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TEKNOLOGI  
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# **KNOWLEDGE OF FACTORS AFFECTING TYPE 2 DIABETES DISEASE AMONG ADULTHOOD IN MALAYSIA.**

**By,**

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## **ABSTRACT**

This research was addressed to respondents in Malaysia. The aim of the study was to examine knowledge of factors affecting type 2 diabetes disease among adulthood in Malaysia. Thus, the primary objective of this study was to investigate the knowledge of factors, type 2 diabetes on eating behaviour and lifestyle among adults in Malaysia. In this study, the researcher examines the participant's knowledge about the factors that have caused diabetes as people reach the age of adulthood in Malaysia. There were few approaches used to get the best target causes that triggered the diabetes condition. The literature from previous studies helped to fill the gap between the title of the research and the current report. Much of the journals and papers supplied with adequate knowledge from credible and trustworthy sources. To get the most reliable result, simple approaches had been used. The population and sample size were determined by using previous research and searching the resources from websites. Focusing on a convenience sampling, the quantitative analysis with several questionnaires were shared with the respondents. The questionnaire was described using a structured questionnaire and using simple terms to study the knowledge of the respondents in Malaysia by questioning them on their eating behaviour, their lifestyle, and knowledge of type 2 diabetes. In terms of cross-sectional analysis, the outcomes were evaluated by knowledge of factors affecting type 2 diabetes disease among adulthood in Malaysia. The most significant variables that had been examined were by their eating behaviour, lifestyle, and knowledge of Type 2 Diabetes from respondents. It can help the community to acknowledge and aware of the factors that affect the number of diabetes cases. Other researchers could use this finding for their study. The whole study was completed within a four-month duration. In the research discussion, it is highlighted that the respondents of Malaysian adults had moderate level of the type 2 diabetes disease. As for the public, those who are lacking on knowledge may also be lacking in the ability to take care of themselves. To conclude, people with a poor level of education, smokers, and those over the age of 51 are more likely to be unaware of the effects of type 2 diabetes factors.

**Keywords: eating behaviour, lifestyle, type 2 diabetes awareness, adulthood**

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