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eISSN 2600-9811



9 772600 981003

Publication Date

1 June 2025

FOOD WASTE AND ITS ENVIRONMENTAL CONSEQUENCES: HOUSEHOLD PRACTICES AND ATTITUDES

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FIGURE 1 DEMOGRAPHIC PROFILE INCLUDING GENDER AND AGE

The survey outcomes highlighted a slight gender disparity, with 56.7% identifying as female and 43.3% as male, offering a diverse lens for understanding household practices. Notably, the 24 to 25 age group constituted 63.3% of respondents, a demographic often associated with transformative life stages, influencing food consumption and waste patterns. These diverse demographics enrich our understanding of how gender and age interact in shaping attitudes towards food waste.

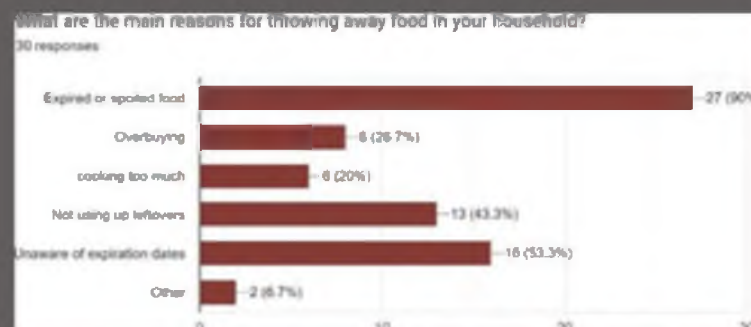


FIGURE 2 MAIN REASONS FOR THROWING AWAY FOOD

The survey provides valuable insights into common practices contributing to household food waste. A striking revelation is that nearly 90% cited the disposal of expired or spoiled food as the primary reason. Overbuying emerged as a noteworthy factor for a significant 26.7%, emphasizing the necessity for a shift in purchasing behaviours. A substantial 20% attributed food waste to cooking excessive amounts, signaling a potential area for improvement in meal planning strategies. The acknowledgement by 43.3% of respondents that they don't use leftovers suggests a need for educational initiatives promoting resourceful meal management. Furthermore, a concerning 53.3% expressed unawareness of expiration dates, underscoring the importance of education on food labelling and storage practices. Only 6.7% provided additional reasons, implying that individual circumstances or routines might also contribute to food waste.

Food waste is defined as the throwing away or discarding of consumables anywhere along the food supply chain, including during manufacturing, processing, transportation, and consumption (Pellerito et al., 2019). This includes vegetables, grains, fruits, dairy products, and meat. Food waste is a widespread issue that wastes important resources also exacerbates environmental issues (Ashaolu et al., 2019). According to Tang et al. (2020), food waste has a negative impact on the environment due to its generation of methane in landfills, depletion of resources such as energy and water, loss of biodiversity, increased pressure on landfills, excessive energy consumption, water waste, and increased carbon footprints from needless transportation. In order to live sustainably and lessen these negative ecological effects, food waste must be addressed (Kameke et al., 2018). The purpose of this survey is to gather insights into household practices and attitudes regarding food waste for targeted intervention and awareness initiatives.



FIGURE 3 DISPOSAL OF FOOD WASTE IN THE HOUSEHOLD

Assessing the current methods used by households to get rid of food waste provides an insight into waste management techniques. The startling lack of composting among the respondents suggests a large gap in environmentally friendly disposal methods that could be filled by raising awareness through campaigns.

Just 10% of respondents said they have used food disposal units, indicating that this approach is not common. Nine times out of ten, the majority use conventional methods, which emphasize the need to encourage more environmentally friendly disposal techniques. Not one person mentioned giving extra food to food banks, which raises the possibility of doing public awareness campaigns about the advantages of doing so.

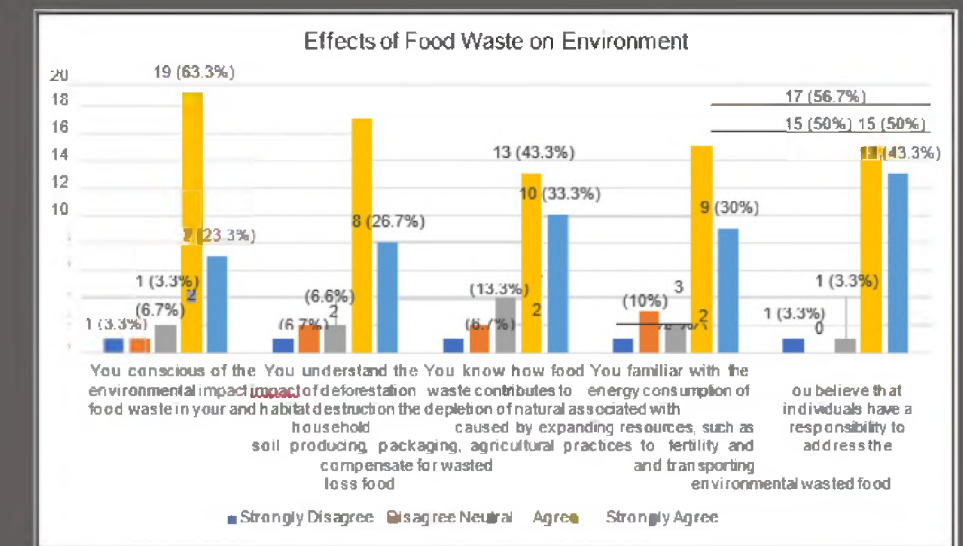


FIGURE 4 EFFECTS OF FOOD WASTE ON THE ENVIRONMENT

Examining the results of a survey on this topic reveals insights that can guide targeted interventions. When questioned about their consideration of how food waste affects the environment, 86.7% of participants expressed agreement. However, 13.3% showed varying degrees of disagreement or neutrality. To bridge this knowledge gap, there's a clear need for focused education and awareness campaigns to ensure a comprehensive understanding among all participants.

Moving on to awareness of habitat destruction and deforestation resulting from agricultural practices, a sturdy 83.3% showcased a solid understanding, while a smaller portion, roughly one in six (16.7%), displayed degrees of neutrality (6.7%) or disagreement (10%). Subsequent inquiries into participants' understanding of the link between food waste, biodiversity loss, and soil fertility revealed that 76.7% exhibited commendable awareness, with a smaller portion (one in ten) expressing disagreement and one in seven maintaining neutrality (13.3%). Assessing awareness of the energy-intensive nature of food production and waste, 80% showed awareness, but 20% expressed disagreement or indifference. In response, focused educational initiatives can dispel myths, providing a more thorough knowledge of the effects of food waste on energy. Regarding individual responsibility, the vast majority (93.3%) strongly believed in the individual's duty to address the food waste detrimental to the environment. Despite this consensus, a minor one in fifteen (6.7%) expressed neutrality or disagreement. In summary, while there is a commendable level of awareness, targeted educational initiatives are essential to address specific concerns, dispel myths, and ensure a comprehensive understanding among all participants, fostering a collective effort to tackle the environmental consequences of food waste.

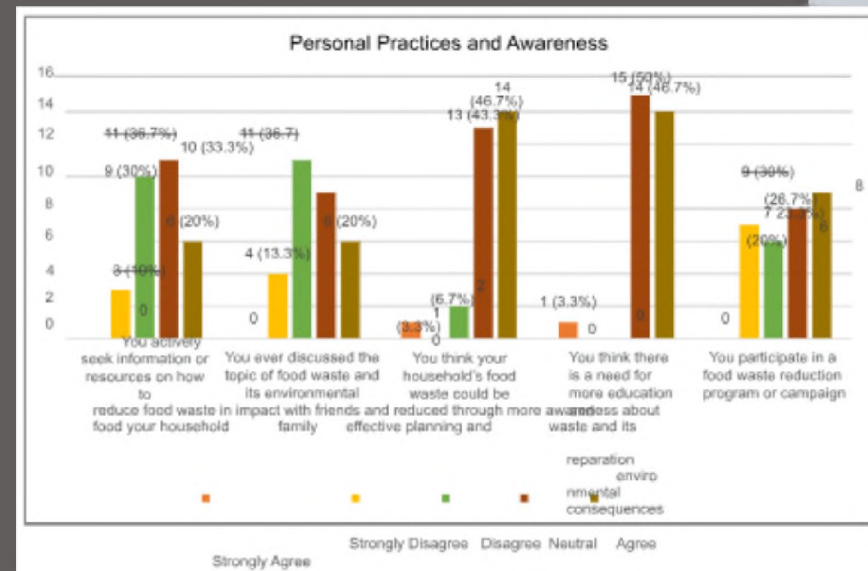


FIGURE 5 PERSONAL PRACTICES AND AWARENESS

This section delves into participant awareness of and engagement in campaigns, educational initiatives, and routines aimed at reducing food waste. Notably, participants express a strong desire to learn more about cutting down on food waste in their homes. While a sizeable percentage (10%) disagreed, a majority (56.7%) actively seek information. The neutral responses (33.3%) present an opportunity to enhance communication and make resources more accessible for those who are still uncertain. Moving on, (50%) of participants actively engage in conversations with friends and family about how food waste affects the environment. However, roughly 36.7% remain ambivalent. A small proportion (13.3%) disagreed, suggesting that some may not bring up the subject of food waste and its effects on the environment. Regarding the belief in the efficacy of planning and preparation to reduce food waste, a majority (90%) strongly endorsed this idea, showcasing a favourable attitude towards implementing more mindful practices. Conversely, (3.3%) disagreed and (6.7%) took a neutral stance. Next, all participants agreed on the need for more information and understanding regarding food waste and its effects on the environment. This unanimous stance, with (96.7%) agreement and almost no participants (3.3%) expressing neutrality or disagreement, underscores a strong foundation for implementing focused educational initiatives. In terms of active involvement in food waste reduction programs, a commendable 56.7% take part, showcasing a significant majority. Conversely, roughly one in five (20%) remains neutral, and a smaller portion, one in four (23.3%), disagrees. In summary, participants' diverse responses highlight opportunities for targeted communication, increased awareness, and more active participation in food waste reduction initiatives, contributing to more sustainable management of food resources.

In conclusion, the survey illuminates the complex landscape of household practices and attitudes towards food waste, offering crucial insights for targeted interventions. Notably, the prevalence of larger households signals challenges in meal planning and grocery management. Analysis of disposal motives and methods exposes gaps in eco-friendly practices, emphasizing the need for awareness campaigns. The willingness to adopt changes, ranging from meal planning to composting, highlights intervention points for fostering sustainable practices. Moreover, insights into public awareness of environmental consequences underscore the importance of focused education. Participants express a strong desire to learn, engage, and enact change, providing a foundation for implementing effective educational initiatives. This multifaceted exploration points towards a collective journey to mitigate food waste's ecological impact, emphasizing the interconnectedness of demographics, practices, and awareness in shaping a more sustainable future.

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EFFECTIVE APPROACHES TO MANAGING RESISTANCE TO

CHANGE IN ORGANIZATIONS

For organizations to remain competitive, they must constantly adapt to the ever changing environment. However resistance to change is a major persistent barrier. Employees typically worry about job security, uncertainty or losing control when confronted with new initiatives. Resistance can result in decreased production, dissatisfaction and even organizational failure if relevant change management techniques are not implemented.

Employees' psychological preferences for known routines are frequently the cause of resistance to change. Cognitive inertia reinforces this resistance, while fear and anxiety hinder adaptation. To ensure smoother transitions, leaders must address concerns, support employees and provide guidance to ease the process. Organizational culture and structural rigidity can obstruct change efforts. Bureaucracy, unclear communication, and rigid structures heighten employee resistance.

To ensure the successful implementation of new initiatives, organizations must face the substantial obstacle of resistance to change. Using effective change management techniques can boost employee acceptance and lessen resistance. Below are five key strategies to overcome resistance :

1

Explicit and Transparent Communication

One of the most effective ways to overcome resistance is through clear, transparent and frequent communication. Understanding the goal, advantages and possible effects of change increases the likelihood that employees will embrace it (Jackson & Singh, 2022). To reach every employee, a variety of communication channels can be used, including town halls, emails and meetings. To preserve trust in the company, openly address concerns, give staff members a forum to raise questions and promptly update them on the status of the change initiative.



BizNewz 2025
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