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**JOHOR  
INNOVATION  
INVENTION  
COMPETITION  
AND  
SYMPOSIUM  
2023**



"Innovation Inspires a Society  
to be Critical and Creative"

# **JOHOR INNOVATION INVENTION COMPETITION AND SYMPOSIUM 2023**



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**Editors-in-Chief**

**AHMAD KHUDZAIRI KHALID  
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الجامعة التكنولوجية  
UNIVERSITI  
TEKNOLOGI  
MARA

**Cawangan Johor  
Kampus Pasir Gudang**

2023



**First Edition 2023**

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**e ISBN: 978-967-0033-17-4**

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**Art & Cover Designer: DR. WAN MUNIRAH WAN MOHAMAD  
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**Published in Malaysia by  
Universiti Teknologi MARA Cawangan Johor  
Kampus Pasir Gudang  
81750 Masai**





## **Preface**

**In the name of Allah, the Almighty who gives us the enlightenment, the truth, the knowledge and with regards to Prophet Muhammad (peace be upon him) for guiding us to the straight path. We thank to Allah for giving us guidance and strength to write this e-book.**

**This e-book compiles the extended abstracts that submitted to Johor Innovation Invention Competition and Symposium 2023 (JIICaS2023), where JIICaS2023 is a virtual platform for all creative minds to share and present their invention and innovation. The extended abstracts are divided into two categories, which are Category A (Higher Educational Student/ Any Recognized Institutional Students in Malaysia) and Category B (Primary/ Secondary School Students / Special Education School Students in Johor). Each abstract gives a brief background on the innovation or project.**

**We hope that this e-book will help the readers to get to know the innovation done by the students from both categories and get some ideas to develop future innovation products.**



## HEALTHY LIFESTYLE AMONG MALAYSIAN STUDENTS

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### ABSTRACT

Healthy lifestyle have been a major concern for Malaysian government. Many activities and campaign has been done to promote healthy lifestyle among Malaysian people. There are various factors that influence a healthy lifestyle. Understanding the factors that impact the health and well-being of Malaysian students is crucial for developing effective strategies to promote healthier lifestyles and enhance their overall well-being. Therefore, this study will only focusing on healthy lifestyle among Malaysian Students. The aim of this study is to identify awareness among Malaysian students about the importance of leading a healthy lifestyle and importance of fitness and healthy lifestyle among students. From the survey that have been done among all universities students in Malaysia, it is found out that most Malaysian students agree that healthy lifestyle lead to healthier life. Most of them think fasting and dieting are the best way to get a healthy body. Therefore, by prioritizing a creasing awareness, regular physical activity, dietary habit, mental health and stress, students can improve their overall well-being, academic performance, and prospects.

**Keywords:** Lifestyle, Fitness, Exercise, Healthy

### 1.0 INTRODUCTION

This study aims to provide an overview of the current state of healthy lifestyle among Malaysian students. It explores various factors that influence their lifestyle choices and sheds light on existing interventions and programs targeting this population. Understanding the factors that impact the health and well-being of Malaysian students is crucial for developing effective strategies to promote healthier lifestyles and enhance their overall well-being.

This study highlights the various factors influencing healthy lifestyle among Malaysian students, including diet, physical activity, sleep, mental health, socioeconomic factors, and cultural influences. It also provides an overview of existing interventions and programs targeting this population. By understanding the current landscape and gaps in research, policymakers, educators, and healthcare professionals can develop targeted strategies and interventions to promote and support healthier lifestyles among Malaysian students. Further research is needed to evaluate the effectiveness of interventions and identify innovative approaches to address the unique challenges faced by this population.

The aim is to empower Malaysian students to make informed choices, adopt healthy behaviours, and cultivate lifelong habits that promote their overall health and well-being.

## **2.0 OBJECTIVES**

The objective of the study are

1. To identify satisfaction level on importance of fitness
2. To determine respondents' healthy lifestyle has improve their life
3. To identify the most preferred exercise among students

## **3.0 DESCRIPTION OF DATA**

To obtain data on the healthy lifestyle of Malaysian students, researchers often employ various research methods, including surveys, questionnaires, interviews, and observational studies. These methods gather information about different aspects of students' lifestyles, such as dietary habits, physical activity levels, sleep patterns, mental well-being, and socio-demographic characteristics. The data collected provides valuable insights into the current state of healthy lifestyle behaviors among Malaysian students.

### **3.1 Population and Sample**

A population of a healthy lifestyle among Malaysian students is essential for their overall well-being and long-term health. A healthy lifestyle among Malaysian students should focus on creating a supportive environment, providing education and resources, and fostering a culture that values and prioritizes physical and mental well-being.

Sample of the study of a healthy lifestyle among Malaysian students are from 80 respondents across the Malaysia data based. Thus, they are all from different universities perform different subset of an item from a population.

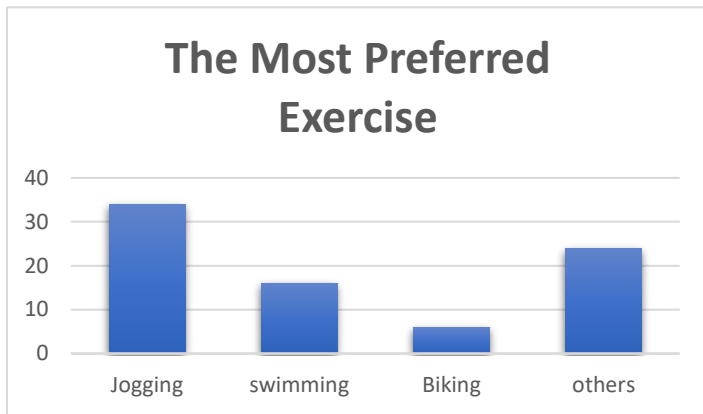
### **3.2 Sampling technique**

Convenience sampling is indeed one of the non-probability sampling techniques. It involves selecting participants based on their easy accessibility and proximity to the researcher. It is important to note that it may not provide a representative sample of the population. The findings obtained from convenience sampling may not be generalizable to the entire population. It is essential to consider the limitations of convenience sampling and acknowledge that the results obtained may not accurately reflect the characteristics and opinions of the larger population. If convenience sampling is suitable for your case study and you have clear reasons for selecting this approach, it can be a valid choice.

### **3.3 Data Collection Method**

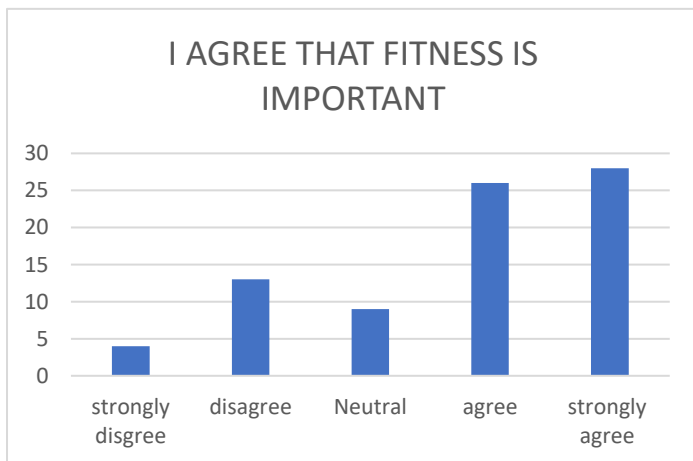
Creating an online survey using platforms like Google Forms is a popular and convenient method for data collection. It offers several advantages, including ease of distribution, cost-effectiveness, and flexibility for respondents to participate at their convenience. The use of online surveys allows for efficient data collection and analysis. The structure of your survey with three sections (A, B, and C) can help organize the data and gather specific information related to the research objectives. Each section may focus on different aspects or variables of interest, ensuring a comprehensive understanding of the topic. Closing the survey after reaching the targeted number of respondents (in this case, 80 respondents) is a good practice to ensure data collection consistency.

**4.0 RESULTS**



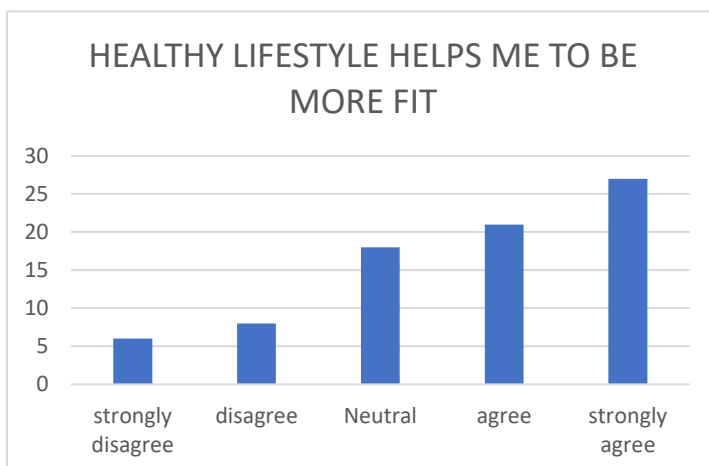
The bar chart above shows the finding of the kind of exercise respondents do. Most respondents preferred to listen to jogging with 34 people. While others has the second highest place with 24 respondents, swimming with 16 people and lastly, biking and with 6 respondents.

**Bar Chart Of The Most Preferred Exercises By Respondents**



The bar chart above shows only 4 people are strongly disagree that fitness is important while 28 people are strongly agree. While there's people agree that fitness is important which is around 26 people and 13 people disagree on that. Only 9 people that are neutral

**Bar Chart Of Fitness Is Important Based On Respondents**



Based on the bar chart above shows 27 people strongly agree that healthy lifestyle helps them to be more fit while 21 people are agree to it too. Besides that,18 people are only neutral and 14 people disagree and strongly disagree.

**Bar Chart Of Being Fit In The Respondents' Healthy Lifestyle**

## 5.0 CONCLUSION

Adopting a healthy lifestyle among Malaysian students is crucial for their overall well-being and future success. It is evident that unhealthy habits and sedentary lifestyles have become a growing concern among the youth in Malaysia, leading to various health issues and a decline in academic performance. However, by making conscious choices and implementing positive changes, students can lead healthier lives and pave the way for a brighter future.

Firstly, the increasing awareness to educate Malaysia student about the importance of leading a healthy lifestyle. Consuming a variety of fruits, vegetables, whole grains, and lean proteins provides the necessary nutrients for growth, cognitive function, and physical development. From the above most of the student thinks that healthy life style is important but they not sure because most Malaysian don't usually practice the healthy lifestyle often on their daily life.

Secondly, the encouragement physical activity, regular physical activity should be prioritized among Malaysian students. Engaging in at least 60 minutes of moderate to vigorous exercise daily helps to strengthen muscles, improve cardiovascular health, and enhance mental well-being. Most of the student agree about the physical activity because they think physical activity not only improves physical fitness but also boosts concentration, memory, and overall academic performance.

Thirdly, the improvement of dietary habit. Diet can be good and can be not good depends on how we practice the diet. Healthy diet might bring us to get a good healthy body but bad diet can bring us a bad side effect. Most of the students said their frequently do fasting and diet because they think by fasting and do diet can help them to get a healthy body.

Lastly, is the student foster mental health and stress. Mental health is important especially us as a student we must know how to manage ourself from being stress and burn out. Healthy lifestyle is also including how we manage mental health and stress, that is why it is important to manage our life in a healthy way.

In conclusion, adopting a healthy lifestyle among Malaysian students requires a collective effort from individuals, families, schools, and the wider community. By prioritizing a creasing awareness, regular physical activity, dietary habit, mental health and stress, students can improve their overall well-being, academic performance, and prospects.