KNOWLEDGE AND PRACTICES OF PROBIOTICS AMONG MOTHERS AGED 20 – 40 YEARS OLD IN TELUK INTAN, PERAK

LEONG HUI YI

B.Sc. (Hons.) Food Sc. & Nutrition
Faculty of Applied Sciences
University College Sedaya International

2008

ABSTRACT

Probiotics are defined as live microorganisms which when administered in adequate amounts confer a health benefit on the host. Health-enhancing foods have an important role to play in alleviation, treatment and prevention of disease. However, there is very little literature available on the knowledge of probiotics and its health benefits in Malaysia. Objectives of this study were to ascertain practices and knowledge towards probiotics and to evaluate the relationships between educational background, income level, and source of information. The targeted respondents were mothers aged 20-40 years old. Data were analyzed from 167 questionnaires using Statistic Package for the Social Science (SPSS). Majority of the respondents (50.9%) scored fairly in probiotics knowledge. Study showed that educational background did not associated to knowledge of probiotics (p=0.1). However, there were significant relationship between income level and knowledge of probiotics (p≤0.00); knowledge of probiotics knowledge and source of information (p=0.04). The practices of probitics were low among repondents, however, there were significant relationship found between educational background and practices (p=0.03), probiotics knowledge and practice (p=0.002) and source of information and practices (p≤0.00). Television, newspaper, followed by health professionals was the main sources of mother to acquire probiotics information. About 52.1% respondents thinks that source of information will sometimes change their perceptions towards probiotics products. Although probiotics may be new and fresh to the public, but in general most of the respondents were willing to try and accept probiotics products.