520	2,385	214	1,904	267	1,984	206	1,525	253
W.P. Kuala Lumpur	**184,722**	**13,644**	**151,504**	**19,574**	**84,470**	**6,376**	**69,678**	**8,416**	**100,252**	**7,268**	**81,826**	**11,158**
W.P. Labuan	**32,761**	**3,006**	**27,258**	**2,497**	**15,736**	**1,529**	**12,963**	**1,244**	**17,025**	**1,477**	**14,295**	**1,253**
W.P. Putrajaya	**11,864**	**960**	**10,225**	**679**	**4,912**	**384**	**4,311**	**217**	**6,952**	**576**	**5,914**	**462**

Jadual 5: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, jantina, daerah pentadbiran dan negeri, Malaysia, 2020

Table 5: Number of population aged 10 years and over by type of sports or exercise activities, sex, administrative district and state, Malaysia, 2020

Jantina: Jumlah
Sex: Total

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
MALAYSIA	**2,844,905**	**2,124,500**	**4,212,222**	**1,526,553**	**469,488**	**409,140**	**483,439**	**239,919**	**870,257**	**315,310**	**7,438,404**	**501,730**
Johor	**367,201**	**275,028**	**630,535**	**205,763**	**56,420**	**49,114**	**62,977**	**35,063**	**106,889**	**34,006**	**679,325**	**54,863**
Batu Pahat	34,741	26,288	65,948	23,750	3,488	4,110	5,799	2,834	11,058	2,953	49,415	5,753
Johor Bahru	115,605	113,871	184,226	69,740	30,727	25,689	26,500	15,100	37,861	12,383	219,224	24,670
Kluang	72,007	35,285	98,056	19,025	3,609	3,346	5,369	3,601	16,436	3,832	85,884	4,546
Kota Tinggi	14,250	13,277	46,616	12,046	2,237	2,160	3,396	901	6,144	2,383	74,420	2,974
Mersing	6,312	8,066	17,329	6,481	995	676	1,441	332	4,429	2,200	25,513	2,037
Muar	53,589	23,753	82,645	28,210	3,452	3,339	5,700	3,906	10,348	2,664	55,458	3,004
Pontian	21,898	10,949	39,881	9,575	1,478	1,530	2,821	1,290	3,420	1,566	48,563	1,759
Segamat	16,763	11,931	21,010	9,139	3,142	3,306	4,350	2,943	4,466	1,844	33,475	3,125
Kulai	25,038	24,569	50,568	19,024	6,691	4,148	5,332	3,031	9,033	3,375	56,811	5,153
Tangkak	6,998	7,039	24,256	8,773	601	810	2,269	1,125	3,694	806	30,562	1,842
Kedah	**248,195**	**129,733**	**322,171**	**110,946**	**17,002**	**15,232**	**27,136**	**9,148**	**52,551**	**22,605**	**684,115**	**31,347**
Baling	15,013	6,623	8,385	4,276	373	395	1,181	218	2,511	1,212	66,010	1,260
Bandar Baharu	9,993	1,437	2,852	1,609	120	110	311	71	1,281	984	9,609	1,105
Kota Setar	32,636	19,765	47,291	16,893	3,149	2,910	5,588	2,118	8,769	3,214	156,695	5,875
Kuala Muda	109,786	37,395	88,466	33,203	5,013	4,695	7,818	3,445	15,412	5,414	91,638	7,750
Kubang Pasu	19,278	15,253	48,360	13,745	1,851	1,649	3,282	507	6,417	3,261	74,802	4,520
Kulim	34,330	27,537	68,144	22,775	3,531	3,806	5,263	2,195	8,705	2,941	89,501	4,419
Langkawi	8,237	4,488	21,016	3,663	906	849	948	223	2,393	1,211	41,027	3,393
Padang Terap	3,009	7,635	15,095	5,411	1,061	109	664	40	3,524	2,168	23,993	417
Sik	4,789	1,950	3,851	1,439	123	117	312	27	678	574	27,810	615
Yan	5,452	3,052	5,215	2,646	205	199	476	80	969	515	39,176	617
Pendang	2,901	2,524	9,106	3,021	469	226	759	138	885	555	39,189	694
Pokok Sena	2,771	2,074	4,390	2,265	201	167	534	86	1,007	556	24,665	682
Kelantan	**112,441**	**86,263**	**238,573**	**70,080**	**10,685**	**7,293**	**17,027**	**3,721**	**39,256**	**18,652**	**737,612**	**15,224**
Bachok	8,541	5,194	17,693	5,685	977	707	1,577	206	3,112	1,100	69,135	1,284
Kota Bharu	39,879	30,925	91,030	25,089	4,009	3,425	6,658	1,518	12,553	6,252	223,807	5,865
Machang	7,059	8,229	12,335	5,647	1,541	912	2,024	727	3,522	3,030	48,739	1,029
Pasir Mas	12,615	9,734	25,497	7,130	543	500	1,317	134	4,626	1,659	113,755	2,137
Pasir Puteh	4,801	4,648	14,655	4,336	664	385	1,262	166	1,716	1,261	36,530	889
Tanah Merah	2,799	4,366	20,062	4,206	658	268	763	109	2,792	935	67,038	982
Tumpat	19,616	11,993	31,094	8,572	958	527	1,148	291	4,875	1,377	69,370	1,417
Gua Musang	8,904	3,440	9,908	3,970	358	201	1,082	384	3,196	1,082	32,602	567
Kuala Krai	1,515	3,254	7,359	2,534	334	218	601	153	2,017	1,072	51,296	605
Jeli	6,565	4,359	8,641	2,882	641	149	568	33	790	872	18,692	448
Kecil Lojing	147	121	299	29	2	1	27	..	57	12	6,648	1

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 5: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, jantina, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 5: Number of population aged 10 years and over by type of sports or exercise activities, sex, administrative district and state, Malaysia, 2020 (cont'd)

Jantina: Jumlah
Sex: Total

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Melaka	**37,627**	**42,767**	**65,952**	**29,669**	**8,453**	**6,711**	**9,470**	**3,704**	**14,305**	**5,742**	**92,139**	**10,650**
Alor Gajah	7,132	11,108	15,632	7,219	1,771	1,549	2,312	643	3,945	1,907	18,892	2,495
Jasin	4,330	5,454	8,040	4,114	714	683	1,310	306	2,009	626	10,216	1,568
Melaka Tengah	26,165	26,205	42,280	18,336	5,968	4,479	5,848	2,755	8,351	3,209	63,031	6,587
Negeri Sembilan	**166,100**	**91,956**	**183,369**	**58,541**	**14,833**	**13,426**	**17,934**	**8,548**	**29,187**	**13,190**	**301,811**	**21,891**
Jelebu	1,636	4,021	4,141	2,532	198	221	359	94	801	633	22,115	489
Kuala Pilah	4,970	2,632	8,020	2,251	317	329	759	213	1,059	571	24,311	815
Port Dickson	13,368	10,204	36,455	7,148	2,011	1,242	2,210	845	2,451	1,755	22,842	1,500
Rembau	10,398	4,282	9,109	2,687	470	397	743	106	2,794	1,025	15,298	1,679
Seremban	87,302	56,974	107,976	36,808	10,567	10,066	11,750	6,152	18,072	7,170	172,746	15,262
Tampin	8,033	8,960	8,698	3,469	926	661	1,041	688	1,445	1,286	14,070	915
Jempol	40,393	4,883	8,970	3,646	344	510	1,072	450	2,565	750	30,429	1,231
Pahang	**112,881**	**107,952**	**225,180**	**83,318**	**13,123**	**9,666**	**20,456**	**6,782**	**51,230**	**20,040**	**542,638**	**22,835**
Bentong	8,004	5,932	10,494	4,936	631	631	1,439	688	2,767	1,152	20,644	1,014
Cameron Highlands	1,964	1,379	2,515	663	93	136	278	128	453	384	22,251	490
Jerantut	5,438	6,771	13,418	6,311	1,811	463	880	318	2,386	1,956	47,497	953
Kuantan	38,795	42,996	89,379	30,343	4,859	4,176	7,709	2,340	19,203	5,815	146,375	8,310
Lipis	2,041	5,395	8,216	3,451	602	267	785	219	1,385	939	22,393	574
Pekan	16,090	10,819	18,605	5,833	419	620	1,661	177	6,237	1,130	55,814	2,117
Raub	7,366	6,314	12,635	5,979	1,604	1,303	2,296	1,057	3,155	2,184	38,181	2,348
Temerloh	13,579	16,320	37,130	12,726	1,393	1,164	2,303	1,065	5,500	1,817	43,495	2,819
Rompin	13,481	3,934	7,244	3,738	819	355	791	99	3,423	2,133	43,952	1,744
Maran	3,988	4,075	14,682	5,868	627	298	1,603	335	5,286	1,807	60,194	1,756
Bera	2,135	4,017	10,862	3,470	265	253	711	356	1,435	723	41,842	710
Pulau Pinang	**299,810**	**179,625**	**381,525**	**145,151**	**59,983**	**51,764**	**46,968**	**37,238**	**59,805**	**25,847**	**476,657**	**33,885**
Seberang Perai Tengah	75,029	40,118	136,243	39,421	12,330	10,835	10,684	8,446	20,534	6,297	107,553	6,194
Seberang Perai Utara	46,527	31,305	66,643	31,928	10,050	7,332	8,600	4,930	12,730	5,529	91,699	4,974
Seberang Perai Selatan	31,634	21,935	74,712	21,874	3,631	3,292	4,727	4,015	6,617	2,496	24,821	2,865
Timur Laut	102,248	58,773	67,444	36,232	25,710	23,367	17,855	16,103	12,838	8,757	177,224	13,571
Barat Daya	44,372	27,494	36,483	15,696	8,262	6,938	5,102	3,744	7,086	2,768	75,360	6,281
Perak	**324,988**	**190,652**	**371,496**	**153,383**	**31,123**	**28,343**	**42,473**	**22,491**	**88,631**	**32,089**	**919,553**	**53,042**
Batang Padang	13,872	9,897	24,882	8,037	720	1,349	2,025	842	4,958	1,925	49,259	2,022
Manjung	34,613	25,231	42,837	18,203	5,335	3,456	5,046	1,724	6,663	3,697	83,506	4,884
Kinta	139,741	73,119	138,689	54,619	14,728	13,314	15,530	12,493	32,269	11,081	300,445	21,004
Kerian	13,845	10,486	29,521	12,316	1,071	1,252	2,596	1,107	9,918	3,515	74,060	2,909
Kuala Kangsar	23,684	11,754	19,913	8,746	1,395	1,137	2,067	864	3,583	1,267	79,982	2,932
Larut dan Matang	33,292	21,656	45,215	19,231	3,424	2,488	5,626	2,485	9,156	2,436	104,096	7,107
Hilir Perak	17,226	7,285	10,866	5,721	758	973	2,016	891	3,116	683	39,144	2,584

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 5: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, jantina, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 5: Number of population aged 10 years and over by type of sports or exercise activities, sex, administrative district and state, Malaysia, 2020 (cont'd)

Jantina: Jumlah
Sex: Total

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Hulu Perak	8,920	7,507	16,279	4,869	634	583	1,663	415	2,308	1,673	40,670	1,725
Perak Tengah	7,344	7,551	16,102	7,503	875	1,449	1,974	195	5,302	1,283	33,000	2,230
Kampar	12,486	5,376	7,804	4,696	728	997	1,263	746	3,733	2,107	48,744	2,090
Muallim	10,198	6,307	11,583	5,325	1,134	999	1,753	507	3,984	1,700	22,004	1,773
Bagan Datuk	6,344	2,666	4,079	2,365	171	212	511	176	3,071	451	35,679	1,130
Selama	3,423	1,817	3,726	1,752	150	134	403	46	570	271	8,964	652
Perlis	**50,276**	**27,904**	**73,096**	**20,562**	**2,322**	**2,981**	**5,747**	**1,174**	**12,137**	**3,527**	**86,824**	**5,560**
Perlis	50,276	27,904	73,096	20,562	2,322	2,981	5,747	1,174	12,137	3,527	86,824	5,560
Selangor	**421,770**	**406,118**	**511,786**	**272,616**	**116,842**	**108,930**	**96,356**	**56,892**	**136,597**	**43,822**	**511,128**	**119,498**
Gombak	46,610	44,751	59,883	31,076	11,849	11,587	11,311	5,512	15,453	6,011	48,076	13,310
Klang	55,038	51,115	77,983	37,911	12,450	11,596	11,501	7,863	15,581	5,197	82,113	14,750
Kuala Langat	9,676	13,656	22,710	11,863	3,283	2,655	3,168	1,238	4,622	1,700	19,335	3,942
Kuala Selangor	14,605	18,482	25,160	16,984	3,099	3,016	4,599	975	7,749	2,640	38,677	5,816
Petaling	168,139	142,764	159,663	81,635	48,533	47,250	33,099	25,440	44,695	13,769	150,030	44,303
Sabak Bernam	2,838	4,146	9,274	4,155	374	515	1,033	458	1,615	446	20,277	1,278
Sepang	26,835	28,879	32,601	20,483	8,548	7,338	7,048	3,130	10,108	2,939	31,172	8,196
Ulu Langat	85,005	89,649	106,352	57,431	27,266	23,381	21,660	11,428	32,127	9,334	95,134	24,840
Ulu Selangor	13,024	12,676	18,160	11,078	1,440	1,592	2,937	848	4,647	1,786	26,314	3,063
Terengganu	**84,889**	**86,284**	**288,220**	**70,063**	**10,766**	**7,229**	**16,069**	**1,692**	**38,306**	**15,261**	**409,687**	**14,581**
Besut	10,798	13,828	40,750	14,511	1,918	987	2,574	201	7,805	3,519	61,934	1,824
Dungun	4,777	5,935	59,586	6,924	1,061	655	1,974	180	3,930	1,887	44,081	2,517
Kemaman	16,182	14,897	53,419	17,106	2,770	1,776	3,177	383	7,990	2,641	48,931	1,815
Kuala Terengganu	10,787	15,011	47,719	9,656	1,795	1,114	2,560	410	4,515	1,951	100,714	2,816
Marang	8,026	8,120	16,989	4,665	807	544	1,321	77	3,614	865	45,044	2,102
Hulu Terengganu	2,800	5,819	17,802	4,934	762	937	1,430	171	1,471	1,227	31,305	942
Setiu	5,459	2,920	11,206	2,625	262	207	828	24	1,545	964	29,017	314
Kuala Nerus	26,060	19,754	40,749	9,642	1,391	1,009	2,205	246	7,436	2,207	48,661	2,251
Sabah	**156,401**	**140,903**	**315,546**	**75,369**	**24,316**	**15,173**	**34,374**	**8,775**	**79,268**	**25,176**	**807,070**	**35,486**
Tawau	9,091	16,364	36,208	9,180	1,737	1,258	3,460	1,193	12,983	2,521	105,572	4,071
Lahad Datu	11,939	11,831	44,124	5,856	1,346	480	1,571	265	5,286	1,945	63,824	1,354
Semporna	824	4,502	13,962	2,738	3,044	284	703	150	1,282	1,217	80,486	953
Sandakan	10,642	14,168	25,774	6,301	2,881	1,901	5,198	1,263	8,820	3,011	87,028	4,294
Kinabatangan	11,242	3,856	9,761	1,283	185	74	1,022	45	2,047	720	40,544	1,178
Beluran	9,667	2,363	1,522	972	592	73	317	33	921	913	24,714	186
Kota Kinabalu	28,355	27,186	53,106	14,039	6,076	4,964	7,727	2,748	14,775	4,524	80,484	7,854
Ranau	3,608	2,241	1,923	1,073	218	103	578	122	407	264	3,398	401
Kota Belud	8,183	7,024	18,933	4,145	707	265	1,075	66	3,704	1,104	24,145	989
Tuaran	1,704	4,039	10,189	2,373	555	480	1,271	133	2,340	776	17,294	1,639
Penampang	10,889	9,301	14,088	4,018	2,068	1,875	3,034	1,245	4,552	1,295	27,310	2,774

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 5: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, jantina, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 5: Number of population aged 10 years and over by type of sports or exercise activities, sex, administrative district and state, Malaysia, 2020 (cont'd)

Jantina: Jumlah
Sex: Total

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Papar	8,761	7,668	10,895	5,420	942	867	1,781	256	4,042	1,027	19,037	2,542
Kudat	4,818	3,775	12,725	2,797	1,175	295	960	304	1,981	1,074	23,275	695
Kota Marudu	675	1,665	4,909	905	299	167	572	105	861	354	26,116	419
Pitas	614	1,215	6,208	418	83	22	112	10	872	144	16,983	60
Beaufort	5,960	3,997	6,639	2,754	113	243	546	65	2,115	309	24,465	721
Kuala Penyu	1,904	1,418	1,156	884	313	38	233	25	422	292	1,415	168
Sipitang	2,585	1,898	5,591	1,705	95	201	312	23	661	330	7,716	722
Tenom	3,698	1,667	2,217	530	82	71	366	63	415	175	8,200	540
Nabawan	2,094	1,253	2,532	434	132	25	219	62	413	211	6,417	369
Keningau	6,052	5,875	16,932	3,244	620	611	1,461	340	4,093	1,299	23,303	804
Tambunan	472	958	3,251	537	79	129	278	42	1,045	226	5,699	758
Kunak	534	874	1,743	498	128	26	184	5	622	156	20,730	476
Tongod	5,174	557	1,172	253	37	22	94	25	480	244	17,753	37
Putatan	3,924	4,223	7,276	2,291	591	686	1,039	174	1,989	836	18,913	1,116
Telupid	823	380	892	460	210	12	169	5	469	110	6,797	98
Kalabakan	2,169	605	1,818	261	8	1	92	8	1,671	99	25,452	268
Sarawak	**185,704**	**144,990**	**275,305**	**78,925**	**24,649**	**22,159**	**35,730**	**12,848**	**98,841**	**28,958**	**960,498**	**45,013**
Kuching	80,995	49,552	89,330	25,999	9,188	8,442	11,175	5,421	28,708	7,667	214,530	15,411
Bau	5,700	1,680	6,799	861	221	225	481	78	2,223	805	24,697	586
Lundu	763	740	2,130	623	107	70	193	12	624	244	23,032	440
Samarahan	7,451	14,736	19,390	7,001	2,152	1,926	3,453	610	6,123	1,943	54,733	5,207
Serian	6,985	2,549	9,291	1,588	425	346	818	134	2,466	1,645	49,427	1,291
Simunjan	172	530	592	193	17	5	53	4	363	26	4,552	71
Sri Aman	3,824	4,036	10,812	1,570	490	207	758	94	4,073	706	17,445	493
Lubok Antu	207	300	499	280	108	23	137	7	394	323	16,420	67
Betong	1,737	2,312	3,758	1,362	228	197	779	145	1,241	490	16,832	212
Saratok	313	726	737	385	57	48	153	14	222	74	4,878	124
Sarikei	2,307	3,367	4,378	1,657	434	345	575	181	1,258	318	21,997	1,200
Maradong	854	597	1,471	411	93	61	151	109	618	167	10,586	171
Daro	206	987	2,661	753	160	18	451	13	1,595	352	6,447	109
Julau	53	240	194	113	127	8	39	5	1,139	308	9,294	52
Sibu	15,448	19,307	41,071	9,651	3,339	3,016	4,747	2,167	14,166	3,208	116,707	3,614
Dalat	664	773	1,991	501	46	15	126	15	989	78	13,822	737
Mukah	1,246	1,801	3,137	1,607	162	175	507	62	1,003	346	27,645	1,055
Kanowit	351	721	1,046	376	64	51	166	27	712	240	17,222	231
Bintulu	4,352	5,782	7,009	2,669	856	1,021	1,245	311	2,312	615	19,580	1,872
Tatau	125	239	517	82	17	5	26	5	79	23	5,248	37
Kapit	106	513	782	113	70	33	114	39	504	161	8,690	145

Nota/ *Notes* **:**

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Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 5: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, jantina, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 5: Number of population aged 10 years and over by type of sports or exercise activities, sex, administrative district and state, Malaysia, 2020 (cont'd)

Jantina: Jumlah
Sex: Total

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Song	125	720	969	177	57	24	134	4	681	505	6,152	341
Belaga	39	162	262	35	11	7	17	1	73	25	4,323	19
Miri	27,182	20,101	36,815	13,663	4,905	5,055	6,307	3,149	13,457	4,768	80,436	5,901
Marudi	592	630	1,605	336	63	27	124	21	247	421	7,081	83
Limbang	2,725	3,005	3,962	1,439	221	413	830	88	2,962	428	22,071	2,898
Lawas	4,029	3,005	3,055	1,079	320	118	832	43	1,376	446	15,998	1,079
Matu	3,428	625	2,905	562	37	4	254	1	2,664	130	5,860	166
Asajaya	2,302	946	4,031	669	40	40	210	9	1,582	255	20,947	565
Pakan	7,473	820	6,664	467	222	98	171	27	350	865	1,634	29
Selangau	88	196	667	50	19	14	64	4	179	41	8,839	28
Tebedu	862	244	604	140	77	11	43	3	133	235	16,535	29
Pusa	45	276	1,003	396	14	6	65	5	1,667	207	9,434	268
Kabong	272	234	688	250	7	10	48	2	552	17	11,417	57
Tanjung Manis	499	567	871	965	28	16	168	2	556	75	3,466	148
Sebauh	39	45	145	61	34	3	59	11	95	168	12,739	46
Bukit Mabong	41	139	341	18	136	4	31	..	312	169	7,186	..
Subis	1,323	1,013	2,934	600	62	46	173	18	1,015	311	23,503	195
Beluru	266	284	96	145	24	21	46	5	68	55	14,724	16
Telang Usan	515	490	93	78	11	5	7	2	60	98	4,369	20
W.P. Kuala Lumpur	**245,343**	**181,460**	**286,386**	**131,237**	**70,606**	**65,711**	**42,763**	**30,933**	**51,890**	**22,842**	**184,722**	**30,070**
W.P. Labuan	**6,841**	**7,616**	**12,195**	**3,848**	**1,216**	**971**	**1,526**	**282**	**4,134**	**1,410**	**32,761**	**2,412**
W.P. Putrajaya	**24,438**	**25,249**	**30,887**	**17,082**	**7,149**	**4,437**	**6,433**	**628**	**7,230**	**2,143**	**11,864**	**5,373**

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 5: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, jantina, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 5: Number of population aged 10 years and over by type of sports or exercise activities, sex, administrative district and state, Malaysia, 2020 (cont'd)

Jantina: Lelaki
Sex: Male

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
MALAYSIA	**1,403,551**	**1,239,057**	**2,116,526**	**888,817**	**268,464**	**270,705**	**71,429**	**63,596**	**673,004**	**246,483**	**3,640,385**	**319,879**
Johor	**194,251**	**159,924**	**330,279**	**123,438**	**32,340**	**32,566**	**10,538**	**9,898**	**81,554**	**26,639**	**350,590**	**35,454**
Batu Pahat	17,798	15,300	33,358	13,780	1,994	2,772	795	716	8,356	2,214	24,712	3,584
Johor Bahru	58,569	64,999	93,662	41,864	17,271	16,329	4,528	3,462	28,357	9,428	111,080	16,244
Kluang	38,895	21,402	53,394	11,439	2,277	2,407	831	1,274	12,824	3,150	46,956	2,995
Kota Tinggi	7,187	8,114	24,470	7,496	1,363	1,654	478	228	4,992	2,008	40,057	1,916
Mersing	3,491	5,129	8,834	3,868	723	532	125	104	3,288	1,946	13,247	1,149
Muar	32,890	14,047	47,061	17,818	1,975	2,313	960	1,363	8,081	2,205	28,948	1,925
Pontian	11,409	6,387	20,762	5,643	822	1,075	386	436	2,674	1,296	25,605	1,144
Segamat	8,145	6,674	10,383	5,254	1,797	2,024	1,396	1,293	3,172	1,336	17,163	1,896
Kulai	12,356	13,831	26,139	11,168	3,761	2,904	673	657	6,782	2,438	27,826	3,457
Tangkak	3,511	4,041	12,216	5,108	357	556	366	365	3,028	618	14,996	1,144
Kedah	**123,510**	**77,041**	**160,256**	**64,725**	**10,146**	**10,616**	**3,767**	**2,971**	**40,917**	**18,172**	**333,875**	**20,148**
Baling	7,516	3,978	4,207	2,498	245	305	120	75	2,046	1,039	32,808	808
Bandar Baharu	4,931	825	1,385	843	69	79	52	17	1,133	929	4,800	426
Kota Setar	15,782	11,531	23,198	9,906	1,782	1,911	784	619	6,955	2,590	75,049	3,838
Kuala Muda	54,839	22,193	43,962	19,028	2,957	3,319	1,090	1,050	11,842	4,285	42,962	5,262
Kubang Pasu	9,050	8,809	23,617	7,726	1,086	1,134	424	145	4,914	2,716	36,647	2,885
Kulim	17,746	16,481	33,775	13,623	2,151	2,700	824	870	6,586	2,304	45,072	2,986
Langkawi	4,038	2,755	10,804	2,190	621	568	136	73	1,999	924	20,274	1,991
Padang Terap	1,484	4,714	8,451	3,297	611	57	65	22	2,511	1,586	11,797	284
Sik	2,552	1,285	1,625	838	80	88	35	9	577	493	13,564	376
Yan	2,677	1,762	2,671	1,633	132	153	83	26	812	389	19,194	410
Pendang	1,497	1,467	4,445	1,839	296	171	92	36	732	458	19,426	430
Pokok Sena	1,398	1,241	2,116	1,304	116	131	62	29	810	459	12,282	452
Kelantan	**54,570**	**51,157**	**117,405**	**41,220**	**6,246**	**5,199**	**2,300**	**1,278**	**29,907**	**14,638**	**354,780**	**10,314**
Bachok	4,129	3,063	8,756	3,302	521	538	124	46	2,315	887	32,788	881
Kota Bharu	18,692	18,469	44,355	14,690	2,383	2,482	944	507	9,487	5,040	105,759	3,992
Machang	3,319	4,575	5,741	3,058	769	564	445	357	2,425	2,054	23,303	665
Pasir Mas	6,392	5,889	12,733	4,275	344	392	148	48	3,736	1,319	55,066	1,419
Pasir Puteh	2,225	2,574	6,938	2,375	364	268	152	55	1,258	917	17,637	599
Tanah Merah	1,405	2,760	10,507	2,692	399	192	92	31	2,199	763	33,108	630
Tumpat	9,629	6,862	15,430	5,185	587	374	119	111	3,531	1,107	32,667	1,003
Gua Musang	4,742	2,078	4,920	2,383	251	130	99	61	2,594	935	16,852	412
Kuala Krai	756	2,080	3,641	1,497	194	135	97	49	1,647	903	24,965	421
Jeli	3,149	2,743	4,213	1,746	432	123	76	13	663	707	9,158	291
Kecil Lojing	132	64	171	17	2	1	4	..	52	6	3,477	1

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 5: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, jantina, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 5: Number of population aged 10 years and over by type of sports or exercise activities, sex, administrative district and state, Malaysia, 2020 (cont'd)

Jantina: Lelaki
Sex: Male

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Melaka	**17,684**	**25,809**	**33,035**	**17,320**	**5,122**	**4,598**	**1,580**	**949**	**10,949**	**4,617**	**42,937**	**6,814**
Alor Gajah	3,251	6,612	7,666	4,153	1,117	1,070	382	196	2,968	1,554	8,859	1,592
Jasin	2,170	3,304	4,371	2,408	432	482	236	82	1,486	475	4,797	973
Melaka Tengah	12,263	15,893	20,998	10,759	3,573	3,046	962	671	6,495	2,588	29,281	4,249
Negeri Sembilan	**82,594**	**53,148**	**93,098**	**34,010**	**8,570**	**9,256**	**2,781**	**2,352**	**22,635**	**10,165**	**150,585**	**13,417**
Jelebu	765	2,375	2,198	1,485	132	168	49	32	605	531	11,831	298
Kuala Pilah	2,451	1,444	4,009	1,226	176	210	83	62	785	400	11,948	456
Port Dickson	6,872	6,159	18,956	4,140	1,225	864	325	232	1,907	1,312	11,533	934
Rembau	4,772	2,406	4,151	1,440	258	274	97	37	2,070	789	7,520	866
Seremban	42,600	32,475	54,593	21,517	5,936	6,904	1,844	1,575	13,977	5,437	85,796	9,528
Tampin	3,852	5,364	4,546	2,056	645	475	236	272	1,118	1,116	6,741	586
Jempol	21,282	2,925	4,645	2,146	198	361	147	142	2,173	580	15,216	749
Pahang	**58,902**	**64,573**	**115,906**	**48,424**	**8,173**	**6,983**	**2,542**	**1,808**	**39,969**	**16,343**	**277,303**	**14,181**
Bentong	4,350	3,444	5,199	2,635	334	447	157	215	2,277	969	10,976	657
Cameron Highlands	1,038	837	1,256	394	55	95	40	32	357	305	13,297	306
Jerantut	2,863	4,332	7,231	3,937	1,146	315	116	78	1,672	1,490	24,781	599
Kuantan	19,532	26,562	45,784	18,071	3,047	3,055	1,125	602	14,600	4,713	71,528	5,702
Lipis	1,078	3,134	4,294	1,907	393	190	113	39	1,194	779	11,679	406
Pekan	9,196	6,373	9,342	3,256	285	516	186	60	4,885	899	28,937	1,506
Raub	3,535	3,295	6,430	3,012	921	879	187	218	2,478	1,898	19,935	950
Temerloh	6,675	9,438	19,204	7,418	840	813	327	306	4,656	1,455	20,889	1,610
Rompin	7,325	2,424	3,903	2,330	564	281	120	37	2,613	1,878	23,182	932
Maran	2,186	2,313	7,543	3,439	423	211	86	147	4,101	1,380	30,057	1,043
Bera	1,124	2,421	5,720	2,025	165	181	85	74	1,136	577	22,042	470
Pulau Pinang	**150,379**	**103,008**	**192,263**	**85,554**	**32,757**	**33,588**	**8,408**	**11,202**	**48,291**	**18,732**	**229,633**	**21,564**
Seberang Perai Tengah	39,167	23,631	71,153	24,031	6,916	7,786	2,307	2,952	17,302	4,941	54,523	4,040
Seberang Perai Utara	22,888	17,687	31,778	18,559	5,582	4,903	1,586	1,501	10,153	4,189	45,362	3,207
Seberang Perai Selatan	17,033	12,935	38,055	12,995	2,131	2,490	530	1,415	5,650	2,026	11,916	1,889
Timur Laut	48,648	32,434	32,692	20,436	13,374	13,755	3,313	4,421	9,669	5,513	84,314	8,368
Barat Daya	22,643	16,321	18,585	9,533	4,754	4,654	672	913	5,517	2,063	33,518	4,060
Perak	**158,232**	**111,731**	**183,581**	**86,868**	**18,980**	**19,707**	**5,252**	**5,722**	**71,092**	**25,499**	**447,456**	**33,466**
Batang Padang	7,111	6,080	13,112	4,677	450	1,157	203	340	4,077	1,579	24,394	1,330
Manjung	17,403	15,384	21,815	10,631	3,844	2,345	820	533	5,429	2,922	41,979	3,179
Kinta	67,644	42,262	67,131	31,026	8,443	8,849	1,947	2,909	25,216	8,673	143,094	13,446
Kerian	6,645	6,071	14,400	6,815	649	956	311	380	8,262	2,841	36,001	1,756
Kuala Kangsar	11,881	6,750	10,095	4,997	835	783	249	193	2,834	1,004	39,136	1,860
Larut dan Matang	15,898	12,961	22,205	10,875	2,026	1,805	518	644	7,413	1,902	49,599	4,311
Hilir Perak	8,649	4,126	5,322	3,119	443	689	272	201	2,464	509	18,975	1,559

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 5: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, jantina, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 5: Number of population aged 10 years and over by type of sports or exercise activities, sex, administrative district and state, Malaysia, 2020 (cont'd)

Jantina: Lelaki
Sex: Male

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Hulu Perak	4,203	4,759	8,590	2,905	429	410	211	125	1,822	1,329	20,304	1,152
Perak Tengah	3,341	4,314	7,899	4,062	546	1,132	250	59	4,351	1,030	15,730	1,372
Kampar	6,073	2,922	3,594	2,405	412	591	123	155	3,110	1,892	24,045	1,278
Muallim	4,939	3,594	5,631	3,073	695	724	234	127	3,153	1,247	10,767	1,195
Bagan Datuk	2,990	1,433	1,889	1,293	110	163	67	42	2,525	365	18,995	635
Selama	1,455	1,075	1,898	990	98	103	47	14	436	206	4,437	393
Perlis	**24,521**	**16,077**	**35,896**	**12,041**	**1,391**	**2,186**	**552**	**374**	**9,767**	**2,888**	**40,568**	**3,864**
Perlis	24,521	16,077	35,896	12,041	1,391	2,186	552	374	9,767	2,888	40,568	3,864
Selangor	**190,628**	**232,035**	**251,978**	**155,624**	**64,567**	**69,593**	**13,984**	**12,808**	**104,808**	**33,119**	**229,425**	**76,910**
Gombak	21,152	25,618	29,275	17,803	6,598	7,622	1,559	1,276	11,720	4,500	20,232	8,493
Klang	26,194	29,478	39,211	21,827	7,156	7,718	1,785	1,903	12,051	3,965	39,291	9,578
Kuala Langat	4,307	7,736	11,270	6,590	1,864	1,748	490	271	3,525	1,313	9,050	2,482
Kuala Selangor	6,184	10,037	11,704	8,960	1,727	2,026	623	237	5,846	2,026	18,274	3,690
Petaling	75,408	81,806	78,288	47,510	26,724	29,020	4,697	5,563	34,025	10,267	64,120	28,288
Sabak Bernam	1,339	2,360	4,545	2,187	215	364	135	134	1,287	358	10,524	791
Sepang	12,083	16,971	16,056	11,888	4,764	5,077	1,006	659	7,799	2,269	13,917	5,440
Ulu Langat	37,851	50,571	52,206	32,176	14,636	14,842	3,279	2,494	24,765	6,998	40,518	16,154
Ulu Selangor	6,110	7,458	9,423	6,683	883	1,176	410	271	3,790	1,423	13,499	1,994
Terengganu	**42,765**	**52,008**	**146,135**	**41,792**	**6,988**	**5,406**	**1,650**	**634**	**30,256**	**12,231**	**201,641**	**9,477**
Besut	5,673	8,461	20,454	8,389	1,387	743	249	96	6,019	2,871	29,764	1,150
Dungun	2,218	3,574	31,265	4,269	638	483	215	67	2,774	1,366	22,045	1,479
Kemaman	8,264	9,157	27,386	10,209	1,782	1,347	321	174	6,346	1,934	25,086	1,308
Kuala Terengganu	5,105	8,937	23,888	5,907	1,090	785	319	146	3,701	1,617	49,571	1,887
Marang	3,970	4,782	8,451	2,795	515	380	200	22	2,935	697	21,723	1,441
Hulu Terengganu	1,475	3,585	9,758	3,004	456	815	117	59	1,155	927	15,964	654
Setiu	2,810	1,902	5,823	1,619	220	181	46	4	1,414	932	14,335	208
Kuala Nerus	13,250	11,610	19,110	5,600	900	672	183	66	5,912	1,887	23,153	1,350
Sabah	**80,024**	**84,066**	**156,970**	**46,462**	**15,033**	**10,246**	**4,580**	**2,271**	**59,821**	**19,695**	**398,842**	**21,657**
Tawau	4,688	10,019	17,991	5,650	1,044	864	403	384	9,979	2,008	50,490	2,580
Lahad Datu	6,149	7,210	23,269	3,636	890	343	238	84	3,899	1,541	32,542	905
Semporna	477	3,177	6,822	1,862	2,091	181	126	70	1,061	1,027	40,163	699
Sandakan	5,169	8,659	12,588	3,959	1,804	1,327	627	296	6,885	2,541	41,343	2,793
Kinabatangan	7,008	2,664	5,313	816	129	64	236	9	1,692	606	21,624	805
Beluran	5,201	1,354	808	576	381	51	53	18	728	698	13,061	118
Kota Kinabalu	13,419	15,351	25,841	8,406	3,507	3,206	987	691	10,908	3,313	37,743	4,594
Ranau	1,750	1,268	1,004	587	139	71	115	17	296	207	1,723	230
Kota Belud	4,130	4,153	9,287	2,614	431	180	86	21	2,627	893	11,413	632
Tuaran	785	2,294	4,987	1,494	335	349	185	33	1,740	597	8,256	774
Penampang	5,230	5,125	6,881	2,431	1,109	1,196	317	266	3,333	939	13,067	1,630

Nota/ *Notes* **:**

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Jadual 5: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, jantina, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 5: Number of population aged 10 years and over by type of sports or exercise activities, sex, administrative district and state, Malaysia, 2020 (cont'd)

Jantina: Lelaki
Sex: Male

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Papar	4,451	4,530	5,050	3,397	601	626	267	71	3,020	829	8,579	1,498
Kudat	2,447	2,431	5,942	1,584	866	206	105	75	1,422	859	11,524	416
Kota Marudu	361	1,076	2,516	549	174	109	85	21	668	273	13,626	246
Pitas	343	756	3,172	274	48	16	12	4	641	90	8,563	34
Beaufort	2,904	2,386	2,742	1,664	66	158	77	19	1,648	234	12,117	442
Kuala Penyu	916	819	564	577	200	27	29	8	293	208	658	89
Sipitang	1,338	1,160	2,912	1,046	67	136	32	6	535	273	3,869	438
Tenom	1,840	956	1,084	334	50	43	57	19	289	125	4,078	392
Nabawan	1,071	765	1,259	270	80	20	16	23	288	165	3,208	235
Keningau	3,157	3,453	8,648	2,053	361	413	199	47	2,866	944	11,743	465
Tambunan	235	553	1,659	346	52	96	24	15	690	176	2,791	407
Kunak	264	547	968	324	83	22	18	3	536	118	10,699	280
Tongod	2,976	338	575	153	20	16	17	10	393	189	9,506	27
Putatan	1,931	2,452	3,665	1,356	342	516	166	53	1,545	675	9,193	703
Telupid	440	214	386	315	158	9	99	3	375	87	3,754	46
Kalabakan	1,344	356	1,037	189	5	1	4	5	1,464	80	13,509	179
Sarawak	**90,897**	**86,233**	**134,805**	**46,124**	**14,807**	**15,277**	**4,977**	**3,747**	**74,103**	**23,297**	**477,632**	**28,355**
Kuching	39,735	29,948	43,504	15,586	5,428	5,862	1,354	1,408	21,888	6,223	103,210	9,763
Bau	2,873	1,055	3,559	534	157	178	82	46	1,897	674	12,414	354
Lundu	365	444	1,067	351	71	55	26	4	483	183	12,241	291
Samarahan	3,029	9,143	9,023	4,053	1,310	1,341	404	115	4,542	1,575	25,676	3,304
Serian	3,269	1,511	4,196	949	257	256	56	41	2,020	1,516	25,021	788
Simunjan	107	311	300	111	13	5	12	1	289	24	2,546	48
Sri Aman	1,911	2,502	5,320	929	341	160	119	29	2,925	625	8,325	349
Lubok Antu	114	180	208	118	74	20	17	4	329	299	8,108	42
Betong	858	1,357	1,833	810	165	137	155	46	939	382	8,389	143
Saratok	141	404	348	228	36	38	23	4	159	62	2,418	83
Sarikei	1,083	1,845	2,074	941	269	236	85	44	925	232	10,680	747
Maradong	407	334	698	245	61	41	35	41	407	122	5,168	99
Daro	127	767	1,640	490	136	16	61	2	1,169	295	3,110	74
Julau	28	121	63	33	31	7	1	-	762	178	4,533	34
Sibu	7,381	11,208	20,111	5,449	2,039	2,003	621	627	10,312	2,630	57,339	2,284
Dalat	298	421	996	270	25	11	15	4	848	68	6,955	440
Mukah	591	1,072	1,523	968	110	127	85	14	748	284	14,761	717
Kanowit	134	384	446	218	37	33	25	8	511	213	8,424	125
Bintulu	2,078	3,399	3,439	1,668	537	711	180	99	1,805	480	9,845	1,276
Tatau	64	144	261	45	12	3	5	1	60	21	2,886	27
Kapit	52	272	388	72	46	25	14	15	343	137	4,271	102

Nota/ *Notes* **:**

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Jadual 5: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, jantina, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 5: Number of population aged 10 years and over by type of sports or exercise activities, sex, administrative district and state, Malaysia, 2020 (cont'd)

Jantina: Lelaki
Sex: Male

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Song	52	332	410	110	39	22	14	3	468	353	2,878	200
Belaga	30	112	134	22	8	5	1	1	53	19	2,551	12
Miri	13,442	11,341	17,898	7,680	2,773	3,369	1,205	1,113	9,780	3,528	40,417	3,419
Marudi	319	423	813	195	45	23	14	10	183	346	3,797	63
Limbang	1,296	1,703	1,895	867	137	314	103	25	2,294	347	10,700	1,764
Lawas	2,087	1,934	1,686	681	182	83	86	13	1,006	372	7,771	742
Matu	1,850	364	1,926	319	24	3	34	1	1,892	120	2,725	125
Asajaya	1,192	650	1,971	385	25	29	17	3	1,210	224	10,340	362
Pakan	3,794	516	3,403	276	154	79	38	4	243	705	800	19
Selangau	41	114	333	34	13	9	9	2	134	31	4,702	19
Tebedu	470	137	281	78	46	8	3	1	101	176	8,478	20
Pusa	19	161	460	259	6	4	5	1	1,255	156	4,225	198
Kabong	130	145	340	136	4	7	9	1	406	11	5,570	35
Tanjung Manis	304	350	372	488	21	12	21	1	431	61	1,825	108
Sebauh	26	31	93	46	28	1	5	..	82	155	7,288	45
Bukit Mabong	30	95	210	9	90	3	3	3	278	126	4,190	..
Subis	726	593	1,495	342	34	22	16	8	820	246	12,751	116
Beluru	160	160	42	86	15	16	16	2	58	37	7,919	10
Telang Usan	284	250	46	43	8	3	3	2	48	61	2,385	8
W.P. Kuala Lumpur	**120,651**	**103,976**	**144,447**	**73,148**	**38,709**	**42,008**	**7,296**	**7,348**	**40,143**	**17,824**	**84,470**	**19,110**
W.P. Labuan	**3,429**	**4,507**	**6,004**	**2,450**	**847**	**719**	**246**	**84**	**3,324**	**1,095**	**15,736**	**1,555**
W.P. Putrajaya	**10,514**	**13,764**	**14,468**	**9,617**	**3,788**	**2,757**	**976**	**150**	**5,468**	**1,529**	**4,912**	**3,593**

Nota/ *Notes* **:**

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Table 5: Number of population aged 10 years and over by type of sports or exercise activities, sex, administrative district and state, Malaysia, 2020 (cont'd)

Jantina: Perempuan
Sex: Female

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
MALAYSIA	**1,441,354**	**885,443**	**2,095,696**	**637,736**	**201,024**	**138,435**	**412,010**	**176,323**	**197,253**	**68,827**	**3,798,019**	**181,851**
Johor	**172,950**	**115,104**	**300,256**	**82,325**	**24,080**	**16,548**	**52,439**	**25,165**	**25,335**	**7,367**	**328,735**	**19,409**
Batu Pahat	16,943	10,988	32,590	9,970	1,494	1,338	5,004	2,118	2,702	739	24,703	2,169
Johor Bahru	57,036	48,872	90,564	27,876	13,456	9,360	21,972	11,638	9,504	2,955	108,144	8,426
Kluang	33,112	13,883	44,662	7,586	1,332	939	4,538	2,327	3,612	682	38,928	1,551
Kota Tinggi	7,063	5,163	22,146	4,550	874	506	2,918	673	1,152	375	34,363	1,058
Mersing	2,821	2,937	8,495	2,613	272	144	1,316	228	1,141	254	12,266	888
Muar	20,699	9,706	35,584	10,392	1,477	1,026	4,740	2,543	2,267	459	26,510	1,079
Pontian	10,489	4,562	19,119	3,932	656	455	2,435	854	746	270	22,958	615
Segamat	8,618	5,257	10,627	3,885	1,345	1,282	2,954	1,650	1,294	508	16,312	1,229
Kulai	12,682	10,738	24,429	7,856	2,930	1,244	4,659	2,374	2,251	937	28,985	1,696
Tangkak	3,487	2,998	12,040	3,665	244	254	1,903	760	666	188	15,566	698
Kedah	**124,685**	**52,692**	**161,915**	**46,221**	**6,856**	**4,616**	**23,369**	**6,177**	**11,634**	**4,433**	**350,240**	**11,199**
Baling	7,497	2,645	4,178	1,778	128	90	1,061	143	465	173	33,202	452
Bandar Baharu	5,062	612	1,467	766	51	31	259	54	148	55	4,809	679
Kota Setar	16,854	8,234	24,093	6,987	1,367	999	4,804	1,499	1,814	624	81,646	2,037
Kuala Muda	54,947	15,202	44,504	14,175	2,056	1,376	6,728	2,395	3,570	1,129	48,676	2,488
Kubang Pasu	10,228	6,444	24,743	6,019	765	515	2,858	362	1,503	545	38,155	1,635
Kulim	16,584	11,056	34,369	9,152	1,380	1,106	4,439	1,325	2,119	637	44,429	1,433
Langkawi	4,199	1,733	10,212	1,473	285	281	812	150	394	287	20,753	1,402
Padang Terap	1,525	2,921	6,644	2,114	450	52	599	18	1,013	582	12,196	133
Sik	2,237	665	2,226	601	43	29	277	18	101	81	14,246	239
Yan	2,775	1,290	2,544	1,013	73	46	393	54	157	126	19,982	207
Pendang	1,404	1,057	4,661	1,182	173	55	667	102	153	97	19,763	264
Pokok Sena	1,373	833	2,274	961	85	36	472	57	197	97	12,383	230
Kelantan	**57,871**	**35,106**	**121,168**	**28,860**	**4,439**	**2,094**	**14,727**	**2,443**	**9,349**	**4,014**	**382,832**	**4,910**
Bachok	4,412	2,131	8,937	2,383	456	169	1,453	160	797	213	36,347	403
Kota Bharu	21,187	12,456	46,675	10,399	1,626	943	5,714	1,011	3,066	1,212	118,048	1,873
Machang	3,740	3,654	6,594	2,589	772	348	1,579	370	1,097	976	25,436	364
Pasir Mas	6,223	3,845	12,764	2,855	199	108	1,169	86	890	340	58,689	718
Pasir Puteh	2,576	2,074	7,717	1,961	300	117	1,110	111	458	344	18,893	290
Tanah Merah	1,394	1,606	9,555	1,514	259	76	671	78	593	172	33,930	352
Tumpat	9,987	5,131	15,664	3,387	371	153	1,029	180	1,344	270	36,703	414
Gua Musang	4,162	1,362	4,988	1,587	107	71	983	323	602	147	15,750	155
Kuala Krai	759	1,174	3,718	1,037	140	83	504	104	370	169	26,331	184
Jeli	3,416	1,616	4,428	1,136	209	26	492	20	127	165	9,534	157
Kecil Lojing	15	57	128	12	..	..	23	..	5	6	3,171	..

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 5: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, jantina, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 5: Number of population aged 10 years and over by type of sports or exercise activities, sex, administrative district and state, Malaysia, 2020 (cont'd)

Jantina: Perempuan
Sex: Female

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Melaka	**19,943**	**16,958**	**32,917**	**12,349**	**3,331**	**2,113**	**7,890**	**2,755**	**3,356**	**1,125**	**49,202**	**3,836**
Alor Gajah	3,881	4,496	7,966	3,066	654	479	1,930	447	977	353	10,033	903
Jasin	2,160	2,150	3,669	1,706	282	201	1,074	224	523	151	5,419	595
Melaka Tengah	13,902	10,312	21,282	7,577	2,395	1,433	4,886	2,084	1,856	621	33,750	2,338
Negeri Sembilan	**83,506**	**38,808**	**90,271**	**24,531**	**6,263**	**4,170**	**15,153**	**6,196**	**6,552**	**3,025**	**151,226**	**8,474**
Jelebu	871	1,646	1,943	1,047	66	53	310	62	196	102	10,284	191
Kuala Pilah	2,519	1,188	4,011	1,025	141	119	676	151	274	171	12,363	359
Port Dickson	6,496	4,045	17,499	3,008	786	378	1,885	613	544	443	11,309	566
Rembau	5,626	1,876	4,958	1,247	212	123	646	69	724	236	7,778	813
Seremban	44,702	24,499	53,383	15,291	4,631	3,162	9,906	4,577	4,095	1,733	86,950	5,734
Tampin	4,181	3,596	4,152	1,413	281	186	805	416	327	170	7,329	329
Jempol	19,111	1,958	4,325	1,500	146	149	925	308	392	170	15,213	482
Pahang	**53,979**	**43,379**	**109,274**	**34,894**	**4,950**	**2,683**	**17,914**	**4,974**	**11,261**	**3,697**	**265,335**	**8,654**
Bentong	3,654	2,488	5,295	2,301	297	184	1,282	473	490	183	9,668	357
Cameron Highlands	926	542	1,259	269	38	41	238	96	96	79	8,954	184
Jerantut	2,575	2,439	6,187	2,374	665	148	764	240	714	466	22,716	354
Kuantan	19,263	16,434	43,595	12,272	1,812	1,121	6,584	1,738	4,603	1,102	74,847	2,608
Lipis	963	2,261	3,922	1,544	209	77	672	180	191	160	10,714	168
Pekan	6,894	4,446	9,263	2,577	134	104	1,475	117	1,352	231	26,877	611
Raub	3,831	3,019	6,205	2,967	683	424	2,109	839	677	286	18,246	1,398
Temerloh	6,904	6,882	17,926	5,308	553	351	1,976	759	844	362	22,606	1,209
Rompin	6,156	1,510	3,341	1,408	255	74	671	62	810	255	20,770	812
Maran	1,802	1,762	7,139	2,429	204	87	1,517	188	1,185	427	30,137	713
Bera	1,011	1,596	5,142	1,445	100	72	626	282	299	146	19,800	240
Pulau Pinang	**149,431**	**76,617**	**189,262**	**59,597**	**27,226**	**18,176**	**38,560**	**26,036**	**11,514**	**7,115**	**247,024**	**12,321**
Seberang Perai Tengah	35,862	16,487	65,090	15,390	5,414	3,049	8,377	5,494	3,232	1,356	53,030	2,154
Seberang Perai Utara	23,639	13,618	34,865	13,369	4,468	2,429	7,014	3,429	2,577	1,340	46,337	1,767
Seberang Perai Selatan	14,601	9,000	36,657	8,879	1,500	802	4,197	2,600	967	470	12,905	976
Timur Laut	53,600	26,339	34,752	15,796	12,336	9,612	14,542	11,682	3,169	3,244	92,910	5,203
Barat Daya	21,729	11,173	17,898	6,163	3,508	2,284	4,430	2,831	1,569	705	41,842	2,221
Perak	**166,756**	**78,921**	**187,915**	**66,515**	**12,143**	**8,636**	**37,221**	**16,769**	**17,539**	**6,590**	**472,097**	**19,576**
Batang Padang	6,761	3,817	11,770	3,360	270	192	1,822	502	881	346	24,865	692
Manjung	17,210	9,847	21,022	7,572	1,491	1,111	4,226	1,191	1,234	775	41,527	1,705
Kinta	72,097	30,857	71,558	23,593	6,285	4,465	13,583	9,584	7,053	2,408	157,351	7,558
Kerian	7,200	4,415	15,121	5,501	422	296	2,285	727	1,656	674	38,059	1,153
Kuala Kangsar	11,803	5,004	9,818	3,749	560	354	1,818	671	749	263	40,846	1,072
Larut dan Matang	17,394	8,695	23,010	8,356	1,398	683	5,108	1,841	1,743	534	54,497	2,796
Hilir Perak	8,577	3,159	5,544	2,602	315	284	1,744	690	652	174	20,169	1,025

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 5: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, jantina, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 5: Number of population aged 10 years and over by type of sports or exercise activities, sex, administrative district and state, Malaysia, 2020 (cont'd)

Jantina: Perempuan
Sex: Female

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Hulu Perak	4,717	2,748	7,689	1,964	205	173	1,452	290	486	344	20,366	573
Perak Tengah	4,003	3,237	8,203	3,441	329	317	1,724	136	951	253	17,270	858
Kampar	6,413	2,454	4,210	2,291	316	406	1,140	591	623	215	24,699	812
Muallim	5,259	2,713	5,952	2,252	439	275	1,519	380	831	453	11,237	578
Bagan Datuk	3,354	1,233	2,190	1,072	61	49	444	134	546	86	16,684	495
Selama	1,968	742	1,828	762	52	31	356	32	134	65	4,527	259
Perlis	**25,755**	**11,827**	**37,200**	**8,521**	**931**	**795**	**5,195**	**800**	**2,370**	**639**	**46,256**	**1,696**
Perlis	25,755	11,827	37,200	8,521	931	795	5,195	800	2,370	639	46,256	1,696
Selangor	**231,142**	**174,083**	**259,808**	**116,992**	**52,275**	**39,337**	**82,372**	**44,084**	**31,789**	**10,703**	**281,703**	**42,588**
Gombak	25,458	19,133	30,608	13,273	5,251	3,965	9,752	4,236	3,733	1,511	27,844	4,817
Klang	28,844	21,637	38,772	16,084	5,294	3,878	9,716	5,960	3,530	1,232	42,822	5,172
Kuala Langat	5,369	5,920	11,440	5,273	1,419	907	2,678	967	1,097	387	10,285	1,460
Kuala Selangor	8,421	8,445	13,456	8,024	1,372	990	3,976	738	1,903	614	20,403	2,126
Petaling	92,731	60,958	81,375	34,125	21,809	18,230	28,402	19,877	10,670	3,502	85,910	16,015
Sabak Bernam	1,499	1,786	4,729	1,968	159	151	898	324	328	88	9,753	487
Sepang	14,752	11,908	16,545	8,595	3,784	2,261	6,042	2,471	2,309	670	17,255	2,756
Ulu Langat	47,154	39,078	54,146	25,255	12,630	8,539	18,381	8,934	7,362	2,336	54,616	8,686
Ulu Selangor	6,914	5,218	8,737	4,395	557	416	2,527	577	857	363	12,815	1,069
Terengganu	**42,124**	**34,276**	**142,085**	**28,271**	**3,778**	**1,823**	**14,419**	**1,058**	**8,050**	**3,030**	**208,046**	**5,104**
Besut	5,125	5,367	20,296	6,122	531	244	2,325	105	1,786	648	32,170	674
Dungun	2,559	2,361	28,321	2,655	423	172	1,759	113	1,156	521	22,036	1,038
Kemaman	7,918	5,740	26,033	6,897	988	429	2,856	209	1,644	707	23,845	507
Kuala Terengganu	5,682	6,074	23,831	3,749	705	329	2,241	264	814	334	51,143	929
Marang	4,056	3,338	8,538	1,870	292	164	1,121	55	679	168	23,321	661
Hulu Terengganu	1,325	2,234	8,044	1,930	306	122	1,313	112	316	300	15,341	288
Setiu	2,649	1,018	5,383	1,006	42	26	782	20	131	32	14,682	106
Kuala Nerus	12,810	8,144	21,639	4,042	491	337	2,022	180	1,524	320	25,508	901
Sabah	**76,377**	**56,837**	**158,576**	**28,907**	**9,283**	**4,927**	**29,794**	**6,504**	**19,447**	**5,481**	**408,228**	**13,829**
Tawau	4,403	6,345	18,217	3,530	693	394	3,057	809	3,004	513	55,082	1,491
Lahad Datu	5,790	4,621	20,855	2,220	456	137	1,333	181	1,387	404	31,282	449
Semporna	347	1,325	7,140	876	953	103	577	80	221	190	40,323	254
Sandakan	5,473	5,509	13,186	2,342	1,077	574	4,571	967	1,935	470	45,685	1,501
Kinabatangan	4,234	1,192	4,448	467	56	10	786	36	355	114	18,920	373
Beluran	4,466	1,009	714	396	211	22	264	15	193	215	11,653	68
Kota Kinabalu	14,936	11,835	27,265	5,633	2,569	1,758	6,740	2,057	3,867	1,211	42,741	3,260
Ranau	1,858	973	919	486	79	32	463	105	111	57	1,675	171
Kota Belud	4,053	2,871	9,646	1,531	276	85	989	45	1,077	211	12,732	357
Tuaran	919	1,745	5,202	879	220	131	1,086	100	600	179	9,038	865
Penampang	5,659	4,176	7,207	1,587	959	679	2,717	979	1,219	356	14,243	1,144

Nota/ *Notes* **:**

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Table 5: Number of population aged 10 years and over by type of sports or exercise activities, sex, administrative district and state, Malaysia, 2020 (cont'd)

Jantina: Perempuan
Sex: Female

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Papar	4,310	3,138	5,845	2,023	341	241	1,514	185	1,022	198	10,458	1,044
Kudat	2,371	1,344	6,783	1,213	309	89	855	229	559	215	11,751	279
Kota Marudu	314	589	2,393	356	125	58	487	84	193	81	12,490	173
Pitas	271	459	3,036	144	35	6	100	6	231	54	8,420	26
Beaufort	3,056	1,611	3,897	1,090	47	85	469	46	467	75	12,348	279
Kuala Penyu	988	599	592	307	113	11	204	17	129	84	757	79
Sipitang	1,247	738	2,679	659	28	65	280	17	126	57	3,847	284
Tenom	1,858	711	1,133	196	32	28	309	44	126	50	4,122	148
Nabawan	1,023	488	1,273	164	52	5	203	39	125	46	3,209	134
Keningau	2,895	2,422	8,284	1,191	259	198	1,262	293	1,227	355	11,560	339
Tambunan	237	405	1,592	191	27	33	254	27	355	50	2,908	351
Kunak	270	327	775	174	45	4	166	2	86	38	10,031	196
Tongod	2,198	219	597	100	17	6	77	15	87	55	8,247	10
Putatan	1,993	1,771	3,611	935	249	170	873	121	444	161	9,720	413
Telupid	383	166	506	145	52	3	70	2	94	23	3,043	52
Kalabakan	825	249	781	72	3	..	88	3	207	19	11,943	89
Sarawak	**94,807**	**58,757**	**140,500**	**32,801**	**9,842**	**6,882**	**30,753**	**9,101**	**24,738**	**5,661**	**482,866**	**16,658**
Kuching	41,260	19,604	45,826	10,413	3,760	2,580	9,821	4,013	6,820	1,444	111,320	5,648
Bau	2,827	625	3,240	327	64	47	399	32	326	131	12,283	232
Lundu	398	296	1,063	272	36	15	167	8	141	61	10,791	149
Samarahan	4,422	5,593	10,367	2,948	842	585	3,049	495	1,581	368	29,057	1,903
Serian	3,716	1,038	5,095	639	168	90	762	93	446	129	24,406	503
Simunjan	65	219	292	82	4	..	41	3	74	2	2,006	23
Sri Aman	1,913	1,534	5,492	641	149	47	639	65	1,148	81	9,120	144
Lubok Antu	93	120	291	162	34	3	120	3	65	24	8,312	25
Betong	879	955	1,925	552	63	60	624	99	302	108	8,443	69
Saratok	172	322	389	157	21	10	130	10	63	12	2,460	41
Sarikei	1,224	1,522	2,304	716	165	109	490	137	333	86	11,317	453
Maradong	447	263	773	166	32	20	116	68	211	45	5,418	72
Daro	79	220	1,021	263	24	2	390	11	426	57	3,337	35
Julau	25	119	131	80	96	1	38	5	377	130	4,761	18
Sibu	8,067	8,099	20,960	4,202	1,300	1,013	4,126	1,540	3,854	578	59,368	1,330
Dalat	366	352	995	231	21	4	111	11	141	10	6,867	297
Mukah	655	729	1,614	639	52	48	422	48	255	62	12,884	338
Kanowit	217	337	600	158	27	18	141	19	201	27	8,798	106
Bintulu	2,274	2,383	3,570	1,001	319	310	1,065	212	507	135	9,735	596
Tatau	61	95	256	37	5	2	21	4	19	2	2,362	10
Kapit	54	241	394	41	24	8	100	24	161	24	4,419	43

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 5: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, jantina, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 5: Number of population aged 10 years and over by type of sports or exercise activities, sex, administrative district and state, Malaysia, 2020 (cont'd)

Jantina: Perempuan
Sex: Female

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan Lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Song	73	388	559	67	18	2	120	1	213	152	3,274	141
Belaga	9	50	128	13	3	2	16	..	20	6	1,772	7
Miri	13,740	8,760	18,917	5,983	2,132	1,686	5,102	2,036	3,677	1,240	40,019	2,482
Marudi	273	207	792	141	18	4	110	11	64	75	3,284	20
Limbang	1,429	1,302	2,067	572	84	99	727	63	668	81	11,371	1,134
Lawas	1,942	1,071	1,369	398	138	35	746	30	370	74	8,227	337
Matu	1,578	261	979	243	13	1	220	..	772	10	3,135	41
Asajaya	1,110	296	2,060	284	15	11	193	6	372	31	10,607	203
Pakan	3,679	304	3,261	191	68	19	133	23	107	160	834	10
Selangau	47	82	334	16	6	5	55	2	45	10	4,137	9
Tebedu	392	107	323	62	31	3	40	2	32	59	8,057	9
Pusa	26	115	543	137	8	2	60	4	412	51	5,209	70
Kabong	142	89	348	114	3	3	39	1	146	6	5,847	22
Tanjung Manis	195	217	499	477	7	4	147	1	125	14	1,641	40
Sebauh	13	14	52	15	6	2	54	8	13	13	5,451	1
Bukit Mabong	11	44	131	9	46	1	28	..	34	43	2,996	..
Subis	597	420	1,439	258	28	24	157	10	195	65	10,752	79
Beluru	106	124	54	59	9	5	30	3	10	18	6,805	6
Telang Usan	231	240	47	35	3	2	4	..	12	37	1,984	12
W.P. Kuala Lumpur	**124,692**	**77,484**	**141,939**	**58,089**	**31,897**	**23,703**	**35,467**	**23,585**	**11,747**	**5,018**	**100,252**	**10,960**
W.P. Labuan	**3,412**	**3,109**	**6,191**	**1,398**	**369**	**252**	**1,280**	**198**	**810**	**315**	**17,025**	**857**
W.P. Putrajaya	**13,924**	**11,485**	**16,419**	**7,465**	**3,361**	**1,680**	**5,457**	**478**	**1,762**	**614**	**6,952**	**1,780**

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020

Kumpulan umur: Jumlah
Age group:Total

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*												
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
MALAYSIA	**2,844,905**	**2,124,500**	**4,212,222**	**1,526,553**	**469,488**	**409,140**	**483,439**	**239,919**	**870,257**	**315,310**	**7,438,404**	**501,730**
Johor	**367,201**	**275,028**	**630,535**	**205,763**	**56,420**	**49,114**	**62,977**	**35,063**	**106,889**	**34,006**	**679,325**	**54,863**
Batu Pahat	34,741	26,288	65,948	23,750	3,488	4,110	5,799	2,834	11,058	2,953	49,415	5,753
Johor Bahru	115,605	113,871	184,226	69,740	30,727	25,689	26,500	15,100	37,861	12,383	219,224	24,670
Kluang	72,007	35,285	98,056	19,025	3,609	3,346	5,369	3,601	16,436	3,832	85,884	4,546
Kota Tinggi	14,250	13,277	46,616	12,046	2,237	2,160	3,396	901	6,144	2,383	74,420	2,974
Mersing	6,312	8,066	17,329	6,481	995	676	1,441	332	4,429	2,200	25,513	2,037
Muar	53,589	23,753	82,645	28,210	3,452	3,339	5,700	3,906	10,348	2,664	55,458	3,004
Pontian	21,898	10,949	39,881	9,575	1,478	1,530	2,821	1,290	3,420	1,566	48,563	1,759
Segamat	16,763	11,931	21,010	9,139	3,142	3,306	4,350	2,943	4,466	1,844	33,475	3,125
Kulai	25,038	24,569	50,568	19,024	6,691	4,148	5,332	3,031	9,033	3,375	56,811	5,153
Tangkak	6,998	7,039	24,256	8,773	601	810	2,269	1,125	3,694	806	30,562	1,842
Kedah	**248,195**	**129,733**	**322,171**	**110,946**	**17,002**	**15,232**	**27,136**	**9,148**	**52,551**	**22,605**	**684,115**	**31,347**
Baling	15,013	6,623	8,385	4,276	373	395	1,181	218	2,511	1,212	66,010	1,260
Bandar Baharu	9,993	1,437	2,852	1,609	120	110	311	71	1,281	984	9,609	1,105
Kota Setar	32,636	19,765	47,291	16,893	3,149	2,910	5,588	2,118	8,769	3,214	156,695	5,875
Kuala Muda	109,786	37,395	88,466	33,203	5,013	4,695	7,818	3,445	15,412	5,414	91,638	7,750
Kubang Pasu	19,278	15,253	48,360	13,745	1,851	1,649	3,282	507	6,417	3,261	74,802	4,520
Kulim	34,330	27,537	68,144	22,775	3,531	3,806	5,263	2,195	8,705	2,941	89,501	4,419
Langkawi	8,237	4,488	21,016	3,663	906	849	948	223	2,393	1,211	41,027	3,393
Padang Terap	3,009	7,635	15,095	5,411	1,061	109	664	40	3,524	2,168	23,993	417
Sik	4,789	1,950	3,851	1,439	123	117	312	27	678	574	27,810	615
Yan	5,452	3,052	5,215	2,646	205	199	476	80	969	515	39,176	617
Pendang	2,901	2,524	9,106	3,021	469	226	759	138	885	555	39,189	694
Pokok Sena	2,771	2,074	4,390	2,265	201	167	534	86	1,007	556	24,665	682
Kelantan	**112,441**	**86,263**	**238,573**	**70,080**	**10,685**	**7,293**	**17,027**	**3,721**	**39,256**	**18,652**	**737,612**	**15,224**
Bachok	8,541	5,194	17,693	5,685	977	707	1,577	206	3,112	1,100	69,135	1,284
Kota Bharu	39,879	30,925	91,030	25,089	4,009	3,425	6,658	1,518	12,553	6,252	223,807	5,865
Machang	7,059	8,229	12,335	5,647	1,541	912	2,024	727	3,522	3,030	48,739	1,029
Pasir Mas	12,615	9,734	25,497	7,130	543	500	1,317	134	4,626	1,659	113,755	2,137
Pasir Puteh	4,801	4,648	14,655	4,336	664	385	1,262	166	1,716	1,261	36,530	889
Tanah Merah	2,799	4,366	20,062	4,206	658	268	763	109	2,792	935	67,038	982
Tumpat	19,616	11,993	31,094	8,572	958	527	1,148	291	4,875	1,377	69,370	1,417
Gua Musang	8,904	3,440	9,908	3,970	358	201	1,082	384	3,196	1,082	32,602	567
Kuala Krai	1,515	3,254	7,359	2,534	334	218	601	153	2,017	1,072	51,296	605
Jeli	6,565	4,359	8,641	2,882	641	149	568	33	790	872	18,692	448
Kecil Lojing	147	121	299	29	2	1	27	..	57	12	6,648	1

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: Jumlah
Age group:Total

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Melaka	**37,627**	**42,767**	**65,952**	**29,669**	**8,453**	**6,711**	**9,470**	**3,704**	**14,305**	**5,742**	**92,139**	**10,650**
Alor Gajah	7,132	11,108	15,632	7,219	1,771	1,549	2,312	643	3,945	1,907	18,892	2,495
Jasin	4,330	5,454	8,040	4,114	714	683	1,310	306	2,009	626	10,216	1,568
Melaka Tengah	26,165	26,205	42,280	18,336	5,968	4,479	5,848	2,755	8,351	3,209	63,031	6,587
Negeri Sembilan	**166,100**	**91,956**	**183,369**	**58,541**	**14,833**	**13,426**	**17,934**	**8,548**	**29,187**	**13,190**	**301,811**	**21,891**
Jelebu	1,636	4,021	4,141	2,532	198	221	359	94	801	633	22,115	489
Kuala Pilah	4,970	2,632	8,020	2,251	317	329	759	213	1,059	571	24,311	815
Port Dickson	13,368	10,204	36,455	7,148	2,011	1,242	2,210	845	2,451	1,755	22,842	1,500
Rembau	10,398	4,282	9,109	2,687	470	397	743	106	2,794	1,025	15,298	1,679
Seremban	87,302	56,974	107,976	36,808	10,567	10,066	11,750	6,152	18,072	7,170	172,746	15,262
Tampin	8,033	8,960	8,698	3,469	926	661	1,041	688	1,445	1,286	14,070	915
Jempol	40,393	4,883	8,970	3,646	344	510	1,072	450	2,565	750	30,429	1,231
Pahang	**112,881**	**107,952**	**225,180**	**83,318**	**13,123**	**9,666**	**20,456**	**6,782**	**51,230**	**20,040**	**542,638**	**22,835**
Bentong	8,004	5,932	10,494	4,936	631	631	1,439	688	2,767	1,152	20,644	1,014
Cameron Highlands	1,964	1,379	2,515	663	93	136	278	128	453	384	22,251	490
Jerantut	5,438	6,771	13,418	6,311	1,811	463	880	318	2,386	1,956	47,497	953
Kuantan	38,795	42,996	89,379	30,343	4,859	4,176	7,709	2,340	19,203	5,815	146,375	8,310
Lipis	2,041	5,395	8,216	3,451	602	267	785	219	1,385	939	22,393	574
Pekan	16,090	10,819	18,605	5,833	419	620	1,661	177	6,237	1,130	55,814	2,117
Raub	7,366	6,314	12,635	5,979	1,604	1,303	2,296	1,057	3,155	2,184	38,181	2,348
Temerloh	13,579	16,320	37,130	12,726	1,393	1,164	2,303	1,065	5,500	1,817	43,495	2,819
Rompin	13,481	3,934	7,244	3,738	819	355	791	99	3,423	2,133	43,952	1,744
Maran	3,988	4,075	14,682	5,868	627	298	1,603	335	5,286	1,807	60,194	1,756
Bera	2,135	4,017	10,862	3,470	265	253	711	356	1,435	723	41,842	710
Pulau Pinang	**299,810**	**179,625**	**381,525**	**145,151**	**59,983**	**51,764**	**46,968**	**37,238**	**59,805**	**25,847**	**476,657**	**33,885**
Seberang Perai Tengah	75,029	40,118	136,243	39,421	12,330	10,835	10,684	8,446	20,534	6,297	107,553	6,194
Seberang Perai Utara	46,527	31,305	66,643	31,928	10,050	7,332	8,600	4,930	12,730	5,529	91,699	4,974
Seberang Perai Selatan	31,634	21,935	74,712	21,874	3,631	3,292	4,727	4,015	6,617	2,496	24,821	2,865
Timur Laut	102,248	58,773	67,444	36,232	25,710	23,367	17,855	16,103	12,838	8,757	177,224	13,571
Barat Daya	44,372	27,494	36,483	15,696	8,262	6,938	5,102	3,744	7,086	2,768	75,360	6,281
Perak	**324,988**	**190,652**	**371,496**	**153,383**	**31,123**	**28,343**	**42,473**	**22,491**	**88,631**	**32,089**	**919,553**	**53,042**
Batang Padang	13,872	9,897	24,882	8,037	720	1,349	2,025	842	4,958	1,925	49,259	2,022
Manjung	34,613	25,231	42,837	18,203	5,335	3,456	5,046	1,724	6,663	3,697	83,506	4,884
Kinta	139,741	73,119	138,689	54,619	14,728	13,314	15,530	12,493	32,269	11,081	300,445	21,004
Kerian	13,845	10,486	29,521	12,316	1,071	1,252	2,596	1,107	9,918	3,515	74,060	2,909
Kuala Kangsar	23,684	11,754	19,913	8,746	1,395	1,137	2,067	864	3,583	1,267	79,982	2,932
Larut dan Matang	33,292	21,656	45,215	19,231	3,424	2,488	5,626	2,485	9,156	2,436	104,096	7,107
Hilir Perak	17,226	7,285	10,866	5,721	758	973	2,016	891	3,116	683	39,144	2,584

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: Jumlah
Age group:Total

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Hulu Perak	8,920	7,507	16,279	4,869	634	583	1,663	415	2,308	1,673	40,670	1,725
Perak Tengah	7,344	7,551	16,102	7,503	875	1,449	1,974	195	5,302	1,283	33,000	2,230
Kampar	12,486	5,376	7,804	4,696	728	997	1,263	746	3,733	2,107	48,744	2,090
Muallim	10,198	6,307	11,583	5,325	1,134	999	1,753	507	3,984	1,700	22,004	1,773
Bagan Datuk	6,344	2,666	4,079	2,365	171	212	511	176	3,071	451	35,679	1,130
Selama	3,423	1,817	3,726	1,752	150	134	403	46	570	271	8,964	652
Perlis	**50,276**	**27,904**	**73,096**	**20,562**	**2,322**	**2,981**	**5,747**	**1,174**	**12,137**	**3,527**	**86,824**	**5,560**
Perlis	50,276	27,904	73,096	20,562	2,322	2,981	5,747	1,174	12,137	3,527	86,824	5,560
Selangor	**421,770**	**406,118**	**511,786**	**272,616**	**116,842**	**108,930**	**96,356**	**56,892**	**136,597**	**43,822**	**511,128**	**119,498**
Gombak	46,610	44,751	59,883	31,076	11,849	11,587	11,311	5,512	15,453	6,011	48,076	13,310
Klang	55,038	51,115	77,983	37,911	12,450	11,596	11,501	7,863	15,581	5,197	82,113	14,750
Kuala Langat	9,676	13,656	22,710	11,863	3,283	2,655	3,168	1,238	4,622	1,700	19,335	3,942
Kuala Selangor	14,605	18,482	25,160	16,984	3,099	3,016	4,599	975	7,749	2,640	38,677	5,816
Petaling	168,139	142,764	159,663	81,635	48,533	47,250	33,099	25,440	44,695	13,769	150,030	44,303
Sabak Bernam	2,838	4,146	9,274	4,155	374	515	1,033	458	1,615	446	20,277	1,278
Sepang	26,835	28,879	32,601	20,483	8,548	7,338	7,048	3,130	10,108	2,939	31,172	8,196
Ulu Langat	85,005	89,649	106,352	57,431	27,266	23,381	21,660	11,428	32,127	9,334	95,134	24,840
Ulu Selangor	13,024	12,676	18,160	11,078	1,440	1,592	2,937	848	4,647	1,786	26,314	3,063
Terengganu	**84,889**	**86,284**	**288,220**	**70,063**	**10,766**	**7,229**	**16,069**	**1,692**	**38,306**	**15,261**	**409,687**	**14,581**
Besut	10,798	13,828	40,750	14,511	1,918	987	2,574	201	7,805	3,519	61,934	1,824
Dungun	4,777	5,935	59,586	6,924	1,061	655	1,974	180	3,930	1,887	44,081	2,517
Kemaman	16,182	14,897	53,419	17,106	2,770	1,776	3,177	383	7,990	2,641	48,931	1,815
Kuala Terengganu	10,787	15,011	47,719	9,656	1,795	1,114	2,560	410	4,515	1,951	100,714	2,816
Marang	8,026	8,120	16,989	4,665	807	544	1,321	77	3,614	865	45,044	2,102
Hulu Terengganu	2,800	5,819	17,802	4,934	762	937	1,430	171	1,471	1,227	31,305	942
Setiu	5,459	2,920	11,206	2,625	262	207	828	24	1,545	964	29,017	314
Kuala Nerus	26,060	19,754	40,749	9,642	1,391	1,009	2,205	246	7,436	2,207	48,661	2,251
Sabah	**156,401**	**140,903**	**315,546**	**75,369**	**24,316**	**15,173**	**34,374**	**8,775**	**79,268**	**25,176**	**807,070**	**35,486**
Tawau	9,091	16,364	36,208	9,180	1,737	1,258	3,460	1,193	12,983	2,521	105,572	4,071
Lahad Datu	11,939	11,831	44,124	5,856	1,346	480	1,571	265	5,286	1,945	63,824	1,354
Semporna	824	4,502	13,962	2,738	3,044	284	703	150	1,282	1,217	80,486	953
Sandakan	10,642	14,168	25,774	6,301	2,881	1,901	5,198	1,263	8,820	3,011	87,028	4,294
Kinabatangan	11,242	3,856	9,761	1,283	185	74	1,022	45	2,047	720	40,544	1,178
Beluran	9,667	2,363	1,522	972	592	73	317	33	921	913	24,714	186
Kota Kinabalu	28,355	27,186	53,106	14,039	6,076	4,964	7,727	2,748	14,775	4,524	80,484	7,854
Ranau	3,608	2,241	1,923	1,073	218	103	578	122	407	264	3,398	401
Kota Belud	8,183	7,024	18,933	4,145	707	265	1,075	66	3,704	1,104	24,145	989
Tuaran	1,704	4,039	10,189	2,373	555	480	1,271	133	2,340	776	17,294	1,639
Penampang	10,889	9,301	14,088	4,018	2,068	1,875	3,034	1,245	4,552	1,295	27,310	2,774

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: Jumlah
Age group:Total

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Papar	8,761	7,668	10,895	5,420	942	867	1,781	256	4,042	1,027	19,037	2,542
Kudat	4,818	3,775	12,725	2,797	1,175	295	960	304	1,981	1,074	23,275	695
Kota Marudu	675	1,665	4,909	905	299	167	572	105	861	354	26,116	419
Pitas	614	1,215	6,208	418	83	22	112	10	872	144	16,983	60
Beaufort	5,960	3,997	6,639	2,754	113	243	546	65	2,115	309	24,465	721
Kuala Penyu	1,904	1,418	1,156	884	313	38	233	25	422	292	1,415	168
Sipitang	2,585	1,898	5,591	1,705	95	201	312	23	661	330	7,716	722
Tenom	3,698	1,667	2,217	530	82	71	366	63	415	175	8,200	540
Nabawan	2,094	1,253	2,532	434	132	25	219	62	413	211	6,417	369
Keningau	6,052	5,875	16,932	3,244	620	611	1,461	340	4,093	1,299	23,303	804
Tambunan	472	958	3,251	537	79	129	278	42	1,045	226	5,699	758
Kunak	534	874	1,743	498	128	26	184	5	622	156	20,730	476
Tongod	5,174	557	1,172	253	37	22	94	25	480	244	17,753	37
Putatan	3,924	4,223	7,276	2,291	591	686	1,039	174	1,989	836	18,913	1,116
Telupid	823	380	892	460	210	12	169	5	469	110	6,797	98
Kalabakan	2,169	605	1,818	261	8	1	92	8	1,671	99	25,452	268
Sarawak	**185,704**	**144,990**	**275,305**	**78,925**	**24,649**	**22,159**	**35,730**	**12,848**	**98,841**	**28,958**	**960,498**	**45,013**
Kuching	80,995	49,552	89,330	25,999	9,188	8,442	11,175	5,421	28,708	7,667	214,530	15,411
Bau	5,700	1,680	6,799	861	221	225	481	78	2,223	805	24,697	586
Lundu	763	740	2,130	623	107	70	193	12	624	244	23,032	440
Samarahan	7,451	14,736	19,390	7,001	2,152	1,926	3,453	610	6,123	1,943	54,733	5,207
Serian	6,985	2,549	9,291	1,588	425	346	818	134	2,466	1,645	49,427	1,291
Simunjan	172	530	592	193	17	5	53	4	363	26	4,552	71
Sri Aman	3,824	4,036	10,812	1,570	490	207	758	94	4,073	706	17,445	493
Lubok Antu	207	300	499	280	108	23	137	7	394	323	16,420	67
Betong	1,737	2,312	3,758	1,362	228	197	779	145	1,241	490	16,832	212
Saratok	313	726	737	385	57	48	153	14	222	74	4,878	124
Sarikei	2,307	3,367	4,378	1,657	434	345	575	181	1,258	318	21,997	1,200
Maradong	854	597	1,471	411	93	61	151	109	618	167	10,586	171
Daro	206	987	2,661	753	160	18	451	13	1,595	352	6,447	109
Julau	53	240	194	113	127	8	39	5	1,139	308	9,294	52
Sibu	15,448	19,307	41,071	9,651	3,339	3,016	4,747	2,167	14,166	3,208	116,707	3,614
Dalat	664	773	1,991	501	46	15	126	15	989	78	13,822	737
Mukah	1,246	1,801	3,137	1,607	162	175	507	62	1,003	346	27,645	1,055
Kanowit	351	721	1,046	376	64	51	166	27	712	240	17,222	231
Bintulu	4,352	5,782	7,009	2,669	856	1,021	1,245	311	2,312	615	19,580	1,872
Tatau	125	239	517	82	17	5	26	5	79	23	5,248	37
Kapit	106	513	782	113	70	33	114	39	504	161	8,690	145

Nota/ *Notes* **:**

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Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: Jumlah
Age group:Total

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Song	125	720	969	177	57	24	134	4	681	505	6,152	341
Belaga	39	162	262	35	11	7	17	1	73	25	4,323	19
Miri	27,182	20,101	36,815	13,663	4,905	5,055	6,307	3,149	13,457	4,768	80,436	5,901
Marudi	592	630	1,605	336	63	27	124	21	247	421	7,081	83
Limbang	2,725	3,005	3,962	1,439	221	413	830	88	2,962	428	22,071	2,898
Lawas	4,029	3,005	3,055	1,079	320	118	832	43	1,376	446	15,998	1,079
Matu	3,428	625	2,905	562	37	4	254	1	2,664	130	5,860	166
Asajaya	2,302	946	4,031	669	40	40	210	9	1,582	255	20,947	565
Pakan	7,473	820	6,664	467	222	98	171	27	350	865	1,634	29
Selangau	88	196	667	50	19	14	64	4	179	41	8,839	28
Tebedu	862	244	604	140	77	11	43	3	133	235	16,535	29
Pusa	45	276	1,003	396	14	6	65	5	1,667	207	9,434	268
Kabong	272	234	688	250	7	10	48	2	552	17	11,417	57
Tanjung Manis	499	567	871	965	28	16	168	2	556	75	3,466	148
Sebauh	39	45	145	61	34	3	59	11	95	168	12,739	46
Bukit Mabong	41	139	341	18	136	4	31	..	312	169	7,186	..
Subis	1,323	1,013	2,934	600	62	46	173	18	1,015	311	23,503	195
Beluru	266	284	96	145	24	21	46	5	68	55	14,724	16
Telang Usan	515	490	93	78	11	5	7	2	60	98	4,369	20
W.P. Kuala Lumpur	**245,343**	**181,460**	**286,386**	**131,237**	**70,606**	**65,711**	**42,763**	**30,933**	**51,890**	**22,842**	**184,722**	**30,070**
W.P. Labuan	**6,841**	**7,616**	**12,195**	**3,848**	**1,216**	**971**	**1,526**	**282**	**4,134**	**1,410**	**32,761**	**2,412**
W.P. Putrajaya	**24,438**	**25,249**	**30,887**	**17,082**	**7,149**	**4,437**	**6,433**	**628**	**7,230**	**2,143**	**11,864**	**5,373**

Nota/ *Notes* **:**

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Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: 10-14 tahun

Age group: 10-14 years

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
MALAYSIA	**252,515**	**336,117**	**518,320**	**353,930**	**71,682**	**14,494**	**25,319**	**7,069**	**152,518**	**35,970**	**659,583**	**46,699**
Johor	**30,861**	**42,268**	**68,718**	**44,545**	**7,837**	**1,764**	**3,348**	**1,018**	**17,698**	**3,831**	**52,148**	**5,035**
Batu Pahat	2,276	3,322	6,124	3,990	456	130	292	55	1,344	230	3,227	532
Johor Bahru	9,405	16,895	21,513	16,030	4,458	896	1,482	545	5,887	1,545	17,448	2,330
Kluang	7,667	6,161	11,429	5,413	545	158	271	84	3,153	546	6,506	422
Kota Tinggi	1,290	2,237	5,306	2,518	237	44	184	16	962	160	5,962	261
Mersing	694	1,513	1,854	1,575	102	26	82	8	993	232	1,816	139
Muar	3,777	3,437	7,737	4,531	523	149	293	74	2,061	265	4,500	260
Pontian	1,854	1,739	4,396	2,230	189	56	141	34	613	162	4,317	160
Segamat	1,265	1,779	2,357	1,950	289	134	228	101	648	156	2,376	251
Kulai	2,064	3,846	5,447	4,434	951	141	290	78	1,447	453	4,046	491
Tangkak	569	1,339	2,555	1,874	87	30	85	23	590	82	1,950	189
Kedah	**29,544**	**25,881**	**45,893**	**31,224**	**2,965**	**764**	**1,746**	**442**	**11,269**	**3,181**	**70,537**	**3,495**
Baling	2,013	1,526	1,433	1,695	71	21	81	7	529	147	7,263	170
Bandar Baharu	1,440	354	332	619	26	5	20	1	123	86	822	37
Kota Setar	3,288	3,192	6,094	3,779	517	97	305	74	1,992	507	15,450	526
Kuala Muda	13,341	7,759	13,488	9,745	889	191	516	163	3,196	721	8,976	1,001
Kubang Pasu	1,650	2,782	6,447	3,743	385	68	194	18	1,546	537	6,378	507
Kulim	5,164	6,326	10,450	7,080	649	328	410	156	2,025	408	10,571	593
Langkawi	807	685	2,571	756	109	21	39	9	414	124	4,371	373
Padang Terap	311	1,315	2,010	1,130	152	3	40	5	629	305	2,062	37
Sik	436	392	672	612	32	11	25	2	223	74	2,749	43
Yan	537	647	736	694	34	3	31	1	198	102	4,550	68
Pendang	274	439	1,058	575	50	7	53	4	162	80	5,248	75
Pokok Sena	283	464	602	796	51	9	32	2	232	90	2,097	65
Kelantan	**15,669**	**19,481**	**37,201**	**20,423**	**1,969**	**525**	**1,220**	**381**	**8,387**	**2,922**	**82,479**	**1,462**
Bachok	1,097	1,208	2,489	1,682	195	56	133	14	668	151	7,725	126
Kota Bharu	5,257	5,833	12,424	6,382	589	172	418	102	2,390	744	23,291	547
Machang	1,410	2,086	2,332	1,633	388	173	260	205	1,030	829	5,226	138
Pasir Mas	1,361	2,185	3,528	2,137	117	12	94	3	1,026	321	12,810	194
Pasir Puteh	734	983	2,173	1,159	123	28	72	14	255	150	4,345	76
Tanah Merah	352	1,004	3,564	1,250	65	12	57	4	531	111	8,330	96
Tumpat	3,181	3,549	6,495	3,085	188	30	47	11	1,248	234	7,745	125
Gua Musang	1,273	872	1,396	1,499	84	13	49	9	738	129	4,127	47
Kuala Krai	216	805	1,348	943	79	22	42	19	406	115	5,983	73
Jeli	767	909	1,389	639	141	7	40	..	93	136	1,815	40
Kecil Lojing	21	47	63	14	..	..	8	..	2	2	1,082	..

Nota/ *Notes* **:**

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Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: 10-14 tahun

Age group: 10-14 years

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercises activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Melaka	**2,616**	**6,023**	**7,202**	**6,569**	**1,315**	**239**	**502**	**93**	**2,099**	**509**	**5,816**	**923**
Alor Gajah	465	1,359	1,660	1,488	205	41	109	14	489	125	1,122	196
Jasin	305	810	768	899	111	31	75	13	256	86	614	140
Melaka Tengah	1,846	3,854	4,774	4,182	999	167	318	66	1,354	298	4,080	587
Negeri Sembilan	**15,829**	**15,343**	**19,894**	**14,144**	**2,298**	**477**	**939**	**289**	**4,956**	**1,500**	**22,209**	**1,960**
Jelebu	228	968	832	798	49	10	27	6	182	175	1,784	38
Kuala Pilah	343	470	883	524	43	17	46	9	230	79	1,975	61
Port Dickson	1,089	1,319	3,325	1,598	298	41	93	30	342	180	1,887	135
Rembau	908	647	937	702	57	15	32	1	468	209	1,028	98
Seremban	6,995	8,673	11,771	8,734	1,701	349	641	212	2,917	707	11,675	1,465
Tampin	2,075	2,310	1,053	813	91	25	55	16	230	84	990	67
Jempol	4,191	956	1,093	975	59	20	45	15	587	66	2,870	96
Pahang	**10,844**	**20,838**	**33,440**	**22,642**	**2,216**	**380**	**917**	**190**	**9,474**	**2,343**	**53,727**	**2,075**
Bentong	737	1,091	1,465	1,319	87	19	55	10	547	77	1,281	88
Cameron Highlands	160	241	266	162	11	6	19	3	72	49	2,905	15
Jerantut	649	1,897	2,734	2,133	626	62	47	13	530	309	4,485	78
Kuantan	3,457	7,496	13,337	8,257	735	126	319	56	3,510	645	15,901	830
Lipis	200	1,102	1,165	919	114	18	42	10	275	151	2,228	58
Pekan	1,905	2,408	2,579	1,578	65	21	134	8	688	171	5,434	252
Raub	473	902	1,365	1,254	93	31	96	25	407	202	3,674	141
Temerloh	1,317	2,967	5,904	3,280	262	61	107	45	1,496	229	3,606	235
Rompin	1,235	902	1,126	1,175	97	13	39	7	824	247	3,849	111
Maran	395	1,010	1,946	1,427	79	14	27	10	819	172	6,084	184
Bera	316	822	1,553	1,138	47	9	32	3	306	91	4,280	83
Pulau Pinang	**21,227**	**22,400**	**38,092**	**26,700**	**7,545**	**1,658**	**2,131**	**1,111**	**9,168**	**2,690**	**31,682**	**2,944**
Seberang Perai Tengah	5,873	4,847	13,182	7,203	1,357	263	390	225	2,591	470	7,930	539
Seberang Perai Utara	3,666	4,620	7,592	6,860	1,456	329	552	200	2,399	650	6,851	519
Seberang Perai Selatan	2,015	3,159	7,416	4,123	454	62	156	46	1,424	369	1,251	242
Timur Laut	6,103	6,466	5,816	5,697	3,234	838	829	559	1,626	899	10,696	1,056
Barat Daya	3,570	3,308	4,086	2,817	1,044	166	204	81	1,128	302	4,954	588
Perak	**25,292**	**31,633**	**47,009**	**38,978**	**4,598**	**988**	**2,197**	**601**	**15,213**	**4,004**	**70,100**	**4,836**
Batang Padang	1,118	1,803	2,922	2,084	116	91	109	40	904	310	4,032	228
Manjung	3,092	3,901	5,254	4,864	561	124	265	47	1,020	448	6,669	472
Kinta	9,322	10,786	16,928	12,691	2,357	422	743	262	5,806	1,372	22,048	1,895
Kerian	1,280	2,125	4,200	3,327	196	46	121	37	1,828	570	5,091	260
Kuala Kangsar	2,141	2,017	2,812	2,272	240	46	137	68	700	202	7,697	220
Larut dan Matang	2,992	3,746	5,934	4,905	491	95	349	69	1,769	256	7,656	637
Hilir Perak	1,393	1,298	1,359	1,401	123	45	94	18	541	70	2,974	221

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Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: 10-14 tahun

Age group: 10-14 years

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercises activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Hulu Perak	914	1,501	2,434	1,561	100	29	105	14	379	251	4,042	207
Perak Tengah	690	1,274	1,773	1,997	103	32	93	8	702	96	2,237	199
Kampar	750	953	996	1,063	114	17	62	17	460	210	3,684	150
Muallim	743	1,095	1,268	1,420	131	22	68	10	497	145	1,406	155
Bagan Datuk	521	760	632	784	40	11	33	8	516	49	1,885	137
Selama	336	374	497	609	26	8	18	3	91	25	679	55
Perlis	**4,776**	**4,943**	**7,813**	**5,254**	**350**	**81**	**212**	**26**	**1,942**	**360**	**5,768**	**444**
Perlis	4,776	4,943	7,813	5,254	350	81	212	26	1,942	360	5,768	444
Selangor	**31,917**	**57,147**	**62,348**	**60,425**	**18,404**	**3,438**	**4,773**	**1,466**	**22,730**	**4,447**	**33,572**	**11,212**
Gombak	4,014	6,583	7,622	7,053	2,045	344	584	146	2,704	587	2,974	1,209
Klang	4,442	7,678	9,845	8,895	2,222	429	691	273	3,053	582	5,595	1,560
Kuala Langat	790	2,131	3,049	2,729	453	78	153	41	820	164	1,289	329
Kuala Selangor	1,362	3,077	3,231	3,970	490	117	214	33	1,360	382	3,239	634
Petaling	10,797	17,972	17,906	16,397	7,282	1,436	1,458	563	6,792	1,266	8,441	3,845
Sabak Bernam	251	756	1,128	1,009	70	13	77	7	331	68	1,828	119
Sepang	2,432	4,590	4,372	4,957	1,433	200	386	72	1,927	298	2,318	924
Ulu Langat	6,713	12,250	12,804	12,825	4,195	770	1,078	301	4,925	896	5,778	2,311
Ulu Selangor	1,116	2,110	2,391	2,590	214	51	132	30	818	204	2,110	281
Terengganu	**10,154**	**16,729**	**37,947**	**19,613**	**1,668**	**353**	**880**	**93**	**7,217**	**1,594**	**39,839**	**1,506**
Besut	1,228	3,763	5,946	5,118	273	45	141	17	1,602	500	6,150	252
Dungun	560	1,204	7,626	1,739	157	38	120	10	672	183	4,091	273
Kemaman	2,355	2,667	7,880	4,067	476	93	197	34	1,772	317	4,767	204
Kuala Terengganu	1,090	2,562	5,571	2,286	264	43	128	9	667	156	9,469	248
Marang	1,017	1,628	2,423	1,403	153	35	82	3	601	76	4,905	203
Hulu Terengganu	270	1,064	1,906	953	150	50	89	12	321	144	3,120	96
Setiu	802	765	1,893	1,487	27	4	25	1	125	19	3,053	36
Kuala Nerus	2,832	3,076	4,702	2,560	168	45	98	7	1,457	199	4,284	194
Sabah	**15,368**	**23,475**	**42,636**	**17,799**	**4,378**	**626**	**2,198**	**291**	**15,094**	**2,857**	**93,329**	**3,227**
Tawau	938	2,428	4,638	2,182	254	50	152	31	2,650	231	12,323	471
Lahad Datu	1,437	1,731	5,903	1,262	191	33	102	17	1,125	262	7,611	94
Semporna	146	944	2,539	738	519	25	85	12	196	113	12,616	128
Sandakan	1,008	2,327	3,665	1,710	523	77	364	37	1,482	314	9,996	332
Kinabatangan	920	990	1,186	488	51	1	82	..	407	79	5,200	131
Beluran	1,065	495	263	356	342	11	22	3	182	133	2,648	15
Kota Kinabalu	1,980	3,403	6,421	2,331	941	174	375	58	2,277	474	7,872	660
Ranau	337	379	382	273	56	10	61	6	68	22	379	27
Kota Belud	1,008	1,608	2,723	1,219	158	9	86	8	814	200	2,381	95
Tuaran	187	795	1,348	615	102	22	89	4	472	87	1,846	140
Penampang	885	1,204	1,455	778	335	55	144	33	715	109	2,122	240

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: 10-14 tahun

Age group: 10-14 years

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercises activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Papar	985	1,360	1,653	1,411	168	42	149	11	952	120	1,624	241
Kudat	610	850	2,031	823	172	17	79	12	476	126	2,701	64
Kota Marudu	91	383	760	284	76	10	40	5	216	37	3,006	24
Pitas	70	206	880	76	14	..	11	..	103	17	2,133	10
Beaufort	516	661	823	705	16	9	36	2	483	26	2,440	63
Kuala Penyu	225	263	182	281	74	3	26	1	131	73	117	6
Sipitang	338	369	689	361	17	7	27	1	134	31	783	41
Tenom	506	367	357	164	22	12	36	1	91	25	1,080	82
Nabawan	287	308	410	78	40	1	13	2	92	44	836	42
Keningau	667	1,187	2,285	827	130	41	109	36	793	142	2,406	82
Tambunan	39	197	457	122	24	3	37	2	225	41	573	44
Kunak	94	189	205	126	42	1	9	..	164	12	2,780	75
Tongod	506	102	285	47	10	..	4	6	88	24	2,377	6
Putatan	272	588	847	432	85	13	50	3	362	93	1,805	95
Telupid	99	62	81	45	15	..	7	..	68	12	728	8
Kalabakan	152	79	168	65	1	-	3	..	328	10	2,946	11
Sarawak	**14,532**	**21,627**	**30,555**	**18,822**	**3,825**	**737**	**1,850**	**368**	**16,933**	**3,199**	**80,767**	**3,977**
Kuching	5,468	6,419	9,761	5,511	1,430	251	546	107	4,815	640	17,739	1,321
Bau	647	379	924	300	27	3	25	..	453	101	1,885	39
Lundu	76	171	284	181	23	..	12	1	139	32	2,353	51
Samarahan	509	1,763	2,244	1,716	284	53	160	10	742	112	4,883	415
Serian	595	600	1,239	582	106	8	69	6	465	132	4,208	150
Simunjan	14	101	81	53	-	..	..	..	75	3	273	8
Sri Aman	359	637	1,080	535	79	7	49	1	799	83	1,237	33
Lubok Antu	15	48	68	86	13	1	9	..	63	61	1,391	1
Betong	229	435	484	426	40	15	94	22	241	70	1,386	15
Saratok	29	129	103	100	9	2	7	1	44	9	380	13
Sarikei	201	610	571	458	64	14	35	10	263	40	1,943	123
Maradong	67	105	183	110	17	3	12	4	129	13	975	12
Daro	5	155	185	215	20	..	31	2	364	44	518	3
Julau	7	71	24	40	41	2	3	1	433	131	622	2
Sibu	1,320	2,957	4,209	2,284	512	95	197	57	2,343	349	9,385	354
Dalat	74	191	317	167	11	..	9	..	176	5	1,140	48
Mukah	97	273	395	346	29	5	36	3	163	39	2,483	99
Kanowit	35	169	106	176	15	..	7	2	159	28	1,697	45
Bintulu	318	730	794	593	121	34	63	14	309	50	1,707	133
Tatau	14	42	59	26	5	..	2	..	15	1	403	5
Kapit	10	70	74	33	10	1	8	3	101	23	1,011	10

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: 10-14 tahun

Age group: 10-14 years

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercises activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Song	15	161	93	82	9	..	9	..	163	163	507	120
Belaga	4	16	25	9	2	..	1	..	18	1	403	3
Miri	2,063	2,667	3,713	2,506	680	207	282	108	1,933	503	6,502	487
Marudi	60	92	152	86	8	1	7	4	48	30	465	4
Limbang	296	566	511	432	38	13	40	1	520	41	2,211	215
Lawas	457	603	463	333	66	..	33	3	272	76	1,462	115
Matu	242	187	284	243	15	..	4	..	394	12	324	22
Asajaya	304	301	550	258	12	1	11	1	319	25	2,183	33
Pakan	694	213	747	164	42	12	24	..	66	151	79	3
Selangau	7	57	93	14	6	..	8	..	31	11	673	1
Tebedu	64	76	85	67	32	..	4	1	23	57	1,492	2
Pusa	8	46	102	112	6	..	4	..	360	38	926	32
Kabong	29	42	68	53	.	1	9	..	160	4	1,159	7
Tanjung Manis	29	113	79	198	3	1	8	..	116	14	192	23
Sebauh	1	9	12	14	3	1	9	..	19	9	543	3
Bukit Mabong	5	28	18	6	29	..	7	..	19	40	517	..
Subis	93	226	348	191	12	3	13	4	164	34	1,822	20
Beluru	23	97	9	83	5	3	3	2	11	7	1,268	3
Telang Usan	49	72	18	33	1	..	..	..	6	17	420	4
W.P. Kuala Lumpur	**20,355**	**22,572**	**33,095**	**21,813**	**10,587**	**2,266**	**1,924**	**670**	**8,044**	**2,174**	**13,644**	**2,719**
W.P. Labuan	**649**	**1,106**	**1,640**	**839**	**221**	**26**	**84**	**9**	**683**	**110**	**3,006**	**205**
W.P. Putrajaya	**2,882**	**4,651**	**4,837**	**4,140**	**1,506**	**172**	**398**	**21**	**1,611**	**249**	**960**	**679**

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: 15-64 tahun

Age group: 15-64 years

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*												
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
MALAYSIA	**2,372,226**	**1,762,764**	**3,535,495**	**1,151,684**	**392,056**	**390,066**	**452,107**	**205,173**	**715,577**	**277,287**	**5,940,247**	**420,194**
Johor	**310,120**	**229,035**	**534,977**	**158,729**	**48,049**	**46,972**	**5,430**	**30,093**	**88,928**	**29,975**	**551,217**	**46,193**
Batu Pahat	30,359	22,662	57,395	19,443	3,001	3,944	24,758	2,472	9,685	2,712	40,036	4,791
Johor Bahru	99,350	95,621	158,036	53,037	25,985	24,592	5,005	13,404	31,872	10,782	185,794	21,109
Kluang	58,520	28,582	81,060	13,422	3,048	3,178	3,181	2,779	13,259	3,265	67,359	3,766
Kota Tinggi	11,765	10,884	39,310	9,416	1,992	2,110	1,342	794	5,179	2,205	59,388	2,429
Mersing	5,196	6,509	14,333	4,849	885	644	5,274	284	3,426	1,959	20,288	1,703
Muar	46,020	19,918	70,774	23,189	2,858	3,144	2,637	3,130	8,257	2,376	43,399	2,545
Pontian	17,882	8,933	32,963	7,143	1,257	1,454	4,076	1,000	2,794	1,383	37,541	1,454
Segamat	13,722	9,972	17,304	7,062	2,829	3,149	5,011	2,646	3,799	1,674	25,762	2,469
Kulai	21,457	20,360	43,352	14,419	5,689	3,985	2,127	2,664	7,564	2,905	47,648	4,443
Tangkak	5,849	5,594	20,450	6,749	505	772		920	3,093	714	24,002	1,484
Kedah	**204,430**	**102,318**	**264,563**	**78,383**	**13,906**	**14,383**	**25,160**	**7,687**	**41,199**	**19,294**	**535,046**	**25,971**
Baling	12,326	5,062	6,768	2,559	299	373	1,094	173	1,980	1,059	51,855	1,044
Bandar Baharu	7,683	1,054	2,395	971	93	104	287	58	1,155	897	7,157	1,006
Kota Setar	26,496	16,151	38,973	12,669	2,590	2,776	5,182	1,735	6,757	2,667	121,144	4,869
Kuala Muda	90,222	29,110	71,690	23,115	4,091	4,483	7,248	2,848	12,199	4,676	72,466	6,350
Kubang Pasu	16,757	12,342	39,699	9,797	1,458	1,575	3,068	456	4,859	2,709	58,227	3,698
Kulim	28,004	21,081	56,061	15,591	2,865	3,470	4,830	1,905	6,670	2,514	72,649	3,621
Langkawi	7,159	3,783	17,773	2,888	784	824	906	199	1,977	1,080	33,830	2,859
Padang Terap	2,427	6,155	12,540	4,198	900	106	618	32	2,890	1,860	18,764	360
Sik	3,984	1,549	3,097	824	91	105	286	25	454	495	21,011	513
Yan	4,578	2,375	4,297	1,906	170	194	443	59	768	405	29,204	504
Pendang	2,548	2,063	7,667	2,416	416	215	696	130	719	469	29,458	564
Pokok Sena	2,246	1,593	3,603	1,449	149	158	502	67	771	463	19,281	583
Kelantan	**89,407**	**65,483**	**192,306**	**48,898**	**8,622**	**6,726**	**15,652**	**3,055**	**30,792**	**15,557**	**576,046**	**12,915**
Bachok	6,886	3,944	14,493	3,947	768	648	1,439	187	2,440	937	53,987	1,128
Kota Bharu	32,197	24,669	74,816	18,367	3,383	3,229	6,160	1,277	10,134	5,451	176,409	4,901
Machang	5,020	5,778	9,432	3,926	1,138	732	1,760	514	2,483	2,173	37,961	835
Pasir Mas	10,075	7,299	21,067	4,922	422	488	1,217	118	3,598	1,320	87,847	1,840
Pasir Puteh	3,809	3,604	11,792	3,101	533	355	1,166	135	1,449	1,083	27,492	757
Tanah Merah	2,220	3,335	15,712	2,930	592	256	696	97	2,255	818	51,875	842
Tumpat	15,134	8,387	23,585	5,434	759	492	1,092	250	3,619	1,130	53,576	1,201
Gua Musang	7,117	2,541	8,197	2,451	271	187	1,021	319	2,454	950	26,185	505
Kuala Krai	1,244	2,409	5,758	1,568	255	196	556	126	1,608	950	40,205	514
Jeli	5,580	3,443	7,218	2,237	499	142	526	32	697	735	15,183	391
Kecil Lojing	125	74	236	15	2	1	19	..	55	10	5,326	1

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: 15-64 tahun

Age group: 15-64 years

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercises activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Melaka	**31,749**	**36,384**	**56,177**	**22,640**	**7,056**	**6,411**	**8,836**	**3,177**	**12,173**	**5,201**	**74,826**	**9,006**
Alor Gajah	6,320	9,693	13,686	5,683	1,560	1,503	2,192	565	3,449	1,780	15,674	2,191
Jasin	3,780	4,590	7,022	3,163	599	645	1,216	264	1,747	537	8,197	1,322
Melaka Tengah	21,649	22,101	35,469	13,794	4,897	4,263	5,428	2,348	6,977	2,884	50,955	5,493
Negeri Sembilan	**134,424**	**75,432**	**155,736**	**43,620**	**12,366**	**12,803**	**16,763**	**7,015**	**24,171**	**11,617**	**244,788**	**18,156**
Jelebu	1,234	2,980	3,192	1,703	149	211	330	73	619	455	17,070	363
Kuala Pilah	4,057	2,118	6,540	1,687	274	308	709	159	829	481	18,934	649
Port Dickson	11,569	8,771	31,245	5,435	1,694	1,193	2,102	713	2,107	1,567	18,179	1,275
Rembau	8,364	3,611	7,636	1,965	413	381	705	101	2,320	815	12,019	1,347
Seremban	72,462	47,575	92,551	27,658	8,732	9,593	10,954	5,089	15,111	6,429	144,286	12,755
Tampin	5,303	6,523	7,156	2,569	821	630	970	538	1,211	1,192	10,684	781
Jempol	31,435	3,854	7,416	2,603	283	487	993	342	1,974	678	23,616	986
Pahang	**95,807**	**86,122**	**184,830**	**60,020**	**10,804**	**9,242**	**19,332**	**5,746**	**41,621**	**17,562**	**431,429**	**19,493**
Bentong	6,492	4,789	8,674	3,547	538	606	1,368	514	2,218	1,072	16,492	857
Cameron Highlands	1,638	1,131	2,116	498	82	128	259	118	381	335	18,102	437
Jerantut	4,552	4,811	10,206	4,150	1,183	400	824	277	1,845	1,615	37,868	799
Kuantan	33,356	35,146	74,176	21,883	4,092	4,036	7,322	2,023	15,602	5,152	118,921	7,124
Lipis	1,741	4,259	6,859	2,508	478	247	737	200	1,104	783	17,818	493
Pekan	13,713	8,343	15,559	4,200	353	596	1,516	159	5,543	956	45,272	1,776
Raub	6,319	5,312	10,562	4,654	1,502	1,270	2,188	900	2,744	1,975	30,464	2,076
Temerloh	11,358	13,153	29,905	9,334	1,113	1,096	2,172	909	4,000	1,577	34,672	2,370
Rompin	11,495	3,011	5,939	2,549	712	340	749	90	2,593	1,849	35,516	1,453
Maran	3,489	3,051	12,266	4,425	541	283	1,561	261	4,464	1,619	44,398	1,512
Bera	1,654	3,116	8,568	2,272	210	240	636	295	1,127	629	31,906	596
Pulau Pinang	**250,938**	**154,633**	**328,220**	**115,927**	**51,345**	**49,348**	**44,008**	**31,978**	**50,449**	**22,943**	**387,277**	**28,046**
Seberang Perai Tengah	64,132	34,709	117,974	31,608	10,818	10,491	10,112	7,364	17,857	5,785	87,657	5,142
Seberang Perai Utara	39,551	26,228	56,780	24,512	8,503	6,930	7,945	4,212	10,302	4,840	73,026	4,117
Seberang Perai Selatan	26,765	18,567	64,105	17,438	3,153	3,216	4,524	3,517	5,183	2,121	21,056	2,461
Timur Laut	83,449	51,312	58,002	29,756	21,757	22,026	16,620	13,694	11,168	7,747	142,371	11,068
Barat Daya	37,041	23,817	31,359	12,613	7,114	6,685	4,807	3,191	5,939	2,450	63,167	5,258
Perak	**262,771**	**155,812**	**305,339**	**110,373**	**25,947**	**27,001**	**39,579**	**17,973**	**73,256**	**27,840**	**708,442**	**43,281**
Batang Padang	11,413	8,008	20,227	5,856	595	1,257	1,893	665	4,051	1,609	37,254	1,598
Manjung	28,793	21,085	35,685	13,072	4,754	3,312	4,736	1,390	5,632	3,233	65,674	4,134
Kinta	111,660	60,641	113,845	40,031	11,999	12,639	14,488	9,986	26,383	9,597	229,512	17,074
Kerian	11,426	8,231	24,004	8,729	861	1,200	2,394	821	8,076	2,933	58,067	2,388
Kuala Kangsar	19,293	9,525	16,097	6,248	1,128	1,078	1,898	697	2,878	1,053	61,717	2,383
Larut dan Matang	26,304	17,516	37,161	13,723	2,831	2,363	5,155	1,985	7,371	2,145	79,002	5,658
Hilir Perak	13,783	5,871	8,967	4,114	626	921	1,893	697	2,570	602	29,371	2,110

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: 15-64 tahun

Age group: 15-64 years

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercises activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Hulu Perak	7,288	5,928	13,006	3,269	531	550	1,540	317	1,921	1,412	31,343	1,420
Perak Tengah	6,221	6,252	13,754	5,440	769	1,412	1,868	181	4,595	1,183	26,010	1,923
Kampar	9,975	4,265	6,270	3,382	604	976	1,183	613	3,268	1,888	37,034	1,662
Muallim	8,691	5,167	9,882	3,839	996	969	1,672	430	3,478	1,548	17,285	1,507
Bagan Datuk	5,131	1,890	3,327	1,553	131	201	475	152	2,554	391	29,299	905
Selama	2,793	1,433	3,114	1,117	122	123	384	39	479	246	6,874	519
Perlis	**41,458**	**22,725**	**61,629**	**15,084**	**1,958**	**2,887**	**5,485**	**934**	**10,183**	**3,155**	**66,759**	**4,752**
Perlis	41,458	22,725	61,629	15,084	1,958	2,887	5,485	934	10,183	3,155	66,759	4,752
Selangor	**355,719**	**345,235**	**436,050**	**208,559**	**97,146**	**104,208**	**90,570**	**49,903**	**113,572**	**39,193**	**424,207**	**100,096**
Gombak	39,389	37,794	50,861	23,659	9,704	11,126	10,635	4,872	12,718	5,398	39,468	11,124
Klang	46,078	42,885	65,780	28,384	10,058	11,023	10,691	6,868	12,489	4,589	68,903	12,259
Kuala Langat	8,394	11,420	19,225	8,969	2,821	2,560	2,999	1,143	3,794	1,530	16,300	3,403
Kuala Selangor	12,797	15,341	21,581	12,891	2,598	2,892	4,370	896	6,381	2,246	32,023	4,967
Petaling	139,534	123,249	136,684	63,819	40,467	45,001	31,105	21,874	37,787	12,450	123,788	36,721
Sabak Bernam	2,372	3,335	7,538	3,012	303	496	942	396	1,280	370	16,070	1,038
Sepang	23,247	24,156	27,757	15,377	7,085	7,102	6,638	2,917	8,172	2,637	26,206	6,903
Ulu Langat	72,608	76,591	91,184	44,074	22,902	22,471	20,397	10,174	27,127	8,406	79,454	21,054
Ulu Selangor	11,300	10,464	15,440	8,374	1,208	1,537	2,793	763	3,824	1,567	21,995	2,627
Terengganu	**71,568**	**68,997**	**241,761**	**49,976**	**9,012**	**6,844**	**15,119**	**1,497**	**31,040**	**13,570**	**325,682**	**12,255**
Besut	9,202	9,970	33,589	9,278	1,628	937	2,423	181	6,195	2,997	48,319	1,461
Dungun	4,071	4,707	49,892	5,149	895	613	1,844	161	3,251	1,692	35,954	2,026
Kemaman	13,458	12,179	44,462	12,970	2,271	1,676	2,966	329	6,204	2,311	40,443	1,566
Kuala Terengganu	9,147	12,344	40,241	7,274	1,522	1,064	2,411	350	3,842	1,783	79,049	2,401
Marang	6,474	6,435	14,205	3,232	645	508	1,233	71	3,011	786	35,618	1,825
Hulu Terengganu	2,402	4,683	14,962	3,924	605	886	1,339	155	1,146	1,061	24,063	782
Setiu	4,538	2,152	9,239	1,134	232	203	801	23	1,420	944	23,000	268
Kuala Nerus	22,276	16,527	35,171	7,015	1,214	957	2,102	227	5,971	1,996	39,236	1,926
Sabah	**131,938**	**115,536**	**262,155**	**56,740**	**19,668**	**14,371**	**31,846**	**7,439**	**63,962**	**22,120**	**660,565**	**30,575**
Tawau	7,581	13,704	30,354	6,911	1,457	1,191	3,297	946	10,322	2,281	86,664	3,437
Lahad Datu	10,139	9,927	36,833	4,539	1,140	445	1,461	230	4,155	1,674	53,991	1,218
Semporna	661	3,525	11,128	1,983	2,479	254	613	129	1,082	1,078	64,495	819
Sandakan	8,837	11,651	21,115	4,522	2,331	1,800	4,773	1,054	7,307	2,682	70,400	3,707
Kinabatangan	10,206	2,855	8,472	792	134	73	937	43	1,638	640	34,579	1,023
Beluran	8,325	1,849	1,231	608	248	62	294	29	737	774	21,272	169
Kota Kinabalu	23,982	23,352	45,036	11,516	5,050	4,716	7,256	2,334	12,457	4,021	66,534	6,670
Ranau	2,939	1,797	1,511	794	162	93	509	111	338	239	2,703	344
Kota Belud	6,612	5,304	15,201	2,870	544	254	981	52	2,888	896	18,297	859
Tuaran	1,448	3,219	8,561	1,742	452	457	1,179	123	1,865	686	13,965	1,400
Penampang	9,156	7,927	11,956	3,197	1,712	1,804	2,837	1,068	3,803	1,177	22,536	2,366

Nota/ *Notes* **:**

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Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: 15-64 tahun

Age group: 15-64 years

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercises activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Papar	7,345	6,229	8,940	3,947	769	822	1,619	235	3,078	901	15,564	2,205
Kudat	3,818	2,889	10,229	1,939	990	274	872	253	1,497	937	18,240	615
Kota Marudu	558	1,277	3,999	618	220	153	525	99	643	311	20,938	384
Pitas	504	989	5,096	335	69	22	100	9	757	122	13,234	49
Beaufort	4,888	3,252	5,373	1,994	97	228	502	56	1,626	279	19,241	631
Kuala Penyu	1,502	1,102	932	593	237	35	206	23	290	217	994	143
Sipitang	2,157	1,521	4,580	1,322	76	194	283	19	527	297	6,181	642
Tenom	2,957	1,290	1,778	361	60	59	328	60	324	149	6,435	442
Nabawan	1,722	926	2,039	351	89	23	204	58	319	161	5,181	324
Keningau	5,179	4,625	14,084	2,389	485	564	1,344	293	3,281	1,126	19,189	698
Tambunan	398	752	2,650	410	54	122	241	36	819	185	4,526	679
Kunak	439	683	1,522	372	85	25	174	2	457	143	17,186	398
Tongod	4,465	451	870	201	27	20	90	19	392	219	14,645	31
Putatan	3,409	3,600	6,243	1,827	501	668	972	146	1,623	739	15,725	977
Telupid	709	315	783	413	193	12	160	5	399	97	5,852	90
Kalabakan	2,002	525	1,639	194	7	1	89	7	1,338	89	21,998	255
Sarawak	**153,891**	**121,210**	**229,503**	**58,742**	**20,417**	**21,055**	**33,165**	**10,339**	**81,489**	**25,483**	**764,976**	**37,574**
Kuching	66,356	42,152	74,894	20,003	7,608	8,074	10,412	4,209	23,776	6,943	169,484	12,526
Bau	4,619	1,291	5,549	553	194	220	454	72	1,768	691	19,408	479
Lundu	622	563	1,710	430	78	69	179	11	484	210	18,192	367
Samarahan	6,671	12,911	16,799	5,251	1,858	1,869	3,283	562	5,378	1,828	45,516	4,618
Serian	5,662	1,927	7,479	993	313	335	744	112	2,001	1,506	38,636	1,023
Simunjan	152	426	498	137	17	5	53	2	288	23	3,746	57
Sri Aman	3,082	3,345	8,668	1,029	411	200	698	83	3,270	614	12,828	432
Lubok Antu	179	250	431	193	94	22	128	6	331	261	12,305	65
Betong	1,387	1,822	3,103	923	184	180	681	117	997	415	12,784	182
Saratok	260	594	619	279	48	45	146	11	178	63	3,664	106
Sarikei	1,852	2,697	3,522	1,167	366	328	534	144	992	272	17,173	979
Maradong	717	489	1,214	289	75	57	137	73	489	150	8,267	143
Daro	191	830	2,368	534	139	18	419	11	1,230	308	5,004	95
Julau	44	168	169	73	86	6	36	4	705	175	7,299	47
Sibu	12,792	16,077	33,453	7,149	2,762	2,879	4,460	1,730	11,799	2,837	93,499	3,010
Dalat	530	574	1,564	324	35	15	116	13	813	73	10,839	590
Mukah	1,072	1,513	2,617	1,235	132	168	464	58	839	305	22,726	925
Kanowit	297	547	901	196	48	50	156	25	552	209	12,906	177
Bintulu	3,809	4,993	6,011	2,057	729	983	1,170	272	1,996	564	16,664	1,649
Tatau	110	196	448	55	12	5	24	5	64	22	4,370	29
Kapit	87	439	676	80	60	32	105	33	403	134	6,695	128

Nota/ *Notes* **:**

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Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: 15-64 tahun

Age group: 15-64 years

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercises activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Song	105	556	829	94	47	24	124	4	518	342	4,473	216
Belaga	35	146	228	26	9	7	16	1	55	24	3,716	16
Miri	22,905	17,063	31,238	10,830	4,093	4,667	5,728	2,586	11,299	4,211	66,118	4,935
Marudi	495	531	1,327	241	54	26	116	14	197	376	5,719	71
Limbang	2,279	2,410	3,321	999	181	399	782	77	2,441	387	17,215	2,512
Lawas	3,207	2,363	2,496	740	252	117	783	37	1,102	369	12,602	904
Matu	3,026	430	2,481	313	22	4	245	1	2,263	118	4,524	135
Asajaya	1,779	637	3,201	394	28	39	195	5	1,261	227	16,110	443
Pakan	6,166	593	5,467	297	173	85	145	17	283	696	982	23
Selangau	76	139	540	36	13	14	55	4	147	30	7,094	25
Tebedu	706	166	499	73	44	11	37	2	109	175	13,134	27
Pusa	36	225	822	272	8	6	61	5	1,304	169	7,435	230
Kabong	215	188	551	191	7	9	37	2	391	13	8,703	48
Tanjung Manis	437	449	762	721	25	15	159	2	438	60	2,744	123
Sebauh	37	36	133	47	31	2	50	10	76	159	11,732	43
Bukit Mabong	36	110	317	12	103	4	24	..	293	126	5,733	..
Subis	1,176	767	2,441	400	49	43	159	14	848	275	19,640	167
Beluru	232	187	83	61	19	18	43	3	57	43	11,868	13
Telang Usan	452	410	74	45	10	5	7	2	54	80	3,429	16
W.P. Kuala Lumpur	**210,975**	**156,805**	**246,188**	**108,152**	**59,155**	**62,624**	**40,298**	**27,509**	**43,679**	**20,590**	**151,504**	**25,146**
W.P. Labuan	**5,927**	**6,482**	**246,188**	**2,990**	**992**	**941**	**1,436**	**245**	**3,449**	**1,295**	**27,258**	**2,145**
W.P. Putrajaya	**21,104**	**20,555**	**25,798**	**12,851**	**5,613**	**4,250**	**6,017**	**583**	**5,614**	**1,892**	**10,225**	**4,590**

Nota/ *Notes* **:**

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Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: 65 tahun dan lebih

Age group: 65 years and over

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*												
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
MALAYSIA	**220,164**	**25,619**	**158,407**	**20,939**	**5,750**	**4,580**	**6,013**	**27,677**	**2,162**	**2,053**	**838,574**	**34,837**
Johor	**26,220**	**3,725**	**26,840**	**2,489**	**534**	**378**	**788**	**3,952**	**263**	**200**	**75,960**	**3,635**
Batu Pahat	2,106	304	2,429	317	31	36	77	307	29	11	6,152	430
Johor Bahru	6,850	1,355	4,677	673	284	201	260	1,151	102	56	15,982	1,231
Kluang	5,820	542	5,567	190	16	10	93	738	24	21	12,019	358
Kota Tinggi	1,195	156	2,000	112	8	6	31	91	3	18	9,070	284
Mersing	422	44	1,142	57	8	6	17	40	10	9	3,409	195
Muar	3,792	398	4,134	490	71	46	133	702	30	23	7,559	199
Pontian	2,162	277	2,522	202	32	20	43	256	13	21	6,705	145
Segamat	1,776	180	1,349	127	24	23	46	196	19	14	5,337	405
Kulai	1,517	363	1,769	171	51	22	31	289	22	17	5,117	219
Tangkak	580	106	1,251	150	9	8	57	182	11	10	4,610	169
Kedah	**14,221**	**1,534**	**11,715**	**1,339**	**131**	**85**	**230**	**1,019**	**83**	**130**	**78,532**	**1,881**
Baling	674	35	184	22	3	1	6	38	2	6	6,892	46
Bandar Baharu	870	29	125	19	1	1	4	12	3	1	1,630	62
Kota Setar	2,852	422	2,224	445	42	37	101	309	20	40	20,101	480
Kuala Muda	6,223	526	3,288	343	33	21	54	434	17	17	10,196	399
Kubang Pasu	871	129	2,214	205	8	6	20	33	12	15	10,197	315
Kulim	1,162	130	1,633	104	17	8	23	134	10	19	6,281	205
Langkawi	271	20	672	19	13	4	3	15	2	7	2,826	161
Padang Terap	271	165	545	83	9	-	6	3	5	3	3,167	20
Sik	369	9	82	3	-	1	1	.	1	5	4,050	59
Yan	337	30	182	46	1	2	2	20	3	8	5,422	45
Pendang	79	22	381	30	3	4	10	4	4	6	4,483	55
Pokok Sena	242	17	185	20	1	-	-	17	4	3	3,287	34
Kelantan	**7,365**	**1,299**	**9,066**	**759**	**94**	**42**	**155**	**285**	**77**	**173**	**79,087**	**847**
Bachok	558	42	711	56	14	3	5	5	4	12	7,423	30
Kota Bharu	2,425	423	3,790	340	37	24	80	139	29	57	24,107	417
Machang	629	365	571	88	15	7	4	8	9	28	5,552	56
Pasir Mas	1,179	250	902	71	4	-	6	13	2	18	13,098	103
Pasir Puteh	258	61	690	76	8	2	24	17	12	28	4,693	56
Tanah Merah	227	27	786	26	1	-	10	8	6	6	6,833	44
Tumpat	1,301	57	1,014	53	11	5	9	30	8	13	8,049	91
Gua Musang	514	27	315	20	3	1	12	56	4	3	2,290	15
Kuala Krai	55	40	253	23	-	-	3	8	3	7	5,108	18
Jeli	218	7	34	6	1	-	2	1	-	1	1,694	17
Kecil Lojing	1	-	-	-	-	-	-	..	-	-	240	-

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: 65 tahun dan lebih

Age group: 65 years and over

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercises activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Melaka	**3,262**	**360**	**2,573**	**460**	**82**	**61**	**132**	**434**	**33**	**32**	**11,497**	**721**
Alor Gajah	347	56	286	48	6	5	11	64	7	2	2,096	108
Jasin	245	54	250	52	4	7	19	29	6	3	1,405	106
Melaka Tengah	2,670	250	2,037	360	72	49	102	341	20	27	7,996	507
Negeri Sembilan	**15,847**	**1,181**	**7,739**	**777**	**169**	**146**	**232**	**1,244**	**60**	**73**	**34,814**	**1,775**
Jelebu	174	73	117	31	-	-	2	15	-	3	3,261	88
Kuala Pilah	570	44	597	40	-	4	4	45	-	11	3,402	105
Port Dickson	710	114	1,885	115	19	8	15	102	2	8	2,776	90
Rembau	1,126	24	536	20	-	1	6	4	6	1	2,251	234
Seremban	7,845	726	3,654	416	134	124	155	851	44	34	16,785	1,042
Tampin	655	127	489	87	14	6	16	134	4	10	2,396	67
Jempol	4,767	73	461	68	2	3	34	93	4	6	3,943	149
Pahang	**6,230**	**992**	**6,910**	**656**	**103**	**44**	**207**	**846**	**135**	**135**	**57,482**	**1,267**
Bentong	775	52	355	70	6	6	16	164	2	3	2,871	69
Cameron Highlands	166	7	133	3	-	2	-	7	-	-	1,244	38
Jerantut	237	63	478	28	2	1	9	28	11	32	5,144	76
Kuantan	1,982	354	1,866	203	32	14	68	261	91	18	11,553	356
Lipis	100	34	192	24	10	2	6	9	6	5	2,347	23
Pekan	472	68	467	55	1	3	11	10	6	3	5,108	89
Raub	574	100	708	71	9	2	12	132	4	7	4,043	131
Temerloh	904	200	1,321	112	18	7	24	111	4	11	5,217	214
Rompin	751	21	179	14	10	2	3	2	6	37	4,587	180
Maran	104	14	470	16	7	1	15	64	3	16	9,712	60
Bera	165	79	741	60	8	4	43	58	2	3	5,656	31
Pulau Pinang	**27,645**	**2,592**	**15,213**	**2,524**	**1,093**	**758**	**829**	**4,149**	**188**	**214**	**57,698**	**2,895**
Seberang Perai Tengah	5,024	562	5,087	610	155	81	182	857	86	42	11,966	513
Seberang Perai Utara	3,310	457	2,271	556	91	73	103	518	29	39	11,822	338
Seberang Perai Selatan	2,854	209	3,191	313	24	14	47	452	10	6	2,514	162
Timur Laut	12,696	995	3,626	779	719	503	406	1,850	44	111	24,157	1,447
Barat Daya	3,761	369	1,038	266	104	87	91	472	19	16	7,239	435
Perak	**36,925**	**3,207**	**19,148**	**4,032**	**578**	**354**	**697**	**3,917**	**162**	**245**	**141,011**	**4,925**
Batang Padang	1,341	86	1,733	97	9	1	23	137	3	6	7,973	196
Manjung	2,728	245	1,898	267	20	20	45	287	11	16	11,163	278
Kinta	18,759	1,692	7,916	1,897	372	253	299	2,245	80	112	48,885	2,035
Kerian	1,139	130	1,317	260	14	6	81	249	14	12	10,902	261
Kuala Kangsar	2,250	212	1,004	226	27	13	32	99	5	12	10,568	329
Larut dan Matang	3,996	394	2,120	603	102	30	122	431	16	35	17,438	812
Hilir Perak	2,050	116	540	206	9	7	29	176	5	11	6,799	253

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: 65 tahun dan lebih

Age group: 65 years and over

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercises activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Hulu Perak	718	78	839	39	3	4	18	84	8	10	5,285	98
Perak Tengah	433	25	575	66	3	5	13	6	5	4	4,753	108
Kampar	1,761	158	538	251	10	4	18	116	5	9	8,026	278
Muallim	764	45	433	66	7	8	13	67	9	7	3,313	111
Bagan Datuk	692	16	120	28	-	-	3	16	1	11	4,495	88
Selama	294	10	115	26	2	3	1	4	-	-	1,411	78
Perlis	**4,042**	**236**	**3,654**	**224**	**14**	**13**	**50**	**214**	**12**	**12**	**14,297**	**364**
Perlis	4,042	236	3,654	224	14	13	50	214	12	12	14,297	364
Selangor	**34,134**	**3,736**	**13,388**	**3,632**	**1,292**	**1,284**	**1,013**	**5,523**	**295**	**182**	**53,349**	**8,190**
Gombak	3,207	374	1,400	364	100	117	92	494	31	26	5,634	977
Klang	4,518	552	2,358	632	170	144	119	722	39	26	7,615	931
Kuala Langat	492	105	436	165	9	17	16	54	8	6	1,746	210
Kuala Selangor	446	64	348	123	11	7	15	46	8	12	3,415	215
Petaling	17,808	1,543	5,073	1,419	784	813	536	3,003	116	53	17,801	3,737
Sabak Bernam	215	55	608	134	1	6	14	55	4	8	2,379	121
Sepang	1,156	133	472	149	30	36	24	141	9	4	2,648	369
Ulu Langat	5,684	808	2,364	532	169	140	185	953	75	32	9,902	1,475
Ulu Selangor	608	102	329	114	18	4	12	55	5	15	2,209	155
Terengganu	**3,167**	**558**	**8,512**	**474**	**86**	**32**	**70**	**102**	**49**	**97**	**44,166**	**820**
Besut	368	95	1,215	115	17	5	10	3	8	22	7,465	111
Dungun	146	24	2,068	36	9	4	10	9	7	12	4,036	218
Kemaman	369	51	1,077	69	23	7	14	20	14	13	3,721	45
Kuala Terengganu	550	105	1,907	96	9	7	21	51	6	12	12,196	167
Marang	535	57	361	30	9	1	6	3	2	3	4,521	74
Hulu Terengganu	128	72	934	57	7	1	2	4	4	22	4,122	64
Setiu	119	3	74	4	3	-	2	-	-	1	2,964	10
Kuala Nerus	952	151	876	67	9	7	5	12	8	12	5,141	131
Sabah	**9,095**	**1,892**	**10,755**	**830**	**270**	**176**	**330**	**1,045**	**212**	**199**	**53,176**	**1,684**
Tawau	572	232	1,216	87	26	17	11	216	11	9	6,585	163
Lahad Datu	363	173	1,388	55	15	2	8	18	6	9	2,222	42
Semporna	17	33	295	17	46	5	5	9	4	26	3,375	6
Sandakan	797	190	994	69	27	24	61	172	31	15	6,632	255
Kinabatangan	116	11	103	3	-	-	3	2	2	1	765	24
Beluran	277	19	28	8	2	-	1	1	2	6	794	2
Kota Kinabalu	2,393	431	1,649	192	85	74	96	356	41	29	6,078	524
Ranau	332	65	30	6	-	-	8	5	1	3	316	30
Kota Belud	563	112	1,009	56	5	2	8	6	2	8	3,467	35
Tuaran	69	25	280	16	1	1	3	6	3	3	1,483	99
Penampang	848	170	677	43	21	16	53	144	34	9	2,652	168

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: 65 tahun dan lebih

Age group: 65 years and over

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercises activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Papar	431	79	302	62	5	3	13	10	12	6	1,849	96
Kudat	390	36	465	35	13	4	9	39	8	11	2,334	16
Kota Marudu	26	5	150	3	3	4	7	1	2	6	2,172	11
Pitas	40	20	232	7	-	-	1	1	12	5	1,616	1
Beaufort	556	84	443	55	-	6	8	7	6	4	2,784	27
Kuala Penyu	177	53	42	10	2	-	1	1	1	2	304	19
Sipitang	90	8	322	22	2	-	2	3	-	2	752	39
Tenom	235	10	82	5	-	-	2	2	-	1	685	16
Nabawan	85	19	83	5	3	1	2	2	2	6	400	3
Keningau	206	63	563	28	5	6	8	11	19	31	1,708	24
Tambunan	35	9	144	5	1	4	-	4	1	-	600	35
Kunak	1	2	16	-	1	-	1	3	1	1	764	3
Tongod	203	4	17	5	-	2	-	-	-	1	731	-
Putatan	243	35	186	32	5	5	17	25	4	4	1,383	44
Telupid	15	3	28	2	2	-	2	-	2	1	217	-
Kalabakan	15	1	11	2	-	-	-	1	5	-	508	2
Sarawak	**17,281**	**2,153**	**15,247**	**1,361**	**407**	**367**	**715**	**2,141**	**419**	**276**	**114,755**	**3,462**
Kuching	9,171	981	4,675	485	150	117	217	1,105	117	84	27,307	1,564
Bau	434	10	326	8	-	2	2	6	2	13	3,404	68
Lundu	65	6	136	12	6	1	2	-	1	2	2,487	22
Samarahan	271	62	347	34	10	4	10	38	3	3	4,334	174
Serian	728	22	573	13	6	3	5	16	-	7	6,583	118
Simunjan	6	3	13	3	-	-	-	2	-	-	533	6
Sri Aman	383	54	1,064	6	-	-	11	10	4	9	3,380	28
Lubok Antu	13	2	-	1	1	-	-	1	-	1	2,724	1
Betong	121	55	171	13	4	2	4	6	3	5	2,662	15
Saratok	24	3	15	6	-	1	-	2	-	2	834	5
Sarikei	254	60	285	32	4	3	6	27	3	6	2,881	98
Maradong	70	3	74	12	1	1	2	32	-	4	1,344	16
Daro	10	2	108	4	1	-	1	-	1	-	925	11
Julau	2	1	1	-	-	-	-	-	1	2	1,373	3
Sibu	1,336	273	3,409	218	65	42	90	380	24	22	13,823	250
Dalat	60	8	110	10	-	-	1	2	-	-	1,843	99
Mukah	77	15	125	26	1	2	7	1	1	2	2,436	31
Kanowit	19	5	39	4	1	1	3	-	1	3	2,619	9
Bintulu	225	59	204	19	6	4	12	25	7	1	1,209	90
Tatau	1	1	10	1	-	-	-	-	-	-	475	3
Kapit	9	4	32	-	-	-	1	3	-	4	984	7

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 6: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan atau senaman, kumpulan umur, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 6: Number of population aged 10 years and over by type of sports or exercise activities, age group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan umur: 65 tahun dan lebih
Age group: 65 years and over

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercises activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Song	5	3	47	1	1	-	1	-	-	-	1,172	5
Belaga	-	-	9	-	-	-	-	-	-	-	204	-
Miri	2,214	371	1,864	327	132	181	297	455	225	54	7,816	479
Marudi	37	7	126	9	1	-	1	3	2	15	897	8
Limbang	150	29	130	8	2	1	8	10	1	-	2,645	171
Lawas	365	39	96	6	2	1	16	3	2	1	1,934	60
Matu	160	8	140	6	-	-	5	-	7	-	1,012	9
Asajaya	219	8	280	17	-	-	4	3	2	3	2,654	89
Pakan	613	14	450	6	7	1	2	10	1	18	573	3
Selangau	5	-	34	-	-	-	1	-	1	-	1,072	2
Tebedu	92	2	20	-	1	-	2	-	1	3	1,909	-
Pusa	1	5	79	12	-	-	-	-	3	-	1,073	6
Kabong	28	4	69	6	-	-	2	-	1	-	1,555	2
Tanjung Manis	33	5	30	46	-	-	1	-	2	1	530	2
Sebauh	1	-	-	-	-	-	-	1	-	-	464	-
Bukit Mabong	-	1	6	-	4	-	-	-	-	3	936	-
Subis	54	20	145	9	1	-	1	-	3	2	2,041	8
Beluru	11	-	4	1	-	-	-	-	-	5	1,588	-
Telang Usan	14	8	1	-	-	-	-		-	1	520	-
W.P. Kuala Lumpur	**14,013**	**2,083**	**7,103**	**1,272**	**864**	**821**	**541**	**2,754**	**167**	**78**	**19,574**	**2,205**
W.P. Labuan	**265**	**28**	**292**	**19**	**3**	**4**	**6**	**28**	**2**	**5**	**2,497**	**62**
W.P. Putrajaya	**452**	**43**	**252**	**91**	**30**	**15**	**18**	**24**	**5**	**2**	**679**	**104**

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 7: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan, kumpulan etnik, daerah pentadbiran dan negeri, Malaysia, 2020

Table 7: Number of population aged 10 years and over by type of sports or exercise activities, ethnic group, administrative district and state, Malaysia, 2020

Kumpulan etnik: Warganegara

Ethnic group: Citizens

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
MALAYSIA	**2,695,212**	**2,067,231**	**4,034,071**	**1,482,633**	**449,828**	**395,092**	**472,449**	**233,176**	**843,982**	**305,268**	**6,901,315**	**493,316**
Johor	**327,026**	**263,754**	**583,490**	**192,696**	**54,076**	**47,862**	**61,741**	**34,307**	**100,854**	**32,651**	**617,504**	**54,254**
Batu Pahat	30,127	25,802	62,823	23,102	3,464	4,080	5,772	2,820	10,767	2,837	46,035	5,708
Johor Bahru	106,541	110,168	175,595	66,225	29,603	24,917	25,956	14,740	36,726	12,120	201,283	24,376
Kluang	64,622	32,482	87,565	17,741	3,366	3,179	5,185	3,461	13,567	3,699	74,436	4,403
Kota Tinggi	13,106	13,024	43,687	11,753	2,115	2,130	3,361	883	6,057	2,349	66,991	2,960
Mersing	5,953	7,761	16,567	6,319	975	671	1,420	322	4,296	2,084	23,458	2,026
Muar	40,487	21,931	69,651	22,971	3,255	3,265	5,619	3,849	9,512	2,340	49,790	2,993
Pontian	20,657	10,249	37,896	9,242	1,398	1,488	2,754	1,257	3,369	1,455	45,283	1,742
Segamat	16,047	11,647	20,684	9,055	3,123	3,294	4,316	2,925	4,438	1,819	30,928	3,110
Kulai	22,962	23,733	46,458	18,024	6,188	4,042	5,118	2,942	8,553	3,167	49,901	5,100
Tangkak	6,524	6,957	22,564	8,264	589	796	2,240	1,108	3,569	781	29,399	1,836
Kedah	**241,547**	**127,781**	**314,843**	**109,141**	**16,738**	**15,020**	**26,956**	**9,053**	**52,164**	**22,245**	**666,286**	**31,109**
Baling	14,675	6,527	8,336	4,225	359	390	1,175	215	2,501	1,181	65,231	1,258
Bandar Baharu	9,916	1,433	2,843	1,605	119	109	307	70	1,276	983	9,397	1,100
Kota Setar	32,196	19,670	46,903	16,834	3,135	2,901	5,561	2,105	8,754	3,206	153,857	5,859
Kuala Muda	105,492	36,862	87,246	32,900	4,994	4,598	7,750	3,390	15,352	5,328	88,447	7,730
Kubang Pasu	19,035	15,127	46,658	13,506	1,807	1,624	3,252	500	6,402	3,247	73,321	4,496
Kulim	33,496	27,209	66,422	22,282	3,483	3,764	5,241	2,190	8,681	2,916	84,665	4,412
Langkawi	7,975	4,452	20,552	3,627	871	820	936	216	2,366	1,201	39,429	3,233
Padang Terap	2,965	6,917	13,626	4,823	984	109	660	37	3,297	1,989	22,760	416
Sik	4,734	1,948	3,840	1,436	123	117	312	27	678	573	27,499	615
Yan	5,422	3,048	5,209	2,642	204	197	474	80	968	511	38,966	616
Pendang	2,893	2,517	8,824	2,997	458	225	755	138	884	554	38,550	692
Pokok Sena	2,748	2,071	4,384	2,264	201	166	533	85	1,005	556	24,164	682
Kelantan	**110,556**	**85,489**	**235,689**	**69,412**	**10,433**	**7,170**	**16,855**	**3,640**	**38,858**	**18,316**	**723,678**	**15,140**
Bachok	8,493	5,184	17,595	5,672	977	706	1,569	205	3,104	1,096	68,529	1,283
Kota Bharu	39,154	30,402	89,824	24,590	3,800	3,319	6,587	1,482	12,449	6,191	221,150	5,835
Machang	7,016	8,202	12,282	5,640	1,541	911	2,019	725	3,499	3,018	48,217	1,023
Pasir Mas	12,522	9,719	25,382	7,119	542	500	1,310	133	4,616	1,654	112,367	2,132
Pasir Puteh	4,765	4,635	14,546	4,321	658	383	1,254	165	1,716	1,255	36,291	885
Tanah Merah	2,779	4,347	19,895	4,198	657	268	760	109	2,784	926	64,589	977
Tumpat	19,486	11,957	30,945	8,558	952	527	1,141	289	4,862	1,376	68,775	1,413
Gua Musang	8,258	3,345	9,109	3,896	347	190	1,036	351	3,103	1,021	29,794	548
Kuala Krai	1,506	3,233	7,249	2,513	332	216	593	148	1,882	904	49,455	603
Jeli	6,435	4,345	8,563	2,876	625	149	560	33	786	863	18,132	440
Kecil Lojing	142	120	299	29	2	1	26	..	57	12	6,379	1

Nota/ *Notes* **:**

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Jadual 7: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan, kumpulan etnik, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: Warganegara

Ethnic group: Citizens

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Melaka	**36,657**	**42,378**	**64,916**	**29,278**	**8,352**	**6,641**	**9,397**	**3,642**	**14,221**	**5,721**	**89,057**	**10,572**
Alor Gajah	6,936	11,003	15,415	7,053	1,750	1,526	2,296	636	3,938	1,900	17,911	2,482
Jasin	4,278	5,431	7,782	4,083	711	681	1,303	304	2,007	624	10,014	1,557
Melaka Tengah	25,443	25,944	41,719	18,142	5,891	4,434	5,798	2,702	8,276	3,197	61,132	6,533
Negeri Sembilan	**157,566**	**90,646**	**177,236**	**57,614**	**14,484**	**13,244**	**17,756**	**8,433**	**28,664**	**13,024**	**279,687**	**21,724**
Jelebu	1,537	3,868	3,990	2,459	197	221	358	92	775	600	20,036	486
Kuala Pilah	4,891	2,624	7,811	2,209	308	326	755	211	1,059	569	23,949	811
Port Dickson	13,092	10,133	35,263	7,031	1,988	1,232	2,196	838	2,439	1,741	22,172	1,487
Rembau	10,019	4,209	8,953	2,672	470	395	738	105	2,786	1,022	14,325	1,667
Seremban	82,245	56,031	103,833	36,162	10,254	9,911	11,605	6,054	17,749	7,065	156,557	15,132
Tampin	7,979	8,945	8,620	3,455	924	654	1,037	685	1,441	1,285	13,712	914
Jempol	37,803	4,836	8,766	3,626	343	505	1,067	448	2,415	742	28,936	1,227
Pahang	**105,876**	**105,225**	**217,955**	**81,935**	**12,791**	**9,441**	**20,130**	**6,580**	**49,752**	**19,305**	**508,753**	**22,487**
Bentong	7,328	5,879	10,378	4,912	625	631	1,429	674	2,731	1,136	18,805	1,010
Cameron Highlands	1,796	1,350	2,491	658	92	135	277	127	452	377	17,996	468
Jerantut	5,084	6,518	13,038	6,155	1,781	458	875	313	2,375	1,934	44,291	892
Kuantan	37,347	42,124	86,926	29,917	4,735	4,063	7,529	2,263	18,580	5,616	141,725	8,185
Lipis	1,921	5,227	7,839	3,411	600	267	782	216	1,318	908	21,290	573
Pekan	14,190	10,180	17,806	5,734	416	618	1,651	175	6,119	1,122	50,771	2,102
Raub	7,071	6,060	12,038	5,908	1,549	1,224	2,232	983	3,068	2,129	36,197	2,321
Temerloh	13,226	16,137	36,485	12,545	1,364	1,154	2,286	1,060	5,473	1,777	41,886	2,768
Rompin	12,019	3,863	6,885	3,522	762	342	781	93	3,188	1,918	39,257	1,722
Maran	3,914	4,058	13,691	5,820	616	298	1,587	326	5,046	1,771	57,617	1,753
Bera	1,980	3,829	10,378	3,353	251	251	701	350	1,402	617	38,918	693
Pulau Pinang	**284,305**	**173,664**	**363,535**	**139,154**	**56,261**	**48,511**	**44,773**	**35,434**	**57,848**	**24,563**	**438,023**	**33,274**
Seberang Perai Tengah	68,419	37,293	124,580	36,461	11,146	9,862	9,717	7,503	19,169	5,377	95,285	6,140
Seberang Perai Utara	45,455	31,094	65,322	31,439	9,997	7,276	8,525	4,901	12,642	5,426	88,750	4,950
Seberang Perai Selatan	30,922	21,552	73,078	21,508	3,602	3,258	4,679	3,996	6,567	2,477	23,593	2,852
Timur Laut	96,607	56,862	64,755	34,413	23,582	21,434	16,909	15,383	12,493	8,559	165,331	13,136
Barat Daya	42,902	26,863	35,800	15,333	7,934	6,681	4,943	3,651	6,977	2,724	65,064	6,196
Perak	**317,202**	**188,527**	**366,100**	**151,704**	**30,726**	**27,964**	**42,111**	**22,260**	**88,006**	**31,759**	**888,621**	**52,702**
Batang Padang	13,535	9,684	24,343	7,920	716	1,348	2,018	840	4,941	1,921	47,557	2,021
Manjung	33,722	24,858	42,013	17,888	5,315	3,433	5,006	1,708	6,627	3,662	79,664	4,839
Kinta	136,210	72,331	136,784	54,031	14,533	13,121	15,326	12,346	32,063	11,000	292,707	20,836
Kerian	13,697	10,437	29,216	12,166	1,065	1,250	2,584	1,102	9,823	3,476	71,618	2,898
Kuala Kangsar	23,321	11,633	19,745	8,719	1,388	1,130	2,061	852	3,580	1,261	77,928	2,918
Larut dan Matang	32,963	21,521	44,763	19,070	3,389	2,478	5,591	2,473	9,109	2,426	101,706	7,071
Hilir Perak	16,471	7,250	10,660	5,691	753	942	2,011	887	3,112	680	37,944	2,574

Nota/ *Notes* **:**

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Jadual 7: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan, kumpulan etnik, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: Warganegara

Ethnic group: Citizens

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Hulu Perak	8,765	7,394	15,998	4,828	632	578	1,651	409	2,289	1,666	39,550	1,719
Perak Tengah	7,237	7,422	15,752	7,359	804	1,383	1,951	185	5,252	1,244	31,434	2,220
Kampar	12,301	5,272	7,722	4,659	681	975	1,252	736	3,687	2,066	47,760	2,070
Muallim	9,662	6,270	11,363	5,293	1,132	983	1,747	500	3,963	1,679	20,622	1,766
Bagan Datuk	5,949	2,659	4,060	2,332	168	209	511	176	3,005	414	31,356	1,124
Selama	3,369	1,796	3,681	1,748	150	134	402	46	555	264	8,775	646
Perlis	**49,701**	**27,773**	**72,520**	**20,514**	**2,317**	**2,971**	**5,704**	**1,164**	**12,109**	**3,511**	**85,769**	**5,522**
Perlis	49,701	27,773	72,520	20,514	2,317	2,971	5,704	1,164	12,109	3,511	85,769	5,522
Selangor	**412,476**	**400,299**	**499,876**	**268,422**	**114,429**	**106,795**	**95,042**	**55,816**	**135,555**	**43,328**	**485,931**	**118,047**
Gombak	45,308	44,003	58,026	30,662	11,641	11,386	11,173	5,383	15,373	5,908	46,721	13,130
Klang	54,202	50,492	75,883	37,344	12,306	11,458	11,337	7,755	15,502	5,146	76,688	14,615
Kuala Langat	9,600	13,559	22,543	11,782	3,245	2,621	3,147	1,221	4,604	1,691	19,042	3,918
Kuala Selangor	14,511	18,412	25,050	16,906	3,085	3,004	4,579	964	7,490	2,631	37,274	5,783
Petaling	163,667	140,129	155,401	79,975	47,143	46,044	32,433	24,873	44,380	13,593	141,968	43,572
Sabak Bernam	2,798	4,116	9,167	4,143	373	512	1,031	452	1,608	441	19,529	1,271
Sepang	26,120	28,399	32,075	20,181	8,304	7,093	6,960	3,034	10,029	2,895	30,379	8,085
Ulu Langat	83,446	88,696	104,125	56,711	26,904	23,098	21,469	11,297	31,956	9,246	89,291	24,626
Ulu Selangor	12,824	12,493	17,606	10,718	1,428	1,579	2,913	837	4,613	1,777	25,039	3,047
Terengganu	**82,880**	**84,801**	**282,002**	**68,903**	**10,450**	**6,937**	**15,971**	**1,659**	**38,085**	**14,928**	**397,705**	**14,537**
Besut	10,368	13,617	40,189	14,412	1,860	979	2,558	194	7,771	3,456	60,110	1,819
Dungun	4,664	5,912	58,333	6,881	1,047	652	1,970	179	3,920	1,852	43,087	2,507
Kemaman	15,783	14,500	51,918	16,639	2,628	1,699	3,144	364	7,884	2,582	46,496	1,807
Kuala Terengganu	10,626	14,946	47,041	9,600	1,790	1,109	2,555	406	4,508	1,936	98,517	2,808
Marang	7,943	8,108	16,930	4,662	807	544	1,317	77	3,610	864	44,252	2,101
Hulu Terengganu	2,626	5,198	16,201	4,510	747	749	1,411	170	1,444	1,188	29,741	935
Setiu	5,347	2,915	11,117	2,623	255	205	823	24	1,532	863	28,034	314
Kuala Nerus	25,523	19,605	40,273	9,576	1,316	1,000	2,193	245	7,416	2,187	47,468	2,246
Sabah	**127,660**	**127,881**	**272,231**	**70,167**	**21,038**	**14,662**	**31,695**	**8,472**	**70,026**	**22,162**	**594,006**	**32,853**
Tawau	8,045	14,734	29,750	8,176	1,507	1,208	3,110	1,161	10,598	2,142	74,953	3,630
Lahad Datu	7,953	9,279	32,681	5,048	986	443	1,113	239	3,692	1,453	42,642	1,130
Semporna	612	3,175	10,305	2,321	1,809	246	611	124	1,072	855	49,121	611
Sandakan	9,068	13,107	22,251	5,743	2,561	1,805	4,546	1,201	8,009	2,605	65,771	3,953
Kinabatangan	2,925	1,634	3,716	777	124	55	567	32	1,036	329	11,812	747
Beluran	5,399	1,551	1,412	868	578	71	303	18	742	541	13,265	181
Kota Kinabalu	26,323	26,008	48,272	13,528	5,601	4,803	7,454	2,676	14,019	4,390	67,589	7,518
Ranau	3,434	2,226	1,855	1,044	218	101	574	121	403	264	3,251	397
Kota Belud	8,053	6,952	18,634	4,101	692	264	1,066	66	3,668	1,085	23,383	980
Tuaran	1,659	3,954	9,942	2,346	545	469	1,232	131	2,316	764	15,619	1,605
Penampang	10,353	9,025	13,526	3,936	2,029	1,842	2,961	1,230	4,455	1,256	24,644	2,717

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Jadual 7: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan, kumpulan etnik, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: Warganegara

Ethnic group: Citizens

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Papar	8,360	7,532	10,628	5,259	906	851	1,731	250	3,932	982	17,349	2,442
Kudat	4,622	3,656	11,753	2,614	829	281	899	288	1,934	1,047	20,625	684
Kota Marudu	667	1,649	4,790	902	298	167	569	105	858	349	24,688	415
Pitas	600	1,161	5,960	369	73	22	105	10	869	136	15,995	60
Beaufort	5,730	3,863	6,402	2,726	113	241	535	64	2,071	299	22,794	705
Kuala Penyu	1,825	1,383	1,122	873	296	35	221	24	408	280	1,374	167
Sipitang	2,518	1,855	5,433	1,685	93	198	306	22	650	323	6,969	705
Tenom	3,569	1,634	2,156	524	82	71	363	62	413	170	7,672	522
Nabawan	1,989	1,191	2,423	378	131	25	219	59	413	208	6,298	367
Keningau	5,286	5,300	15,421	3,043	587	598	1,415	337	3,631	1,204	19,996	789
Tambunan	472	951	3,223	537	79	129	274	42	1,040	225	5,641	754
Kunak	244	708	1,021	355	96	24	177	5	481	121	10,079	417
Tongod	3,152	490	1,036	229	32	22	93	25	451	190	10,277	37
Putatan	3,819	4,129	7,046	2,215	566	679	1,035	172	1,961	828	17,242	1,098
Telupid	340	333	694	372	199	12	165	4	356	73	3,801	84
Kalabakan	643	401	779	198	8	..	51	4	548	43	11,156	138
Sarawak	**181,701**	**143,562**	**270,018**	**78,352**	**24,422**	**21,982**	**35,329**	**12,715**	**96,344**	**28,273**	**912,133**	**44,552**
Kuching	79,570	49,172	88,444	25,821	9,076	8,356	11,064	5,357	28,525	7,624	210,558	15,297
Bau	5,617	1,677	6,741	856	220	224	477	78	2,218	802	24,268	582
Lundu	759	738	2,084	622	105	70	191	12	615	240	20,977	434
Samarahan	7,409	14,669	19,284	6,979	2,146	1,922	3,441	606	6,108	1,942	53,689	5,186
Serian	6,930	2,541	9,203	1,580	421	343	811	132	2,433	1,615	48,119	1,280
Simunjan	148	506	564	192	17	5	53	4	342	26	3,192	71
Sri Aman	3,796	4,017	10,701	1,569	489	207	755	94	4,055	702	16,942	490
Lubok Antu	207	299	499	280	108	23	137	7	394	323	16,167	67
Betong	1,731	2,310	3,746	1,361	228	197	778	145	1,241	488	16,672	212
Saratok	313	724	736	385	57	48	152	11	222	73	4,837	124
Sarikei	2,293	3,361	4,358	1,655	434	343	573	178	1,254	308	21,847	1,199
Maradong	850	595	1,465	408	93	61	151	109	618	166	10,459	171
Daro	146	754	2,000	705	159	17	389	13	1,393	260	5,843	108
Julau	53	240	194	113	127	8	39	5	1,137	308	9,285	52
Sibu	15,271	19,234	40,075	9,611	3,318	3,009	4,701	2,151	13,556	3,110	111,273	3,604
Dalat	663	772	1,985	499	46	15	126	15	985	78	11,242	726
Mukah	1,236	1,794	3,113	1,602	162	175	505	61	984	323	23,616	1,045
Kanowit	349	721	1,043	376	64	51	166	27	709	238	16,795	229
Bintulu	4,246	5,731	6,916	2,658	847	1,013	1,238	307	2,300	592	18,152	1,814
Tatau	122	239	500	82	17	5	26	5	79	23	4,683	37
Kapit	106	512	782	113	70	33	114	39	502	161	8,644	145

Nota/ *Notes* **:**

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	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Song	125	720	964	176	57	24	134	4	681	505	6,138	341
Belaga	39	162	258	35	11	6	16	1	73	25	3,859	18
Miri	26,693	19,939	36,198	13,502	4,856	4,998	6,251	3,119	13,278	4,679	77,189	5,807
Marudi	559	586	1,402	328	59	26	123	21	233	341	5,785	83
Limbang	2,668	2,978	3,924	1,424	220	410	818	88	2,916	414	21,304	2,852
Lawas	3,860	2,925	2,980	1,079	315	118	809	41	1,361	444	14,984	1,059
Matu	2,686	602	2,190	548	37	3	231	1	2,021	121	5,165	166
Asajaya	2,269	943	4,018	665	38	40	210	9	1,582	254	20,722	562
Pakan	7,464	820	6,662	467	222	98	171	27	350	865	1,626	29
Selangau	86	196	666	50	19	14	64	4	179	40	8,108	28
Tebedu	847	241	602	139	77	11	43	3	133	235	16,209	29
Pusa	45	238	936	392	14	6	65	5	1,587	184	9,272	260
Kabong	272	234	687	250	7	10	47	2	552	17	11,335	57
Tanjung Manis	400	527	863	955	27	16	167	2	546	73	3,071	144
Sebauh	26	43	91	55	27	2	38	7	66	102	7,968	13
Bukit Mabong	41	129	257	16	135	4	31	-	223	135	6,656	-
Subis	1,103	923	2,698	582	62	45	172	18	773	286	18,608	195
Beluru	190	260	96	144	24	21	45	5	60	53	12,583	16
Telang Usan	513	490	93	78	11	5	7	2	60	98	4,291	20
W.P. Kuala Lumpur	**230,123**	**172,914**	**271,832**	**124,626**	**65,210**	**60,564**	**41,106**	**29,113**	**50,387**	**21,975**	**174,490**	**28,854**
W.P. Labuan	**5,882**	**7,478**	**11,221**	**3,806**	**1,035**	**935**	**1,481**	**266**	**3,913**	**1,374**	**28,734**	**2,363**
W.P. Putrajaya	**24,054**	**25,059**	**30,607**	**16,909**	**7,066**	**4,393**	**6,402**	**622**	**7,196**	**2,133**	**10,938**	**5,326**

Nota/ *Notes* **:**

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Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 7: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan, kumpulan etnik, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: Bumiputera
Ethnic group: Bumiputera

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
MALAYSIA	**1,657,812**	**1,424,664**	**3,016,247**	**1,070,314**	**250,538**	**203,387**	**334,453**	**44,713**	**663,039**	**243,368**	**5,013,892**	**339,578**
Johor	**193,469**	**165,274**	**406,624**	**132,667**	**27,163**	**23,586**	**40,823**	**5,470**	**74,247**	**24,991**	**380,027**	**36,122**
Batu Pahat	20,806	18,025	47,065	18,098	2,031	2,255	4,204	518	8,550	2,387	28,696	4,068
Johor Bahru	57,338	62,146	118,764	41,387	13,213	10,828	15,839	2,466	26,044	8,673	108,264	14,382
Kluang	35,234	20,060	51,535	11,656	1,738	1,695	3,511	290	8,906	2,804	41,200	3,155
Kota Tinggi	10,588	11,364	37,555	10,398	1,816	1,778	2,995	329	5,631	2,208	57,537	2,666
Mersing	5,113	7,095	14,897	5,664	898	565	1,270	66	3,866	1,953	20,400	1,833
Muar	25,317	14,870	46,833	15,402	1,908	1,864	3,867	463	7,095	1,987	31,689	2,006
Pontian	15,372	6,986	30,037	7,079	943	931	2,056	252	2,732	1,127	30,372	1,242
Segamat	7,921	7,200	13,769	5,468	1,304	1,400	2,320	678	2,768	1,164	17,286	2,325
Kulai	11,620	12,700	30,137	11,225	2,929	1,819	3,263	277	5,941	2,086	24,374	3,061
Tangkak	4,160	4,828	16,032	6,290	383	451	1,498	131	2,714	602	20,209	1,384
Kedah	**178,927**	**102,869**	**254,174**	**89,055**	**12,687**	**10,713**	**21,693**	**2,065**	**45,098**	**19,367**	**550,358**	**26,363**
Baling	13,387	6,047	7,878	3,910	338	346	1,101	53	2,362	1,085	60,615	1,150
Bandar Baharu	8,269	1,223	2,613	1,438	109	86	272	22	1,186	931	7,365	1,039
Kota Setar	22,939	15,404	36,334	13,179	2,026	1,827	4,187	339	7,133	2,563	117,194	4,893
Kuala Muda	73,018	27,069	66,549	25,212	3,714	2,997	6,012	619	12,817	4,447	61,269	5,851
Kubang Pasu	15,826	13,649	41,266	12,301	1,581	1,425	3,009	199	5,945	2,973	66,766	4,165
Kulim	20,523	20,026	47,815	16,674	2,413	2,577	3,723	546	7,028	2,383	59,175	3,327
Langkawi	7,232	4,029	18,643	3,297	792	710	808	74	2,228	1,128	36,298	3,034
Padang Terap	2,882	6,353	12,015	4,252	806	106	642	29	2,977	1,758	21,164	408
Sik	4,411	1,841	3,539	1,373	119	113	284	21	665	551	25,649	589
Yan	5,160	2,909	5,025	2,497	194	184	446	19	938	498	37,555	592
Pendang	2,733	2,396	8,391	2,833	432	203	719	112	863	539	34,848	671
Pokok Sena	2,547	1,923	4,106	2,089	163	139	490	32	956	511	22,460	644
Kelantan	**103,473**	**82,466**	**225,891**	**66,934**	**9,881**	**6,752**	**16,171**	**2,510**	**37,697**	**17,949**	**697,065**	**14,685**
Bachok	8,403	5,107	17,282	5,604	971	696	1,539	171	3,078	1,085	67,463	1,265
Kota Bharu	37,122	29,253	86,866	23,546	3,490	3,103	6,295	940	12,108	6,045	211,823	5,645
Machang	6,633	8,104	12,056	5,570	1,524	903	1,996	702	3,479	2,999	47,175	1,009
Pasir Mas	12,243	9,585	24,977	7,030	532	489	1,263	70	4,569	1,643	109,911	2,110
Pasir Puteh	4,720	4,568	14,226	4,255	635	373	1,238	125	1,685	1,232	35,976	874
Tanah Merah	2,625	4,209	19,241	4,029	623	248	713	57	2,723	904	61,249	954
Tumpat	16,420	11,153	27,324	8,015	873	449	1,056	95	4,442	1,319	64,398	1,318
Gua Musang	7,528	3,152	8,367	3,649	312	156	958	231	2,968	991	27,774	508
Kuala Krai	1,269	2,982	6,863	2,373	303	194	539	96	1,822	874	47,163	565
Jeli	6,374	4,238	8,409	2,835	616	140	549	23	766	845	18,059	436
Kecil Lojing	136	115	280	28	2	1	25	-	57	12	6,074	1

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Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: Bumiputera

Ethnic group: Bumiputera

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Melaka	**22,107**	**32,126**	**52,295**	**22,705**	**5,462**	**4,102**	**7,105**	**669**	**11,348**	**4,872**	**57,050**	**7,337**
Alor Gajah	5,420	9,347	13,483	5,977	1,409	1,197	1,985	226	3,464	1,700	13,750	2,004
Jasin	3,266	4,589	6,834	3,512	577	528	1,127	129	1,797	557	7,609	1,288
Melaka Tengah	13,421	18,190	31,978	13,216	3,476	2,377	3,993	314	6,087	2,615	35,691	4,045
Negeri Sembilan	**98,476**	**62,426**	**121,711**	**41,677**	**9,350**	**7,861**	**12,978**	**1,658**	**23,008**	**10,456**	**164,478**	**15,550**
Jelebu	1,118	2,862	3,075	1,856	153	174	299	26	625	421	13,834	391
Kuala Pilah	4,034	2,212	6,528	1,854	238	275	675	56	956	531	19,069	687
Port Dickson	7,832	7,653	19,834	4,880	1,452	806	1,654	197	1,889	1,453	9,774	981
Rembau	8,220	3,743	8,586	2,476	444	369	688	64	2,590	917	11,727	1,586
Seremban	46,470	37,486	71,643	25,288	6,137	5,503	8,095	1,111	13,837	5,375	81,814	10,383
Tampin	3,459	5,103	5,619	2,631	691	426	775	121	1,161	1,130	9,763	620
Jempol	27,343	3,367	6,426	2,692	235	308	792	83	1,950	629	18,497	902
Pahang	**82,841**	**89,323**	**184,645**	**70,393**	**10,422**	**7,234**	**17,353**	**1,699**	**43,493**	**16,918**	**416,415**	**19,152**
Bentong	4,408	4,177	7,134	3,474	371	356	1,082	57	1,958	927	11,396	727
Cameron Highlands	556	847	1,143	393	61	80	177	20	271	218	9,108	160
Jerantut	4,388	5,359	11,160	5,075	1,404	339	756	87	2,019	1,580	37,190	766
Kuantan	27,684	36,012	76,231	26,515	3,850	3,156	6,388	522	16,025	4,903	113,596	6,832
Lipis	1,701	4,699	6,637	3,003	585	226	728	153	1,253	889	18,703	512
Pekan	13,470	9,790	17,031	5,534	370	516	1,614	108	5,821	1,072	49,032	2,020
Raub	3,495	4,474	7,969	4,528	1,184	976	1,875	361	2,401	1,640	23,853	1,828
Temerloh	10,906	13,674	30,184	10,448	1,081	831	1,865	169	4,732	1,549	33,367	2,403
Rompin	11,542	3,741	6,640	3,408	729	327	763	60	3,097	1,869	37,982	1,669
Maran	3,812	3,922	12,972	5,612	604	292	1,567	65	4,823	1,721	55,434	1,701
Bera	879	2,628	7,544	2,403	183	135	538	97	1,093	550	26,754	534
Pulau Pinang	**112,411**	**72,276**	**181,229**	**65,005**	**15,634**	**14,022**	**19,178**	**4,011**	**31,610**	**13,026**	**189,641**	**13,169**
Seberang Perai Tengah	34,674	16,969	63,820	17,325	2,960	3,369	4,556	996	10,349	2,838	47,775	2,563
Seberang Perai Utara	25,964	19,189	41,785	20,052	4,672	3,365	5,130	979	8,602	3,564	56,885	3,137
Seberang Perai Selatan	13,188	8,863	34,488	9,661	1,055	979	1,918	153	3,532	1,310	9,350	1,378
Timur Laut	18,802	14,184	19,425	9,477	4,347	4,192	4,996	1,550	4,601	3,400	36,926	2,886
Barat Daya	19,783	13,071	21,711	8,490	2,600	2,117	2,578	333	4,526	1,914	38,705	3,205
Perak	**168,102**	**124,558**	**251,785**	**103,982**	**18,260**	**14,745**	**29,210**	**2,610**	**64,135**	**23,839**	**502,747**	**35,332**
Batang Padang	8,821	7,620	15,848	5,865	547	964	1,587	102	3,758	1,499	31,271	1,693
Manjung	18,095	18,105	29,298	12,753	4,270	2,270	3,596	347	5,064	2,959	38,578	3,387
Kinta	56,041	38,575	79,762	30,481	6,435	5,046	8,872	854	20,666	7,605	121,261	11,098
Kerian	10,004	8,092	23,173	9,637	801	860	1,865	118	7,907	2,767	54,758	2,499
Kuala Kangsar	15,348	8,651	15,193	6,888	1,119	792	1,653	257	2,835	1,068	46,222	2,342
Larut dan Matang	18,240	14,099	31,312	13,238	1,884	1,387	3,973	311	6,565	1,901	66,833	4,976
Hilir Perak	9,707	4,581	7,544	3,851	415	467	1,367	95	2,384	481	20,372	1,724

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Hulu Perak	7,120	6,600	13,966	4,334	577	480	1,500	156	2,068	1,553	35,220	1,490
Perak Tengah	6,935	7,082	15,387	7,206	724	1,229	1,908	136	5,104	1,194	30,704	2,137
Kampar	3,889	2,359	4,205	1,982	269	268	692	55	1,736	887	17,780	1,088
Muallim	6,880	5,176	9,507	4,437	968	763	1,466	132	3,469	1,403	14,579	1,493
Bagan Datuk	3,880	1,947	3,064	1,654	110	104	353	23	2,045	271	17,097	800
Selama	3,142	1,671	3,526	1,656	141	115	378	24	534	251	8,072	605
Perlis	**43,734**	**25,221**	**65,394**	**18,748**	**2,043**	**2,576**	**5,147**	**287**	**10,961**	**3,222**	**75,585**	**5,065**
Perlis	43,734	25,221	65,394	18,748	2,043	2,576	5,147	287	10,961	3,222	75,585	5,065
Selangor	**220,381**	**251,816**	**366,719**	**188,130**	**62,188**	**52,386**	**65,728**	**9,969**	**102,134**	**32,585**	**263,585**	**70,497**
Gombak	27,759	30,555	46,611	23,330	7,334	6,749	8,400	1,087	12,345	4,760	26,122	8,811
Klang	21,168	24,635	44,940	21,080	4,756	4,112	6,398	801	9,877	2,961	36,925	7,245
Kuala Langat	6,086	9,616	18,079	9,110	2,087	1,475	2,331	236	3,828	1,378	12,062	2,819
Kuala Selangor	12,316	16,020	22,751	15,109	2,603	2,489	4,104	410	6,941	2,337	28,895	5,053
Petaling	70,645	76,888	106,504	49,108	21,342	18,668	20,040	3,963	30,470	9,677	64,074	20,918
Sabak Bernam	2,037	3,247	7,332	3,370	234	317	793	53	1,331	353	13,319	1,036
Sepang	18,665	20,950	26,327	15,756	5,830	4,414	5,538	600	8,233	2,281	18,648	6,022
Ulu Langat	51,888	59,680	78,856	42,231	16,872	12,947	15,653	2,559	25,136	7,338	45,711	16,028
Ulu Selangor	9,817	10,225	15,319	9,036	1,130	1,215	2,471	260	3,973	1,500	17,829	2,565
Terengganu	**79,647**	**82,431**	**273,727**	**67,179**	**9,975**	**6,643**	**15,547**	**1,097**	**37,464**	**14,679**	**388,540**	**14,217**
Besut	10,176	13,415	39,733	14,231	1,816	961	2,515	157	7,674	3,411	59,404	1,775
Dungun	4,473	5,796	56,776	6,766	1,019	623	1,945	146	3,891	1,840	41,939	2,481
Kemaman	14,897	13,776	49,640	15,892	2,491	1,643	3,075	227	7,679	2,487	43,699	1,754
Kuala Terengganu	9,995	14,231	44,184	9,200	1,629	991	2,364	173	4,354	1,878	95,609	2,689
Marang	7,432	8,063	16,823	4,629	794	535	1,307	73	3,591	857	43,502	2,083
Hulu Terengganu	2,576	5,105	15,967	4,450	741	733	1,405	152	1,432	1,182	29,627	934
Setiu	5,330	2,911	11,103	2,622	248	205	823	23	1,531	862	27,928	312
Kuala Nerus	24,768	19,134	39,501	9,389	1,237	952	2,113	146	7,312	2,162	46,832	2,189
Sabah	**106,327**	**108,208**	**241,060**	**60,576**	**16,736**	**10,913**	**27,223**	**3,700**	**62,762**	**20,327**	**526,352**	**27,045**
Tawau	5,609	11,577	24,126	6,400	1,016	796	2,503	237	9,033	1,884	62,890	2,818
Lahad Datu	7,135	7,830	28,432	4,425	855	340	942	90	3,345	1,347	37,826	908
Semporna	595	3,096	10,011	2,243	1,758	230	598	103	1,052	834	48,125	597
Sandakan	5,836	9,570	17,683	4,369	1,718	1,159	3,654	374	6,828	2,325	52,356	2,797
Kinabatangan	2,762	1,569	3,387	735	118	52	551	27	1,007	310	11,012	731
Beluran	5,275	1,515	1,399	858	569	68	294	17	725	528	12,924	172
Kota Kinabalu	17,234	19,144	39,344	10,183	3,850	3,104	5,966	972	11,850	3,736	50,282	5,305
Ranau	3,367	2,177	1,831	1,036	213	91	563	108	396	259	3,190	381
Kota Belud	7,955	6,887	18,374	4,034	685	261	1,051	60	3,623	1,076	23,129	973
Tuaran	1,582	3,815	9,503	2,269	516	451	1,202	109	2,266	748	14,959	1,552
Penampang	7,595	6,556	10,892	2,913	1,319	1,260	2,256	520	3,539	1,042	16,653	1,951

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Kumpulan etnik: Bumiputera

Ethnic group: Bumiputera

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Papar	7,956	7,206	10,171	5,034	845	816	1,677	192	3,802	957	16,156	2,326
Kudat	4,301	3,424	11,094	2,403	782	242	829	148	1,822	984	19,501	620
Kota Marudu	645	1,567	4,585	866	289	152	548	99	829	336	24,029	395
Pitas	591	1,151	5,854	358	73	20	103	10	859	134	15,826	58
Beaufort	5,454	3,657	6,098	2,621	108	215	512	49	1,951	280	21,592	655
Kuala Penyu	1,766	1,358	1,092	852	286	34	215	24	400	265	1,346	163
Sipitang	2,420	1,796	5,292	1,648	88	192	297	20	634	316	6,674	690
Tenom	3,365	1,551	2,039	482	71	67	347	52	403	166	7,110	503
Nabawan	1,984	1,185	2,409	373	131	25	217	59	411	208	6,249	364
Keningau	4,717	4,933	14,179	2,795	553	542	1,267	253	3,352	1,159	18,930	685
Tambunan	466	938	3,199	535	79	128	273	40	1,036	223	5,574	751
Kunak	230	690	979	341	95	23	164	1	466	120	9,488	392
Tongod	3,120	486	1,025	229	32	21	93	25	445	190	10,165	37
Putatan	3,411	3,822	6,634	2,058	503	612	938	107	1,806	784	15,695	1,004
Telupid	330	313	663	323	177	12	115	3	348	73	3,667	83
Kalabakan	626	395	765	193	7	..	48	1	534	43	11,004	134
Sarawak	**122,681**	**106,777**	**207,190**	**59,352**	**15,704**	**13,122**	**26,320**	**3,663**	**78,909**	**24,269**	**690,271**	**33,764**
Kuching	47,268	34,071	67,494	18,878	5,120	4,507	7,966	1,352	22,964	6,289	131,663	10,590
Bau	4,779	1,531	6,208	775	206	200	441	50	1,978	765	19,700	521
Lundu	627	641	1,847	557	95	66	177	5	565	221	18,564	405
Samarahan	5,618	12,611	16,490	5,965	1,727	1,518	2,968	250	5,445	1,812	41,147	4,449
Serian	5,513	2,160	7,954	1,290	339	285	718	51	2,101	1,471	40,603	1,124
Simunjan	131	479	514	185	16	5	52	1	318	26	3,100	70
Sri Aman	3,125	3,497	9,657	1,321	456	176	682	50	3,598	645	14,674	443
Lubok Antu	191	290	468	263	104	21	125	5	368	307	15,087	57
Betong	1,633	2,133	3,550	1,301	223	191	740	128	1,170	475	16,229	199
Saratok	280	676	672	354	56	41	137	8	207	70	4,616	113
Sarikei	1,261	2,191	2,797	1,147	294	220	415	29	913	248	13,272	785
Maradong	656	471	1,114	303	82	48	125	34	467	145	7,078	143
Daro	143	707	1,918	693	157	13	379	10	1,365	248	5,721	108
Julau	53	230	170	103	125	7	39	5	1,094	301	9,015	48
Sibu	6,645	11,156	20,016	5,234	1,527	1,315	2,605	355	8,809	2,337	56,413	2,037
Dalat	592	730	1,859	464	43	13	120	8	939	71	10,499	683
Mukah	1,011	1,627	2,819	1,445	156	151	454	40	929	292	21,695	933
Kanowit	266	662	921	335	59	50	149	21	651	222	15,277	209
Bintulu	2,962	4,351	5,748	2,093	590	689	953	120	2,051	546	13,655	1,347
Tatau	111	229	478	79	17	5	24	4	77	23	4,418	33
Kapit	99	473	686	96	68	32	110	25	437	156	7,969	132

Nota/ *Notes* **:**

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Jadual 7: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan, kumpulan etnik, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: Bumiputera
Ethnic group: Bumiputera

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Song	118	638	906	150	57	21	131	3	618	472	5,854	324
Belaga	37	160	248	35	11	5	14	1	70	24	3,749	18
Miri	17,907	13,795	25,891	9,505	2,957	2,816	4,007	986	9,753	3,589	51,887	3,891
Marudi	518	523	1,247	299	52	21	112	11	202	319	4,820	66
Limbang	2,181	2,570	3,545	1,290	188	341	707	32	2,588	375	18,477	2,598
Lawas	3,458	2,708	2,819	978	303	105	727	24	1,311	438	13,723	1,009
Matu	2,587	577	2,085	530	37	3	224	1	1,946	119	5,046	159
Asajaya	2,133	932	3,918	653	36	38	203	3	1,571	253	19,610	505
Pakan	7,392	795	6,553	447	212	96	162	17	338	843	1,603	29
Selangau	83	187	643	50	19	13	62	3	171	37	7,882	28
Tebedu	838	235	582	137	77	11	43	3	125	231	15,862	28
Pusa	39	234	917	388	14	6	65	5	1,574	181	9,181	250
Kabong	265	230	664	244	6	9	46	1	546	17	10,902	56
Tanjung Manis	390	516	857	950	27	15	162	2	542	72	3,008	142
Sebauh	20	36	80	48	25	1	37	4	60	99	7,717	12
Bukit Mabong	40	126	250	14	134	4	31	..	206	126	6,505	..
Subis	1,034	872	2,430	543	58	38	156	10	729	258	17,639	185
Beluru	180	247	83	134	20	21	45	4	55	52	12,181	16
Telang Usan	497	480	92	76	11	5	7	2	58	94	4,230	19
W.P. Kuala Lumpur	**96,998**	**87,711**	**143,599**	**63,837**	**27,207**	**23,716**	**22,365**	**4,679**	**29,488**	**13,491**	**77,200**	**14,019**
W.P. Labuan	**4,915**	**6,662**	**10,116**	**3,452**	**905**	**777**	**1,340**	**123**	**3,588**	**1,278**	**23,952**	**2,075**
W.P. Putrajaya	**23,323**	**24,520**	**30,088**	**16,622**	**6,921**	**4,239**	**6,272**	**503**	**7,097**	**2,099**	**10,626**	**5,186**

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Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: Cina
Ethnic group: Chinese

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
MALAYSIA	**767,684**	**490,666**	**761,539**	**309,841**	**166,094**	**152,081**	**105,732**	**161,147**	**139,893**	**40,723**	**1,466,439**	**116,962**
Johor	**103,811**	**78,428**	**141,919**	**47,209**	**22,511**	**19,537**	**16,273**	**25,300**	**21,165**	**5,053**	**196,708**	**14,305**
Batu Pahat	8,427	6,820	14,265	4,367	1,303	1,597	1,407	2,190	1,877	309	16,449	1,512
Johor Bahru	35,141	37,415	42,828	18,434	13,771	11,227	7,345	10,239	8,153	2,063	75,084	7,678
Kluang	22,937	9,450	27,603	4,648	1,282	1,137	1,301	2,923	3,738	643	26,067	996
Kota Tinggi	1,800	1,214	4,636	1,019	237	259	278	506	300	73	6,999	191
Mersing	713	502	1,420	505	65	72	126	240	315	82	2,676	165
Muar	14,177	6,536	21,356	7,017	1,280	1,291	1,649	3,323	2,242	288	17,012	903
Pontian	5,046	3,127	7,509	2,042	437	532	667	991	610	301	14,258	475
Segamat	5,929	3,287	5,559	2,731	1,353	1,366	1,511	1,793	1,296	485	10,567	537
Kulai	7,793	8,336	11,271	4,854	2,597	1,758	1,342	2,207	1,949	686	19,799	1,492
Tangkak	1,848	1,741	5,472	1,592	186	298	647	888	685	123	7,797	356
Kedah	**36,702**	**14,453**	**35,474**	**11,835**	**2,823**	**2,777**	**3,431**	**5,523**	**4,105**	**1,324**	**74,730**	**2,665**
Baling	592	190	219	153	10	25	29	113	60	19	2,001	35
Bandar Baharu	1,178	149	142	97	7	20	24	44	45	23	1,136	33
Kota Setar	8,172	3,691	9,606	3,209	1,002	911	1,182	1,680	1,463	538	32,912	822
Kuala Muda	17,177	5,504	12,082	4,297	880	993	1,032	2,036	1,284	336	15,739	982
Kubang Pasu	2,073	980	3,511	815	171	142	138	242	288	153	4,296	176
Kulim	6,393	3,289	8,105	2,612	629	547	838	1,132	768	148	12,681	410
Langkawi	571	303	1,176	236	60	83	106	134	106	48	1,854	145
Padang Terap	24	40	120	63	3	1	3	5	8	7	112	1
Sik	21	20	49	13	2	3	2	3	7	2	152	6
Yan	243	122	173	136	10	12	25	61	27	10	1,350	22
Pendang	106	77	72	76	13	16	22	23	10	3	1,281	13
Pokok Sena	152	88	219	128	36	24	30	50	39	37	1,216	20
Kelantan	**4,974**	**2,094**	**6,290**	**1,863**	**414**	**331**	**562**	**1,059**	**765**	**243**	**20,131**	**386**
Bachok	56	55	211	51	6	8	23	28	17	5	791	10
Kota Bharu	1,699	870	2,407	856	238	177	254	519	282	108	7,926	161
Machang	353	70	199	55	17	6	15	23	18	19	944	12
Pasir Mas	262	110	320	70	8	8	38	60	36	9	1,926	19
Pasir Puteh	23	35	114	38	8	6	12	35	15	14	114	6
Tanah Merah	140	116	571	151	30	19	45	48	51	12	2,757	20
Tumpat	1,584	449	1,514	303	54	61	65	186	184	36	2,396	90
Gua Musang	658	163	596	228	31	30	74	113	120	25	1,486	35
Kuala Krai	182	189	297	93	18	11	32	42	34	10	1,752	33
Jeli	17	37	61	18	4	5	4	5	8	5	30	-
Kecil Lojing	-	-	-	-	-	-	-	..	-	-	9	-

Nota/ *Notes* **:**

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Jadual 7: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan, kumpulan etnik, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: Cina
Ethnic group: Chinese

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Melaka	**11,587**	**8,076**	**9,865**	**5,158**	**2,500**	**2,021**	**1,798**	**2,555**	**2,320**	**527**	**25,917**	**2,542**
Alor Gajah	936	1,042	1,228	668	241	206	188	302	328	77	3,027	296
Jasin	585	450	500	293	92	90	93	118	119	33	1,305	138
Melaka Tengah	10,066	6,584	8,137	4,197	2,167	1,725	1,517	2,135	1,873	417	21,585	2,108
Negeri Sembilan	**33,794**	**16,527**	**31,421**	**9,080**	**3,498**	**3,326**	**2,825**	**4,875**	**3,270**	**1,056**	**70,186**	**3,334**
Jelebu	331	796	728	496	37	39	56	60	126	158	5,323	82
Kuala Pilah	611	293	978	288	63	36	56	136	77	28	3,582	98
Port Dickson	2,624	1,330	8,277	1,148	302	232	260	397	297	100	7,716	233
Rembau	470	190	151	59	12	14	25	21	81	23	1,103	23
Seremban	21,098	10,307	17,938	6,007	2,850	2,708	2,063	3,489	2,303	640	44,243	2,555
Tampin	3,078	2,648	1,849	488	154	154	176	473	172	67	2,444	162
Jempol	5,582	963	1,500	594	80	143	189	299	214	40	5,775	181
Pahang	**18,158**	**11,924**	**24,870**	**8,559**	**1,950**	**1,697**	**2,084**	**4,358**	**4,812**	**1,642**	**71,011**	**2,555**
Bentong	2,196	1,168	2,376	1,072	216	207	253	552	602	137	5,399	209
Cameron Highlands	907	331	1,052	170	23	30	57	89	104	98	6,367	216
Jerantut	521	740	1,317	656	302	96	100	206	302	285	5,551	106
Kuantan	8,242	5,002	8,066	2,671	768	732	893	1,544	2,144	526	23,472	1,084
Lipis	140	334	761	257	8	27	35	56	48	10	1,506	46
Pekan	338	170	444	105	29	54	19	49	136	16	500	43
Raub	2,915	1,238	3,238	1,053	286	193	263	549	537	363	10,465	400
Temerloh	1,511	1,722	4,494	1,481	221	238	300	782	487	119	5,477	237
Rompin	333	84	121	73	26	6	9	31	44	19	533	37
Maran	84	95	526	167	6	5	11	259	162	24	1,407	36
Bera	971	1,040	2,475	854	65	109	144	241	246	45	10,334	141
Pulau Pinang	**136,714**	**83,375**	**139,779**	**60,083**	**35,681**	**29,075**	**21,279**	**28,260**	**20,939**	**8,773**	**205,349**	**16,782**
Seberang Perai Tengah	25,111	16,291	45,800	15,101	7,034	5,314	4,258	5,757	6,777	1,858	38,654	2,960
Seberang Perai Utara	15,336	9,776	18,893	9,362	4,651	3,260	2,803	3,566	3,342	1,547	25,894	1,466
Seberang Perai Selatan	11,081	8,981	25,326	8,576	2,146	1,734	2,179	3,386	2,174	648	9,976	1,036
Timur Laut	65,823	36,379	37,928	21,147	17,072	14,793	10,001	12,536	6,532	4,100	108,941	8,752
Barat Daya	19,363	11,948	11,832	5,897	4,778	3,974	2,038	3,015	2,114	620	21,884	2,568
Perak	**99,953**	**43,817**	**79,145**	**32,892**	**9,777**	**9,468**	**8,978**	**16,432**	**16,723**	**4,728**	**266,600**	**11,655**
Batang Padang	2,753	944	5,185	1,112	97	191	254	649	674	200	9,042	151
Manjung	9,579	4,304	8,741	3,298	720	755	1,012	1,077	1,098	372	29,384	914
Kinta	55,392	24,606	40,621	17,031	6,563	6,092	4,641	9,899	8,214	2,033	127,045	7,010
Kerian	2,913	1,737	4,336	1,922	223	308	587	903	1,486	495	10,860	264
Kuala Kangsar	5,144	1,751	2,848	993	183	184	221	387	418	77	18,215	285
Larut dan Matang	9,796	5,107	9,529	4,049	1,192	736	1,114	1,766	1,785	272	23,937	1,356
Hilir Perak	4,120	1,801	2,163	1,220	262	352	422	634	486	89	11,642	542

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Kumpulan etnik: Cina
Ethnic group: Chinese

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Hulu Perak	868	480	1,416	320	33	63	102	210	148	45	3,189	160
Perak Tengah	112	123	129	47	36	60	12	16	62	11	249	29
Kampar	7,093	2,293	2,839	2,245	363	575	442	604	1,682	1,009	24,138	757
Muallim	1,218	378	869	372	73	98	88	196	198	92	2,669	95
Bagan Datuk	835	236	410	242	31	50	71	79	458	31	5,797	72
Selama	130	57	59	41	1	4	12	12	14	2	433	20
Perlis	**3,737**	**1,611**	**4,294**	**1,129**	**197**	**246**	**337**	**788**	**724**	**139**	**6,991**	**283**
Perlis	3,737	1,611	4,294	1,129	197	246	337	788	724	139	6,991	283
Selangor	**132,296**	**107,327**	**92,163**	**55,510**	**42,255**	**41,146**	**20,196**	**36,501**	**24,648**	**5,654**	**163,902**	**34,480**
Gombak	10,180	8,971	7,180	4,600	3,347	3,117	1,671	3,346	2,052	579	15,209	2,768
Klang	18,689	15,440	18,382	9,687	5,849	4,760	2,973	4,703	3,650	940	26,189	4,615
Kuala Langat	1,879	2,478	2,353	1,583	867	779	528	625	531	142	4,611	652
Kuala Selangor	868	1,149	1,146	874	263	252	189	329	250	91	3,685	289
Petaling	71,121	49,572	37,167	23,441	21,429	21,846	9,146	17,538	11,022	2,365	62,380	17,826
Sabak Bernam	569	751	1,694	657	131	178	204	383	240	62	4,465	210
Sepang	4,802	5,094	3,981	3,092	1,913	1,980	987	1,993	1,259	247	7,243	1,362
Ulu Langat	23,000	22,996	19,192	10,853	8,286	8,070	4,331	7,225	5,346	1,164	36,748	6,570
Ulu Selangor	1,188	876	1,068	723	170	164	167	359	298	64	3,372	188
Terengganu	**2,817**	**1,860**	**7,075**	**1,399**	**385**	**211**	**324**	**499**	**483**	**171**	**7,597**	**234**
Besut	152	135	326	122	39	13	27	32	61	23	467	29
Dungun	168	105	1,420	97	21	23	18	32	22	7	988	19
Kemaman	820	650	2,089	663	115	41	59	129	165	77	2,362	42
Kuala Terengganu	566	588	2,575	337	139	94	170	222	132	42	2,596	99
Marang	497	34	93	28	12	9	9	4	17	6	604	14
Hulu Terengganu	25	36	85	30	4	4	3	18	8	3	39	-
Setiu	10	1	9	1	5	-	-	-	1	-	36	-
Kuala Nerus	579	311	478	121	50	27	38	62	77	13	505	31
Sabah	**18,905**	**16,968**	**25,062**	**8,034**	**3,730**	**3,342**	**3,797**	**4,592**	**6,003**	**1,401**	**56,182**	**5,014**
Tawau	2,192	2,689	4,315	1,306	313	369	488	914	1,153	186	9,626	639
Lahad Datu	605	886	2,689	444	102	83	125	139	211	69	3,329	155
Semporna	11	64	196	70	37	8	10	21	16	9	552	5
Sandakan	2,964	3,143	3,954	1,193	750	572	778	804	1,010	194	11,463	1,041
Kinabatangan	35	20	44	12	4	2	6	4	7	4	87	-
Beluran	42	9	4	4	3	2	5	1	7	2	105	1
Kota Kinabalu	8,436	6,298	8,011	3,074	1,623	1,546	1,322	1,612	1,945	561	16,174	2,023
Ranau	42	32	12	2	1	4	7	9	2	-	46	9
Kota Belud	56	41	171	42	7	3	13	6	32	8	165	6
Tuaran	57	88	321	48	15	12	13	19	23	10	457	32
Penampang	2,555	2,306	2,397	953	673	534	653	691	858	195	7,453	722

Nota/ *Notes* **:**

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Jadual 7: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan, kumpulan etnik, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: Cina
Ethnic group: Chinese

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Papar	286	237	334	150	46	26	33	52	92	14	904	75
Kudat	281	210	606	178	44	31	67	139	109	57	1,070	60
Kota Marudu	16	66	182	30	8	11	15	5	26	9	541	18
Pitas	3	9	53	10	-	1	2	-	8	1	129	2
Beaufort	236	171	253	93	4	21	17	15	93	9	975	39
Kuala Penyu	14	13	18	3	2	-	3	-	4	3	18	1
Sipitang	72	47	109	28	4	4	6	2	12	5	230	6
Tenom	170	64	88	35	11	4	15	8	9	4	495	15
Nabawan	4	3	9	3	-	-	2	-	2	-	26	1
Keningau	478	318	961	219	29	49	131	82	251	33	926	88
Tambunan	5	8	17	2	-	1	-	2	4	1	59	1
Kunak	11	4	12	6	-	1	5	4	4	-	109	7
Tongod	19	2	7	-	-	1	-	-	4	-	79	-
Putatan	308	233	292	121	54	57	78	60	112	27	1,093	67
Telupid	2	5	1	5	-	-	1	-	2	-	31	-
Kalabakan	5	2	6	3	-	-	2	3	7	-	40	1
Sarawak	**57,786**	**35,846**	**61,527**	**18,580**	**8,498**	**8,620**	**8,780**	**8,927**	**16,972**	**3,829**	**218,136**	**10,513**
Kuching	31,655	14,740	20,384	6,770	3,845	3,746	3,022	3,961	5,369	1,276	77,536	4,586
Bau	830	143	516	78	14	22	36	28	239	37	4,494	57
Lundu	128	93	228	60	9	3	14	7	48	16	2,306	26
Samarahan	1,632	1,879	2,636	948	392	366	414	313	606	99	12,293	696
Serian	1,401	370	1,227	287	79	57	91	79	325	140	7,376	153
Simunjan	16	26	50	6	1	-	1	3	24	-	82	1
Sri Aman	666	514	1,027	247	33	30	69	43	455	56	2,215	45
Lubok Antu	16	8	29	16	3	2	12	2	26	16	1,047	10
Betong	97	176	195	60	5	6	38	17	71	13	423	13
Saratok	31	48	63	31	1	7	14	3	15	3	213	10
Sarikei	1,024	1,159	1,553	504	138	122	157	148	336	60	8,515	410
Maradong	187	122	349	105	11	12	25	75	146	19	3,370	28
Daro	2	39	64	12	2	4	5	3	19	5	106	-
Julau	-	8	24	10	2	1	-	-	40	7	262	4
Sibu	8,547	7,989	19,887	4,352	1,771	1,673	2,079	1,788	4,692	751	54,425	1,554
Dalat	71	42	126	34	3	2	6	7	46	7	731	42
Mukah	221	162	289	152	5	23	50	21	51	29	1,857	110
Kanowit	83	58	122	41	5	1	16	6	58	16	1,492	20
Bintulu	1,254	1,338	1,131	551	249	313	274	184	236	38	4,424	454
Tatau	11	9	21	3	-	-	2	1	2	-	246	4
Kapit	7	34	96	14	2	-	4	14	65	5	659	13

Nota/ *Notes* **:**

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Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 7: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan, kumpulan etnik, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: Cina
Ethnic group: Chinese

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Song	7	81	58	26	-	3	3	1	63	32	281	17
Belaga	2	-	9	-	-	-	2	-	3	1	100	-
Miri	8,566	5,978	10,105	3,894	1,855	2,133	2,205	2,112	3,453	1,065	24,895	1,869
Marudi	39	58	151	26	6	4	9	10	31	20	920	16
Limbang	475	398	370	132	31	65	107	56	315	37	2,760	241
Lawas	391	210	154	99	12	13	79	15	47	6	1,154	47
Matu	91	21	89	16	-	-	7	-	64	2	100	5
Asajaya	134	10	97	12	2	2	7	6	11	1	1,102	57
Pakan	70	25	106	20	10	2	9	10	12	22	22	-
Selangau	3	8	23	-	-	-	2	1	8	3	212	-
Tebedu	9	6	19	2	-	-	-	-	8	4	308	1
Pusa	6	4	17	4	-	-	-	-	10	3	83	10
Kabong	7	4	23	6	1	1	1	1	6	-	416	1
Tanjung Manis	10	9	6	5	-	-	3	-	4	-	56	2
Sebauh	6	7	11	7	2	1	1	3	6	3	225	1
Bukit Mabong	1	3	7	2	1	-	-	-	17	8	134	-
Subis	65	46	252	37	4	6	16	8	39	24	885	9
Beluru	9	11	13	9	4	-	-	1	4	1	351	-
Telang Usan	16	10	-	2	-	-	-	-	2	4	60	1
W.P. Kuala Lumpur	**105,391**	**67,558**	**101,590**	**48,137**	**31,703**	**30,099**	**14,935**	**21,309**	**16,662**	**6,094**	**78,744**	**11,920**
W.P. Labuan	**835**	**652**	**931**	**275**	**111**	**122**	**99**	**130**	**264**	**76**	**4,144**	**244**
W.P. Putrajaya	**224**	**150**	**134**	**98**	**61**	**63**	**34**	**39**	**38**	**13**	**111**	**50**

Nota/ *Notes* **:**

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Jadual 7: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan, kumpulan etnik, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: India
Ethnic group: Indians

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
MALAYSIA	**252,053**	**139,361**	**230,174**	**93,854**	**29,703**	**36,784**	**29,369**	**25,842**	**36,489**	**19,261**	**369,425**	**33,612**
Johor	**28,054**	**18,713**	**32,580**	**11,974**	**4,060**	**4,486**	**4,392**	**3,374**	**5,002**	**2,429**	**36,832**	**3,613**
Batu Pahat	741	775	1,244	503	117	181	144	101	247	120	719	110
Johor Bahru	13,296	9,909	12,990	6,011	2,397	2,724	2,619	1,941	2,350	1,296	15,893	2,200
Kluang	6,128	2,827	8,043	1,383	334	334	356	243	877	237	6,730	234
Kota Tinggi	658	420	1,332	314	52	84	78	46	104	64	2,139	95
Mersing	105	144	224	138	8	31	19	10	108	43	298	23
Muar	899	480	1,332	499	56	100	98	55	155	61	929	77
Pontian	167	99	260	84	13	25	24	14	21	14	461	18
Segamat	2,154	1,127	1,301	832	465	523	479	452	366	167	2,963	244
Kulai	3,418	2,563	4,870	1,850	601	441	486	435	610	371	5,443	521
Tangkak	488	369	984	360	17	43	89	77	164	56	1,257	91
Kedah	**24,259**	**9,283**	**21,592**	**7,171**	**969**	**1,450**	**1,656**	**1,412**	**2,484**	**1,207**	**31,182**	**1,909**
Baling	508	254	195	131	9	14	34	47	63	67	1,458	64
Bandar Baharu	457	59	87	62	3	3	10	3	45	29	877	28
Kota Setar	960	515	846	410	95	151	167	77	141	100	3,196	129
Kuala Muda	14,738	4,116	8,328	3,255	376	587	676	718	1,203	522	11,051	874
Kubang Pasu	939	346	1,218	262	40	47	67	50	121	91	1,241	105
Kulim	6,477	3,808	10,274	2,913	430	620	670	507	870	370	12,237	653
Langkawi	122	105	556	75	13	22	15	6	23	19	722	41
Padang Terap	-	1	4	2	-	-	1	-	-	-	9	-
Sik	7	9	8	4	-	-	2	1	2	-	5	1
Yan	11	14	9	8	-	1	3	-	3	2	25	1
Pendang	7	6	22	12	2	3	3	-	5	1	127	2
Pokok Sena	33	50	45	37	1	2	8	3	8	6	234	11
Kelantan	**445**	**413**	**734**	**229**	**73**	**50**	**55**	**41**	**104**	**61**	**2,099**	**50**
Bachok	17	13	33	10	-	2	7	5	6	1	19	7
Kota Bharu	232	196	316	112	50	31	20	11	38	24	620	21
Machang	18	20	18	5	-	-	3	-	-	-	44	1
Pasir Mas	-	5	6	-	-	-	1	-	3	-	7	2
Pasir Puteh	10	16	20	14	6	1	-	3	12	4	8	2
Tanah Merah	7	5	21	2	1	1	1	1	1	3	218	3
Tumpat	28	18	60	18	1	4	2	3	10	2	53	1
Gua Musang	44	19	81	14	4	2	2	6	12	2	407	4
Kuala Krai	48	56	72	34	7	5	12	7	12	12	421	5
Jeli	36	61	88	20	4	4	6	5	10	13	17	4
Kecil Lojing	5	4	19	-	-	-	1	-	-	-	285	-

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Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: India
Ethnic group: Indians

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Melaka	**2,711**	**1,972**	**2,490**	**1,255**	**339**	**475**	**431**	**387**	**518**	**294**	**5,248**	**642**
Alor Gajah	545	566	651	373	89	118	115	101	141	115	1,073	169
Jasin	412	379	421	265	40	60	78	56	90	32	1,055	124
Melaka Tengah	1,754	1,027	1,418	617	210	297	238	230	287	147	3,120	349
Negeri Sembilan	**24,539**	**11,353**	**23,366**	**6,640**	**1,566**	**2,011**	**1,876**	**1,860**	**2,305**	**1,466**	**43,531**	**2,742**
Jelebu	85	195	171	102	5	7	3	6	22	21	778	13
Kuala Pilah	231	113	289	63	6	15	23	17	24	9	1,181	25
Port Dickson	2,600	1,115	7,046	980	223	190	278	242	244	184	4,587	265
Rembau	1,303	269	207	134	14	12	24	20	113	80	1,456	54
Seremban	14,240	7,996	13,722	4,711	1,219	1,662	1,387	1,421	1,553	1,020	29,473	2,115
Tampin	1,419	1,172	1,127	319	73	72	78	90	104	83	1,476	128
Jempol	4,661	493	804	331	26	53	83	64	245	69	4,580	142
Pahang	**4,412**	**3,354**	**7,254**	**2,483**	**353**	**488**	**630**	**507**	**1,282**	**669**	**18,076**	**711**
Bentong	690	486	780	339	35	65	88	61	163	65	1,787	71
Cameron Highlands	314	162	286	87	7	24	41	17	74	58	2,320	91
Jerantut	154	164	261	158	40	21	18	18	47	64	1,385	18
Kuantan	1,286	974	2,302	648	108	170	226	193	372	175	3,974	249
Lipis	64	186	424	149	5	14	18	7	16	9	1,037	15
Pekan	344	185	299	86	17	48	15	18	145	33	294	23
Raub	639	325	738	316	77	52	87	70	125	122	1,757	89
Temerloh	725	671	1,586	549	53	77	108	108	199	83	2,803	115
Rompin	60	26	97	27	4	9	4	2	32	19	494	12
Maran	16	32	154	31	4	1	9	2	50	22	598	12
Bera	120	143	327	93	3	7	16	11	59	19	1,627	16
Pulau Pinang	**33,384**	**16,903**	**40,574**	**13,154**	**4,459**	**4,965**	**3,925**	**2,928**	**5,024**	**2,590**	**40,415**	**3,090**
Seberang Perai Tengah	8,259	3,819	14,371	3,804	1,077	1,123	830	691	1,948	645	8,244	590
Seberang Perai Utara	3,977	2,046	4,498	1,930	647	637	537	347	680	306	5,684	328
Seberang Perai Selatan	6,515	3,634	13,090	3,209	389	538	562	453	852	514	4,164	425
Timur Laut	11,102	5,741	6,517	3,354	1,854	2,126	1,706	1,152	1,238	951	18,195	1,364
Barat Daya	3,531	1,663	2,098	857	492	541	290	285	306	174	4,128	383
Perak	**47,650**	**19,325**	**33,739**	**14,291**	**2,527**	**3,630**	**3,730**	**3,085**	**6,888**	**3,064**	**114,958**	**5,470**
Batang Padang	1,873	1,043	3,154	901	68	189	166	84	483	207	6,840	168
Manjung	5,954	2,371	3,896	1,794	301	398	376	276	450	312	11,314	529
Kinta	24,217	8,826	15,923	6,296	1,434	1,916	1,723	1,511	3,083	1,325	43,002	2,607
Kerian	760	595	1,642	586	40	81	126	80	410	209	5,623	135
Kuala Kangsar	2,778	1,207	1,670	830	85	152	187	206	323	113	13,316	282
Larut dan Matang	4,820	2,243	3,801	1,729	308	342	487	390	737	240	10,535	711
Hilir Perak	2,563	844	912	594	70	117	214	158	235	108	5,754	298

Nota/ *Notes* **:**

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Kumpulan etnik: India
Ethnic group: Indians

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Hulu Perak	405	160	287	104	13	25	23	28	36	42	604	28
Perak Tengah	183	199	197	91	39	91	30	32	74	35	412	54
Kampar	1,284	598	646	411	45	127	113	68	263	168	5,668	215
Muallim	1,499	701	942	475	90	122	191	170	290	183	3,294	173
Bagan Datuk	1,218	474	580	435	26	55	87	73	499	112	8,334	249
Selama	96	64	89	45	8	15	7	9	5	10	262	21
Perlis	**998**	**521**	**1,139**	**325**	**65**	**109**	**122**	**69**	**242**	**83**	**1,398**	**101**
Perlis	998	521	1,139	325	65	109	122	69	242	83	1,398	101
Selangor	**56,965**	**38,831**	**38,665**	**23,441**	**9,117**	**12,335**	**8,522**	**8,914**	**8,095**	**4,875**	**54,742**	**12,177**
Gombak	7,026	4,174	3,877	2,549	868	1,408	1,006	902	897	533	4,966	1,433
Klang	14,098	10,189	12,326	6,418	1,616	2,507	1,908	2,221	1,911	1,230	13,154	2,678
Kuala Langat	1,595	1,411	2,042	1,035	268	350	273	350	238	161	2,292	435
Kuala Selangor	1,276	1,197	1,111	890	211	252	266	221	284	197	4,510	427
Petaling	20,366	12,605	10,752	6,873	3,933	5,005	2,980	3,128	2,587	1,453	14,126	4,394
Sabak Bernam	188	110	121	102	7	14	30	14	37	26	1,696	22
Sepang	2,542	2,235	1,659	1,245	515	652	409	428	488	362	4,260	668
Ulu Langat	8,106	5,562	5,614	3,396	1,583	1,956	1,384	1,435	1,332	705	6,045	1,842
Ulu Selangor	1,768	1,348	1,163	933	116	191	266	215	321	208	3,693	278
Terengganu	**267**	**337**	**691**	**195**	**62**	**58**	**72**	**58**	**88**	**46**	**643**	**58**
Besut	19	29	19	19	2	5	4	4	12	6	27	4
Dungun	12	3	63	9	3	4	3	1	1	1	37	2
Kemaman	41	57	118	59	11	9	8	7	36	16	330	11
Kuala Terengganu	54	109	233	47	20	21	19	9	19	14	152	16
Marang	5	9	5	2	-	-	-	-	-	-	15	1
Hulu Terengganu	-	-	6	2	-	1	1	-	-	-	2	-
Setiu	2	2	1	-	1	-	-	-	-	-	15	1
Kuala Nerus	134	128	246	57	25	18	37	37	20	9	65	23
Sabah	**799**	**664**	**950**	**292**	**128**	**201**	**134**	**93**	**214**	**115**	**1,286**	**163**
Tawau	67	46	92	22	6	10	4	2	17	6	159	12
Lahad Datu	42	57	130	19	6	10	7	5	8	8	102	11
Semporna	2	9	22	1	2	1	-	-	1	4	20	4
Sandakan	82	100	105	38	19	28	11	4	32	18	181	15
Kinabatangan	10	4	10	2	-	-	-	-	1	2	33	2
Beluran	3	4	3	1	1	-	2	-	-	-	20	1
Kota Kinabalu	377	270	356	126	65	94	73	59	85	48	298	71
Ranau	11	7	4	3	3	6	3	3	4	5	6	3
Kota Belud	11	4	18	5	-	-	2	-	5	-	14	1
Tuaran	8	13	18	11	7	4	5	2	4	1	27	5
Penampang	82	56	63	16	9	27	12	9	23	10	134	13

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Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: India
Ethnic group: Indians

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
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Papar	23	18	19	7	5	4	2	4	2	2	39	5
Kudat	7	12	8	2	1	3	-	-	-	2	4	1
Kota Marudu	3	2	3	1	-	2	-	1	1	-	14	2
Pitas	-	-	4	-	-	-	-	-	-	-	8	-
Beaufort	6	9	9	3	1	5	-	-	5	1	25	1
Kuala Penyu	-	2	-	2	-	-	-	-	1	-	-	-
Sipitang	6	6	11	4	-	1	1	-	2	1	6	1
Tenom	2	2	5	1	-	-	1	2	-	-	1	-
Nabawan	-	-	-	1	-	-	-	-	-	-	1	1
Keningau	14	18	29	8	2	2	5	1	3	1	21	9
Tambunan	1	2	-	-	-	-	-	-	-	1	-	-
Kunak	-	1	3	2	-	-	1	-	2	-	25	-
Tongod	4	-	1	-	-	-	-	-	1	-	8	-
Putatan	38	17	28	12	1	4	5	1	17	5	103	5
Telupid	-	5	9	5	-	-	-	-	-	-	33	-
Kalabakan	-	-	-	-	-	-	-	-	-	-	4	-
Sarawak	**817**	**640**	**744**	**282**	**150**	**177**	**135**	**81**	**252**	**112**	**1,466**	**169**
Kuching	446	255	373	122	72	74	46	23	124	42	808	76
Bau	5	1	7	-	-	2	-	-	-	-	37	4
Lundu	2	1	1	-	-	-	-	-	1	1	18	-
Samarahan	137	150	123	58	24	35	47	39	46	27	135	32
Serian	8	5	12	2	3	1	1	1	2	3	76	2
Simunjan	1	-	-	-	-	-	-	-	-	-	-	-
Sri Aman	3	2	3	-	-	1	3	1	-	-	8	1
Lubok Antu	-	-	2	-	-	-	-	-	-	-	5	-
Betong	1	-	-	-	-	-	-	-	-	-	3	-
Saratok	2	-	-	-	-	-	1	-	-	-	-	1
Sarikei	6	3	3	2	1	1	-	-	3	-	15	2
Maradong	-	1	-	-	-	-	-	-	-	-	1	-
Daro	-	3	2	-	-	-	-	-	-	-	1	-
Julau	-	-	-	-	-	-	-	-	-	-	2	-
Sibu	30	54	64	12	10	13	6	4	26	16	84	5
Dalat	-	-	-	1	-	-	-	-	-	-	3	-
Mukah	2	4	3	3	1	1	1	-	1	-	12	1
Kanowit	-	1	-	-	-	-	1	-	-	-	-	-
Bintulu	24	33	28	12	7	7	5	2	9	7	14	8
Tatau	-	-	-	-	-	-	-	-	-	-	2	-
Kapit	-	5	-	3	-	1	-	-	-	-	7	-

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Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: India
Ethnic group: Indians

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Song	-	-	-	-	-	-	-	-	-	-	1	-
Belaga	-	2	1	-	-	1	-	-	-	-	-	-
Miri	142	103	109	62	30	34	20	9	35	12	153	28
Marudi	1	4	2	2	1	-	1	-	-	1	1	1
Limbang	5	9	6	2	1	4	3	-	5	1	6	7
Lawas	-	1	1	-	-	-	-	2	-	-	15	-
Matu	-	-	-	-	-	-	-	-	-	-	-	-
Asajaya	1	-	1	-	-	-	-	-	-	-	3	-
Pakan	-	-	-	-	-	-	-	-	-	-	-	-
Selangau	-	1	-	-	-	1	-	-	-	-	2	-
Tebedu	-	-	1	-	-	-	-	-	-	-	22	-
Pusa	-	-	-	-	-	-	-	-	-	-	-	-
Kabong	-	-	-	-	-	-	-	-	-	-	-	-
Tanjung Manis	-	1	-	-	-	1	-	-	-	1	-	-
Sebauh	-	-	-	-	-	-	-	-	-	-	1	-
Bukit Mabong	-	-	-	-	-	-	-	-	-	1	3	-
Subis	-	-	1	-	-	-	-	-	-	-	14	1
Beluru	1	1	-	1	-	-	-	-	-	-	13	-
Telang Usan	-	-	1	-	-	-	-	-	-	-	1	-
W.P. Kuala Lumpur	**26,217**	**16,631**	**25,242**	**11,918**	**5,759**	**6,239**	**3,584**	**2,944**	**3,915**	**2,226**	**17,097**	**2,629**
W.P. Labuan	**79**	**95**	**102**	**48**	**9**	**27**	**24**	**12**	**26**	**12**	**299**	**19**
W.P. Putrajaya	**457**	**326**	**312**	**156**	**67**	**83**	**81**	**77**	**50**	**12**	**153**	**69**

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Kumpulan etnik: Lain-lain
Ethnic group: Others

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
MALAYSIA	**17,663**	**12,540**	**26,111**	**8,624**	**3,493**	**2,840**	**2,895**	**1,474**	**4,561**	**1,916**	**51,559**	**3,164**
Johor	**1,692**	**1,339**	**2,367**	**846**	**342**	**253**	**253**	**163**	**440**	**178**	**3,937**	**214**
Batu Pahat	153	182	249	134	13	47	17	11	93	21	171	18
Johor Bahru	766	698	1,013	393	222	138	153	94	179	88	2,042	116
Kluang	323	145	384	54	12	13	17	5	46	15	439	18
Kota Tinggi	60	26	164	22	10	9	10	2	22	4	316	8
Mersing	22	20	26	12	4	3	5	6	7	6	84	5
Muar	94	45	130	53	11	10	5	8	20	4	160	7
Pontian	72	37	90	37	5	-	7	-	6	13	192	7
Segamat	43	33	55	24	1	5	6	2	8	3	112	4
Kulai	131	134	180	95	61	24	27	23	53	24	285	26
Tangkak	28	19	76	22	3	4	6	12	6	-	136	5
Kedah	**1,659**	**1,176**	**3,603**	**1,080**	**259**	**80**	**176**	**53**	**477**	**347**	**10,016**	**172**
Baling	188	36	44	31	2	5	11	2	16	10	1,157	9
Bandar Baharu	12	2	1	8	-	-	1	1	-	-	19	-
Kota Setar	125	60	117	36	12	12	25	9	17	5	555	15
Kuala Muda	559	173	287	136	24	21	30	17	48	23	388	23
Kubang Pasu	197	152	663	128	15	10	38	9	48	30	1,018	50
Kulim	103	86	228	83	11	20	10	5	15	15	572	22
Langkawi	50	15	177	19	6	5	7	2	9	6	555	13
Padang Terap	59	523	1,487	506	175	2	14	3	312	224	1,475	7
Sik	295	78	244	46	2	1	24	2	4	20	1,693	19
Yan	8	3	2	1	-	-	-	-	-	1	36	1
Pendang	47	38	339	76	11	3	11	3	6	11	2,294	6
Pokok Sena	16	10	14	10	1	1	5	-	2	2	254	7
Kelantan	**1,664**	**516**	**2,774**	**386**	**65**	**37**	**67**	**30**	**292**	**63**	**4,383**	**19**
Bachok	17	9	69	7	-	-	-	1	3	5	256	1
Kota Bharu	101	83	235	76	22	8	18	12	21	14	781	8
Machang	12	8	9	10	-	2	5	-	2	-	54	1
Pasir Mas	17	19	79	19	2	3	8	3	8	2	523	1
Pasir Puteh	12	16	186	14	9	3	4	2	4	5	193	3
Tanah Merah	7	17	62	16	3	-	1	3	9	7	365	-
Tumpat	1,454	337	2,047	222	24	13	18	5	226	19	1,928	4
Gua Musang	28	11	65	5	-	2	2	1	3	3	127	1
Kuala Krai	7	6	17	13	4	6	10	3	14	8	119	-
Jeli	8	9	5	3	1	-	1	-	2	-	26	-
Kecil Lojing	1	1	-	1	-	-	-		-	-	11	-

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	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Melaka	**252**	**204**	**266**	**160**	**51**	**43**	**63**	**31**	**35**	**28**	**842**	**51**
Alor Gajah	35	48	53	35	11	5	8	7	5	8	61	13
Jasin	15	13	27	13	2	3	5	1	1	2	45	7
Melaka Tengah	202	143	186	112	38	35	50	23	29	18	736	31
Negeri Sembilan	**757**	**340**	**738**	**217**	**70**	**46**	**77**	**40**	**81**	**46**	**1,492**	**98**
Jelebu	3	15	16	5	2	1	-	-	2	-	101	-
Kuala Pilah	15	6	16	4	1	-	1	2	2	1	117	1
Port Dickson	36	35	106	23	11	4	4	2	9	4	95	8
Rembau	26	7	9	3	-	-	1	-	2	2	39	4
Seremban	437	242	530	156	48	38	60	33	56	30	1,027	79
Tampin	23	22	25	17	6	2	8	1	4	5	29	4
Jempol	217	13	36	9	2	1	3	2	6	4	84	2
Pahang	**465**	**624**	**1,186**	**500**	**66**	**22**	**63**	**16**	**165**	**76**	**3,251**	**69**
Bentong	34	48	88	27	3	3	6	4	8	7	223	3
Cameron Highlands	19	10	10	8	1	1	2	1	3	3	201	1
Jerantut	21	255	300	266	35	2	1	2	7	5	165	2
Kuantan	135	136	327	83	9	5	22	4	39	12	683	20
Lipis	16	8	17	2	2	-	1	-	1	-	44	-
Pekan	38	35	32	9	-	-	3	-	17	1	945	16
Raub	22	23	93	11	2	3	7	3	5	4	122	4
Temerloh	84	70	221	67	9	8	13	1	55	26	239	13
Rompin	84	12	27	14	3	-	5	-	15	11	248	4
Maran	2	9	39	10	2	-	-	-	11	4	178	4
Bera	10	18	32	3	-	-	3	1	4	3	203	2
Pulau Pinang	**1,796**	**1,110**	**1,953**	**912**	**487**	**449**	**391**	**235**	**275**	**174**	**2,618**	**233**
Seberang Perai Tengah	375	214	589	231	75	56	73	59	95	36	612	27
Seberang Perai Utara	178	83	146	95	27	14	55	9	18	9	287	19
Seberang Perai Selatan	138	74	174	62	12	7	20	4	9	5	103	13
Timur Laut	880	558	885	435	309	323	206	145	122	108	1,269	134
Barat Daya	225	181	159	89	64	49	37	18	31	16	347	40
Perak	**1,497**	**827**	**1,431**	**539**	**162**	**121**	**193**	**133**	**260**	**128**	**4,316**	**245**
Batang Padang	88	77	156	42	4	4	11	5	26	15	404	9
Manjung	94	78	78	43	24	10	22	8	15	19	388	9
Kinta	560	324	478	223	101	67	90	82	100	37	1,399	121
Kerian	20	13	65	21	1	1	6	1	20	5	377	-
Kuala Kangsar	51	24	34	8	1	2	-	2	4	3	175	9
Larut dan Matang	107	72	121	54	5	13	17	6	22	13	401	28
Hilir Perak	81	24	41	26	6	6	8	-	7	2	176	10

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Hulu Perak	372	154	329	70	9	10	26	15	37	26	537	41
Perak Tengah	7	18	39	15	5	3	1	1	12	4	69	-
Kampar	35	22	32	21	4	5	5	9	6	2	174	10
Muallim	65	15	45	9	1	-	2	2	6	1	80	5
Bagan Datuk	16	2	6	1	1	-	-	1	3	-	128	3
Selama	1	4	7	6	-	-	5	1	2	1	8	-
Perlis	**1,232**	**420**	**1,693**	**312**	**12**	**40**	**98**	**20**	**182**	**67**	**1,795**	**73**
Perlis	1,232	420	1,693	312	12	40	98	20	182	67	1,795	73
Selangor	**2,834**	**2,325**	**2,329**	**1,341**	**869**	**928**	**596**	**432**	**678**	**214**	**3,702**	**893**
Gombak	343	303	358	183	92	112	96	48	79	36	424	118
Klang	247	228	235	159	85	79	58	30	64	15	420	77
Kuala Langat	40	54	69	54	23	17	15	10	7	10	77	12
Kuala Selangor	51	46	42	33	8	11	20	4	15	6	184	14
Petaling	1,535	1,064	978	553	439	525	267	244	301	98	1,388	434
Sabak Bernam	4	8	20	14	1	3	4	2	-	-	49	3
Sepang	111	120	108	88	46	47	26	13	49	5	228	33
Ulu Langat	452	458	463	231	163	125	101	78	142	39	787	186
Ulu Selangor	51	44	56	26	12	9	9	3	21	5	145	16
Terengganu	**149**	**173**	**509**	**130**	**28**	**25**	**28**	**5**	**50**	**32**	**925**	**28**
Besut	21	38	111	40	3	-	12	1	24	16	212	11
Dungun	11	8	74	9	4	2	4	-	6	4	123	5
Kemaman	25	17	71	25	11	6	2	1	4	2	105	-
Kuala Terengganu	11	18	49	16	2	3	2	2	3	2	160	4
Marang	9	2	9	3	1	-	1	-	2	1	131	3
Hulu Terengganu	25	57	143	28	2	11	2	-	4	3	73	1
Setiu	5	1	4	-	1	-	-	1	-	1	55	1
Kuala Nerus	42	32	48	9	4	3	5	-	7	3	66	3
Sabah	**1,629**	**2,041**	**5,159**	**1,265**	**444**	**206**	**541**	**87**	**1,047**	**319**	**10,186**	**631**
Tawau	177	422	1,217	448	172	33	115	8	395	66	2,278	161
Lahad Datu	171	506	1,430	160	23	10	39	5	128	29	1,385	56
Semporna	4	6	76	7	12	7	3	-	3	8	424	5
Sandakan	186	294	509	143	74	46	103	19	139	68	1,771	100
Kinabatangan	118	41	275	28	2	1	10	1	21	13	680	14
Beluran	79	23	6	5	5	1	2	-	10	11	216	7
Kota Kinabalu	276	296	561	145	63	59	93	33	139	45	835	119
Ranau	14	10	8	3	1	-	1	1	1	-	9	4
Kota Belud	31	20	71	20	-	-	-	-	8	1	75	-
Tuaran	12	38	100	18	7	2	12	1	23	5	176	16
Penampang	121	107	174	54	28	21	40	10	35	9	404	31

Nota/ *Notes* **:**

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Jadual 7: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan, kumpulan etnik, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: Lain-lain
Ethnic group: Others

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Papar	95	71	104	68	10	5	19	2	36	9	250	36
Kudat	33	10	45	31	2	5	3	1	3	4	50	3
Kota Marudu	3	14	20	5	1	2	6	-	2	4	104	-
Pitas	6	1	49	1	-	1	-	-	2	1	32	-
Beaufort	34	26	42	9	-	-	6	-	22	9	202	10
Kuala Penyu	45	10	12	16	8	1	3	-	3	12	10	3
Sipitang	20	6	21	5	1	1	2	-	2	1	59	8
Tenom	32	17	24	6	-	-	-	-	1	-	66	4
Nabawan	1	3	5	1	-	-	-	-	-	-	22	1
Keningau	77	31	252	21	3	5	12	1	25	11	119	7
Tambunan	-	3	7	-	-	-	1	-	-	-	8	2
Kunak	3	13	27	6	1	-	7	-	9	1	457	18
Tongod	9	2	3	-	-	-	-	-	1	-	25	-
Putatan	62	57	92	24	8	6	14	4	26	12	351	22
Telupid	8	10	21	39	22	-	49	1	6	-	70	1
Kalabakan	12	4	8	2	1	-	1	-	7	-	108	3
Sarawak	**417**	**299**	**557**	**138**	**70**	**63**	**94**	**44**	**211**	**63**	**2,260**	**106**
Kuching	201	106	193	51	39	29	30	21	68	17	551	45
Bau	3	2	10	3	-	-	-	-	1	-	37	-
Lundu	2	3	8	5	1	1	-	-	1	2	89	3
Samarahan	22	29	35	8	3	3	12	4	11	4	114	9
Serian	8	6	10	1	-	-	1	1	5	1	64	1
Simunjan	-	1	-	1	-	-	-	-	-	-	10	-
Sri Aman	2	4	14	1	-	-	1	-	2	1	45	1
Lubok Antu	-	1	-	1	1	-	-	-	-	-	28	-
Betong	-	1	1	-	-	-	-	-	-	-	17	-
Saratok	-	-	1	-	-	-	-	-	-	-	8	-
Sarikei	2	8	5	2	1	-	1	1	2	-	45	2
Maradong	7	1	2	-	-	1	1	-	5	2	10	-
Daro	1	5	16	-	-	-	5	-	9	7	15	-
Julau	-	2	-	-	-	-	-	-	3	-	6	-
Sibu	49	35	108	13	10	8	11	4	29	6	351	8
Dalat	-	-	-	-	-	-	-	-	-	-	9	1
Mukah	2	1	2	2	-	-	-	-	3	2	52	1
Kanowit	-	-	-	-	-	-	-	-	-	-	26	-
Bintulu	6	9	9	2	1	4	6	1	4	1	59	5
Tatau	-	1	1	-	-	-	-	-	-	-	17	-
Kapit	-	-	-	-	-	-	-	-	-	-	9	-

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Jadual 7: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan, kumpulan etnik, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: Lain-lain
Ethnic group: Others

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Song	-	1	-	-	-	-	-	-	-	1	2	-
Belaga	-	-	-	-	-	-	-	-	-	-	10	-
Miri	78	63	93	41	14	15	19	12	37	13	254	19
Marudi	1	1	2	1	-	1	1	-	-	1	44	-
Limbang	7	1	3	-	-	-	1	-	8	1	61	6
Lawas	11	6	6	2	-	-	3	-	3	-	92	3
Matu	8	4	16	2	-	-	-	-	11	-	19	2
Asajaya	1	1	2	-	-	-	-	-	-	-	7	-
Pakan	2	-	3	-	-	-	-	-	-	-	1	-
Selangau	-	-	-	-	-	-	-	-	-	-	12	-
Tebedu	-	-	-	-	-	-	-	-	-	-	17	-
Pusa	-	-	2	-	-	-	-	-	3	-	8	-
Kabong	-	-	-	-	-	-	-	-	-	-	17	-
Tanjung Manis	-	1	-	-	-	-	2	-	-	-	7	-
Sebauh	-	-	-	-	-	-	-	-	-	-	25	-
Bukit Mabong	-	-	-	-	-	-	-	-	-	-	14	-
Subis	4	5	15	2	-	1	-	-	5	4	70	-
Beluru	-	1	-	-	-	-	-	-	1	-	38	-
Telang Usan	-	-	-	-	-	-	-	-	-	-	-	-
W.P. Kuala Lumpur	**1,517**	**1,014**	**1,401**	**734**	**541**	**510**	**222**	**181**	**322**	**164**	**1,449**	**286**
W.P. Labuan	**53**	**69**	**72**	**31**	**10**	**9**	**18**	**1**	**35**	**8**	**339**	**25**
W.P. Putrajaya	**50**	**63**	**73**	**33**	**17**	**8**	**15**	**3**	**11**	**9**	**48**	**21**

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Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: Bukan warganegara

Ethnic group: Non-citizens

Negeri dan Daerah Pentadbiran *State and Administrative District*	Aktiviti sukan/ senaman *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
MALAYSIA	**149,693**	**57,269**	**178,151**	**43,920**	**19,660**	**14,048**	**10,990**	**6,743**	**26,275**	**10,042**	**537,089**	**8,414**
Johor	**40,175**	**11,274**	**47,045**	**13,067**	**2,344**	**1,252**	**1,236**	**756**	**6,035**	**1,355**	**61,821**	**609**
Batu Pahat	4,614	486	3,125	648	24	30	27	14	291	116	3,380	45
Johor Bahru	9,064	3,703	8,631	3,515	1,124	772	544	360	1,135	263	17,941	294
Kluang	7,385	2,803	10,491	1,284	243	167	184	140	2,869	133	11,448	143
Kota Tinggi	1,144	253	2,929	293	122	30	35	18	87	34	7,429	14
Mersing	359	305	762	162	20	5	21	10	133	116	2,055	11
Muar	13,102	1,822	12,994	5,239	197	74	81	57	836	324	5,668	11
Pontian	1,241	700	1,985	333	80	42	67	33	51	111	3,280	17
Segamat	716	284	326	84	19	12	34	18	28	25	2,547	15
Kulai	2,076	836	4,110	1,000	503	106	214	89	480	208	6,910	53
Tangkak	474	82	1,692	509	12	14	29	17	125	25	1,163	6
Kedah	**6,648**	**1,952**	**7,328**	**1,805**	**264**	**212**	**180**	**95**	**387**	**360**	**17,829**	**238**
Baling	338	96	49	51	14	5	6	3	10	31	779	2
Bandar Baharu	77	4	9	4	1	1	4	1	5	1	212	5
Kota Setar	440	95	388	59	14	9	27	13	15	8	2,838	16
Kuala Muda	4,294	533	1,220	303	19	97	68	55	60	86	3,191	20
Kubang Pasu	243	126	1,702	239	44	25	30	7	15	14	1,481	24
Kulim	834	328	1,722	493	48	42	22	5	24	25	4,836	7
Langkawi	262	36	464	36	35	29	12	7	27	10	1,598	160
Padang Terap	44	718	1,469	588	77	-	4	3	227	179	1,233	1
Sik	55	2	11	3	-	-	-	-	-	1	311	-
Yan	30	4	6	4	1	2	2	-	1	4	210	1
Pendang	8	7	282	24	11	1	4	-	1	1	639	2
Pokok Sena	23	3	6	1	-	1	1	1	2	-	501	-
Kelantan	**1,885**	**774**	**2,884**	**668**	**252**	**123**	**172**	**81**	**398**	**336**	**13,934**	**84**
Bachok	48	10	98	13	-	1	8	1	8	4	606	1
Kota Bharu	725	523	1,206	499	209	106	71	36	104	61	2,657	30
Machang	43	27	53	7	-	1	5	2	23	12	522	6
Pasir Mas	93	15	115	11	1	-	7	1	10	5	1,388	5
Pasir Puteh	36	13	109	15	6	2	8	1	-	6	239	4
Tanah Merah	20	19	167	8	1	-	3	-	8	9	2,449	5
Tumpat	130	36	149	14	6	-	7	2	13	1	595	4
Gua Musang	646	95	799	74	11	11	46	33	93	61	2,808	19
Kuala Krai	9	21	110	21	2	2	8	5	135	168	1,841	2
Jeli	130	14	78	6	16	-	8	-	4	9	560	8
Kecil Lojing	5	1	-	-	-	-	1	-	-	-	269	-

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Kumpulan etnik: Bukan warganegara

Ethnic group: Non-citizens

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Melaka	**970**	**389**	**1,036**	**391**	**101**	**70**	**73**	**62**	**84**	**21**	**3,082**	**78**
Alor Gajah	196	105	217	166	21	23	16	7	7	7	981	13
Jasin	52	23	258	31	3	2	7	2	2	2	202	11
Melaka Tengah	722	261	561	194	77	45	50	53	75	12	1,899	54
Negeri Sembilan	**8,534**	**1,310**	**6,133**	**927**	**349**	**182**	**178**	**115**	**523**	**166**	**22,124**	**167**
Jelebu	99	153	151	73	1	-	1	2	26	33	2,079	3
Kuala Pilah	79	8	209	42	9	3	4	2	-	2	362	4
Port Dickson	276	71	1,192	117	23	10	14	7	12	14	670	13
Rembau	379	73	156	15	-	2	5	1	8	3	973	12
Seremban	5,057	943	4,143	646	313	155	145	98	323	105	16,189	130
Tampin	54	15	78	14	2	7	4	3	4	1	358	1
Jempol	2,590	47	204	20	1	5	5	2	150	8	1,493	4
Pahang	**7,005**	**2,727**	**7,225**	**1,383**	**332**	**225**	**326**	**202**	**1,478**	**735**	**33,885**	**348**
Bentong	676	53	116	24	6	-	10	14	36	16	1,839	4
Cameron Highlands	168	29	24	5	1	1	1	1	1	7	4,255	22
Jerantut	354	253	380	156	30	5	5	5	11	22	3,206	61
Kuantan	1,448	872	2,453	426	124	113	180	77	623	199	4,650	125
Lipis	120	168	377	40	2	-	3	3	67	31	1,103	1
Pekan	1,900	639	799	99	3	2	10	2	118	8	5,043	15
Raub	295	254	597	71	55	79	64	74	87	55	1,984	27
Temerloh	353	183	645	181	29	10	17	5	27	40	1,609	51
Rompin	1,462	71	359	216	57	13	10	6	235	215	4,695	22
Maran	74	17	991	48	11	-	16	9	240	36	2,577	3
Bera	155	188	484	117	14	2	10	6	33	106	2,924	17
Pulau Pinang	**15,505**	**5,961**	**17,990**	**5,997**	**3,722**	**3,253**	**2,195**	**1,804**	**1,957**	**1,284**	**38,634**	**611**
Seberang Perai Tengah	6,610	2,825	11,663	2,960	1,184	973	967	943	1,365	920	12,268	54
Seberang Perai Utara	1,072	211	1,321	489	53	56	75	29	88	103	2,949	24
Seberang Perai Selatan	712	383	1,634	366	29	34	48	19	50	19	1,228	13
Timur Laut	5,641	1,911	2,689	1,819	2,128	1,933	946	720	345	198	11,893	435
Barat Daya	1,470	631	683	363	328	257	159	93	109	44	10,296	85
Perak	**7,786**	**2,125**	**5,396**	**1,679**	**397**	**379**	**362**	**231**	**625**	**330**	**30,932**	**340**
Batang Padang	337	213	539	117	4	1	7	2	17	4	1,702	1
Manjung	891	373	824	315	20	23	40	16	36	35	3,842	45
Kinta	3,531	788	1,905	588	195	193	204	147	206	81	7,738	168
Kerian	148	49	305	150	6	2	12	5	95	39	2,442	11
Kuala Kangsar	363	121	168	27	7	7	6	12	3	6	2,054	14
Larut dan Matang	329	135	452	161	35	10	35	12	47	10	2,390	36
Hilir Perak	755	35	206	30	5	31	5	4	4	3	1,200	10

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	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Hulu Perak	155	113	281	41	2	5	12	6	19	7	1,120	6
Perak Tengah	107	129	350	144	71	66	23	10	50	39	1,566	10
Kampar	185	104	82	37	47	22	11	10	46	41	984	20
Muallim	536	37	220	32	2	16	6	7	21	21	1,382	7
Bagan Datuk	395	7	19	33	3	3	-	-	66	37	4,323	6
Selama	54	21	45	4	-	-	1	-	15	7	189	6
Perlis	**575**	**131**	**576**	**48**	**5**	**10**	**43**	**10**	**28**	**16**	**1,055**	**38**
Perlis	575	131	576	48	5	10	43	10	28	16	1,055	38
Selangor	**9,294**	**5,819**	**11,910**	**4,194**	**2,413**	**2,135**	**1,314**	**1,076**	**1,042**	**494**	**25,197**	**1,451**
Gombak	1,302	748	1,857	414	208	201	138	129	80	103	1,355	180
Klang	836	623	2,100	567	144	138	164	108	79	51	5,425	135
Kuala Langat	76	97	167	81	38	34	21	17	18	9	293	24
Kuala Selangor	94	70	110	78	14	12	20	11	259	9	1,403	33
Petaling	4,472	2,635	4,262	1,660	1,390	1,206	666	567	315	176	8,062	731
Sabak Bernam	40	30	107	12	1	3	2	6	7	5	748	7
Sepang	715	480	526	302	244	245	88	96	79	44	793	111
Ulu Langat	1,559	953	2,227	720	362	283	191	131	171	88	5,843	214
Ulu Selangor	200	183	554	360	12	13	24	11	34	9	1,275	16
Terengganu	**2,009**	**1,483**	**6,218**	**1,160**	**316**	**292**	**98**	**33**	**221**	**333**	**11,982**	**44**
Besut	430	211	561	99	58	8	16	7	34	63	1,824	5
Dungun	113	23	1,253	43	14	3	4	1	10	35	994	10
Kemaman	399	397	1,501	467	142	77	33	19	106	59	2,435	8
Kuala Terengganu	161	65	678	56	5	5	5	4	7	15	2,197	8
Marang	83	12	59	3	-	-	4	-	4	1	792	1
Hulu Terengganu	174	621	1,601	424	15	188	19	1	27	39	1,564	7
Setiu	112	5	89	2	7	2	5	-	13	101	983	-
Kuala Nerus	537	149	476	66	75	9	12	1	20	20	1,193	5
Sabah	**28,741**	**13,022**	**43,315**	**5,202**	**3,278**	**511**	**2,679**	**303**	**9,242**	**3,014**	**213,064**	**2,633**
Tawau	1,046	1,630	6,458	1,004	230	50	350	32	2,385	379	30,619	441
Lahad Datu	3,986	2,552	11,443	808	360	37	458	26	1,594	492	21,182	224
Semporna	212	1,327	3,657	417	1,235	38	92	26	210	362	31,365	342
Sandakan	1,574	1,061	3,523	558	320	96	652	62	811	406	21,257	341
Kinabatangan	8,317	2,222	6,045	506	61	19	455	13	1,011	391	28,732	431
Beluran	4,268	812	110	104	14	2	14	15	179	372	11,449	5
Kota Kinabalu	2,032	1,178	4,834	511	475	161	273	72	756	134	12,895	336
Ranau	174	15	68	29	-	2	4	1	4	-	147	4
Kota Belud	130	72	299	44	15	1	9	-	36	19	762	9
Tuaran	45	85	247	27	10	11	39	2	24	12	1,675	34
Penampang	536	276	562	82	39	33	73	15	97	39	2,666	57

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 7: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan, kumpulan etnik, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: Bukan warganegara

Ethnic group: Non-citizens

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Papar	401	136	267	161	36	16	50	6	110	45	1,688	100
Kudat	196	119	972	183	346	14	61	16	47	27	2,650	11
Kota Marudu	8	16	119	3	1	-	3	-	3	5	1,428	4
Pitas	14	54	248	49	10	-	7	-	3	8	988	-
Beaufort	230	134	237	28	-	2	11	1	44	10	1,671	16
Kuala Penyu	79	35	34	11	17	3	12	1	14	12	41	1
Sipitang	67	43	158	20	2	3	6	1	11	7	747	17
Tenom	129	33	61	6	-	-	3	1	2	5	528	18
Nabawan	105	62	109	56	1	-	-	3	-	3	119	2
Keningau	766	575	1,511	201	33	13	46	3	462	95	3,307	15
Tambunan	-	7	28	-	-	-	4	-	5	1	58	4
Kunak	290	166	722	143	32	2	7	-	141	35	10,651	59
Tongod	2,022	67	136	24	5	-	1	-	29	54	7,476	-
Putatan	105	94	230	76	25	7	4	2	28	8	1,671	18
Telupid	483	47	198	88	11	-	4	1	113	37	2,996	14
Kalabakan	1,526	204	1,039	63	-	1	41	4	1,123	56	14,296	130
Sarawak	**4,003**	**1,428**	**5,287**	**573**	**227**	**177**	**401**	**133**	**2,497**	**685**	**48,365**	**461**
Kuching	1,425	380	886	178	112	86	111	64	183	43	3,972	114
Bau	83	3	58	5	1	1	4	-	5	3	429	4
Lundu	4	2	46	1	2	-	2	-	9	4	2,055	6
Samarahan	42	67	106	22	6	4	12	4	15	1	1,044	21
Serian	55	8	88	8	4	3	7	2	33	30	1,308	11
Simunjan	24	24	28	1	-	-	-	-	21	-	1,360	-
Sri Aman	28	19	111	1	1	-	3	-	18	4	503	3
Lubok Antu	-	1	-	-	-	-	-	-	-	-	253	-
Betong	6	2	12	1	-	-	1	-	-	2	160	-
Saratok	-	2	1	-	-	-	1	3	-	1	41	-
Sarikei	14	6	20	2	-	2	2	3	4	10	150	1
Maradong	4	2	6	3	-	-	-	-	-	1	127	-
Daro	60	233	661	48	1	1	62	-	202	92	604	1
Julau	-	-	-	-	-	-	-	-	2	-	9	-
Sibu	177	73	996	40	21	7	46	16	610	98	5,434	10
Dalat	1	1	6	2	-	-	-	-	4	-	2,580	11
Mukah	10	7	24	5	-	-	2	1	19	23	4,029	10
Kanowit	2	-	3	-	-	-	-	-	3	2	427	2
Bintulu	106	51	93	11	9	8	7	4	12	23	1,428	58
Tatau	3	-	17	-	-	-	-	-	-	-	565	-
Kapit	-	1	-	-	-	-	-	-	2	-	46	-

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 7: Bilangan penduduk berumur 10 tahun dan lebih mengikut jenis aktiviti sukan, kumpulan etnik, daerah pentadbiran dan negeri, Malaysia, 2020 (samb.)

Table 7: Number of population aged 10 years and over by type of sport or exercise activities, ethnic group, administrative district and state, Malaysia, 2020 (cont'd)

Kumpulan etnik: Bukan warganegara

Ethnic group: Non-citizens

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Aktiviti sukan/ senaman** *Sports/ exercise activities*											
	Brisk walking	**Berlari** *Running*	**Rekreasi** *Recreation*	**Berbasikal** *Cycling*	**Berenang** *Swimming*	**Aktiviti gimnasium** *Gymnasium activity*	**Zumba/ Aerobik** *Zumba/ Aerobic*	**Taichi/ Yoga**	***e-Sport***	**Sukan lasak** *Extreme sports*	**Tiada** *None*	**Lain-lain** *Others*
Song	-	-	5	1	-	-	-	-	-	-	14	-
Belaga	-	-	4	-	-	1	1	-	-	-	464	1
Miri	489	162	617	161	49	57	56	30	179	89	3,247	94
Marudi	33	44	203	8	4	1	1	-	14	80	1,296	-
Limbang	57	27	38	15	1	3	12	-	46	14	767	46
Lawas	169	80	75	-	5	-	23	2	15	2	1,014	20
Matu	742	23	715	14	-	1	23	-	643	9	695	-
Asajaya	33	3	13	4	2	-	-	-	-	1	225	3
Pakan	9	-	2	-	-	-	-	-	-	-	8	-
Selangau	2	-	1	-	-	-	-	-	-	1	731	-
Tebedu	15	3	2	1	-	-	-	-	-	-	326	-
Pusa	-	38	67	4	-	-	-	-	80	23	162	8
Kabong	-	-	1	-	-	-	1	-	-	-	82	-
Tanjung Manis	99	40	8	10	1	-	1	-	10	2	395	4
Sebauh	13	2	54	6	7	1	21	4	29	66	4,771	33
Bukit Mabong	-	10	84	2	1	-	-	-	89	34	530	-
Subis	220	90	236	18	-	1	1	-	242	25	4,895	-
Beluru	76	24	-	1	-	-	1	-	8	2	2,141	-
Telang Usan	2	-	-	-	-	-	-	-	-	-	78	-
W.P. Kuala Lumpur	**15,220**	**8,546**	**14,554**	**6,611**	**5,396**	**5,147**	**1,657**	**1,820**	**1,503**	**867**	**10,232**	**1,216**
W.P. Labuan	**959**	**138**	**974**	**42**	**181**	**36**	**45**	**16**	**221**	**36**	**4,027**	**49**
W.P. Putrajaya	**384**	**190**	**280**	**173**	**83**	**44**	**31**	**6**	**34**	**10**	**926**	**47**

Nota/ *Notes* **:**

Responden boleh memilih jawapan berganda. Oleh itu, bilangan tersebut tidak boleh dijumlahkan bagi mewakili jumlah penduduk.

Respondent may choose multiple answers. Therefore, the number cannot be summed to represent total population.

Jadual 8 : Peratus kawasan dengan akses kepada kemudahan sukan dan rekreasi awam mengikut jarak terhampir, daerah pentadbiran dan negeri, 2020 (%)

Table 8 : Percentage of area with access to the public sports and recreational facilities by nearest distance, administrative district dan state, 2020 (%)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Taman rekreasi *Recreational park*		Taman permainan *Playground*		Trek joging *Jogging track*		Trek basikal *Cycling track*		Stadium mini *Mini stadium*		Padang bola *Football field*	
	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*
MALAYSIA	**77.4**	**22.6**	**89.9**	**10.1**	**76.0**	**24.0**	**71.1**	**28.9**	**50.8**	**49.2**	**86.2**	**13.8**
Johor	**84.2**	**15.8**	**93.8**	**6.2**	**82.3**	**17.7**	**78.3**	**21.7**	**57.7**	**42.3**	**87.6**	**12.4**
Batu Pahat	80.4	19.6	89.8	10.2	78.1	21.9	73.9	26.1	56.3	43.7	84.7	15.3
Johor Bahru	85.8	14.2	96.2	3.8	86.3	13.7	82.0	18.0	56.7	43.3	87.4	12.6
Kluang	83.3	16.7	93.6	6.4	81.1	18.9	73.0	27.0	58.8	41.2	87.8	12.2
Kota Tinggi	91.3	8.7	94.0	6.0	88.8	11.2	87.7	12.3	73.7	26.3	92.2	7.8
Mersing	85.9	14.1	93.6	6.4	83.6	16.4	73.1	26.9	50.7	49.3	92.3	7.7
Muar	80.0	20.0	90.3	9.7	65.2	34.8	61.8	38.2	56.6	43.4	88.0	12.0
Pontian	76.7	23.3	82.2	17.8	71.7	28.3	76.4	23.6	51.9	48.1	75.8	24.2
Segamat	87.2	12.8	95.6	4.4	83.6	16.4	84.2	15.8	68.2	31.8	91.5	8.5
Kulai	83.9	16.1	96.1	3.9	83.3	16.7	79.0	21.0	52.3	47.7	88.3	11.7
Tangkak	80.8	19.2	91.3	8.7	77.7	22.3	79.7	20.3	59.1	40.9	88.3	11.7
Kedah	**66.8**	**33.2**	**87.0**	**13.0**	**66.9**	**33.1**	**59.9**	**40.1**	**43.9**	**56.1**	**87.1**	**12.9**
Baling	69.3	30.7	79.3	20.7	75.0	25.0	73.9	26.1	42.4	57.6	89.2	10.8
Bandar Baharu	66.6	33.4	75.5	24.5	71.4	28.6	69.7	30.3	45.5	54.5	79.1	20.9
Kota Setar	60.8	39.2	87.6	12.4	55.9	44.1	51.6	48.4	44.8	55.2	83.0	17.0
Kuala Muda	76.4	23.6	93.7	6.3	77.2	22.8	64.0	36.0	25.3	74.7	91.5	8.5
Kubang Pasu	61.8	38.2	88.5	11.5	59.8	40.2	63.4	36.6	49.3	50.7	86.1	13.9
Kulim	72.2	27.8	93.6	6.4	77.5	22.5	71.2	28.8	50.3	49.7	90.2	9.8
Langkawi	59.9	40.1	69.2	30.8	65.7	34.3	64.6	35.4	34.8	65.2	81.0	19.0
Padang Terap	38.8	61.2	58.4	41.6	39.3	60.7	31.6	68.4	30.8	69.2	81.7	18.3
Sik	71.0	29.0	68.7	31.3	70.6	29.4	52.5	47.5	48.2	51.8	84.4	15.6
Yan	59.0	41.0	74.7	25.3	74.4	25.6	77.3	22.7	48.6	51.4	81.5	18.5
Pendang	55.2	44.8	71.3	28.7	53.7	46.3	56.2	43.8	40.2	59.8	82.4	17.6
Pokok Sena	64.7	35.3	92.7	7.3	68.9	31.1	70.7	29.3	54.1	45.9	93.9	6.1
Kelantan	**61.4**	**38.6**	**68.5**	**31.5**	**58.2**	**41.8**	**60.5**	**39.5**	**42.0**	**58.0**	**87.4**	**12.6**
Bachok	59.6	40.4	64.5	35.5	45.1	54.9	35.7	64.3	43.3	56.7	88.0	12.0
Kota Bharu	69.3	30.7	73.9	26.1	63.4	36.6	62.2	37.8	48.2	51.8	88.3	11.7
Machang	43.5	56.5	54.8	45.2	57.1	42.9	65.9	34.1	55.0	45.0	70.2	29.8
Pasir Mas	46.3	53.7	57.3	42.7	39.9	60.1	50.1	49.9	32.4	67.6	92.9	7.1
Pasir Puteh	59.2	40.8	62.1	37.9	55.6	44.4	83.3	16.7	56.9	43.1	84.2	15.8
Tanah Merah	74.0	26.0	77.8	22.2	63.5	36.5	80.7	19.3	57.2	42.8	83.1	16.9
Tumpat	58.1	41.9	70.0	30.0	56.4	43.6	55.3	44.7	36.7	63.3	92.1	7.9
Gua Musang	85.3	14.7	90.9	9.1	85.5	14.5	89.6	10.4	88.9	11.1	90.5	9.5
Kuala Krai	47.7	52.3	54.0	46.0	44.6	55.4	48.9	51.1	56.1	43.9	86.8	13.2
Jeli	57.7	42.3	66.3	33.7	53.9	46.1	48.0	52.0	37.3	62.7	85.3	14.7
Kecil Lojing	4.7	95.3	28.0	72.0	3.8	96.2	3.9	96.1	53.8	46.2	73.8	26.2

Jadual 8 : Peratus kawasan dengan akses kepada kemudahan sukan dan rekreasi awam mengikut jarak terhampir, daerah pentadbiran dan negeri, 2020 (%) (samb.)

Table 8 : Percentage of area with access to the public sports and recreational facilities by nearest distance, administrative district dan state, 2020 (%) (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Gelanggang futsal *Futsal court*		Gelanggang badminton *Badminton court*		Kolam renang *Swimming pool*		Gimnasium *Gymnasium*		Padang golf *Golf course*		Pusat boling *Bowling centre*	
	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*
MALAYSIA	**76.8**	**23.2**	**76.9**	**23.1**	**53.6**	**46.4**	**71.0**	**29.0**	**34.7**	**65.3**	**40.0**	**60.0**
Johor	**84.9**	**15.1**	**81.2**	**18.8**	**54.3**	**45.7**	**77.5**	**22.5**	**41.4**	**58.6**	**45.7**	**54.3**
Batu Pahat	79.6	20.4	79.8	20.2	46.1	53.9	72.1	27.9	45.0	55.0	38.0	62.0
Johor Bahru	83.8	16.2	78.5	21.5	63.4	36.6	84.6	15.4	43.1	56.9	46.8	53.2
Kluang	86.9	13.1	81.1	18.9	42.6	57.4	74.0	26.0	42.3	57.7	53.4	46.6
Kota Tinggi	93.2	6.8	91.4	8.6	59.2	40.8	80.4	19.6	27.8	72.2	47.5	52.5
Mersing	92.1	7.9	86.2	13.8	71.2	28.8	67.9	32.1	54.3	45.7	26.5	73.5
Muar	84.1	15.9	82.6	17.4	47.5	52.5	74.6	25.4	42.5	57.5	33.0	67.0
Pontian	70.2	29.8	74.9	25.1	15.9	84.1	61.2	38.8	10.8	89.2	39.8	60.2
Segamat	91.3	8.7	88.9	11.1	42.1	57.9	75.9	24.1	50.8	49.2	41.8	58.2
Kulai	85.6	14.4	79.5	20.5	54.0	46.0	68.7	31.3	39.8	60.2	32.4	67.6
Tangkak	80.1	19.9	76.3	23.7	37.5	62.5	64.1	35.9	26.1	73.9	11.1	88.9
Kedah	**59.8**	**40.2**	**59.7**	**40.3**	**41.3**	**58.7**	**60.4**	**39.6**	**31.6**	**68.4**	**38.8**	**61.2**
Baling	76.3	23.7	71.3	28.7	50.8	49.2	59.4	40.6	36.0	64.0	21.4	78.6
Bandar Baharu	83.3	16.7	75.6	24.4	66.1	33.9	74.8	25.2	20.9	79.1	24.4	75.6
Kota Setar	62.0	38.0	58.2	41.8	35.6	64.4	57.5	42.5	32.8	67.2	36.8	63.2
Kuala Muda	54.4	45.6	60.3	39.7	49.3	50.7	59.6	40.4	36.3	63.7	44.0	56.0
Kubang Pasu	63.2	36.8	60.6	39.4	53.9	46.1	64.2	35.8	42.1	57.9	41.3	58.7
Kulim	58.2	41.8	60.5	39.5	30.2	69.8	68.4	31.6	21.2	78.8	39.8	60.2
Langkawi	54.2	45.8	58.3	41.7	60.9	39.1	52.6	47.4	18.1	81.9	26.2	73.8
Padang Terap	51.9	48.1	43.5	56.5	20.9	79.1	51.0	49.0	23.5	76.5	5.8	94.2
Sik	73.6	26.4	58.7	41.3	18.7	81.3	52.0	48.0	14.3	85.7	1.2	98.8
Yan	60.5	39.5	60.8	39.2	26.5	73.5	41.0	59.0	7.0	93.0	4.8	95.2
Pendang	43.7	56.3	46.4	53.6	31.3	68.7	51.2	48.8	11.0	89.0	12.9	87.1
Pokok Sena	56.6	43.4	60.8	39.2	8.3	91.7	52.8	47.2	8.5	91.5	10.2	89.8
Kelantan	**72.3**	**27.7**	**69.2**	**30.8**	**41.6**	**58.4**	**57.6**	**42.4**	**33.5**	**66.5**	**30.1**	**69.9**
Bachok	69.2	30.8	68.0	32.0	30.6	69.4	59.1	40.9	6.4	93.6	5.8	94.2
Kota Bharu	80.4	19.6	75.5	24.5	44.9	55.1	68.7	31.3	30.3	69.7	36.4	63.6
Machang	48.6	51.4	50.4	49.6	23.5	76.5	35.5	64.5	36.8	63.2	5.4	94.6
Pasir Mas	65.9	34.1	62.5	37.5	22.7	77.3	42.9	57.1	6.5	93.5	3.5	96.5
Pasir Puteh	59.9	40.1	61.4	38.6	20.9	79.1	40.3	59.7	6.6	93.4	3.7	96.3
Tanah Merah	60.9	39.1	60.2	39.8	49.3	50.7	50.0	50.0	71.5	28.5	15.1	84.9
Tumpat	80.0	20.0	79.0	21.0	38.5	61.5	54.2	45.8	32.4	67.6	19.9	80.1
Gua Musang	89.9	10.1	85.5	14.5	89.8	10.2	80.1	19.9	68.1	31.9	63.0	37.0
Kuala Krai	63.9	36.1	55.8	44.2	24.9	75.1	44.4	55.6	47.1	52.9	38.6	61.4
Jeli	63.3	36.7	51.0	49.0	79.1	20.9	32.3	67.7	56.5	43.5	36.4	63.6
Kecil Lojing	54.4	45.6	53.1	46.9	81.8	18.2	44.4	55.6	35.9	64.1	100.0	0.0

Jadual 8 : Peratus kawasan dengan akses kepada kemudahan sukan dan rekreasi awam mengikut jarak terhampir, daerah pentadbiran dan negeri, 2020 (%) (samb.)

Table 8 : Percentage of area with access to the public sports and recreational facilities by nearest distance, administrative district dan state, 2020 (%) (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Taman rekreasi *Recreational park*		Taman permainan *Playground*		Trek joging *Jogging track*		Trek basikal *Cycling track*		Stadium mini *Mini stadium*		Padang bola *Football field*	
	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*
Melaka	**74.8**	**25.2**	**94.5**	**5.5**	**75.5**	**24.5**	**67.6**	**32.4**	**52.5**	**47.5**	**89.5**	**10.5**
Alor Gajah	75.1	24.9	91.8	8.2	78.3	21.7	70.7	29.3	54.2	45.8	87.5	12.5
Jasin	80.3	19.7	95.4	4.6	82.0	18.0	77.3	22.7	47.7	52.3	91.8	8.2
Melaka Tengah	73.8	26.2	95.4	4.6	73.1	26.9	65.5	34.5	52.6	47.4	89.9	10.1
Negeri Sembilan	**76.2**	**23.8**	**93.1**	**6.9**	**77.2**	**22.8**	**71.0**	**29.0**	**50.8**	**49.2**	**88.3**	**11.7**
Jelebu	83.3	16.7	90.6	9.4	68.1	31.9	87.3	12.7	49.0	51.0	81.7	18.3
Kuala Pilah	64.1	35.9	81.4	18.6	68.6	31.4	71.2	28.8	60.4	39.6	82.5	17.5
Port Dickson	87.4	12.6	97.4	2.6	87.0	13.0	89.8	10.2	50.8	49.2	91.5	8.5
Rembau	55.3	44.7	84.5	15.5	66.3	33.7	70.3	29.7	51.0	49.0	86.5	13.5
Seremban	77.2	22.8	94.7	5.3	77.2	22.8	67.6	32.4	45.0	55.0	87.9	12.1
Tampin	78.9	21.1	90.0	10.0	83.5	16.5	83.1	16.9	76.9	23.1	88.6	11.4
Jempol	75.4	24.6	90.6	9.4	75.8	24.2	81.0	19.0	59.6	40.4	92.1	7.9
Pahang	**72.4**	**27.6**	**92.7**	**7.3**	**63.9**	**36.1**	**45.6**	**54.4**	**41.2**	**58.8**	**91.1**	**8.9**
Bentong	88.5	11.5	97.4	2.6	84.0	16.0	68.8	31.2	61.0	39.0	95.3	4.7
Cameron Highlands	84.7	15.3	87.8	12.2	0.0	100.0	0.0	100.0	0.0	100.0	75.1	24.9
Jerantut	84.2	15.8	94.3	5.7	86.1	13.9	82.1	17.9	51.3	48.7	89.8	10.2
Kuantan	71.0	29.0	96.2	3.8	65.4	34.6	39.3	60.7	31.8	68.2	93.6	6.4
Lipis	64.0	36.0	88.8	11.2	73.8	26.2	52.7	47.3	66.4	33.6	91.3	8.7
Pekan	79.3	20.7	91.1	8.9	78.3	21.7	80.3	19.7	40.8	59.2	91.2	8.8
Raub	67.5	32.5	94.2	5.8	63.3	36.7	87.3	12.7	31.8	68.2	91.1	8.9
Temerloh	66.7	33.3	83.7	16.3	45.3	54.7	0.0	100.0	44.6	55.4	84.3	15.7
Rompin	76.1	23.9	89.0	11.0	75.8	24.2	78.8	21.2	50.7	49.3	91.4	8.6
Maran	51.4	48.6	89.8	10.2	46.1	53.9	41.0	59.0	57.7	42.3	91.2	8.8
Bera	80.6	19.4	94.7	5.3	78.9	21.1	89.5	10.5	0.0	100.0	93.6	6.4
Pulau Pinang	**85.0**	**15.0**	**95.6**	**4.4**	**86.1**	**13.9**	**80.5**	**19.5**	**50.8**	**49.2**	**86.8**	**13.2**
Seberang Perai Tengah	83.6	16.4	94.5	5.5	80.8	19.2	79.7	20.3	40.1	59.9	84.6	15.4
Seberang Perai Utara	73.0	27.0	92.7	7.3	77.3	22.7	69.7	30.3	40.3	59.7	85.3	14.7
Seberang Perai Selatan	79.6	20.4	97.5	2.5	79.4	20.6	63.2	36.8	38.7	61.3	91.7	8.3
Timur Laut	91.5	8.5	96.8	3.2	93.4	6.6	89.3	10.7	70.2	29.8	87.2	12.8
Barat Daya	91.3	8.7	96.4	3.6	92.7	7.3	86.6	13.4	73.5	26.5	87.4	12.6
Perak	**74.4**	**25.6**	**90.6**	**9.4**	**72.0**	**28.0**	**61.0**	**39.0**	**46.8**	**53.2**	**87.3**	**12.7**
Batang Padang	67.7	32.3	89.3	10.7	63.6	36.4	60.2	39.8	45.8	54.2	90.6	9.4
Manjung	83.3	16.7	93.7	6.3	86.4	13.6	84.4	15.6	67.4	32.6	89.7	10.3
Kinta	75.1	24.9	92.3	7.7	72.2	27.8	55.5	44.5	33.4	66.6	84.0	16.0
Kerian	75.7	24.3	88.2	11.8	65.5	34.5	74.3	25.7	44.4	55.6	81.7	18.3
Kuala Kangsar	75.6	24.4	87.0	13.0	74.8	25.2	68.0	32.0	50.5	49.5	92.1	7.9
Larut dan Matang	63.2	36.8	88.3	11.7	61.1	38.9	52.1	47.9	67.7	32.3	92.9	7.1
Hilir Perak	80.0	20.0	89.1	10.9	75.0	25.0	66.6	33.4	70.6	29.4	86.3	13.7

Jadual 8 : Peratus kawasan dengan akses kepada kemudahan sukan dan rekreasi awam mengikut jarak terhampir, daerah pentadbiran dan negeri, 2020 (%) (samb.)

Table 8 : Percentage of area with access to the public sports and recreational facilities by nearest distance, administrative district dan state, 2020 (%) (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Gelanggang futsal *Futsal court*		Gelanggang badminton *Badminton court*		Kolam renang *Swimming pool*		Gimnasium *Gymnasium*		Padang golf *Golf course*		Pusat boling *Bowling centre*	
	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*
Melaka	**80.1**	**19.9**	**77.7**	**22.3**	**45.1**	**54.9**	**68.2**	**31.8**	**27.1**	**72.9**	**28.9**	**71.1**
Alor Gajah	77.9	22.1	79.4	20.6	39.9	60.1	72.5	27.5	34.8	65.2	28.5	71.5
Jasin	90.0	10.0	84.8	15.2	38.2	61.8	75.6	24.4	37.3	62.7	17.6	82.4
Melaka Tengah	78.9	21.1	75.8	24.2	46.5	53.5	65.8	34.2	23.6	76.4	29.7	70.3
Negeri Sembilan	**80.7**	**19.3**	**77.5**	**22.5**	**49.5**	**50.5**	**72.5**	**27.5**	**38.2**	**61.8**	**35.5**	**64.5**
Jelebu	90.6	9.4	91.4	8.6	0.0	100.0	49.5	50.5	0.0	100.0	0.0	100.0
Kuala Pilah	77.3	22.7	77.0	23.0	3.0	97.0	57.0	43.0	29.1	70.9	1.3	98.7
Port Dickson	87.6	12.4	75.8	24.2	79.9	20.1	75.0	25.0	50.8	49.2	40.7	59.3
Rembau	75.2	24.8	75.5	24.5	38.3	61.7	45.6	54.4	31.6	68.4	14.5	85.5
Seremban	76.5	23.5	73.9	26.1	45.9	54.1	73.6	26.4	37.7	62.3	35.4	64.6
Tampin	89.9	10.1	89.7	10.3	71.5	28.5	82.2	17.8	53.9	46.1	43.7	56.3
Jempol	90.0	10.0	87.4	12.6	81.1	18.9	77.5	22.5	0.5	99.5	45.0	55.0
Pahang	**82.6**	**17.4**	**81.2**	**18.8**	**32.0**	**68.0**	**66.3**	**33.7**	**35.0**	**65.0**	**32.9**	**67.1**
Bentong	79.2	20.8	77.1	22.9	55.3	44.7	82.4	17.6	48.5	51.5	14.2	85.8
Cameron Highlands	77.7	22.3	84.4	15.6	0.0	100.0	79.4	20.6	36.6	63.4	0.0	100.0
Jerantut	85.0	15.0	85.5	14.5	0.0	100.0	57.7	42.3	18.8	81.2	3.9	96.1
Kuantan	83.9	16.1	79.2	20.8	33.4	66.6	72.5	27.5	31.9	68.1	33.0	67.0
Lipis	69.3	30.7	60.8	39.2	0.0	100.0	77.9	22.1	0.0	100.0	0.0	100.0
Pekan	86.7	13.3	85.6	14.4	0.0	100.0	60.2	39.8	34.5	65.5	43.0	57.0
Raub	75.4	24.6	76.7	23.3	80.8	19.2	45.5	54.5	25.3	74.7	63.4	36.6
Temerloh	75.6	24.4	77.3	22.7	45.0	55.0	69.1	30.9	51.7	48.3	38.0	62.0
Rompin	83.7	16.3	84.4	15.6	0.0	100.0	47.4	52.6	10.7	89.3	24.1	75.9
Maran	86.3	13.7	84.1	15.9	43.5	56.5	48.2	51.8	68.2	31.8	27.4	72.6
Bera	91.5	8.5	95.2	4.8	59.3	40.7	73.7	26.3	31.0	69.0	38.8	61.2
Pulau Pinang	**74.2**	**25.8**	**79.8**	**20.2**	**62.4**	**37.6**	**76.6**	**23.4**	**33.4**	**66.6**	**42.8**	**57.2**
Seberang Perai Tengah	71.1	28.9	74.6	25.4	50.5	49.5	67.0	33.0	21.1	78.9	50.9	49.1
Seberang Perai Utara	64.2	35.8	73.6	26.4	45.1	54.9	64.8	35.2	32.8	67.2	22.0	78.0
Seberang Perai Selatan	72.0	28.0	78.5	21.5	24.1	75.9	65.0	35.0	14.7	85.3	14.5	85.5
Timur Laut	81.8	18.2	86.7	13.3	81.6	18.4	91.0	9.0	43.0	57.0	47.6	52.4
Barat Daya	83.1	16.9	85.2	14.8	77.5	22.5	85.3	14.7	57.9	42.1	62.6	37.4
Perak	**73.8**	**26.2**	**74.8**	**25.2**	**35.7**	**64.3**	**62.9**	**37.1**	**35.2**	**64.8**	**36.1**	**63.9**
Batang Padang	75.2	24.8	81.0	19.0	32.8	67.2	63.5	36.5	51.4	48.6	46.5	53.5
Manjung	75.6	24.4	74.0	26.0	51.3	48.7	75.7	24.3	41.5	58.5	48.9	51.1
Kinta	71.2	28.8	71.3	28.7	30.0	70.0	59.8	40.2	33.4	66.6	33.4	66.6
Kerian	56.6	43.4	60.0	40.0	42.6	57.4	65.2	34.8	11.0	89.0	16.5	83.5
Kuala Kangsar	78.0	22.0	83.7	16.3	40.4	59.6	66.1	33.9	36.0	64.0	14.3	85.7
Larut dan Matang	69.8	30.2	73.3	26.7	39.7	60.3	61.8	38.2	38.6	61.4	34.7	65.3
Hilir Perak	81.4	18.6	79.7	20.3	75.0	25.0	69.4	30.6	16.2	83.8	39.5	60.5

Jadual 8 : Peratus kawasan dengan akses kepada kemudahan sukan dan rekreasi awam mengikut jarak terhampir, daerah pentadbiran dan negeri, 2020 (%) (samb.)

Table 8 : Percentage of area with access to the public sports and recreational facilities by nearest distance, administrative district dan state, 2020 (%) (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Taman rekreasi *Recreational park*		Taman permainan *Playground*		Trek joging *Jogging track*		Trek basikal *Cycling track*		Stadium mini *Mini stadium*		Padang bola *Football field*	
	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*
Hulu Perak	73.3	26.7	86.8	13.2	70.4	29.6	78.0	22.0	51.4	48.6	85.9	14.1
Perak Tengah	71.0	29.0	86.8	13.2	69.0	31.0	67.5	32.5	48.7	51.3	87.6	12.4
Kampar	80.1	19.9	95.2	4.8	80.4	19.6	75.2	24.8	75.2	24.8	92.1	7.9
Muallim	68.0	32.0	89.0	11.0	63.4	36.6	60.8	39.2	43.5	56.5	87.1	12.9
Bagan Datuk	85.5	14.5	85.3	14.7	77.9	22.1	63.1	36.9	48.3	51.7	87.0	13.0
Selama	60.9	39.1	85.4	14.6	61.9	38.1	57.8	42.2	56.9	43.1	86.8	13.2
Perlis	**63.3**	**36.7**	**83.6**	**16.4**	**63.3**	**36.7**	**58.2**	**41.8**	**30.1**	**69.9**	**86.7**	**13.3**
Perlis	63.3	36.7	83.6	16.4	63.3	36.7	58.2	41.8	30.1	69.9	86.7	13.3
Selangor	**83.0**	**17.0**	**94.8**	**5.2**	**85.3**	**14.7**	**81.4**	**18.6**	**58.5**	**41.5**	**86.9**	**13.1**
Gombak	76.9	23.1	90.0	10.0	78.2	21.8	72.7	27.3	55.6	44.4	85.5	14.5
Klang	81.3	18.7	95.4	4.6	78.7	21.3	72.9	27.1	50.9	49.1	84.2	15.8
Kuala Langat	84.6	15.4	95.3	4.7	86.4	13.6	85.2	14.8	60.0	40.0	87.9	12.1
Kuala Selangor	85.5	14.5	94.2	5.8	86.2	13.8	85.5	14.5	46.2	53.8	91.3	8.7
Petaling	86.1	13.9	96.4	3.6	90.1	9.9	86.3	13.7	63.2	36.8	88.3	11.7
Sabak Bernam	86.1	13.9	84.7	15.3	85.7	14.3	75.6	24.4	65.8	34.2	85.2	14.8
Sepang	79.1	20.9	94.9	5.1	82.6	17.4	76.7	23.3	55.7	44.3	82.1	17.9
Ulu Langat	82.9	17.1	95.0	5.0	85.0	15.0	81.6	18.4	58.9	41.1	87.0	13.0
Ulu Selangor	79.8	20.2	94.2	5.8	82.6	17.4	80.4	19.6	52.2	47.8	88.7	11.3
Terengganu	**74.1**	**25.9**	**84.0**	**16.0**	**71.1**	**28.9**	**67.9**	**32.1**	**51.4**	**48.6**	**91.5**	**8.5**
Besut	63.3	36.7	81.3	18.7	65.2	34.8	66.5	33.5	51.1	48.9	91.2	8.8
Dungun	79.4	20.6	87.2	12.8	82.2	17.8	80.9	19.1	69.5	30.5	89.3	10.7
Kemaman	81.3	18.7	91.5	8.5	81.7	18.3	79.6	20.4	63.6	36.4	90.2	9.8
Kuala Terengganu	74.7	25.3	79.9	20.1	68.6	31.4	65.8	34.2	37.2	62.8	92.1	7.9
Marang	76.4	23.6	85.1	14.9	72.8	27.2	80.5	19.5	63.8	36.3	94.2	5.8
Hulu Terengganu	55.4	44.6	72.2	27.8	53.3	46.7	46.7	53.3	57.3	42.7	91.3	8.7
Setiu	72.4	27.6	87.2	12.8	65.5	34.5	58.8	41.2	46.9	53.1	95.9	4.1
Kuala Nerus	77.0	23.0	84.2	15.8	63.7	36.3	59.8	40.2	53.1	46.9	91.6	8.4
Sabah	**72.5**	**27.5**	**82.6**	**17.4**	**63.6**	**36.4**	**60.4**	**39.6**	**53.1**	**46.9**	**79.8**	**20.2**
Tawau	87.6	12.4	93.3	6.7	84.9	15.1	81.7	18.3	75.2	24.8	87.0	13.0
Lahad Datu	79.0	21.0	82.9	17.1	73.2	26.8	66.8	33.2	59.5	40.5	85.3	14.7
Semporna	79.6	20.4	80.5	19.5	68.9	31.1	61.5	38.5	65.1	34.9	83.5	16.5
Sandakan	69.4	30.6	82.1	17.9	60.5	39.5	59.9	40.1	40.4	59.6	73.3	26.7
Kinabatangan	79.9	20.1	91.2	8.8	82.6	17.4	92.9	7.1	84.7	15.3	91.8	8.2
Beluran	64.9	35.1	76.7	23.3	65.7	34.3	52.4	47.6	54.9	45.1	85.2	14.8
Kota Kinabalu	73.4	26.6	87.1	12.9	64.9	35.1	57.0	43.0	47.0	53.0	70.4	29.6
Ranau	63.9	36.1	69.0	31.0	77.1	22.9	90.6	9.4	43.8	56.2	92.0	8.0
Kota Belud	62.1	37.9	50.9	49.1	64.0	36.0	51.9	48.1	45.5	54.5	84.8	15.2
Tuaran	58.1	41.9	73.0	27.0	45.4	54.6	45.6	54.4	29.8	70.2	63.1	36.9
Penampang	70.9	29.1	91.9	8.1	55.3	44.7	43.7	56.3	54.7	45.3	71.6	28.4

Jadual 8 : Peratus kawasan dengan akses kepada kemudahan sukan dan rekreasi awam mengikut jarak terhampir, daerah pentadbiran dan negeri, 2020 (%) (samb.)

Table 8 : Percentage of area with access to the public sports and recreational facilities by nearest distance, administrative district dan state, 2020 (%) (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Gelanggang futsal *Futsal court*		Gelanggang badminton *Badminton court*		Kolam renang *Swimming pool*		Gimnasium *Gymnasium*		Padang golf *Golf course*		Pusat boling *Bowling centre*	
	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*
Hulu Perak	85.9	14.1	83.1	16.9	66.3	33.7	62.2	37.8	58.1	41.9	64.1	35.9
Perak Tengah	70.6	29.4	76.8	23.2	56.3	43.7	58.5	41.5	23.6	76.4	49.9	50.1
Kampar	80.3	19.7	80.1	19.9	53.9	46.1	70.2	29.8	20.1	79.9	21.3	78.7
Muallim	73.7	26.3	74.9	25.1	36.9	63.1	58.0	42.0	30.9	69.1	35.4	64.6
Bagan Datuk	83.0	17.0	81.4	18.6	77.7	22.3	53.0	47.0	9.0	91.0	2.5	97.5
Selama	88.4	11.6	87.5	12.5	46.3	53.7	59.7	40.3	56.4	43.6	19.4	80.6
Perlis	**71.1**	**28.9**	**68.2**	**31.8**	**22.8**	**77.2**	**49.0**	**51.0**	**7.8**	**92.2**	**26.9**	**73.1**
Perlis	71.1	28.9	68.2	31.8	22.8	77.2	49.0	51.0	7.8	92.2	26.9	73.1
Selangor	**79.1**	**20.9**	**81.5**	**18.5**	**67.4**	**32.6**	**80.8**	**19.2**	**43.4**	**56.6**	**46.8**	**53.2**
Gombak	80.0	20.0	79.7	20.3	70.7	29.3	79.5	20.5	36.8	63.2	47.5	52.5
Klang	70.3	29.7	78.5	21.5	55.4	44.6	72.1	27.9	45.3	54.7	27.1	72.9
Kuala Langat	85.5	14.5	86.0	14.0	72.5	27.5	80.7	19.3	10.4	89.6	39.2	60.8
Kuala Selangor	68.4	31.6	69.7	30.3	41.9	58.1	65.5	34.5	32.8	67.2	30.0	70.0
Petaling	83.3	16.7	85.8	14.2	73.7	26.3	86.6	13.4	46.0	54.0	56.8	43.2
Sabak Bernam	86.9	13.1	85.8	14.2	86.7	13.3	79.8	20.2	70.3	29.7	7.2	92.8
Sepang	77.8	22.2	78.0	22.0	67.7	32.3	78.8	21.2	27.6	72.4	27.8	72.2
Ulu Langat	77.6	22.4	80.5	19.5	64.9	35.1	82.4	17.6	53.6	46.4	50.1	49.9
Ulu Selangor	85.6	14.4	81.1	18.9	37.3	62.7	61.8	38.2	43.4	56.6	22.7	77.3
Terengganu	**84.2**	**15.8**	**80.5**	**19.5**	**43.6**	**56.4**	**66.1**	**33.9**	**35.6**	**64.4**	**32.1**	**67.9**
Besut	81.3	18.7	75.7	24.3	40.9	59.1	66.4	33.6	28.4	71.6	23.9	76.1
Dungun	84.0	16.0	81.6	18.4	49.3	50.7	75.2	24.8	42.8	57.2	22.5	77.5
Kemaman	87.9	12.1	81.9	18.1	57.4	42.6	63.5	36.5	25.1	74.9	26.0	74.0
Kuala Terengganu	84.0	16.0	79.7	20.3	44.1	55.9	66.4	33.6	35.2	64.8	48.2	51.8
Marang	80.5	19.5	80.0	20.0	10.3	89.7	63.6	36.4	7.0	93.0	7.4	92.6
Hulu Terengganu	85.3	14.7	83.0	17.0	57.2	42.8	56.2	43.8	22.2	77.8	3.5	96.5
Setiu	91.7	8.3	85.4	14.6	49.2	50.8	66.3	33.7	49.4	50.6	24.5	75.5
Kuala Nerus	84.3	15.7	81.8	18.2	34.7	65.3	62.8	37.2	41.8	58.2	12.9	87.1
Sabah	**70.1**	**29.9**	**75.7**	**24.3**	**52.0**	**48.0**	**63.3**	**36.7**	**40.4**	**59.6**	**27.1**	**72.9**
Tawau	84.9	15.1	88.1	11.9	49.2	50.8	74.4	25.6	47.3	52.7	69.8	30.2
Lahad Datu	74.7	25.3	80.4	19.6	46.8	53.2	64.9	35.1	41.5	58.5	75.4	24.6
Semporna	74.9	25.1	82.1	17.9	73.3	26.7	83.2	16.8	79.6	20.4	50.0	50.0
Sandakan	69.4	30.6	63.7	36.3	39.9	60.1	50.8	49.2	34.8	65.2	18.1	81.9
Kinabatangan	72.6	27.4	89.3	10.7	92.3	7.7	91.7	8.3	46.3	53.7	88.9	11.1
Beluran	73.7	26.3	85.5	14.5	98.4	1.6	46.7	53.3	16.0	84.0	70.0	30.0
Kota Kinabalu	63.5	36.5	69.1	30.9	56.9	43.1	68.0	32.0	37.6	62.4	33.5	66.5
Ranau	64.3	35.7	88.8	11.2	56.8	43.2	59.0	41.0	47.3	52.7	81.8	18.2
Kota Belud	64.5	35.5	75.8	24.2	21.7	78.3	54.1	45.9	57.4	42.6	33.3	66.7
Tuaran	53.7	46.3	66.1	33.9	9.1	90.9	50.4	49.6	20.5	79.5	1.8	98.2
Penampang	63.5	36.5	80.3	19.7	80.0	20.0	75.2	24.8	37.1	62.9	34.2	65.8

Jadual 8 : Peratus kawasan dengan akses kepada kemudahan sukan dan rekreasi awam mengikut jarak terhampir, daerah pentadbiran dan negeri, 2020 (%) (samb.)

Table 8 : Percentage of area with access to the public sports and recreational facilities by nearest distance, administrative district dan state, 2020 (%) (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Taman rekreasi *Recreational park*		Taman permainan *Playground*		Trek joging *Jogging track*		Trek basikal *Cycling track*		Stadium mini *Mini stadium*		Padang bola *Football field*	
	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*
Papar	81.7	18.3	89.3	10.7	72.0	28.0	76.3	23.7	68.1	31.9	78.7	21.3
Kudat	87.3	12.7	82.5	17.5	79.2	20.8	76.1	23.9	83.3	16.7	83.1	16.9
Kota Marudu	60.4	39.6	66.6	33.4	63.9	36.1	54.4	45.6	89.9	10.1	92.1	7.9
Pitas	29.8	70.2	30.5	69.5	40.5	59.5	18.3	81.7	14.2	85.8	72.2	27.8
Beaufort	71.1	28.9	80.1	19.9	74.7	25.3	79.4	20.6	70.2	29.8	77.6	22.4
Kuala Penyu	82.5	17.5	90.7	9.3	68.2	31.8	57.7	42.3	97.2	2.8	94.5	5.5
Sipitang	67.0	33.0	66.1	33.9	47.2	52.8	67.0	33.0	48.8	51.2	83.7	16.3
Tenom	53.6	46.4	57.8	42.2	40.2	59.8	57.8	42.2	29.9	70.1	79.0	21.0
Nabawan	37.6	62.4	47.8	52.2	33.8	66.2	36.0	64.0	39.1	60.9	69.0	31.0
Keningau	48.4	51.6	55.3	44.7	40.2	59.8	41.7	58.3	41.3	58.7	74.5	25.5
Tambunan	73.4	26.6	70.7	29.3	79.7	20.3	78.3	21.7	75.7	24.3	87.7	12.3
Kunak	87.0	13.0	90.9	9.1	84.2	15.8	94.2	5.8	77.3	22.7	85.8	14.2
Tongod	3.0	97.0	39.2	60.8	0.6	99.4	8.3	91.7	40.0	60.0	82.0	18.0
Putatan	87.2	12.8	90.8	9.2	68.3	31.7	58.0	42.0	67.7	32.3	86.9	13.1
Telupid	98.3	1.7	81.9	18.1	98.3	1.7	98.0	2.0	98.7	1.3	78.8	21.2
Kalabakan	99.6	0.4	89.4	10.6	75.0	25.0	83.3	16.7	78.6	21.4	91.3	8.7
Sarawak	**69.5**	**30.5**	**74.9**	**25.1**	**65.0**	**35.0**	**63.4**	**36.6**	**44.2**	**55.8**	**74.8**	**25.2**
Kuching	84.9	15.1	89.0	11.0	81.5	18.5	73.7	26.3	53.4	46.6	81.2	18.8
Bau	50.4	49.6	57.3	42.7	37.0	63.0	0.0	100.0	22.0	78.0	90.0	10.0
Lundu	65.7	34.3	63.9	36.1	0.0	100.0	0.0	100.0	39.0	61.0	72.6	27.4
Samarahan	76.1	23.9	82.7	17.3	77.6	22.4	75.5	24.5	34.5	65.5	75.7	24.3
Serian	51.5	48.5	56.5	43.5	46.8	53.2	33.1	66.9	47.3	52.7	92.7	7.3
Simunjan	63.2	36.8	67.4	32.6	0.0	100.0	0.0	100.0	37.1	62.9	93.1	6.9
Sri Aman	66.5	33.5	68.9	31.1	62.0	38.0	0.0	100.0	58.8	41.2	74.2	25.8
Lubok Antu	27.6	72.4	36.5	63.5	0.0	100.0	0.0	100.0	33.4	66.6	51.3	48.7
Betong	61.3	38.7	61.2	38.8	57.0	43.0	0.0	100.0	46.6	53.4	70.7	29.3
Saratok	37.2	62.8	44.6	55.4	0.0	100.0	0.0	100.0	36.0	64.0	49.3	50.7
Sarikei	72.8	27.2	79.0	21.0	76.9	23.1	71.2	28.8	75.6	24.4	78.2	21.8
Maradong	62.6	37.4	66.2	33.8	68.0	32.0	0.0	100.0	62.8	37.2	73.6	26.4
Daro	58.5	41.5	77.6	22.4	29.6	70.4	0.0	0.0	38.0	62.0	74.8	25.2
Julau	34.0	66.0	16.2	83.8	82.4	17.6	0.0	0.0	60.8	39.2	89.1	10.9
Sibu	63.3	36.7	73.7	26.3	61.4	38.6	60.3	39.7	43.8	56.2	61.1	38.9
Dalat	60.4	39.6	62.3	37.7	48.8	51.2	37.3	62.7	46.1	53.9	87.1	12.9
Mukah	63.8	36.2	66.1	33.9	60.8	39.2	67.4	32.6	55.7	44.3	78.3	21.7
Kanowit	48.6	51.4	48.9	51.1	58.3	41.7	63.4	36.6	50.2	49.8	64.6	35.4
Bintulu	74.5	25.5	82.3	17.7	64.2	35.8	70.5	29.5	40.6	59.4	73.5	26.5
Tatau	86.1	13.9	99.6	0.4	95.7	4.3	100.0	0.0	94.3	5.7	91.4	8.6
Kapit	44.0	56.0	47.9	52.1	0.0	100.0	0.0	100.0	34.9	65.1	54.7	45.3

Jadual 8 : Peratus kawasan dengan akses kepada kemudahan sukan dan rekreasi awam mengikut jarak terhampir, daerah pentadbiran dan negeri, 2020 (%) (samb.)
Table 8 : Percentage of area with access to the public sports and recreational facilities by nearest distance, administrative district dan state, 2020 (%) (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Gelanggang futsal *Futsal court*		Gelanggang badminton *Badminton court*		Kolam renang *Swimming pool*		Gimnasium *Gymnasium*		Padang golf *Golf course*		Pusat boling *Bowling centre*	
	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*
Papar	66.9	33.1	86.6	13.4	86.9	13.1	74.2	25.8	24.9	75.1	11.5	88.5
Kudat	81.4	18.6	86.6	13.4	87.5	12.5	86.1	13.9	73.9	26.1	83.9	16.1
Kota Marudu	66.0	34.0	77.0	23.0	100.0	0.0	70.8	29.2	96.1	3.9	0.0	100.0
Pitas	73.9	26.1	65.7	34.3	60.0	40.0	66.7	33.3	0.0	100.0	0.0	100.0
Beaufort	73.9	26.1	81.2	18.8	58.6	41.4	74.8	25.2	61.9	38.1	60.0	40.0
Kuala Penyu	86.3	13.7	89.6	10.4	94.0	6.0	85.4	14.6	78.3	21.7	62.5	37.5
Sipitang	66.7	33.3	76.7	23.3	66.9	33.1	56.0	44.0	89.5	10.5	97.7	2.3
Tenom	65.1	34.9	65.2	34.8	29.3	70.7	47.3	52.7	53.4	46.6	64.5	35.5
Nabawan	45.3	54.7	60.5	39.5	0.0	100.0	26.3	73.7	0.0	100.0	0.0	100.0
Keningau	54.1	45.9	58.5	41.5	36.6	63.4	43.3	56.7	33.1	66.9	21.1	78.9
Tambunan	83.8	16.2	84.0	16.0	94.1	5.9	92.3	7.7	59.1	40.9	100.0	0.0
Kunak	81.9	18.1	82.0	18.0	44.7	55.3	72.8	27.2	67.9	32.1	48.0	52.0
Tongod	69.3	30.7	76.0	24.0	0.0	100.0	40.0	60.0	0.0	100.0	0.0	100.0
Putatan	87.3	12.7	89.2	10.8	43.5	56.5	78.8	21.2	42.9	57.1	40.4	59.6
Telupid	78.3	21.7	84.3	15.7	0.0	0.0	61.5	38.5	97.6	2.4	0.0	0.0
Kalabakan	89.4	10.6	93.6	6.4	100.0	0.0	1.6	98.4	98.6	1.4	23.1	76.9
Sarawak	**73.0**	**27.0**	**69.5**	**30.5**	**44.0**	**56.0**	**65.3**	**34.7**	**15.5**	**84.5**	**34.2**	**65.8**
Kuching	78.2	21.8	76.0	24.0	58.2	41.8	73.8	26.2	24.1	75.9	49.5	50.5
Bau	89.9	10.1	86.7	13.3	0.0	100.0	0.0	100.0	0.0	100.0	30.2	69.8
Lundu	75.4	24.6	81.8	18.2	44.9	55.1	65.7	34.3	0.0	100.0	0.0	100.0
Samarahan	70.1	29.9	67.1	32.9	31.9	68.1	73.7	26.3	0.0	100.0	21.0	79.0
Serian	79.4	20.6	73.5	26.5	0.0	100.0	49.0	51.0	0.0	100.0	0.0	100.0
Simunjan	89.2	10.8	88.5	11.5	0.0	0.0	0.0	100.0	0.0	100.0	0.0	100.0
Sri Aman	73.1	26.9	73.3	26.7	60.6	39.4	61.9	38.1	0.0	100.0	0.0	100.0
Lubok Antu	48.9	51.1	35.5	64.5	0.0	100.0	0.0	100.0	0.0	0.0	0.0	100.0
Betong	74.9	25.1	73.4	26.6	0.0	100.0	45.6	54.4	0.0	100.0	0.0	100.0
Saratok	49.4	50.6	49.3	50.7	0.0	100.0	36.5	63.5	0.0	100.0	0.0	100.0
Sarikei	78.5	21.5	73.0	27.0	41.4	58.6	70.9	29.1	0.0	100.0	0.0	100.0
Maradong	74.9	25.1	73.1	26.9	0.0	100.0	74.9	25.1	0.0	100.0	0.0	100.0
Daro	72.7	27.3	67.1	32.9	0.0	100.0	0.0	0.0	0.0	0.0	0.0	0.0
Julau	94.0	6.0	92.1	7.9	0.0	100.0	0.0	100.0	0.0	100.0	0.0	100.0
Sibu	65.6	34.4	64.1	35.9	42.2	57.8	71.5	28.5	10.3	89.7	28.0	72.0
Dalat	95.3	4.7	81.4	18.6	20.0	80.0	45.2	54.8	0.0	0.0	0.0	0.0
Mukah	81.1	18.9	79.1	20.9	31.6	68.4	65.2	34.8	34.2	65.8	25.0	75.0
Kanowit	60.0	40.0	63.1	36.9	10.5	89.5	43.6	56.4	0.0	100.0	0.0	100.0
Bintulu	70.9	29.1	63.0	37.0	42.8	57.2	61.7	38.3	33.5	66.5	40.3	59.7
Tatau	98.2	1.8	98.9	1.1	94.4	5.6	94.5	5.5	0.0	0.0	0.0	0.0
Kapit	46.9	53.1	40.9	59.1	31.9	68.1	38.6	61.4	0.0	100.0	0.0	100.0

Jadual 8 : Peratus kawasan dengan akses kepada kemudahan sukan dan rekreasi awam mengikut jarak terhampir, daerah pentadbiran dan negeri, 2020 (%) (samb.)

Table 8 : Percentage of area with access to the public sports and recreational facilities by nearest distance, administrative district dan state, 2020 (%) (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	**Taman rekreasi** *Recreational park*		**Taman permainan** *Playground*		**Trek joging** *Jogging track*		**Trek basikal** *Cycling track*		**Stadium mini** *Mini stadium*		**Padang bola** *Football field*	
	0 - 5 km	**5.1 km dan lebih/** *and more*	**0 - 5 km**	**5.1 km dan lebih/** *and more*	**0 - 5 km**	**5.1 km dan lebih/** *and more*	**0 - 5 km**	**5.1 km dan lebih/** *and more*	**0 - 5 km**	**5.1 km dan lebih/** *and more*	**0 - 5 km**	**5.1 km dan lebih/** *and more*
Song	0.0	100.0	82.1	17.9	0.0	100.0	0.0	100.0	63.0	37.0	74.0	26.0
Belaga	0.0	100.0	91.4	8.6	0.0	100.0	0.0	0.0	56.2	43.8	97.9	2.1
Miri	72.8	27.2	76.5	23.5	70.4	29.6	74.2	25.8	39.0	61.0	69.6	30.4
Marudi	85.0	15.0	80.2	19.8	75.4	24.6	0.0	100.0	74.5	25.5	80.2	19.8
Limbang	50.4	49.6	58.6	41.4	53.2	46.8	0.0	100.0	46.3	53.7	84.7	15.3
Lawas	43.6	56.4	43.9	56.1	37.0	63.0	0.0	100.0	48.3	51.7	79.7	20.3
Matu	75.9	24.1	75.5	24.5	58.5	41.5	0.0	100.0	51.1	48.9	83.6	16.4
Asajaya	37.7	62.3	63.0	37.0	24.8	75.2	0.0	100.0	47.5	52.5	91.6	8.4
Pakan	15.8	84.2	18.2	81.8	29.6	70.4	0.0	0.0	7.3	92.7	16.2	83.8
Selangau	41.6	58.4	32.5	67.5	3.5	96.5	0.0	100.0	5.2	94.8	49.0	51.0
Tebedu	66.9	33.1	69.1	30.9	64.3	35.7	62.5	37.5	48.0	52.0	98.2	1.8
Pusa	56.9	43.1	78.5	21.5	0.0	100.0	0.0	100.0	0.0	100.0	93.7	6.3
Kabong	45.7	54.3	47.9	52.1	0.0	100.0	0.0	0.0	0.0	100.0	78.6	21.4
Tanjung Manis	81.4	18.6	79.7	20.3	97.8	2.2	0.0	100.0	0.0	100.0	93.2	6.8
Sebauh	0.9	99.1	9.8	90.2	0.3	99.7	0.5	99.5	0.0	100.0	29.0	71.0
Bukit Mabong	0.0	100.0	0.0	100.0	0.0	100.0	0.0	100.0	0.0	100.0	17.4	82.6
Subis	70.2	29.8	62.9	37.1	0.0	100.0	0.0	100.0	0.0	100.0	80.4	19.6
Beluru	0.0	100.0	0.0	100.0	0.0	100.0	0.0	100.0	0.0	100.0	59.1	40.9
Telang Usan	0.0	100.0	0.0	100.0	0.0	100.0	0.0	0.0	0.0	100.0	99.8	0.2
W.P. Kuala Lumpur	**88.5**	**11.5**	**96.6**	**3.4**	**88.2**	**11.8**	**83.9**	**16.1**	**66.3**	**33.7**	**87.1**	**12.9**
W.P. Labuan	**67.2**	**32.8**	**83.7**	**16.3**	**52.2**	**47.8**	**35.0**	**65.0**	**51.2**	**48.8**	**75.8**	**24.2**
W.P. Putrajaya	**92.2**	**7.8**	**98.7**	**1.3**	**96.5**	**3.5**	**94.8**	**5.2**	**62.4**	**37.6**	**89.3**	**10.7**

Jadual 8 : Peratus kawasan dengan akses kepada kemudahan sukan dan rekreasi awam mengikut jarak terhampir, daerah pentadbiran dan negeri, 2020 (%) (samb.)

Table 8 : Percentage of area with access to the public sports and recreational facilities by nearest distance, administrative district dan state, 2020 (%) (cont'd)

Negeri dan Daerah Pentadbiran *State and Administrative District*	Gelanggang futsal *Futsal court*		Gelanggang badminton *Badminton court*		Kolam renang *Swimming pool*		Gimnasium *Gymnasium*		Padang golf *Golf course*		Pusat boling *Bowling centre*	
	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*	0 - 5 km	5.1 km dan lebih/ *and more*
Song	63.6	36.4	67.2	32.8	0.0	100.0	0.0	100.0	0.0	100.0	0.0	100.0
Belaga	87.7	12.3	0.0	100.0	0.0	100.0	0.0	100.0	0.0	100.0	0.0	0.0
Miri	66.0	34.0	58.3	41.7	38.1	61.9	66.3	33.7	19.4	80.6	22.9	77.1
Marudi	78.8	21.2	77.9	22.1	0.0	0.0	99.6	0.4	0.0	100.0	0.0	100.0
Limbang	87.3	12.7	88.8	11.2	47.5	52.5	52.3	47.7	0.0	100.0	0.0	100.0
Lawas	75.0	25.0	76.4	23.6	0.0	100.0	32.8	67.2	0.0	100.0	0.0	100.0
Matu	87.6	12.4	83.8	16.2	0.0	100.0	0.0	100.0	0.0	0.0	0.0	0.0
Asajaya	91.9	8.1	92.4	7.6	0.0	100.0	52.2	47.8	0.0	100.0	0.0	100.0
Pakan	21.4	78.6	18.8	81.2	0.0	100.0	0.0	100.0	0.0	0.0	0.0	100.0
Selangau	72.6	27.4	57.2	42.8	0.0	100.0	0.9	99.1	0.0	100.0	0.0	100.0
Tebedu	89.2	10.8	94.9	5.1	50.0	50.0	20.0	80.0	75.0	25.0	0.0	100.0
Pusa	96.4	3.6	95.9	4.1	0.0	100.0	0.0	100.0	0.0	0.0	0.0	100.0
Kabong	81.3	18.7	72.3	27.7	0.0	100.0	0.0	100.0	0.0	100.0	0.0	100.0
Tanjung Manis	94.4	5.6	97.3	2.7	0.0	0.0	0.0	100.0	0.0	100.0	0.0	0.0
Sebauh	5.1	94.9	21.4	78.6	0.0	100.0	0.1	99.9	0.0	100.0	0.0	100.0
Bukit Mabong	23.2	76.8	0.0	100.0	0.0	100.0	3.6	96.4	0.0	100.0	0.0	100.0
Subis	90.9	9.1	89.7	10.3	0.0	100.0	76.3	23.7	0.0	100.0	0.0	100.0
Beluru	48.8	51.2	44.2	55.8	0.0	100.0	0.6	99.4	0.0	100.0	0.0	100.0
Telang Usan	99.6	0.4	99.5	0.5	0.0	0.0	50.0	50.0	0.0	100.0	0.0	100.0
W.P. Kuala Lumpur	**84.6**	**15.4**	**87.3**	**12.7**	**82.9**	**17.1**	**90.2**	**9.8**	**38.9**	**61.1**	**57.3**	**42.7**
W.P. Labuan	**79.0**	**21.0**	**72.0**	**28.0**	**42.6**	**57.4**	**55.1**	**44.9**	**37.3**	**62.7**	**31.2**	**68.8**
W.P. Putrajaya	**82.1**	**17.9**	**92.8**	**7.2**	**75.6**	**24.4**	**76.3**	**23.7**	**15.5**	**84.5**	**48.5**	**51.5**

Jadual 9: Bilangan fasiliti awam mengikut negeri, Malaysia, 2020

Table 9: Number of public facilities by state, Malaysia, 2020

Negeri *State*	Fasiliti Awam *Public Facilities*										
	Taman permainan *Playgrounds*	**Padang permainan** *Playing fields*	**Taman rekreasi** *Recreational parks*	**Trek joging** *Jogging tracks*	**Trek basikal** *Cycling tracks*	**Gelanggang futsal** *Futsal courts*	**Gelanggang badminton** *Badminton courts*	**Gimnasium** *Gymnasiums*	***Padang bola*** *Football fields*	**Stadium** *Stadiums*	**Pusat boling** *Bowling alleys*
MALAYSIA	**8,240**	**2,300**	**902**	**412**	**162**	**1,763**	**2,060**	**738**	**1,761**	**175**	**83**
Johor	1,262	216	31	25	14	99	95	49	73	13	11
Kedah	178	23	116	32	6	51	65	48	26	26	6
Kelantan	117	74	33	18	1	50	33	14	55	3	4
Melaka	551	91	55	21	17	174	219	30	157	7	2
Negeri Sembilan	1,810	186	36	12	7	166	60	5	83	3	2
Pahang	248	265	33	14	6	74	59	50	70	5	8
Pulau Pinang	226	139	43	39	18	37	44	25	43	8	5
Perak	1,349	441	62	21	7	182	180	20	165	18	4
Perlis	71	16	14	5	3	27	11	11	40	2	1
Selangor	1,204	342	126	88	21	169	384	84	180	23	20
Terengganu	225	115	91	14	6	161	96	39	188	10	3
Sabah	648	338	121	45	7	287	590	110	491	14	3
Sarawak	185	35	79	9	2	165	155	82	121	29	4
W.P. Kuala Lumpur	18	13	42	62	42	87	41	157	53	13	10
W.P. Labuan	87	6	9	1	1	26	12	5	9	1	-
W.P. Putrajaya	61	-	11	6	4	8	16	9	7	-	-

Sumber/ *Source* **:**

Penerbitan Statistik Subnasional Dewan Undangan Negeri (DUN) 2023.

Publication of Subnational Statistics of State Legislative Assembly (SLA) 2023.

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BAHAGIAN 3

PART 3

NOTA TEKNIKAL

TECHNICAL NOTES

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PENDAHULUAN

Banci Penduduk dan Perumahan Malaysia 2020 (Banci Malaysia 2020) adalah banci keenam dilaksanakan semenjak penubuhan Malaysia pada tahun 1963. Banci terdahulu telah dijalankan pada tahun 1970, 1980, 1991, 2000 dan 2010. Objektif pelaksanaan Banci Malaysia 2020 adalah untuk mendapatkan stok dan profil penduduk dan perumahan yang komprehensif dan terperinci sehingga ke peringkat geografi terkecil pada suatu masa sebagai penanda aras bagi ciri-ciri demografi dan sosio-ekonomi penduduk. Data banci menjadi asas dalam pemantauan arah aliran penduduk dan perumahan untuk perancangan pembangunan negara.

Kerajaan Persekutuan bertanggungjawab untuk melaksanakan banci dan dijalankan mengikut peruntukan yang terkandung dalam Akta Banci 1960 (Disemak-1969). Jabatan Perangkaan Malaysia telah dipertanggungjawabkan untuk menjalankan Banci Malaysia 2020 dengan kerjasama dan penyertaan sepenuhnya beberapa Kerajaan Negeri dan agensi Kerajaan Persekutuan.

Penerbitan ini merupakan penemuan daripada data Banci Malaysia 2020. Ia memaparkan statistik mengenai penglibatan rakyat Malaysia (berumur 10 tahun dan lebih) dalam aktiviti sukan dan senaman sepanjang tahun 2020. Aktiviti tersebut termasuk brisk walking, berlari, rekreasi, berbasikal, berenang, aktiviti gimnasium, zumba/ aerobik, taichi/ yoga, e-sukan, sukan lasak dan lain-lain. Statistik yang dimuatkan dalam penerbitan ini adalah berdasarkan pelaporan oleh responden. Responden boleh memilih jawapan daripada 10 pilihan aktiviti sukan dan rekreasi, yang mana jawapan berganda adalah diterima. Tambahan pula, responden boleh memilih jawapan ‘tiada’, menunjukkan gaya hidup tidak aktif.

Statistik ini adalah salah satu soalan yang disertakan dalam modul khas soal selidik Banci Malaysia 2020. Buat pertama kalinya DOSM telah memperkenalkan empat modul soalan khas yang merangkumi Kesihatan dan Kecergasan; Hubungan Sosial; Perumahan dan Warga Emas. Keluaran ini adalah siri pertama modul khas dengan baki penemuan akan diterbitkan secara berperingkat dari 2023 hingga 2024.

Banci Malaysia 2020 merupakan satu projek pengumpulan data yang kompleks. Oleh itu, kemungkinan berlakunya ralat liputan dan ralat kandungan tidak dapat dielakkan. Dari segi ralat liputan, sebilangan tempat kediaman, isi rumah atau penduduk mungkin tertinggal, tersalah hitung atau berlaku duplikasi penghitungan. umur, warganegara, taraf perkahwinan, agama dan kumpulan etnik.

KAWASAN GEOGRAFI

Banci Malaysia 2020 meliputi semua negeri di Malaysia. Setiap negeri dibahagikan mengikut daerah pentadbiran (DP) masing-masing. Bagi tujuan operasi banci, unit pembancian kecil iaitu blok penghitungan (BP) telah dibentuk yang mengandungi secara puratanya 80 hingga 120 tempat kediaman dengan anggaran penduduk seramai 500 hingga 600 orang. Lebih kurang 80 hingga 120 BP membentuk satu daerah banci (DB). Malaysia terdiri daripada tiga belas buah negeri dan tiga wilayah persekutuan. Setiap negeri dibahagikan kepada beberapa daerah pentadbiran.

Bagi Kelantan, peringkat daerah pentadbiran dikenali sebagai “Jajahan”. Setiap DP dipecahkan kepada mukim. Jenis struktur pentadbiran ini terpakai untuk semua negeri kecuali Kelantan, Sabah, Sarawak, W.P. Labuan dan W.P. Putrajaya. Dalam hal ini, negeri Kelantan terdapat tiga peringkat pentadbiran iaitu jajahan, daerah dan mukim. Bagi negeri Sabah, tidak wujud peringkat mukim, manakala bagi negeri Sarawak beberapa DP dipecahkan kepada daerah kecil. W.P. Labuan dan W.P. Putrajaya tidak mempunyai mukim atau sub Bahagian lain sebagai satu unit pentadbiran. Senarai mukim bagi setiap negeri adalah berdasarkan senarai yang telah dibekalkan oleh Jabatan Ukur dan Pemetaan Malaysia (JUPEM).

Pada Banci Malaysia 2020, seorang Pembanci dipertanggungjawab untuk menyelesaikan satu BP secara purata. Seorang Penyelia akan memantau pembanci bagi tiga LB yang setiap satunya mengandungi lebih kurang tujuh BP. Seorang Penguasa Daerah akan bertanggungjawab untuk satu DB yang mengandungi lebih kurang 15 LB. Semua Penguasa Daerah dalam setiap DP adalah di bawah tanggungjawab Penolong Pesuruhjaya Banci. Timbalan Pesuruhjaya Banci di peringkat negeri pula bertanggungjawab ke atas semua Penolong Pesuruhjaya Banci di negeri masing-masing dan beliau bertanggungjawab terus kepada Pesuruhjaya Banci.

Bagi melancarkan operasi banci, di setiap daerah juga mempunyai pegawai yang dilantik sebagai pegawai MyAD dan MyCD yang bertanggungjawab dalam aspek teknikal dan membantu memantau perjalanan operasi di lapangan. Sementara itu, daripada aspek latihan setiap Pembanci dan Penyelia diberikan latihan yang secukupnya sama ada melalui bengkel latihan mahupun melalui atas talian, iaitu program latihan *Malaysia Statistics Ubiquitous Learning (MySUL).*

Organisasi banci di peringkat negeri dan kawasan geografi untuk tujuan banci adalah seperti berikut :

Jawatan	Kawasan Dipertanggungjawabkan
Timbalan Pesuruhjaya	Ibu Pejabat dan Negeri
Timbalan Pesuruhjaya (Teknikal)	Negeri
Penguasa Daerah	Daerah Banci
Penyelia	Lingkungan Banci
Pembanci	Blok Penghitungan

PUNCA DATA

Data yang dilaporkan merupakan penemuan utama yang berasaskan kepada data awalan yang dibuat selepas kerja luar dan sebelum prosesan data berkomputer.

PENDEKATAN BANCI

Pada Banci Malaysia 2020, pelbagai kaedah pengumpulan data telah digunakan:

1. e-Census

Pengisian soal selidik secara atas talian oleh respoden melalui pautan Portal Banci (https://ecensus.mycensus.gov.my).

2. *Computer Assisted Telephone Interview* (CATI)

Pembanci akan membuat temu ramah melaui telefon dan semua maklumat responden akan dimasukkan dalam sistem CATI.

3. *Computer Assisted Personal Interview* (CAPI)

Pembanci akan melawat TK dan melakukan proses temu ramah bersama responden dengan merekodkan maklumat responden secara *online* dan *offline* menggunakan *tablet* atau telefon pintar.

***4. Paper and Pen Interview* (PAPI)**

Pembanci akan melawat TK untuk melakukan proses temu ramah secara bersemuka kepada responden dan mencatatkan maklumat yang diperoleh di dalam borang soal selidik.

***5. Drop-Off & Pick-Up* (DOPU)**

Pembanci meninggalkan borang soal selidik *(drop-off)* di TK responden dan mengambil semula borang soal selidik *(pick-up)* yang telah diisi dengan lengkap oleh responden.

De Jure

Banci Malaysia 2020 menggunakan pendekatan "de jure" bermaksud di mana semua orang dihitung pada Hari Banci (7 Julai 2020) mengikut tempat tinggal biasa mereka.

Soal selidik selidik (Dokumen 2) telah digunakan untuk mengisi maklumat bagi orang yang berada di tempat tinggal persendirian manakala soal selidik (Dokumen 3a dan 3b) telah digunakan untuk tempat kediaman beramai-ramai seperti asrama kolej/ universiti, asrama perubatan, rumah kebajikan/ institusi sosial, berek polis/ tentera, penjara dan orang yang tiada tempat tinggal.

Pendekatan ***de jure*** telah diguna pakai untuk Banci Malaysia 2020. Pembancian dijalankan ke atas semua orang di tempat tinggal biasa mereka pada 7 Julai 2020 iaitu merujuk kepada mereka yang telah atau akan tinggal sebagai ahli biasa Isi Rumah ini bagi tempoh enam bulan atau lebih dalam tahun 2020 yang meliputi:

a. Bayi yang lahir pada atau sebelum Hari Banci dan masih hidup pada Hari Banci (7Julai 2020);

b. Orang yang meninggal dunia pada atau selepas Hari Banci (7 Julai 2020);

c. Penyewa, penumpang, pelawat, pembantu rumah, orang tua dan saudara mara yang biasa tinggal bersama IR ini ;

d. Pelajar (sekolah rendah dan menengah) yang tinggal di asrama (di Malaysia) dalam tahun 2020;

e. Ahli biasa yang tiada di TK ini **untuk tempoh kurang dari 6 bulan** kerana bekerja, berkursus, bercuti, melancong ke tempat lain (dalam dan luar negara), mengunjungi tempat ibadat dan lain-lain; dan

f. Sesiapa yang berada/ akan berada di hospital untuk tempoh kurang dari enam bulan dalam tahun 2020.

Berikutan penularan COVID-19 diseluruh negara, operasi banci telah dijadualkan semula sebanyak empat kali dalam tempoh Julai 2020 hingga Oktober 2021 dan ditutup secara rasmi pada 31 Oktober 2021. Pengiraan penduduk diselaraskan semula dengan tempoh rujukan banci.

LIPUTAN BANCI

Kategori berikut **tidak termasuk** dalam kiraan banci memandangkan mereka tinggal di negara ini kurang dari enam bulan dalam tahun 2020:

a) Bayi yang lahir selepas Hari Banci (7 Julai 2020);
b) Orang yang meninggal dunia sebelum Hari Banci (7 Julai 2020);
c) Penuntut Malaysia yang telah berada di luar negara bagi tempoh lebih 6 bulan dalam tahun 2020; dan
d) Rakyat Malaysia yang bekerja di luar negara bagi tempoh lebih dari enam bulan dalam tahun 2020.

KONSEP DAN DEFINISI

Bagi tujuan banci ini, beberapa konsep digunakan iaitu:

Tempat Kediaman (TK)

Tempat kediaman adalah. suatu struktur yang dibina berasingan dan bebas untuk tempat tinggal. Takrifan perkataan 'berasingan' dan 'bebas' adalah seperti berikut:

- **Berasingan**

Struktur adalah dianggap berasingan jika ia dikelilingi oleh dinding, pagar dan sebagainya serta ditutupi oleh bumbung.

- **Bebas**

Struktur dikatakan bebas apabila ia mempunyai jalan masuk terus dari tangga umum, tempat lalu lintas atau ruang lapang (iaitu penghuni boleh masuk atau keluar dari tempat kediaman mereka tanpa melalui pekarangan sesiapa pun).

Isi Rumah (IR)

Isi rumah terdiri daripada orang yang bersaudara dan/atau orang yang tidak bersaudara yang biasanya tinggal bersama dan membuat peruntukan yang sama untuk makanan dan keperluan hidup yang lain.

Ketua Isi Rumah (KIR)

Ahli-ahli isi rumah yang biasa tinggal di tempat kediaman ini dan dianggap sebagai ketua oleh ahli-ahli isi rumah yang lain.

Ahli Biasa

Ahli isi rumah (AIR) yang telah atau akan tinggal bersama ahli isi rumah yang lain bagi tempoh enam bulan atau lebih dalam tahun banci, walaupun tiada semasa banci dijalankan.

Untuk tujuan penjadualan dan analisis, klasifikasi kumpulan etnik adalah berasaskan klasifikasi yang telah disahkan oleh *Inter Agency Technical Committee* (IATC). Pengelasan tersebut adalah seperti berikut :

Semenanjung Malaysia	Sabah & W.P. Labuan	Sarawak
Warganegara Malaysia	Warganegara Malaysia	Warganegara Malaysia
Bumiputera	Bumiputera	Bumiputera
Melayu	Melayu	Melayu
Bumiputera Lain	Kadazan/ Dusun	Iban
	Bajau	Bidayuh
	Murut	Melanau
	Bumiputera Lain	Bumiputera Lain
Cina	Cina	Cina
India	India	India
Lain-lain	Lain-lain	Lain-lain
Bukan Warganegara	Bukan Warganegara	Bukan Warganegara

Selain daripada klasifikasi kumpulan etnik ini, etnik terperinci berdasarkan data yang diperoleh akan diterbitkan dari semasa ke semasa. Semua maklumat yang dikutip semasa banci termasuk kumpulan etnik dan kewarganegaraan adalah berdasarkan kepada jawapan/pengakuan responden dan tidak merujuk kepada sebarang dokumen rasmi.

Maklumat kewarganegaraan harus digunakan dengan berhati-hati kerana ianya tertakluk kepada ralat kandungan dan liputan terutamanya bagi bukan warganegara seperti banci.

Bagi tujuan penerbitan ini, beberapa istilah telah digunakan dan didefinisikan seperti berikut:

Nisbah Jantina

Nisbah jantina ialah bilangan lelaki bagi setiap 100 perempuan:

$$\textbf{Nisbah jantina} = \frac{\text{Bilangan lelaki dalam tahun t}}{\text{Bilangan perempuan dalam tahun t}} \times 100$$

Purata saiz isi rumah persendirian

Purata saiz isi rumah persendirian ialah bilangan orang bagi setiap isi rumah dan dikira seperti berikut:

$$\textbf{Purata saiz isi rumah persendirian} = \frac{\text{Bilangan penduduk}}{\text{Bilangan isi rumah}}$$

Akses kepada fasiliti

Fasiliti merujuk kepada kemudahan yang disediakan untuk pelbagai kegunaan bagi orang awam. Antara contoh fasiliti adalah hospital, kilinik, pusat keagamaan, pusat pendidikan dan pusat komuniti (kompleks kejiranan, dewan orang ramai & dewan serbaguna).

Kemudahan sukan dan rekreasi awam

Kemudahan sukan dan rekreasi merujuk kepada ruang dan lokasi untuk orang awam beriadah dan bersukan

PERUBAHAN KAWASAN/ SEMPADAN

Selepas tahun 2010, terdapat beberapa penubuhan kawasan baru atau perubahan sempadan yang telah diwartakan oleh pihak berkuasa berkenaan untuk wilayah persekutuan dan daerah pentadbiran. Daerah pentadbiran yang baharu adalah seperti berikut :-

- Lampiran 1 : Penubuhan daerah pentadbiran baru pada Banci 2020
- Lampiran 2 : Peta menunjukkan sempadan negeri dan daerah pentadbiran Malaysia, 2020

PETA MALAYSIA

Dalam penerbitan ini turut dimasukkan peta Malaysia (Lampiran 2) yang menunjukkan dua entiti geografi iaitu Semenanjung Malaysia dan Sabah/ Sarawak. Setiap satunya dilukis mengikut skala masing-masing. Walaupun dipisahkan oleh Laut China Selatan sejauh 500 kilometer, peta berkenaan dilukiskan berhampiran untuk mencapai maksud yang lebih jelas. Unit geografi yang ditunjukkan dalam peta meliputi 156 daerah pentadbiran serta Perlis dan tiga Wilayah Persekutuan iaitu Kuala Lumpur, Labuan dan Putrajaya.

SIMBOL DAN SINGKATAN

0.0	Kurang daripada setengah unit terkecil yang ditunjukkan
..	Tidak diperoleh
-	Kosong/ Tiada Data
PBT	Pihak Berkuasa Tempatan
W.P.	Wilayah Persekutuan
DP	Daerah Pentadbiran
BP	Blok Perhitungan
DB	Daerah Banci
RM	Ringgit Malaysia
DB	Daerah Banci
n.a	*Not applicable*

PEMBUNDARAN ANGKA

Hasil tambah bagi peratusan mungkin tidak sama dengan jumlah yang ditunjukkan kerana pembundaran kepada satu titik perpuluhan.

INTRODUCTION

The Population and Housing Census of Malaysia 2020 (MyCensus 2020) is the sixth census that was conducted since the formation of Malaysia in 1963. Previous censuses were carried out in 1970, 1980, 1991, 2000 and 2010. MyCensus 2020 provides information on the characteristics of living quarters, households and population in Malaysia as a benchmark for the demographic and socio-economic characteristics of the population. Census data form the basis for monitoring population and housing trends to national development planning.

The Federal Government is responsible for the undertaking of the census and it is conducted under the provision of the Census Act, 1960 (Revised-1969). The Department of Statistics, Malaysia (DOSM) was entrusted to conduct MyCensus 2020 with full co-operation and participation of several State Governments and Federal Government Agencies.

This publication featured findings from the MyCensus 2020 data. It releases statistics on the Malaysians (aged 10 years and over) engagement in sports and exercises activities during year of 2020. The activities include brisk walking, running, recreation, cycling, swimming, gymnasium activity, zumba/ aerobic, taichi/ yoga, e-sport, extreme sports and others. Statistics included in this publication are based on self-declaration by respondents. A respondent may choose an answer from 10 type of sports or exercises activities which multiple answers are allowed. Furthermore, a person may opt for 'none' as an answer, indicating an inactive lifestyle.

These statistics are one of the questions included in the special module of MyCensus 2020 questionnaire. For the first time ever DOSM has introduced four special module of questions that include Health and Fitness; Social Relation; Housing and Senior Citizen. This release is the first series of special module which the remaining findings will be published in stages from 2023 until 2024.

MyCensus 2020 is a complex data collection project. Therefore, the possibility of coverage and content errors is inevitable. In terms of coverage errors, part of living quarters, households or population may be left out, erroneously included or duplicated. Content errors in particular were based on erroneous responses on sex, age, citizenship, marital status, religion and ethnic group.

GEOGRAPHICAL DIVISIONS

MyCensus 2020 covers all states in Malaysia. Each state is divided into its respective administrative district (AD). For the purpose of census operations, a small enumeration unit which is an enumeration block (EB) has been created and contained an average of 80 to 120 living quarters with an estimated population of 500 to 600 persons. Approximately 80 to 120 EBs form a census district (CD). Malaysia consists of thirteen states and three federal territories. Each state is divided into several administrative districts. In Kelantan, the administrative district is known as "Jajahan". Each Administrative district is broken down into mukims.

This type of administrative structure applies to all states except Kelantan, Sabah, Sarawak, W.P. Labuan and W.P. Putrajaya. In this regard, the state of Kelantan has three administrative levels, namely the colonies, districts and mukims. For the state of Sabah, there is no mukim level, while for the state of Sarawak some DPs are divided into sub-districts. W.P. Labuan and W.P. Putrajaya do not have any other sub-divisions as an administrative unit. The list of mukims for each state is based on the list provided by the Department of Survey and Mapping Malaysia (JUPEM).

During the MyCensus 2020, an Enumerator is entrusted with one EB. A Supervisor will monitor the enumerators for the three census circles (CC), each consists approximately seven EBs. A District Superintendent will be responsible for a census district comprising approximately 15 CCs. All District Superintendents in every AD are under the responsibility of the Assistant Commissioner of Census. All Assistant Commissioners of each state are under the control of the Deputy Commissioner of Census for that state. The Deputy Commissioner of Census of each state is responsible directly to the Commissioner of Census.

To launch the census operation, each district also has officers appointed as MyAD and MyCD officers who are responsible for technical aspects and help monitor the progress of operations in the field. Meanwhile, from the aspect of training each Enumerator and Supervisor is given adequate training either through training workshops or online, namely the Malaysia Statistics Ubiquitous Learning (MySUL) training program.

The census organisation at the state and geographical divisions is as follows :

Position	Area of Responsibility
Assistant Commissioner	*Headquarters and State*
Assistant Commissioner (Technical)	*State*
District Superintendent	*Census District*
Supervisor	*Census Circle*
Enumerator	*Enumeration Block*

DATA SOURCE

The data reported are preliminary figures based on summary counts made after the field operation prior to computer processing.

CENSUS APPROACH

In MyCensus 2020, various data collection method was used.

1. e-Census

The completion of online census form by respondents through the Census Portal (https://ecensus.mycensus.gov.my).

***2. Computer Assisted Telephone Interview* (CATI)**

Data collection through telephone and all respondent's information recorded into the CATI system.

***3. Computer Assisted Personal Interview* (CAPI)**

A face to face interview or data collection using smart device either online or offline.

***4. Paper and Pen Interview* (PAPI)**

A face to face interview or data collection using questionnaire.

***5. Drop-Off & Pick-Up* (DOPU)**

Census enumerator drop off a set of questionnaire at respondents' living quarter and pick up the questionnaire that has been filled by the respondent.

De Jure

MyCensus 2020 uses a "de jure" approach meaning that everyone is counted on Census Day (7 July 2020) according to their usual place of residence.

The questionnaire (Document 2) was used to fill in the information of persons found at private living quarters, while the Document 3a and 3b were used for the collective living quarters such as colleges/ universities, hostels medical hostels, charitable/ social welfare institutions, military/ police barracks, prisons as well as homeless persons.

*The **de jure** approach was adopted for MyCensus 2020. All persons were enumerated according to their usual place of residence on Census Day on 7 July 2020. A usual member is one who had stayed or intended to stay as usual member of the household for six months or more in the year 2020.*

a. *Babies born on or before Census Day and still living on Census Day (7 July 2020);*
b. *Those who passed away on or after before Census Day (7 July 2020);*
c. *Lodgers, boarders, visitors, housemaid, elderly persons and relatives who usually live together with this household;*
d. *Students (primary and secondary schools) who stays in hostels (in Malaysia) in the year 2020;*
e. *Usual members who are away from living quarters for less than six months because of work, attending course, on leave, on vacation (in and outside Malaysia), visiting place of worship and etc; and*
f. *Any person staying/ will be staying in hospital for less than six months in the year 2020.*

Following the outbreak COVID-19 nationwide, the census operation was rescheduled four times in the period of July 2020 to October 2021 and officially closed on 31 October 2021. In terms of population count, it is realigned to the reference period.

CENSUS COVERAGE

*The following categories were **excluded** from the census count on the basis that they were staying in the country for less than six months in the year 2020:*

a) *Babies born after Census Day (7 July 2020);*

b) *Those who passed away before Census Day (7 July 2020);*

c) *Malaysian students who have been living overseas for more than six months in the year 2020; and*

d) *Malaysians who work overseas for more than six months in the year 2020.*

CONCEPTS AND DEFINITION

For the purpose of this census, several concepts were used such as :

Living Quarters (LQ)

Living quarters are a place that is structurally separated and independent which are meant for living. The terms, 'separated' and 'independent', is defined as the following:

- ***Separated***

  A structure is considered as separated if it is surrounded by walls, fence, etc. and is covered by a roof.

- ***Independent***

A structure is said to be independent if it has a direct access via a public staircase, communal passageway or landing (that is, occupants can come in or go out of their living quarters without passing through someone else's premises).

Household

A household consists of related and/or unrelated persons who usually live together and make common provisions for food and other essentials of living. The household may contain one or several members.

Head of Household

Head of household refers to regular household members who live in the residence and is considered as the head by other members of household.

Member of Household

Member of household refers to members who have or will stay with other household members for a period of six months or more in the census year, although not present during the census is held.

For the purpose of tabulation and analysis, the classification on ethnic group is based on the classification that have been endorsed by Inter Agency Technical Committee (IATC). *The classification is as follows*:

Peninsular Malaysia	Sabah & W.P. Labuan	Sarawak
Malaysian Citizens	*Malaysian Citizens*	*Malaysian Citizens*
Bumiputera	*Bumiputera*	*Bumiputera*
Malay	*Malay*	*Malay*
Other Bumiputera	*Kadazan / Dusun*	*Iban*
	Bajau	*Bidayuh*
	Murut	*Melanau*
	Other Bumiputera	*Other Bumiputera*
Chinese	*Chinese*	*Chinese*
Indians	*Indians*	*Indians*
Others	*Others*	*Others*
Non-Malaysian Citizens	*Non-Malaysian Citizens*	*Non-Malaysian Citizens*

Apart from the classification of these ethnics groups, detailed ethnicities based on the data obtained will be published from time to time. All information collected during the census including ethnic group and nationality is based on respondents' answers/declaration and does not refer to any official documents.

Information on citizenship should be used with caution as it is subject to content and coverage errors especially for non-citizens as in census.

For the purpose of this publication, several terms are used and have been defined as follows:

Sex Ratio

The sex ratio is the number of males per 100 females

$$\textbf{Sex ratio} = \frac{\text{Number of males}}{\text{Number of females}} \times 100$$

Average of private household size

The average of private household size is the number of persons per household and is calculated as:

$$\textbf{Average of private household size} = \frac{\text{Number of population}}{\text{Number of households}}$$

AREA/ BOUNDARY CHANGES

After the year 2010, there were several new areas created or boundary changes that were gazetted by the relevant authorities. The new administrative districts are shown:

- *Appendix 1: Establishment Of new administrative district in the 2020 Census*
- *Appendix 2: Map showing boundaries of states and administrative district, Malaysia, 2020*

MAP OF MALAYSIA

Included in this publication is a map of Malaysia (Appendix 2) showing two geographic entities, namely Peninsular Malaysia and Sabah/ Sarawak, each drawn with its own scale, although separated by over 500 kilometres of the South China Sea. They are plotted in closer proximity to achieve maximum clarity. The geographic units shown in this map consist of 156 administrative districts as well as Perlis and three federal territories of Kuala Lumpur, Labuan and Putrajaya.

SYMBOLS AND ABBREVIATIONS

0.0	*Less than half of the smallest units shown*
..	*Not obtained*
-	*Nil/ No Data*
P.B.T.	*Pihak Berkuasa Tempatan (Local Authorities)*
W.P.	*Wilayah Persekutuan*
DP	*Daerah Pentadbiran*
BP	*Blok Perhitungan*
DB	*Daerah Banci*
RM	*Ringgit Malaysia*
DB	*Daerah Banci*
n.a	*Not applicable*

ROUNDING OF FIGURES

The sum of the percentage may not equal to the total shown due to independent rounding to one decimal point.

BAHAGIAN 4

PART 4

LAMPIRAN

APPENDICES

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PENUBUHAN DAERAH PENTADBIRAN BARU PADA BANCI 2020
CREATION OF NEW ADMINISTRATIVE DISTRICTS AS AT CENSUS 2020

Kelantan	**Kecil Lojing** Sebahagian dari Mukim Bertam dahulunya sebahagian daripada daerah pentadbiran Gua Musang. *Mukim Bertam was formerly part of Gua Musang administrative district.*
Perak	**Muallim** Mukim Hulu Bernam Timur, Mukim Hulu Bernam Barat dan Mukim Slim yang dahulunya sebahagian daripada daerah pentadbiran Batang Padang. *Mukim Hulu Bernam Timur, Mukim Hulu Bernam Barat and Mukim Slim were formerly part of Batang Padang administrative district.*
Perak	**Bagan Datuk** Mukim Bagan Datuk, Rungkup, Hutan Melintang dan sebahagian dari Teluk Baru yang dahulunya sebahagian daripada daerah pentadbiran Hilir Perak. *Mukim Bagan Datuk, Rungkup, Hutan Melintang and part of from Teluk Baru were formerly part of Hilir Perak administrative district.*
Perak	**Selama** Mukim Hulu Selama, Selama, Hulu Ijok dan sebahagian Beriah dahulunya sebahagian daripada daerah pentadbiran Larut dan Matang. *Mukim Hulu Selama, Selama, Hulu Ijok and part of Beriah were formerly part of Larut and Matang administrative district.*

PENUBUHAN DAERAH PENTADBIRAN BARU PADA BANCI 2020
CREATION OF NEW ADMINISTRATIVE DISTRICTS AS AT CENSUS 2020

Terengganu	**Kuala Nerus** Mukim Batu Rakit, Pakoh dan Kuala Nerus yang dahulunya sebahagian daripada daerah pentadbiran Kuala Terengganu. *Mukim Batu Rakit, Pakoh and Kuala Nerus were formerly part of Kuala Terengganu administrative district*
Sabah	**Telupid** Kawasan ini dahulunya sebahagian daripada daerah pentadbiran Beluran. *This area was formerly part of Beluran administrative district.*
Sabah	**Kalabakan** Kawasan ini dahulunya sebahagian daripada daerah pentadbiran Tawau. *This area was formerly part of Tawau administrative district.*
Sarawak	**Tebedu** Daerah kecil Tebedu, sebahagian dari daerah kecil Padawan dan Serian yang dahulunya sebahagian daripada daerah pentadbiran Kuching dan Serian. *The sub-district of Tebedu, part of sub-district Padawan and Serian were formerly part of Kuching and Serian administrative district.*

PENUBUHAN DAERAH PENTADBIRAN BARU PADA BANCI 2020
CREATION OF NEW ADMINISTRATIVE DISTRICTS AS AT CENSUS 2020

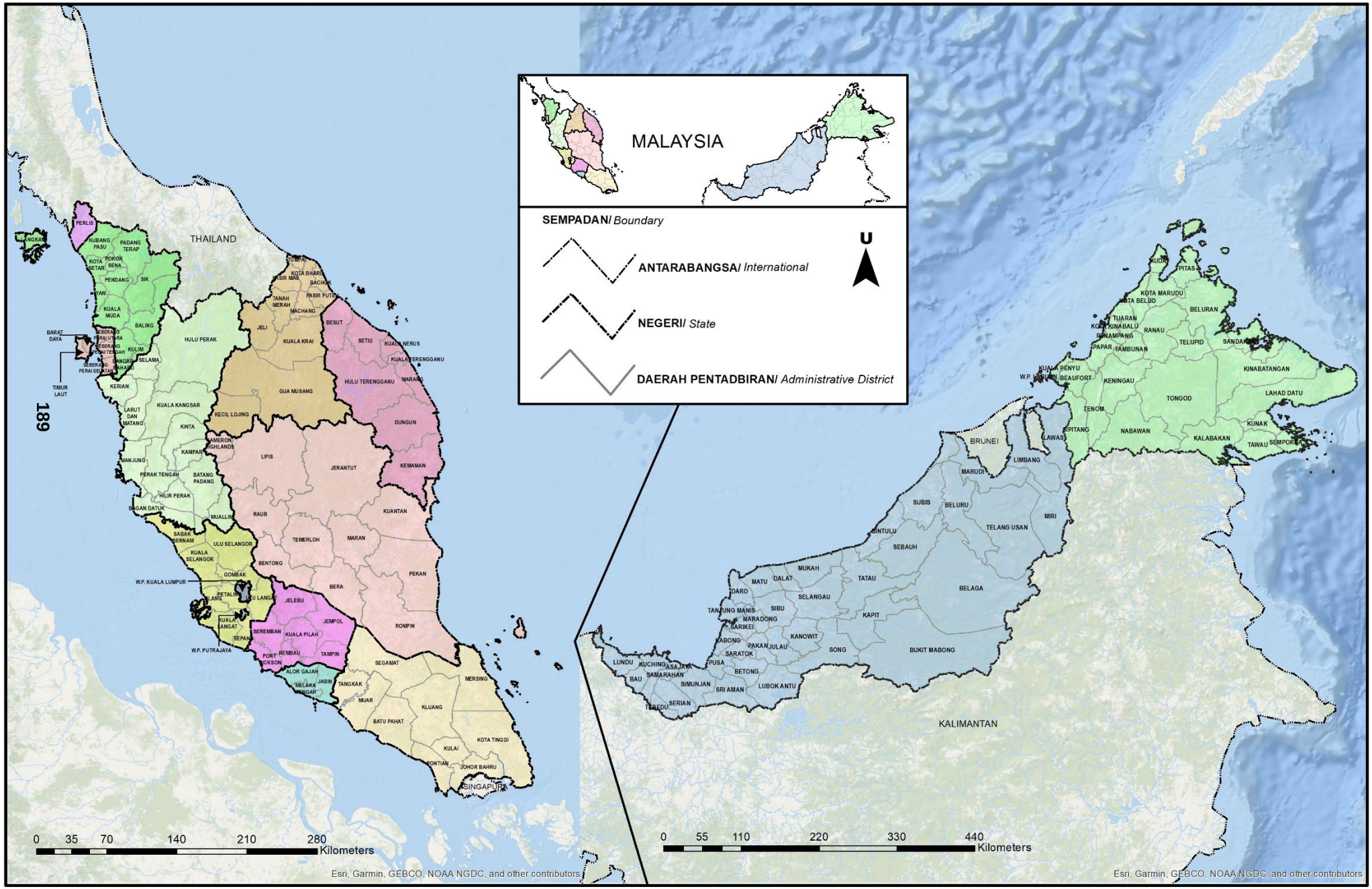
Sarawak	**Pusa** Kawasan ini adalah dari daerah kecil Pusa dan Maludam yang dahulunya sebahagian daripada daerah pentadbiran Betong. *This area were part of Pusa and Maludam sub-district which was formerly part of Betong administrative district*
Sarawak	**Kabong** Kawasan ini adalah dari daerah kecil Kabong dan Roban yang dahulunya sebahagian daripada daerah pentadbiran Saratok. *This area were part of Kabong and Roban sub-district which was formerly part of Saratok administrative district.*
Sarawak	**Tanjung Manis** Kawasan ini adalah daerah kecil Belawai yang dahulunya sebahagian daripada daerah pentadbiran Daro. *This area was Belawai sub-district which was formerly part of Daro administrative district.*
Sarawak	**Sebauh** Kawasan ini adalah daerah kecil Sebauh yang dahulunya sebahagian daripada daerah pentadbiran Bintulu. *This area was Sebauh sub-district which was formerly part of Bintulu administrative district.*

PENUBUHAN DAERAH PENTADBIRAN BARU PADA BANCI 2020
CREATION OF NEW ADMINISTRATIVE DISTRICTS AS AT CENSUS 2020

Sarawak	**Bukit Mabong** Kawasan ini adalah sebahagian daerah kecil Belaga yang dahulunya sebahagian daripada daerah pentadbiran Belaga; dan daerah kecil Kapit yang dahulunya daripada daerah pentadbiran Kapit. *This area was part of Belaga sub-district which was formerly part of Belaga administrative district; and Kapit sub-districts which were formerly a part of Kapit administrative district.*
Sarawak	**Subis** Kawasan ini adalah daerah kecil Niah-suai dan Sibuti yang dahulunya daripada daerah pentadbiran Miri. *This area were Niah-suai dan Sibuti sub-district which was Miri administrative district.*
Sarawak	**Beluru** Kawasan ini adalah dari daerah kecil Beluru dan sebahagian daerah kecil Long Lama yang dahulunya sebahagian daripada daerah pentadbiran Marudi. *This area were Beluru sub-district and part of Long Lama sub-district which was formerly part of Marudi administrative district.*
Sarawak	**Telang Usan** Kawasan ini adalah sebahagian daerah kecil Long Lama yang dahulunya sebahagian daripada daerah pentadbiran Marudi. *This area was part of Long Lama sub-district which was formerly part of Marudi administrative district.*

LAMPIRAN 2
APPENDIX 2

PETA MENUNJUKKAN SEMPADAN NEGERI DAN DAERAH PENTADBIRAN, MALAYSIA, 2020
MAP SHOWING BOUNDRIES OF STATES AND ADMINISRATIVE DISTRICT, MALAYSIA, 2020



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ISBN 978-967-253-699-4

BANCI PENDUDUK & PERUMAHAN MALAYSIA 2020
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BANCI EKONOMI 2023
DATA PEMANGKIN EKONOMI NEGARA

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