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HEALTHY LIFESTYLE SATISFACTION AMONG ADULTS IN SABAK BERNAM, SELANGOR

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Background:

Lifestyle is one of the most significant factors influencing one's health and wellness. Various studies had shown that life satisfaction is associated with favourable health outcomes and positive well-being. Life satisfaction also has positive association with healthy lifestyle and prudent health behaviour. But there is very limited study on healthy lifestyle satisfaction (a domain-specific perspective of life satisfaction) in relation to health behaviour.

Materials and Methods:

A cross sectional study using structured questionnaires was conducted from 21 August to 27 August 2010 among adult aged 18 years old and above in two villages in Sabak Bernam, Selangor, Malaysia. This aim was to assess the prevalence of healthy lifestyle satisfaction and its association with sociodemographic characteristics, body mass index and health behaviors.

Results:

The prevalence of healthy lifestyle satisfaction among adult in was 72.4%. Backward Stepwise (LR) multiple logistic regression analysis indicated that not having stressed significantly associated with satisfied healthy lifestyle (aOR 3.38, 95%CI 1.48-7.72). Having education level of secondary (aOR 0.24, 95%CI 0.08-0.73) and tertiary level (aOR 0.20, 95%CI 0.05-7.72) are significantly associated with dissatisfied healthy lifestyle.

Conclusion:

Healthy lifestyle satisfaction has some similar associated factors as life satisfaction. Health intervention should be designed to focus on reducing stress and catered for various level of education.

Keywords:

healthy lifestyle, satisfaction, cross sectional, health behaviour