

NUTRITIONAL KNOWLEDGE, ATTITUDE,
PRACTICE TOWARDS HEALTHY
LIFESTYLE AMONG THE PRIMARY
SCHOOL TEACHERS AT SJK (C) FOON
YEW 1, JOHOR BAHRU.

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ABSTRACT

In Malaysia, the burden of chronic diseases is rapidly increasing, but it can be prevented by adopting a healthy lifestyle. Healthy lifestyle practices during childhood are important in the prevention of chronic diseases in the adulthood and teachers play an important role in promoting healthy lifestyle to students. This study was aimed to assess the nutritional knowledge, attitude, practice towards healthy lifestyle among the primary school teachers at SJK (C) Foon Yew 1, Johor Bahru. The design of this study was non-experimental quantitative research. A self-administered questionnaire was used to assess the nutritional knowledge, attitude, practice towards healthy lifestyle among primary school teachers. A total of 83 primary school teachers participated in this study. Results showed that, primary school teachers had high level of nutritional knowledge (mean=76.65%±8.73). Primary school teachers had favorable attitude towards healthy lifestyle and having good personal healthy lifestyle. Teachers who had higher education background were significantly more knowledgeable ($F=2.795$; $p=0.046$). Significant differences between attitude and education background was found ($F=2.796$; $p=0.046$). Older teachers were found significantly having a better personal healthy lifestyle practices ($F=3.242$; $p=0.027$). Positive correlation between attitude and practice was found ($r=0.356$; $p=0.001$). However, there were no correlation between nutritional knowledge and attitude and nutritional knowledge and practice was found in this study. Further studies on the nutritional knowledge, attitude and practice towards healthy lifestyle of teacher should be conducted. Nutrition education program was suggested to start in Malaysia schools in order to increase nutrition knowledge of students and teachers, as well as positive changes in both attitude and practice.