

UNHEALTHY LIFESTYLE FACTORS AMONG WELLNESS STUDENTS AT UMK CITY CAMPUS

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ABSTRACT

Being overweight has serious adverse effects on health, linked to hypertension, coronary heart disease, stroke, type 2 diabetes, and some cancers of the breast, colon, prostate, endometrium, and gallbladder. Being overweight accounts for 5% of all deaths worldwide. Being overweight can also lead to serious physical behaviour, social, psychological, and economic consequences. The main objective of this research is to examine the relationship between unhealthy lifestyle factors among students at University of Malaysia Kelantan. There are three research objectives. To examine the relationship between hereditary disease and unhealthy lifestyles. Next is to examine the relationship between psychology and unhealthy lifestyles and the last one to examine the relationship between peer influence and unhealthy lifestyles. The conceptual framework contains three independent variables: hereditary disease, psychology, and peer influence. Moreover, one dependent variable is an unhealthy lifestyle. According to the findings of the literature analysis, the researcher has created the frame shown below related to the characteristics of unhealthy lifestyles among UMK students.

Keywords: Hereditary disease, Psychological, Peer influence, Unhealthy lifestyle

INTRODUCTION

The A healthy body is essential for a prosperous existence, and the Malaysian educational system aims to create individuals who are intellectually, physically, psychologically, emotionally, and spiritually balanced. The Malaysian Ministry of Education has developed a unique physical education and health education curriculum to educate students on physical fitness, sportsmanship, sports and recreation skills, personal and family health, healthy living, and environmental cleanliness and safety. The curriculum focuses on macronutrients, micronutrients, and nutrition, as well as illnesses related to eating patterns, such as obesity, coronary heart disease, hypertension, diabetes mellitus, and peptic ulcer.

The government has spent significant money on paying rising medical bills, and advertisements have focused on health issues. A healthy community can be aided by maintaining good nutrition and engaging in physical exercise for at least 30 minutes three times a week. Engaging in physical activity and eating a balanced diet are the primary goals of a healthy lifestyle.

People are increasingly realizing the importance of health and prioritizing it as something to be proud of. Food plays a crucial role in human life, providing daily energy and nutrients for the body's metabolic processes. A balanced diet is essential for optimal health and growth, and poor eating habits, such as high cholesterol, fat, oil, salt, and sugar, can lead to various health issues and diseases.

Research Objective

1. To examine the relationship between hereditary disease and unhealthy lifestyles.
2. To examine the relationship between psychological and unhealthy lifestyles.
3. To examine the relationship between peer influence and unhealthy lifestyles

Research Questions

1. What is the relationship between hereditary disease and unhealthy lifestyle?
2. What is the relationship between psychological and unhealthy lifestyle?
3. What is the relationship between peer influence and unhealthy lifestyle?

SIGNIFICANCE OF THE STUDY

This study will be helpful to future researchers covering similar events and topic areas. As a result, future researchers can obtain additional knowledge and data for their future studies. Wellness students, they will increase the health industry's understanding of unhealthy lifestyle factors that can be used to improve health. By doing so, all Wellness students will better understand the unhealthy lifestyle factors associated with being overweight. This research will affect several factors from an unhealthy lifestyle. This research will be helpful to anyone interested in examining the concept of health in nutrition.

LITERATURE REVIEW

Hereditary Disease

Hereditary illness is the process of encoding traits in genes and passing them down from parents to offspring. It is a unique gene combination created by combining some of the mother's genes with the father's DNA. Family history is a crucial factor in differential diagnosis, as it reveals a person's future risk of developing conditions like heart disease, diabetes, or cancer. Each chromosome contains many genes, with only 29% of the human genome being composed of genes. Hereditary factors can cause or impact several diseases, with the three main categories being single-gene, chromosomal, and multifactorial. Modern genetic testing can identify hereditary conditions through chromosomal, biochemical, or DNA-based technology. It is essential to retrieve multiple family members' DNA for testing to be helpful for a disorder.

Research Hypothesis

Psychological

Physiological, psychological, social, and genetic factors influence food intake, food preference, and meal time. Cognitive factors, such as self-regulation, motivation, and self-efficacy, can also impact eating behaviour. Stress can lead to increased appetites, and students with mental illnesses may struggle with managing eating habits, exercise, and maintaining a balanced body weight. The mind plays a crucial role in determining the need for exercise and the importance of eating well. People may become "restrained eaters," making decisions based on factors like cost, brand, and accessibility. Self-regulation, or the ability to control and self-regulate one's actions, is another area of study for psychologists. When self-regulation fails, people may forget about their diet, leading to "perverse logic." Both inner and extrinsic motivation are necessary to lose weight.

Peer Influence

Peer influence is the decision to engage in activities or behaviours based on acceptance and value from friends. It can be beneficial, such as motivating individuals to work harder, serve as positive role models, and expose them to positive influences. However, it can also be harmful, such as encouraging unhealthy behaviours or social behaviours. Peer influence is crucial in promoting a healthy lifestyle and offering moral and emotional support. People with a positive outlook on health can demonstrate the value of maintaining a healthy lifestyle. However, if peers desire to harm health, they can do so, as seen with disregarding hygienic rituals. A healthy lifestyle is closely tied to peer influence, as it significantly impacts a person's health and determines their course.

Unhealthy Lifestyle

Lifestyle is a way of living influenced by geography, economics, politics, culture, and religious texts. It affects 60% of variables impacting individual health and quality of life. Millions of people live unhealthy lives, leading to diseases, disability, and death. Lifestyle factors include malnutrition, improper diet, smoking, alcohol, drug misuse, stress, and new IT technologies. Lifestyle has a significant impact on human physical and mental health, with consanguinity and drug abuse being major risks. Reforming unhealthy lifestyles is crucial for minimizing genetic diseases and improving overall health.

Research Hypotheses

H1: There is a significant relationship between hereditary disease and unhealthy lifestyle among Wellness students at UMK City Campus.

H2: There is a significant relationship between psychological with unhealthy lifestyles among Wellness students at UMK City Campus.

H3: There is a significant relationship between peer influence and unhealthy lifestyle among Wellness students at UMK City Campus.

Research Framework

Framework showing the researcher how the study concept and variables can be achieved together. The independent variable and the dependent variable are two variables in the framework. The conceptual framework contains three independent variables: hereditary disease, psychology, and peer influence. Moreover, one dependent variable is an unhealthy lifestyle. According to the findings of the literature analysis, the researcher has created the frame shown below related to the characteristics of unhealthy lifestyles among UMK students. Fransen et al. (2016) stated that many studies have linked unhealthy diets to several aspects, such as socio-demographic and lifestyle factors. According to Deasy et al., (2014). Students in higher education should be aware of this behaviour because it may indicate psychological discomfort, cause by self-inflicted actions.

METHODOLOGY

Research Design

This study's methodology employs quantitative methodologies. Students of Wellness at University Malaysia Kelantan were studied for their unhealthy lifestyles using a quantitative research methodology. Quantity is prioritised in the quantitative approach. This is due to researchers using numerical or statistical data. The quantitative method is organised, has a distinct scan and different emphasises outcomes. A qualitative approach is used to obtain data, derive meaning from the study, and gain knowledge. Data collection procedures include, for instance, identifying individuals, making records, sampling, recording data, addressing problems in the field, and storing data (Cresswell, 1998).

Data Collection

The researcher collects data from primary sources using various research methods of data collecting that can be used to continue the study. At the UMK City Campus, data was collected based on information concerning unhealthy lifestyles among Wellness students who were overweight. For students to better understand health, data is collected through a survey.

The tool used to collect the data required for the questionnaire is a google form that is distributed to selected respondents online through a google form link who voluntarily answer the questionnaire used to obtain data about unhealthy lifestyle factors among Wellness students against overweight at UMK City Campus. This questionnaire can identify the relationship between hereditary diseases, psychological, and peer influence.

Researchers in this study will collect primary data during the distribution of questionnaires to respondents, and the data collection results will be obtained. Secondary data was also used in this inquiry, referred by the researcher in the journal publication of previous research studies and used for this study.

Sampling

In this study, simple random sampling, a type of probability sampling method, will be used. It is a type of sampling to obtain information about a population such as a person, institution, place, or phenomenon. The researcher chose this sampling strategy because the results obtained from the sample are the same as those obtained from measuring the entire population (Shadish et al., 2002). Simple random sampling gives each unit in the population an equal probability of being selected. This sampling is the easiest and easiest to select the respondents of the study, and the cost is not expensive. In other words, this sampling strategy is not determined by the sampling procedure because anyone can be used as a study sample. By using this sampling method, researchers can get data results immediately.

Data Analysis

The process of collecting, modelling, and analysing data to obtain insights that can be used to make decisions is known as data analysis. It is also a technique used by researchers to dissect and interpret data in order to gain insights, make recommendations, and aid decision-making. The researcher's information was processed and used in the study. All of the information was gathered from various sources. The Statistical Package for Social Science (SPSS) will be used to analyse the data collected by the researcher in this study. As a result, researchers from various fields use IBM SPSS Version 25 software for quantitative analysis of complex data. This statistical tool can process statistical data and provide answers for this study.

FINDINGS

Demographic Analysis

4.4.1 Gender of Respondents

Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	62	25.6	25.6	25.6
	Female	180	74.4	74.4	100.0
	Total	242	100.0	100.0	

Table 4.8: Number of Respondents by Gender

4.4.2 Age of Respondents

Age

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18-21 years old	24	9.9	9.9	9.9
	21-24 years old	191	78.9	78.9	88.8
	24-28 years old	24	9.9	9.9	98.8
	Other	3	1.2	1.2	100.0
	Total	242	100.0	100.0	

Table 4.9: Number of Respondents by Age

4.4.3 Ethnicity of Respondents

Ethnicity

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Malay	196	81.0	81.0	81.0
	chinese	19	7.9	7.9	88.8
	Indian	16	6.6	6.6	95.5
	Others	11	4.5	4.5	100.0
	Total	242	100.0	100.0	

Table 4.10: Number of Respondents by Ethnicity

4.4.4 Marital of Respondents

Marital

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Single	229	94.6	94.6	94.6
	Married	13	5.4	5.4	100.0
	Total	242	100.0	100.0	

Table 4.11: Number of Respondents by Marital

4.4.5 Years of study of Respondents

Years of study

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	years 1	20	8.3	8.3	8.3
	years 2	37	15.3	15.3	23.6
	years 3	160	66.1	66.1	89.7
	years 4	25	10.3	10.3	100.0
	Total	242	100.0	100.0	

Table 4.12: Number of Respondents by Years of Study

Descriptive Analysis

Descriptive Statistics

Variables	Mean (M)	Std. Deviation (SD)	N
Dependent Variable (DV)	4.2410	.55928	242
Hereditary Disease (HD)	3.9284	.72904	242
Psychological (P)	4.1260	.75508	242
Peer Influence (PI)	4.1260	.75508	242

Sources: SSPS

Reliability Analysis

Dependent Variable	Cronbach' Alpha	Number of Items
	0.664	3
Demographic Data		
Independent Variable		
Hereditary disease	0.764	7
Psychological	0.713	2
Peer influence	0.713	2

Sources: SPSS

Table 4.7: Reliability Statistic

Pearson Correlation Analysis

	Hereditary Disease	Psychological	Peer Influence	Unhealthy Lifestyle
Hereditary Disease	1	.377**	.377**	.339**
Psychological	.377**	1	1.000**	.450**
Peer Influence	.377**	1.000**	1	.450**
Unhealthy Lifestyle	.339**	.450**	.450**	1

** . Correlation is significant at the 0.01 level (2-tailed)

Sources: SPSS

DISCUSSION AND RECOMMENDATION

In other words, there are many causes and reasons that contribute to unhealthy lifestyles among Wellness students at UMK City Campus. However, based on the research we have done, we only use hypotheses which are hereditary diseases, psychology and peer influence. Based on random and non-random discussions, all of these hypotheses are closely related and have a profound effect on the unhealthy lifestyle of wellness students at UMK city campus. However, due to the fact that these wellness students are in UMK city campus rather than on campus, the influence of peers should be more of a cause for unhealthy lifestyles for these students. But this matter needs to be taken seriously, because they are wellness students who are indeed healthy students and they should show a healthy lifestyle as wellness students. Therefore, unhealthy lifestyles need to be curbed to ensure that all campus students regardless of students from all faculties lead a healthy lifestyle.

CONCLUSION

In conclusion, overall, the findings of the study we found from the research we conducted, namely unhealthy lifestyle factors among wellness students at UMK city campus, we found that all the hypotheses we used have a close relationship with our topic. All of our respondents also agreed with the variables we released in this research as a result of the findings we got from the survey conducted. It can be seen clearly in our table 4, which is in the findings which provide a summary of the entire question from questionnaire.

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