

KNOWLEDGE ON TYPE 2 DIABETES MELLITUS,
ATTITUDE AND PRACTICE TOWARDS HEALTHY
LIFESTYLE IN THE PREVENTION OF TYPE 2
DIABETES MELLITUS AMONG PRE-
UNIVERSITY STUDENTS IN UCSI

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ABSTRACT

The epidemic of type 2 diabetes mellitus continues to affect people around the world including children and adolescents while the public awareness remains low. Several studies were done base on clinical while studies determine the knowledge, attitude, practice among younger age group in Malaysia is limited. Thus, this cross-sectional study was aimed to determine the knowledge on type 2 diabetes, attitude and practice towards healthy lifestyle in the prevention of type 2 diabetes among pre-university students in UCSI to provide the brief insight of current scenario. The self-administered questionnaire was used as research instrument of this study. A total of 100 respondents with the mean aged of 18.38 ± 0.68 years were participated in this study. Majority (63%) have poor level of knowledge. Nearly all (91%) have positive attitude towards healthy lifestyle in the prevention of type 2 diabetes. Approximately 85% of the study subjects have moderate lifestyle practice but low in physical activity and dietary fiber. The present finding did not found a significant difference in the comparison between mean score of knowledge ($p=0.232$), attitude ($p=0.103$) and practice ($p=0.135$) with gender. Additionally, no significant difference was found in the comparison between mean score of knowledge ($p=0.748$), attitude ($p=0.748$) and practice ($p=0.134$) with ethnicity. Besides that, there was an insignificant difference in the correlation between knowledge and attitude ($p=0.072$), knowledge and practice ($p=0.567$) and attitude and practice ($p=0.381$). However, this study demonstrated the urgent needs for type 2 diabetes prevention strategies in association with risk factors, symptoms and prevention.

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