

A SURVEY OF KNOWLEDGE AND PRACTICES ON  
TEA AMONG THE WHITE COLLAR WORKERS  
IN GRAFIKSCAN SERVICE SDN BHD,  
SRI PETALING

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## ABSTRACT

Tea is one of the most widely consumed beverages in the world next to water. Important progress has been made in the past five years concerning the effects on consumption of tea on health. Experimentation with new accurate tools provide useful information about the metabolism of tea components in body, their mode of action as antioxidants at the cellular level and their protective role in the development of cancer, cardiovascular disease and other pathologies. Hence, this study was conducted to determine the understanding and the consumption pattern on tea among the white collars, yielding an 89 percent of response rate. Among the white collar workers, 57 female participants and 41 male participants participated in this study with majority were Chinese ( $n=68$ ). Green tea are the most preferred tea among the white collars worker ( $n=59$ ) and most of them have been consuming tea for more than five years ( $n=70$ ). There were significant different for years been drinking tea with ages ( $P=0.046$ ) as well as years been drinking tea with gender ( $P=0.002$ ) and smokers versus non smokers ( $P=0.005$ ). Furthermore, there was a significant different ( $P=0.007$ ) and has a positive association between ages and the numbers of tea consume indicating that the older participants consume more cups of tea than the younger participants ( $r=0.255$ ). As for the knowledge evaluation, most of the white collar workers have low knowledge level ( $n=76$ ) on tea and only 1 participants with high knowledge on tea. There were no relation on the comparison on knowledge level about tea with gender ( $P=0.205$ ), ages ( $P=0.551$ ), educational level ( $P=0.434$ ), and smokers versus non smokers ( $P=0.861$ ). It may be concluded that although the tea consumption was high but the knowledge level are very low as most of the participants consume tea as a part of culture and do not take initiative to learn facts about tea.

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