



e-Journal of Media & Society

FACTORS OF TAKING SUPPLEMENTS

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ABSTRACT.

Supplement aims is to protecting people from any kinds of disease and helps to build up metabolism. As living in a 3rd world countries Malaysian has apply more supplement in the 21st century. This study is about how acceptance citizen towards supplements as there is still citizen with a traditional supplement. This is study involves 450 respondents selected from a variegated race in Malaysia. A cross sectional survey and structured questionnaire were used for data collection. All variables were measured through scale previously researchers. Result for the survey show the level of confident towards supplement is low (M=2.76) and whereas the level of healthcare is also high (M=2.95).

Keynote: Supplement ,Health Care, effective, adolescent.

1.0 INTRODUCTION.

Supplements is a framework for evaluating safety. Supplement in Malaysia got a warm welcome by people in Malaysia because people in Malaysia also thinks the importance of supplements towards them. A significant numbers of new supplement products have appeared in the marketplace since the U.S Congress passed the Dietary Supplement and Health Education Act (DSHEA) of 1994 (P.L. 103-417). Fifty-three percent of US adults report using

vitamin supplements (Bailey 2010). Forty percent of the U.S. population is judged to use vitamins and minerals regularly, 14% of that population was estimated to have consumed at least one herbal/supplement product in a week preceding recent survey (Kaufman DW, Kelly JP, et al. 2002). Other studies report that nutritional supplementation with various types of product such as herbal supplements (Planta et al., 2002), iron (Yu et al., 1997), vitamin C (Park et al., 1991), amino acids (Applegate and Grivetti, 1997) and creatine (O’dea and Rawstorne, 2001). Definition of supplements is something that added to something else in order to improve it or to complete it or something extra.

In Malaysia, the top 5 most popular of supplement is 21st century, Appeton for children, Aspen Nutrition, Berocaa and the last one is Bio-life. People in Malaysia believe that supplement does give more goods than harm. For those who usually take a supplement can easily buy it at any of pharmacy store. If previously the supplement can be at the clinic or on the advice of a doctor only. But can’t deny it that supplement also had the bad side. From now on we just focusing the benefits of supplement and how we managed our healthy routine for life. For stay healthy supplement and healthy routine should be in balanced so that no dangerous disease can harm us.

2.0 PROBLEM STATEMENT.

If you want to buy supplements you must comprehend how it can act and whether it is safe to take. In addition, the first thing you ask yourself whether you need it. People take supplements because they want to make sure that they are getting sufficient nutrients and also to maintain health or to improve their health, but not all people need to take supplements.

According to *Should You Take Dietary Supplements?* (2013) “It’s possible to get all of the nutrients you need by eating a variety of healthy foods, so you don’t have to take one,” says Carol Haggans, a registered dietitian and consultant to NIH. “But supplements can be useful for filling in gaps in your diet.”

This is due to the impact of uptake depends on the health of individuals and feared an inappropriate decision to invite the side effects that can harm the health of consumers. According to *Suplemen undang kesan sampingan* (2018), to avoid untoward effects of taking supplements, Chairman of the Program of Nutrition and Dietetics, School of Health Sciences, Universiti Sains Malaysia (USM), Kelantan, Assoc Prof Dr Hamid Jan Jan Mohamed, advised to see a doctor for a medical examination. He said the initial referral important to allow doctors to assess their health when they are identified is suitable or not.

Moreover, according to Suplemen undang kesan sampingan (2019), according to Consultant Dermatology, Hospital Tuanku Muhriz UKM Chancellor, Prof. Dr. Adawiyah " Many people do not realize that supplements also contain high calories if using fresh carbohydrates and proteins. High-calorie supplement with the tasteful addition of steroids causes us to eat more, " she said. In supplement meager aspect, there are some products contain hormones that can cause hormonal problems ahead. "The hormone thyroxine, which is used in slimming can cause problems in thyrotoxicosis or thyroid hormone. It can be thin, but other complications usually occur as often pounding heart, sweating and trembling hands, " she said.

3.0 RESEARCH QUESTIONS

- What is the level of confident towards supplements?
- What is the level of the health care?

4.0 RESEARCH OBJECTIVES.

- To identify the level of confident towards supplements.
- To identify the level of health care.

5.0 LITERATURE REVIEW.

IMPORTANTS OF TAKING SUPPLEMENTS.

A. FILLING THAT NUTRITIONAL GAP

90% of individuals don't get the prescribed measure of significant supplements from sustenance alone. The greater part of us neglect to meet dietary suggestions because of severe abstaining from excessive food intake, poor hunger, or changing wholesome needs. Supplementation is designed to bridge the dietary gap in order to preserve the correct nutrient equilibrium from food and supplementation. This will improve your diet's nutrient density and make sure you get the correct quantity of nutrients tailored to your nutritional requirements. (Wholehealth.com, 2018)

B. NUTRITION ABSORPTION DECLINES WITH AGE

As you age, malabsorption becomes a problem because your body doesn't have the same ability to break down and absorb nutrients as it used to. The development of digestive enzymes that break down and absorb nutrients from your food naturally starts to decrease the older you get. You may also take more medicines than you did when

you were younger. Most contemporary medicines actually deplete essential nutrients. Supplements can assist to restore this imbalance. (Wholehealth.com, 2018)

C. PREVENTING EXPENSIVE HEALTH ISSUES

Healthcare suppliers encourage individuals to look for disease prevention rather than disease therapy. Taking daily supplements, regular exercise and frequent trips to physicians are essential to prevent expensive health problems from arising in the future. (Wholehealth.com, 2018)

ADVANTAGES OF TAKING SUPPLEMENT

- A. Vitamins and minerals help safeguard the body from illnesses, so supplements can give added "insurance" that one meets the daily suggestions of vitamins and minerals required by the body, particularly in those who do not consume a healthy, balanced diet. (Samcoffie, 2012)
- B. Supplements can contribute to enhanced muscle strength, endurance, and general physical performance, so they are frequently taken by athletes to enhance their performance. (Samcoffie, 2012)
- C. In addition to consuming meat, food supplements allow us to obtain our daily dose of vitamin and minerals. (Samcoffie, 2012)

DISADVANTAGES OF TAKING SUPPLEMENT

- A. Food supplements may trigger adverse side effects. For instance, consuming excessive quantities of vitamin A in the form of supplements can trigger liver damage, decreased bone strength, headaches, and birth defects. Large doses of certain vitamins and minerals can cause nausea, vomiting, nerve damage, weight loss, muscle weakness, and other diseases. (Samcoffie, 2012)
- B. Mixing certain vitamins and minerals with each other may interfere with absorption. Dietary supplements may interact with prescription medicines and make medical circumstances harder to handle. Talk to your doctor before taking dietary / food supplements to prevent this. (Samcoffie, 2012)
- C. Taking supplements may boost the risk of mega-dose. It is impossible to overdose food, so the most likely way to eat surplus vitamins and minerals is by taking supplements. (Samcoffie, 2012)

6.0 RESEARCH METHODOLOGY.

This study employed the quantitative study approach (explanatory study) to identify the factors of taking supplement. For sampling, by referring to Krejcie & Morgan table, 30 million populations in Malaysia or 69% of supplements users can be equal to 384 samples of respondents with 95% confidence (The Research Advisors, 2006). The study involving 450 respondents, selected through a purpose sampling techniques which are purposive sampling. A cross sectional survey and structured questionnaire were used for data collection. The data were keyed in and analysed by SPSS (Abdul Rauf Ridzuan et al., 2015) The data was collected through a survey questionnaire. The method used to distribute the questionnaire is through online and self-administered questionnaires. A likert scale was used for the students to answer questions relating to the factors of taking supplements. Data was key in and analysed using SPSS version 20 (Ridzuan, Ridzuan and Ridzuan, 2018).

7.0 RESULTS AND DISCUSSION

a) Demographic

Table 1: Distribution of respondents by profile (n=450)

Profile	Frequency	Percentage
Sex		
Female	359	79.8%
Male	91	20.2%
Age		
18-24	311	69.1%
25-34	85	18.9%
35-44	30	6.7%
45 and above	24	5.3%
Ethnicity		
Malay	396	88%
Chinese	20	4.4%
India	26	5.4%
Others	8	1.8%
Have you ever consumed any type of supplements		
Yes	347	77.7%
No	103	22.9%

If no, please specify why you have never consumed Supplements?

Side effect	47	34.6%
They are expensive	39	28.7%
I don't believe they work	41	30.1%
Others	9	6.3%

Do you have any experience of having side effect?

Yes	89	19.8%
No	361	80.2%

If yes what side effect have you experience?

Headache	45	39.8%
Nausea	6	5.3%
Vomitting	9	8%
Diarhea	16	14.2%
Others	10	8.8%
None	3	2.7%

What is the purpose for You taking supplements?

Build muscle	10	2.2%
Gain weight	29	6.4%
Lose weight	59	13.1%
To be healthy	254	56.4%
Maintain weight	15	3.3%
Others	10	8.8%
None	8	2.7%

Type of supplements that you have been taken?

Vitamin E	22	4.9%
Calcium	19	4.2%
Vitamin C	193	42.9%
B complex vitamin	36	8%
Vitamin A	7	1.6%
Multivitamin	76	16.9%
Others	97	21.6%

Did you research information about the supplements prior to buying or choosing it?

Yes	375	83.3%
No	75	16.7%

On average how much do you spend on the supplements in a month.

Less than RM50	175	38.9%
RM51-RM100	147	32.7%
RM101-RM150	52	11.6%
RM 151 and above	76	16.9%

How often do you taking supplements?

Everyday	222	49.3%
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4-6 Times in a week	32	7.1%
1-3 Times in a week	51	11.3%
Rarely	95	21.1%
Never	50	11.1%

Do any of your family member or friend take any supplements?

(if yes, so check all that apply)

Mother	203	45.1%
Father	119	26.4%
Aunt	78	17.3%
Uncle	57	12.7%
Siblings	164	36.4%
Friend	162	36%
No	72	16%

I am confident with supplement that I have been taken?

Yes	310	69%
No	139	31%

Which supplements is the most popular?

PAMOGA	39	8.7%
D'HERBS	64	14.2%
V'ASIA	12	2.7%
21ST CENTURY	34	7.6%
SHAKLEE	142	31.6%
TOUJORS ADVANCED	57	12.7%
OTHERS	102	22.5%

Table 1 : Demographic Profile

There were 450 respondents involved in this survey. According to the respondents demographic profile (Table 1), majority are male (79.8%), aged between 18-24 (69.1%), Malay ethnic (88%), (77.7%) have ever consumed any type of supplements, (34.6%) specify why they have never consumed supplements because of side effects. Most of respondents doesn't have any experience of having side effect (80.2%), (39.8%) A few of respondents have experience of side effect which is headache (39.8%), To be healthy (56.4%) is the purpose why respondents consuming supplements, Most type of supplements that have been taken is Vitamin C (42.9%), (83.3%) say yes, they did research information about the supplements prior to buying or choosing it, most of respondents spend on the supplements less than RM50 in a month (38.9%). (49.3%) taking supplements everyday, the family member or friend that take any supplements is mother (45.1%). (69%) say Yes that they are confident with supplements that they have been taken, the most popular supplements is Shaklee 31.6%.

a) The level of confident towards supplement

Table 2: The level of confident towards supplement

The level of confident towards supplement	Mean
I believe supplements have special needs formulations	2.94
I believe that supplements can increase our body fitness and energy	2.87
I believe supplements may prevent some health issues like high cholesterol	2.84
I believe supplements are safe to use	2.84
I believe that supplements keep our body and hormones balanced	2.80
I believe supplements can increase body immunization	2.78
I believe that supplements can help with oxidactive stress	2.67
I believe supplements can eliminate toxins from the body	2.65
I believe taking supplements can recover a quicker than exercise	2.45
Overall	2.76

Based on table 2, most of the respondents believe that supplements have special needs formulations which is has the same mean (M=2.94). Followed closely by supplements can increase our body fitness and energy (M=2.87). Mostly believed that supplements may prevent some health issues like high cholesterol and are safe to use (M=2.84), Evidence does suggest that some supplements can enhance health in different ways, The most popular nutrient supplements are multivitamins, calcium and vitamins B, C and D. Calcium supports bone health, and vitamin D helps the body absorb calcium. (Wein, 2013). As can be seen, the results from this research has proven that most of respondents are highly confident (M=2.76) that level of supplements in daily life.

b) The level of health care

Table 3 : The level of health care

The level of health care	Mean
I always maintain a healthy weight to stay healthy	3.08
I always get enough sleep to get energy	3.05
I always take healthy food to maintain good health	3.04
I always do exersice regularly to maintain a good health	3.04
I always control my cholesterol to reduce the risk of Chronic disease	2.89
I always have a regularly doctor to be alert to a health condition	2.62
Overall	2.9

Table 3: The level of health care

Based on table 3, most of the respondents believe that supplements have special needs for health care for our body. “A supplement will generally provide 100 percent of the daily recommended allowance for all vitamins and minerals,”(Kris-Etherton, 2014) said. “Therefore, many nutritionists will agree that a supplement is OK if nutrient needs are not being met by a healthy food-based diet.” Respondents always maintain weight to stay healthy (M=3.08), Followed closely by, supplements always help get enough sleep to get energy (M=3.05), Evidence has shown that respondents always take healthy food to maintain good health (M=3.04). As can be seen, the result of this research has proven that supplements have the good level of health care. (M=2.95)

CONCLUSION

In conclusion, the mean score achieved for all the respondent on this dimensionally is only 2.95. It shows the factors of taking supplements in Malaysia are acceptance. Studies have shown that the most of the respondents believe that supplements have special needs formulations which is has the same mean (M=2.94). Followed closely by supplements can increase our body fitness and energy (M=2.87). Mostly believed that supplements may prevent some health issues like high cholesterol and are safe to use (M=2.84), while in the level of health care, studies has shown that Respondents always maintain weight to stay healthy (M=3.08), Followed closely by, supplements always help get enough sleep to get energy (M=3.05), Evidence has shown that respondents always take healthy food to maintain good health (M=3.04). As can be seen, the result of this research has proven that supplements have the good level of health care. (M=2.95). Some people need vitamin supplements because they have particular medical conditions that can lead to deficiencies. People who do not have a regular balanced diet—because they are poor, abuse alcohol, or have dietary restrictions. People take supplements for all kinds of reasons, usually relating to their health. The hope these will boost vitality, limit the signs of ageing, extend life, cut the risk of chronic disease such as cancer and treat specific ailments such as arthritis.

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