UNIVERSITI TEKNOLOGI MARA

THE ASSOCIATION OF NUTRITIONAL STATUS AND PERCEIVED ON DISEASE AMONG AUXILIARY POLICE IN UITM SELANGOR, MALAYSIA

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Thesis submitted in fulfillment
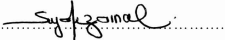of the requirements for the degree of
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AUTHOR'S DECLARATION

I hereby declared that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and it is the results of my own work, except for quotations as well as summaries which have been appropriately acknowledged as referenced work.

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ABSTRACT

A cross-sectional study was done in Universiti Teknologi MARA (UiTM) Selangor campus in order to assess the degree of perceived on disease among auxiliary police. The campuses that included in this study are UiTM Shah Alam, UiTM Puncak Alam, UiTM Puncak Perdana and UiTM Sungai Buloh. Objective of the study was to determine the association of nutritional status and perceived on disease among auxiliary police aged 18 to 65 years old in UiTM Selangor. Auxiliary police (n=122) were recruited and answered questionnaire in a booklet (hardcopy) form. The questionnaire consist of demographics criteria including age, gender, academic level and income. Another part of the questionnaire was used to measure the perceived on disease among respondents including their behavioural and cue to action. Nutritional assessment are done consisting of anthropometric assessment and dietary assessment. Height and weight were measured in order to calculate body mass index (BMI). Dietary assessment is done by two days 24 hours diet recall (24-HDR) via face to face interview and analysed using Nutritionist Pro Software. 42 out of 122 respondents are criterion has high level of perceived on disease (34.4%) and the remainder 80 persons have low level of perceived on disease (65.6%). Results show that there are association between academic levels and perceived on disease among respondents (p=0.042). However, there are no association between age, gender and income with perceived on disease. Majority of auxiliary police in UiTM Selangor are overweight (n=51). Result shows that there are significant association between BMI and level of perceived on disease among respondents (p <0.05). However, there are no significant correlation between perceived on disease and dietary intake. Perceived on disease had been identified significant to behavior of reading nutrient labelling, searching health information through internet, mass media and consultation with professional health care. The findings from this study showed that level of perceived on disease among auxiliary police in UiTM Selangor are low and if they continue being unconcern, it will lead them to get disease in future.

Keywords: Auxiliary police, body mass index, dietary intake, nutritional status, perceived on disease

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CHAPTER ONE
INTRODUCTION

1.1   RESEARCH BACKGROUND

Non-communicable disease (NCD) has recently become a major problem in Malaysia. Obesity is one of non-communicable disease that is harmful as it can cause bad consequences to the body. According to Choi et al. (2011), overweight and obese subjects have increased the rates of hypertension, decrease the level of high-density lipoprotein (HDL) cholesterol, increased low-density lipoprotein (LDL) cholesterol, increased triglycerides, significant yearly weight gain, lower cardio-respiratory fitness (CRF) and decreased muscle strength and frequent fatal cardiac events. Basically, obesity can lead to other non-communicable diseases including hypertension, diabetes, heart disease, cancer and stroke. Perceived on disease among individual is one of the initiator for individual to change their behavioural actions in order to overcome the recently increasing number of NCDs in Malaysia. For this study, we are focusing on auxiliary police as subjects since they are safety personnel that must stay healthy and concern about health to perform their work.

Perceived on disease is defined based on Health Belief Model. Health Belief Model is a psychological model that explains and predicts individual's health behavior. This is done by paying attention to the individual's beliefs and attitudes (Raingruber, 2014). High level of perceived on disease will develop the healthy behavioural action. Perceived on disease include the combination of perceived susceptibility on disease and perceived severity towards the disease. Once the individual have the awareness towards the disease, they will develop healthy behavioural action to reduce the occurrence of the NCDs. Healthy behavioural action can be monitor by assessing the nutritional status of an individual including anthropometry assessment and dietary assessment. A study on association of dietary fat intake perception to nutritional status and psychosocial factor is done where it focused on diet-related psychosocial factors consisting of perceived risk to disease, intention to change, perceived outcome expectancies and perceived barrier to change (Yong, Zalilah, & Yap, 2009).

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