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KNOWLEDGE AND PRACTICE OF HEALTHY LIFESTYLE AMONG HIGHER INSTITUTION STUDENT

Abstract:

The knowledge and practice on healthy lifestyle is very important to determine a good growth and mental development for students at the tertiary level. It is well established that a healthy lifestyle is of benefit in the prevention of diseases such as cancer and promotion of well-being. Unhealthy nutrition, physical inactivity, tobacco use and the use of alcohol and illicit drugs are among identified lifestyle-related risk factors (The European health report, 2002). It is well established that a healthy lifestyle is of benefit in promotion of well-being (WHO 1990). Unhealthy lifestyle behaviours particularly poor dietary practices, physical inactivity and smoking are major risk factors for conditions like overweight, obesity and chronic non-communicable diseases (Damasceno 2006) Therefore, the aim of this research is to identify and explore level, types and barrier in practicing healthy lifestyle among the students under Bachelor of Home Science and Agriculture Science Education program. This quantitative and qualitative research used questionnaires and interview as research instrument. 259 students were involved as sample for quantitative data and five informant were selected for qualitative data. Results showed that there were no significant result between knowledge and practice and selected types of healthy life style were detected at highly known and practiced. The barrier of practicing healthy life identified among the students were time constraint, work burden, weak in time management and consciousness about healthy life style. Several suggestions were given to promote healthy lifestyle among the students to highlight and improve good mental development and grown to be taken action by the students and university. This study showed a poor practice of healthy lifestyle among university students. Therefore universities should emphasize a healthy lifestyle in all faculties as a required subject.

Keywords:

Healthy lifestyle, higher education students

JEL Classification: I19, I29