

**UNIVERSITI TEKNOLOGI MARA**

**UNDERSTANDING, PATTERNS OF USE AND ATTITUDES  
TOWARDS TRADITIONAL MALAY MEDICINE (TMM)  
AMONG UITM PUNCAK ALAM STUDENTS**

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## ABSTRACT

**Purpose:** Traditional Malay Medicine (TMM) is popular among the Malay population despite of its limited scientific evidence based on the safety and also effectiveness of this treatment. As we all know that UiTM is the only university that has bumiputera and Malay students. This study is conducted to investigate the understanding, attitudes and patterns of uses of TMM among UiTM Puncak Alam students. **Method:** A cross sectional study has been conducted to 400 undergraduate students of UiTM Puncak Alam. The respondents have been divided into 4 different groups based on the 4 main courses in UiTM Puncak Alam. Data were collected using a specific questionnaire for each student that content of several part about knowledge, attitude and uses of TMM. **Results:** A total of 357 (89.25%) questionnaires were collected. There were a positive knowledge and attitude among each student from different courses regarding the use of TMM. Apart from that, they have some doubt about the scientific evidence-based of the safety and effectiveness of the TMM. Main factor for using TMM is because of health maintenance ( $p=0.009$ ) and it is differences between the previous study that stated that low cost and easier to get are one of the main reasons. Apart from that, there are significantly differences between each group regarding the patterns of use of as p-value is less than 0.05 except for the frequency of using TMM. **Conclusion:** Most of the students from each course have a positive knowledge and attitude towards the TMM. This study also presented a high percentage of TMM use among the students in each different course.

**Keywords:** Traditional Malay Medicine (TMM), TMM use, TMM knowledge, Attitude towards TMM.

# CHAPTER 1

## INTRODUCTION

### 1.1 Overview

Traditional medicine is a primary health care system that gives a main contribution to the human health care system long before the modern medicine start to establish. Nowadays, traditional medicine is still an important system in the primary health care system of several developing countries in the world. Moreover, in some countries like Asian countries where the modern medicine is already available in the market, traditional medicine still can maintains its popularity in a long run due to its significant and the cultural effects there. In Malaysia, for example, there are a variety of traditional medicines that have been used ages ago and there are three main groups of traditional medicines that have been used such as Traditional Malay medicine, Traditional Chinese medicine and also Traditional Indian medicine. The cost estimation of expenditure towards the use of Traditional medicine is about 1 to 2 billion Ringgit Malaysia every year. This is about \$500(US) million more compared with the value that they spent on western medicine that contribute only about \$300(US) million. During the last decade, traditional medicines as well as