

UNIVERSITI TEKNOLOGI MARA

**KNOWLEDGE, BEHAVIOUR AND PERCEPTION
ON DIETARY SUPPLEMENT AMONG THE
STUDENTS IN UiTM PUNCAK ALAM**

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TABLE OF CONTENTS

	PAGE
TITLE PAGE	
APPROVAL SHEET	
ACKNOWLEDGEMENT	ii
TABLE OF CONTENTS	iii
LIST OF TABLES	vi
LIST OF FIGURES	vii
LIST OF ABBREVIATION	viii
ABSTRACT	ix
CHAPTER ONE (INTRODUCTION)	1
1.1 BACKGROUND	1
1.2 OBJECTIVES	3
1.3 RESEARCH QUESTIONS	4
1.4 HYPOTHESIS	4
1.5 RESEARCH PROBLEM	4
1.6 SIGNIFICANCE OF THE STUDY	5
CHAPTER TWO (LITERATURE REVIEW)	6
2.1 BACKGROUND	6
2.2 EPIDEMIOLOGY	7
2.2.1 WORLDWIDE	7
2.2.2 MALAYSIA	10
2.3 TYPES OF DIETARY SUPPLEMENTS	12
2.3.1 VITAMINS	12

ABSTRACT

Dietary supplement is commonly used among people nowadays to supplement diet. The purpose of this study is to assess undergraduate students in UiTM Puncak Alam on their knowledge, behavior and perception towards dietary supplements. A cross sectional study by using convenience sampling was conducted among undergraduate students from eight different faculties in UiTM Puncak Alam. Out of 420 questionnaires being distributed, only 385 questionnaires were returned back. The response rate was 91.7%. The questionnaire used in this study was adapted from Aina et al. (2014), Valentine (2015), and Marinac et al. (2007). The questionnaire consisted of 26 items divided into 4 parts which were part A for demographic profile, part B for knowledge on dietary supplements, part C for behavior on dietary supplements and part D for the perception on the dietary supplements. The data were analyzed by using Statistical Package for the Social Sciences (SPSS) version 22.0 and the Microsoft Excel. Chi square test was used to determine the significant association between the tested parameters with p value less than 0.05. The overall score on knowledge of dietary supplements was 5, classified as having a moderate level of knowledge. Vitamin C was the most common dietary supplements used by the students. Generally, most of the students had positive perception toward the effectiveness of dietary supplements.

CHAPTER 1

INTRODUCTION

1.1 Background

Nowadays, consumption of dietary supplements kept increasing in general population (Bailey *et al.*, 2011). People are trying to prolong their lifespan and ensure a better quality of life with use of alternative medicine and natural products such as dietary supplements. The dietary supplement is defined as product that consists of a dietary element intended for consumption (FDA, 2015). The dietary ingredient comprise of a vitamin, mineral, herbs or other botanical, amino acid, dietary substance for use by people to supplement the diet by increasing the total dietary intake, a concentrate, metabolite constituent or extract. Dietary supplement are available in many dosage forms such as tablets, capsules, softgels, gelcaps, liquids or powders (FDA, 2015).

The prevalence use of dietary supplements was high in women compared to men. In Malaysia, 34% of adults were reported taking a food supplement in the year 2014 (MANS, 2014). In US, about 75% of American adults use dietary supplements such as vitamins, minerals, omega-3 fatty acids, other bio-actives such as lutein, and other food components such as fiber (Bailey *et al.*, 2013).