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Knowledge, Attitude and Practice on Healthy
Lifestyle among Students in School of
Engineering, UCSI

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ABSTRACT

Nowadays, young adults are involved with significant changes in lifestyle, which includes binge drinking, smoking, low levels of physical activity, unhealthy sex and eating behaviour. The main objective of this study is to assess the knowledge, attitude and practice on healthy lifestyle among students of the School of Engineering, UCSI. Data analysis of this study was carried out by using the SPSS 10.0 software. Statistical significance in t-test, ANOVA and chi-square was set at $p < 0.05$. This survey was conducted on a total number of 124 Engineering students. The population of the study consists of the males and females between the ages of 18-24 in different programs of Electronic Engineering, Mechatronic Engineering, and Chemical Engineering. Among the 124 students involved in the survey, 10.5% were female students and 89.5% were male students. This study consisted of 70 Chinese students, 22 Malay students, 9 Indian students and 22 students of other races. A total of 54% of the students obtained average knowledge whereas 46% of the respondents are high knowledgeable. There were significant differences between groups of ethnicity in their attitude towards healthy lifestyle at the p -value < 0.001 . Only 2% of respondent poses bad attitude and other 66% and 32% had average attitude and good attitude respectively. There were 72%, 74%, 41% and 91% of respondents never have sexual intercourse, smoking habit, alcohol habit and illegal drugs use. An undesirable findings in this study indicated that 80% of students usually skip their breakfast and 15% of respondents are less physically active. The health advocates should attract the attention pertaining to these issues and design probable interventions.

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