

**UNIVERSITI TEKNOLOGI MARA**

**PREVALENCE OF NON-ADHERENCE TO  
PHYSICAL ACTIVITY AMONG TYPE 2 DIABETES  
PATIENTS.**

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Thesis submitted in fulfillment of the requirement for the degree of  
Bachelor of Nutrition & Dietetics (Hons)

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## **AUTHOR DECLARATIONS**

I declare that the work in this thesis was carried out in accordance with the regulations of University Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledge as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby acknowledge that I have been supplied with the Academic Rules and Regulations for Under Graduate, University Teknologi MARA, regulating the conduct of my study and my research

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## ABSTRACT

Diabetes is the major health problem in the worldwide and there was a high prevalence of diabetes patients in Malaysia. Thus, there is need to encourage people with type 2 diabetes to control their blood glucose with diet and physical activity. Non-adherence to physical activity is the major problem in the management of diabetes type 2. The prevalence of diabetes in Malaysia has increased by 31.0% in just 5 years between 2006. Based from this data, we can indicate that Malaysia is just like other country that is having a problem with increasing the number of patients with diabetes mellitus by year. The increasing number of diseases can give burden to the community and government in aspect of cost in promoting and management of healthy lifestyle modification among them. The study will be conducted to identify the prevalence of type 2 diabetes patients that do not adhere with physical activity. Besides, it is to determine the relationship between non-adherences to physical activity among type 2 diabetes patients with socio-demographics data. In this study, we were performing a cross-sectional study in which the data will be collected based on the questionnaire that will be given to the respondents at Klinik Kesihatan Shah Alam. The numbers of respondents were 235 persons. All patients who fulfilled the inclusion and exclusion criteria for this study were the respondent and random sampling method will be applied. The questionnaire has been used as material to collect the data and information from the respondents. This questionnaire was bilingual, which is in Bahasa Malaysia and English that will be used by the researcher. The end of this study the prevalence of type 2 diabetes mellitus patients of Klinik Kesihatan Shah Alam who do not adhere to physical activity were 72.8%. Then there were association of gender, and working status with non-adherence to physical activity. This study concludes that high prevalence of patients with type 2 diabetes mellitus who were not adhering to physical activity.

**Keywords:** *prevalence, type 2 diabetes, adherences, physical activi*

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## **CHAPTER ONE**

### **INTRODUCTION**

#### **1.1 BACKGROUND OF STUDY**

Diabetes is the major health problem worldwide and there was a high prevalence of diabetes patients in Malaysia. Diabetes mellitus also can cause premature and mortality, which lead to many complications such as heart disease, stroke, renal failure. The prevalence of diabetes in Malaysia has increased by 31.0% in just 5 years between 2006 (11.6%) to 2011 (15.2%). Physical activity is well-thought-out a foundation of diabetes mellitus management to prevent complications and high prevalence of mortality, and also can reduce the treatment costs that give burden to populations and government.

#### **1.2 PROBLEM STATEMENT**

Among of top 10 countries in the globe with a high prevalence of diabetes Mellitus in 2010, Malaysia was one of it. NHMS also concludes that there are at present approximately 2.6 million adult ages of 18 years old that have diabetes (The National Health and Morbidity Survey (NHMS), 2011). National Diabetes Registry (2013) state that, from 2009 till 2012 there were 657 839 diabetes patients who are enrolled in this registry and most of the patients were type 2 diabetes patients. In this figure the men represented 41.6%, while women 58.4% of patients which were the bulk. Furthermore by comparing the states, Selangor (106,101), have the most number of diabetic patients, followed by Johor (92,750) and Perak (74,492) (Non-Communicable Disease Section