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SUSTAINABLY NURTURING TOURISM, HOSPITALITY AND WELLNESS INDUSTRY FOR A BRIGHTER TOMORROW

UNIVERSITI MALAYSIA KELANTAN

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Adopting A Healthy Lifestyle: It's A Choice

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ABSTRACT

A healthy lifestyle is one of the ways a person needs to live in order to achieve their optimal health including physical, mental, and social well-being. Researchers have shifted their focus to awareness of the importance of adopting a healthy lifestyle practice among communities. This is due to health issues that have arisen recently among communities that have become a public concern.The objective of this study is to investigate the relationship between peer influence, heredity disease and mental well-being in adopting a Healthy Lifestyle practice among communities in Malaysia. 384 respondents participated in this study which was conducted through Whatsapp, Facebook, and Instagram .This study focused on generation Z , a disease suffered and all Malaysians. The result showed that peer influence, heredity disease and mental well-being influence communities to adopt a healthy lifestyle.

Keywords: *A Healthy Lifestyle, Peer Influence, Heredity Disease, Mental Well-being*

INTRODUCTION

The World Health Organization (WHO), defines Health as a state of complete physical, mental, and social well-being, not simply just the absence of disease. While, the actual definition of Healthy Living is the steps, actions and strategies one puts in place to achieve optimum health. Healthy living is about taking responsibility for decisions and making smart health choices for today and for the future.

Healthy lifestyle practices are activities that are always done to maintain the health of the body. Dato' Seri Najib Tun Razak, who is the 6th Prime Minister of Malaysia once said that Malaysians should practice a healthy lifestyle to gain good from it. History proves that people in the past lived for a longer period than the people of today because they practiced a healthy lifestyle. Today's society suffers from many health problems because they do not practice a healthy lifestyle. The proof is that Malaysia has the highest number of diabetes sufferers in Asia, also among the most in the world after Saudi Arabia. According to the 2019 national health and morbidity survey (Nhms), the percentage of diabetic patients in Malaysia has risen from 13.4% in 2015 to 18.3% in 2019.

The level of health among Malaysians people is at a worrying level. Factors such as peer influence, heredity disease and mental well-being can affect healthy lifestyles, especially among students and other community members. The conditions such as heart disease , cancer, diabetes,joint disease, and mental illness are responsible for a vast number of deaths and disabilities. But, Many health problems can be prevented or at least their occurrence postponed by having a healthy lifestyle (Prsaanna, 2018). This is because a healthy lifestyle is one of which helps to keep and improve people's help and wellbeing (Prsaanna,2018). A healthy lifestyle consists of eating a healthy diet, doing regular physical activity, avoiding toxic habits such as smoking (Grisolia, J.M, 2018). Thus, this study proposed three research objectives to explain the phenomenon.

1. To examine the relationship between peer influences and healthy lifestyle.

2. To examine the relationship between heredity disease and healthy lifestyle.

3. To examine the relationship between mental well-being and healthy lifestyle.

SIGNIFICANCE OF THE STUDY

This study was significant for future researchers, disease sufferers, all Malaysians, and generation Z to improve well-being and prevent themselves from suffering from serious diseases. Furthermore, policymakers, health agencies, program planners, and community leaders can also use the data obtained from this study as a reference to plan and implement effective policies and programs for the Malaysian community to promote a healthy lifestyle.

LITERATURE REVIEW

Peer Influence

Peer influence meaning is when someone chooses to do something individuals like or not, because some individual wants to feel accepted and appreciated by a friend then individuals are willing to do it (Nadiah, 2021). Peer influence is the best way to describe how teenagers' behavior is shaped around their friends (Nadiah, 2021). Peer influence can be a positive and negative thing. For example, Peer influence can make a person interested in taking care of individual health with interesting activities such as group cycling on weekends, participating in exercise classes and more together (Aminuddin, 2014).Positive influence from friends can encourage them to be better and expose themselves to positive things. In addition, it can also be a negative thing when someone is led to try things that they are not usually interested in due to the influence of peers, such as smoking or social behavior (Nadiah, 2021).

Peer Influence is very important to create awareness of adopting a healthy lifestyle when an individual feels pressure from their peers. There will be a tendency for them to choose the same path as making a decision to follow in the footsteps of their friend, which is likely to be an action outside of the individual's character such as playing sports for awareness (Ann, 2021. It can also increase a person's productivity to practice a healthy lifestyle and can increase self-confidence (Aminuddin, 2014).On the other hand, peers are in a good position to promote the health of individuals if their own health is desired (Joseph L, 2021). It also allows a person to live a healthy life because of them who always guide that person to continue living a healthy lifestyle and shaping the direction of a person (Nadiah, 2021).

Heredity Disease

Heredity disease is known as the process by which genes and characteristics are transmitted from parents to their children. Some of the genes from the mother combine with the father's genes to come up with a special combination of genes just for that child.Heredity disease can be categorized into three main groups which are single genes, chromosomal and also multifactorial diseases. Changes in the DNA sequence of single genes or known as mutations cause many diseases. Chromosomal occurs in every cell of the human body which has a full set of chromosomes but a child will inherit one set of chromosomes from each of its parents. Meanwhile, genetic disorders are the conditions that an infant is born with that can cause or be part of a set of conditions that can cause diseases (Professor B, 2021). In addition, multifactorial diseases are caused by a complex combination of genetic factors such as diabetes and heart disease (Dan Blazer, 2017).

Heredity disease plays a significant role in health, fitness and also wellness. Scientists have also discovered that people respond differently to exercise depending on their heredity disease condition. It is because people are starting to realize that making healthy lifestyle choices can help to counteract heredity diseases. As an example, adopting a healthy lifestyle can give people many benefits such as reducing their risk of diseases.). Furthermore, heredity disease influences people to adopt a healthy lifestyle when one of biological parents died prematurely because of heredity disease such as cancer. So that, people can slow the process within the natural limits set by heredity disease by adopting healthy lifestyle habits such as following dietary patterns and engaging in physical activity (Béliveau, R., 2017). Heredity diseases are an important factor that lead people to practice a healthy lifestyle.

Mental Well-being

The World Health Organization (1946) defines good mental well-being as "a state of well-being in which the individual realizes the abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to community. Someone who does not have a stable mental health condition is more susceptible to diseases, makes rash decisions, and is easily influenced to engage in negative and self-destructive activities such as illegal racing, smoking drugs, and vandalism. Several examples that can be pointed out are the commonly encountered mental conditions such as depression, mental illness, and stress.

Western Australian Department of Health. (n.d) stated that 'things that can lead to positive mental health include spending quality time with family members and close acquaintances, working in a job or finding an activity that is meaningful, finding fun activities, practicing relaxation techniques such as meditation, yoga or tai-chi and others'. This physical activity can improve mental health by helping the brain cope with stress and depression. Based, research shows that individuals who exercise regularly are twenty-five percent less likely to develop depression or mental disorders in the next five years (Isa, A. M. 2022).

Healthy Lifestyle

In 1946, the World Health Organization defined a Healthy Lifestyle as the way a person lives in order to achieve optimal health with a state of complete physical, mental, and social well-being, which is not merely just the absence of disease only'. A healthy lifestyle is a life practice that positively impacts a person, family, and society. By adopting a healthy lifestyle as a way of life, individuals can improve their health, general mood, and extend their lifespan. Thus, people need to make healthy lifestyle changes starting with a step-by-step plan and then building a Healthy Lifestyle as habits.

In addition, there are some tips and ideas that people can use to achieve their wellness goals to make their life healthier. Among them is avoiding harmful activities, doing healthy things they enjoy, and taking care of their general well-being. If people keep in mind to remember these tips, people will be able to unlock a healthy and happy lifestyle. Also, people are advised to watch some videos that are being shared on the internet about healthy lifestyle tips as a reference to be able to follow the tips properly. Moreover, it is better to seek guidance from the experts such as therapists, coaches, or wellness entrepreneurs themselves to get more effective results.

Research Hypothesis

This study investigates the relationship among these discussed variables. Based on the literature discussed, the hypotheses of this study were summarized in the following manner:

H_1: There is a positive relationship between Peer Influence and adopting a Healthy Lifestyle.

H_2: There is a positive relationship between heredity disease and adopting a Healthy Lifestyle.

H_3: There is a positive relationship between mental well-being and adopting a Healthy   Lifestyle.

Research Framework
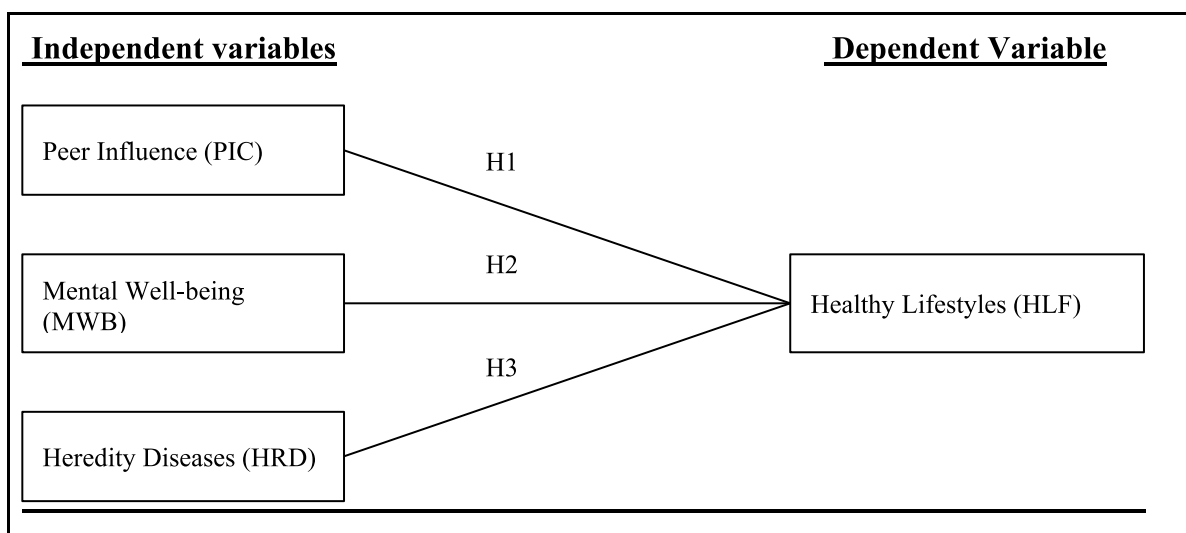Figure 1 below shows the research framework used for this study.

Figure 1: Research Framework

METHODOLOGY

Research Design

The researchers applied a quantitative research approach. The community in Malaysia was chosen as the representative group of people that gives opinions about Adopting a Healthy Lifestyle. The researcher chose community living in Malaysia because they are suitable respondents for a study about adopting a healthy lifestyle.

The questionnaire gathered all general information about adopting a healthy lifestyle. The five sections designed for the questionnaires in this research are section A, B, C, D and E. Section A, contains the respondent's demographic information. Section B till D was about the independent variables which are Peer Influences, Heredity Disease and Mental Well-being. Section E focuses on the dependent variable, which is Healthy Lifestyle.

Data Collection

Data collection that the researcher used in this research is primary data. Data collection for this research was through an online questionnaire. The complete questionnaire was distributed via social media such as WhatsApp, Facebook and Instagram. The questionnaire was distributed in April 2023.Respondents who were suitable for the research criteria were randomly selected to answer the online questionnaires. It consists of the general public, contact with the family, and friends. This questionnaire was used to collect information regarding the awareness of the Importance of Healthy Lifestyle Practices among communities in Malaysia.

Sampling

The sampling method that has been chosen is non-probability techniques by the researchers because the procedures used to select units for inclusion in a sample are much easier, and quicker. Convenience sampling is the easiest method because participants are selected based on availability and willingness to participate. In this study, certain characteristics that exist in the population or respondents are noticed by the researchers which cause purposive sampling to be used. Therefore, the data analysis techniques, such as frequency, descriptive, reliability, and correlation, are presented in the next section.

Data Analysis

Data analysis is known as an evaluating method of assessing records with applying statistical, logical, and analytical. The tool that is used in this study to analyse the data collected is known as the statistical package for Social Science (SPSS). SPSS is a software that can explain the relationship between independent and dependent variables in terms of descriptive analysis and correlation .The software processes large datasets efficiently and helps researchers to perform complex statistical analysis. Therefore, the data analysis techniques, such as frequency, descriptive, reliability, and correlation, are presented in the section.

FINDINGS

Result of Demographic Analysis

Table 1 below shows the Demographic Analysis of this study

Table 1: Demographic Analysis

Characteristics	Frequency	Percentage
Gender		
Male	138	35.9
Female	246	64.1
Age		
18 – 25 years old	308	80.2
26 – 34 years old	47	12.2
35 – 42 years old	18	4.7
43 years old and above	11	2.9
Marital Status		
Single	330	85.9
Married	54	14.1

Table 1 above shows an analysis in Frequency and Percentage for each Socio-Demographic Characteristic based on data of descriptive analysis obtained from Part A in the questionnaire where demographic variables include gender, age, and marital status. This table 1 depicts the results of the socio-demographic characteristics of the 384 total respondents. Also, the respondents are people who adopt healthy lifestyle practices among communities in Malaysia.

First of all, it is the gender distribution where most respondents were female with 64.1 % (n = 246) while the rest were male with 35.9% (n = 138). Besides that, in terms of age distribution, the highest number of respondents were from 18 until 25 years old, with 80.2% (n = 308). The second highest number of respondents are from 26 until 34 years old, with 12.2% (n = 47). Next, followed up by another age group which is from 35 until 42 years old, with 4.7% (n = 14). Meanwhile, the last age group with the lowest number of respondents are from 43 years old and above, with 2.9% (n = 11). Moreover, the majority for Marital status of the respondents were Single, which consists of 85.9% (n = 330) of them. Which also means the Marital Status of remaining respondents who were married is equivalent with 14.1% (n = 14z).

Result of Descriptive Analysis

Table 2 below shows the Descriptive Analysis of this study

Table 2: Descriptive Analysis

Variable	Items	Mean Score	Standard Deviation
Peer Influence	The influence of peers can affect my healthy lifestyle.	4.20	0.939
	The influence of peers can be an important factor in adopting a healthy lifestyle.	4.17	0.944
	The influence of peers is important in adopting a healthy lifestyle in my life.	4.17	0.887
	There are a few activities that related to peers' influence can affect my health.	4.18	0.896
Heredity Disease	A genetic is a disease.	3.88	1.124
	A genetic is a piece of DNA.	4.27	0.879
	I can see genetics with the naked eye.	3.42	1.419
	Some diseases are caused by genetics, environment and lifestyle.	4.27	0.789
	A genetic test can determine whether someone has a higher chance to develop a particular disease.	4.27	0,850
	All of the serious diseases is heredity diseases.	3.88	1.077
	A healthy parent will have a child with heredity diseases.	3.85	1.130
Mental Well-Being	I am optimistic about the future.	3.99	1.042

	I feel useful.	4.07	2.342
	I feel relaxed.	4.18	0.892
	I am interested in other people.	4.10	0.994
	I can handle the problem well.	4.14	0.875
	I can think clearly.	4.21	0.907
	I can make my own decisions.	4.29	0.871
Healthy Lifestyle	I smoke regularly.	2.57	1.712
	I sleep between 7 to 8 hours daily.	3.81	1.249
	I eat breakfast, lunch, and dinner daily.	3.98	1.134
	I eat five portions of fruit and vegetables daily.	3.71	1.270

Table 2 illustrates the mean and standard deviation for the independent variable which is peer influence, disease, mental well-being and also the dependent variable which is adopting a healthy lifestyle. Firstly, Table 2 shows the mean and standard deviation for the items used to measure the variables of peer influences. Four questions were measured, with the highest mean being 4.20 for item PI1 with the statement "The influence of peers can affect my healthy lifestyle". The items of PI4 are second highest with the statement "There are a few activities that related to peers' influence can affect my health". Instead, with the lowest mean 4.17, items PI2 and PI3 both share the last place. PI2 statements are " The influence of peers can be an important factor in adopting a healthy lifestyle. Meanwhile, PI3 statements are "The influence of peers is important in adopting a healthy lifestyle in my life".

Next, Table 2 also shows the mean and standard deviation for the items used to measure the Heredity Disease. Seven questions were measured with the highest mean being 4.27 for item HD2, HD4 and HD5 with respectively on the statement "A genetic is a piece of DNA", "Some diseases are caused by genetics, environment and lifestyle", and "A genetic test can determine whether someone has a higher chance to develop a particular disease. It is followed by item HD1 and HD6 with both 3.88 means. Then, HD7 with 3.85 means, and lastly item HD3 with just 3.42 means only to be the lowest by statement "I can see genetics with the naked eye".

Moreover, Table 2 shows the mean and standard deviation for the items used to measure Mental Well-being. There were also seven questions being measured with the highest mean being items MVB7 with 4.28 means by statement "I can make my own decisions". Otherwise, the lowest mean, with 3.99 was for

MVB1 with the statement that "I am optimistic about the future". The mean values for the other five items are respectively 4.21, 4.18, 4.14, 4.10 and 4.07 for item MVB6, MVB3, MVB5, MVB4, and MVB2 .

Lastly, Table 2 shows the mean and standard deviation for the items used to measure Healthy Lifestyle. Four questions were measured with the highest mean being 3.98 for the item HL3 on the statement "I eat breakfast, lunch, and dinner daily". Otherwise, the lowest mean with 62.57 was for HL1 with the statement "I smoke regularly". Meanwhile, the other mean for item HL2 and HL4 were 3.81 and 3.71 respectively.

Result of Reliability Analysis

Table 3 below shows the Reliability Analysis of this study

Table 3: Reliability Analysis

Variable	Number of Items	Cronbach's Alpha
Peer Influence	4	0.820
Heredity Disease	7	0.661
Mental Well-Being	7	0.686
Healthy Lifestyle	4	0.754

Table 3 shows the reliability analysis through Variables, Number of items and Cronbach's Alpha. Based on the result of this table 3, Cronbach's alpha coefficient indicates the values of the questionnaire were above the excellent reliability level of 0.60, with values in the range from 0.661 to 0.820. Peer Influence has been shown to have excellent reliability with four items which had Cronbach Alpha value of 0.820. Heredity Disease similarly showed very good reliability with 7 items and the Cronbach's Alpha value of 0.661. After that, Mental Well-Being also showed very good reliability with 7 items equivalent to 0.686 Cronbach's Alpha value. Lastly, the dependent variable, which is a Healthy Lifestyle, was shown to be very good of reliability with 4 items, and the Cronbach's Alpha value was 0.754. To summarise, all of the variables included in the study have very good reliability and are acceptable. Thus, the data were considered suitable for further analysis.

Result of Pearson Correlation Analysis

Table 4 below shows the Pearson Correlation Analysis of this Study.

Table 4: Pearson Correlation Analysis

Hypothesis	P-Value	Result (Supported/ Not Supported)
H_1: There is a positive relationship between Peer Influence and adopting a Healthy Lifestyle.	0.165	H_1 is supported.
H_2: There is a positive relationship between heredity disease and adopting a Healthy Lifestyle.	0.339	H_2 is supported.

H₃: There is a positive relationship between mental well-being and adopting a Healthy Lifestyle.	0.553	H₃ is supported.

Table 4 shows that Peer Influence and Healthy Lifestyle were significantly correlated at r = 0.165, p > 0.01. Similarly, the result shows a statistically significant correlation between Heredity Disease and Healthy Lifestyle with r = 0.339, p > 0.01. The third correlation is between Mental Well-being and Healthy Lifestyle, the result also shows a statistically significant correlation between them with r = 0.553, p > 0.01. According to the results, all the hypotheses were supported at a 0.01 significance level.

DISCUSSION & RECOMMENDATIONS

In general, this study has discussed extensively about adopting a Healthy Lifestyle Practice, it's a choice among communities in Malaysia. Therefore, the study has figured out the relationship between three variables: peer influence, heredity disease and mental well-being with adopting a healthy lifestyle. Correspondingly, the previous research showed a significant relationship between peer influence, heredity disease and mental well-being with adopting a healthy lifestyle. However, based on the previous study, there are several factors that affect communities in Malaysia to adopt a healthy lifestyle. Hence, there are some recommendations to the researchers for improving the research for future studies.

The first recommendation is that the researchers can use a variety of survey techniques to respond to the questionnaires. One of the survey techniques that the researchers can use to carry out the study is by using a qualitative method which is in person personal interviews. Besides that, the second recommendation is that the researchers need to expand more methodological work in his study as a research reference. This research can be qualitatively by observing and looking at the people who perform such activities. Lastly, this study was significant for future researchers for better insight and knowledge. Future researchers should conduct the research topic focusing on adopting a Healthy Lifestyle Practice, it's a choice among communities in Malaysia.

CONCLUSION

The primary purpose of this research is to examine the relationship between peer influence, heredity disease, and mental well-being with adopting a healthy lifestyle. The Malaysian community was selected as the respondents of this study. The data from the survey was analysed using the SPSS and Demographic analysis, Descriptive analysis, Reliability analysis and Pearson Correlation analysis. According to the results, all independent variables: peer influence, heredity disease, and mental wellbeing had a positive relationship with the dependent variables' healthy lifestyle. All the hypotheses were supported at a 0.01 significance level. Thus, all the hypotheses such as H1, H2, and H3 stated are accepted.

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