

KNOWLEDGE AND CONSUMPTION OF
CALCIUM AMONG ADOLESCENT GIRLS IN
SEKOLAH SRI AGMAR KLANG

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ABSTRACT

Calcium deficiency among adolescents in Malaysia is not a new phenomenon. Lack of knowledge had been recognized as one of the causes that contributed to the poor dietary habits among adolescents. However, studies to determine the association between calcium knowledge of adolescents to their consumption of calcium in Malaysia is limited. The objectives of this study was to compare and determine the association of calcium knowledge level among adolescent girls to the amount of calcium consumed and demographic factors that could influence the amount of calcium consumed. The survey was conducted amongst 89 girls with mean age of 15.31 ± 1.53 years old in Sekolah Sri Acmar Klang. Data was collected using demographic questionnaire, calcium knowledge questionnaire and food frequency questionnaire. Satisfactory level of calcium knowledge was found with mean score of 10.22 ± 3.06 points out of a total of 18 points while the mean calcium consumed was low with 597.42 ± 213.70 mg/day in comparison to the standard Malaysia RNI of 1000 mg/day. Calcium knowledge level did not differ significantly from age (13 to 15 years and 16 to 18 years) and education background (Science Stream and Art Stream). The amount of calcium consumed did not differ significantly from the amount of alcohol consumed, habits of eating out, breakfast consumption, caffeine intake and weight satisfaction but differed significantly with parental influence ($p=.041$, $t=-.073$). A significant positive relationship was found between calcium knowledge to the amount of calcium consumed ($p= <0.001$, $r=.393$). The findings showed that there is room for improvement of calcium consumption among adolescents via educational intervention.