

**GENDER DIFFERENCES IN RECEIVING PEER SOCIAL SUPPORT
FOR EXERCISE AMONG MALAYSIAN ADULTS**

BY

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ABSTRACT

This study examines the gender differences in receiving peer social support among young and middle adults in Malaysia. 384 participants consisted of 207 young adults aged between 20 to 34 years and 177 middle adults aged 35 to 54 years were recruited using the purposive sampling method and Social Support and Exercise Survey was used for data collection. Results from the Independent T-test showed that there were gender differences in receiving peer social support among young adults ($t(205) = 2.36; p < .019$) with males receiving more peer social support ($\bar{x} = 29.00$) compared to females ($\bar{x} = 26.00$). However it was found that there were no gender differences among middle adults ($t(175) = 1.93; p > .055$). Between both young and middle adults, the result showed there were no age differences ($t(382) = 1.45; p > .148$). The results are consistent with the previous studies which suggested that males receive more peer social support but inconsistent with literatures suggested that individuals receive less peer social support as they age. This study has implications on finding ways to increase the participation of peers to encourage exercise engagement.