

A Survey Of Knowledge And Usage Of
Nutritional Supplements Among The
Management Students Of UCSI

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ABSTRACT

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This study was conducted among 123 Management students from the University College Sedaya International (UCSI), Malaysia. A total of 92 respondents were nutritional supplements users while the other 31 were non-users. The objectives of this study were to examine the usage and knowledge level of nutritional supplements among the students and their relationships. In terms of consumption, male recorded a higher level but there is no significant difference found ($p=.468, p>.05; t=-0.359$), while in the ethnic groups, Chinese recorded the highest and there were also no relationship identified ($p=.538, p>.05; F=0.726$). There was a weak positive correlation discovered ($r=.078, p=.388$) between the three education groups (year 1 to 3) in supplements consumption though no association found ($p=.262, p>.05; F=1.355$). Whereas, non-smokers recorded a higher consumption level and there is an association found between them ($p=.045, p<.05; t=1.369$). Non-vegetarian was also higher in percentage of consuming supplements compared to vegetarian but no relationship was identified ($p=.147, p>.05; t=1.104$). In the evaluation of knowledge, female had higher supplement knowledge but no significant difference was found between the gender groups ($p=.984, p>.05; t=-0.745$). In terms of ethnic, Chinese recorded highest knowledge but no relationship was identified ($p=.229, p>.05; F=1.461$). It was found that the year 3 students scoring better than the other two education level of students, however, there was no difference found ($p=0.332, p>.05; F=1.114$) but a positive correlation ($r=.130, p=.152$) discovered. The smokers had higher supplements knowledge and there is an association among them ($p=0.049, p<.05; t=-.726$). The vegetarian also had higher nutritional supplements knowledge but no relationship was found ($p=.970, p>.05; t=1.253$). In conclusion, this study found that there were neither association ($p=.607, p>.05; t=0.323$) nor correlation ($r=-.029, p=.747$) identified between the supplements knowledge and supplements consumption among all the respondents. Hence, education of appropriate supplements usage and practices should be provided since there were no relationships between supplements consumption and knowledge among the respondents.

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