

UNIVERSITI TEKNOLOGI MARA

AN ADVERTISING AWARENESS  
EFFECT OF LONG TERM STEROID  
SUPPLEMENTATION  
ON MALAYSIAN ATHLETE

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JANUARY 2019

## AUTHOR'S DECLARATION

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

I, hereby, acknowledge that researcher had been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulatig the conduct of my study and research.

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## **ABSTRACT**

Steroids are a type of hormones that resemble human hormones. Steroids are synthetic compounds that mimic the hormones that occur naturally in the body, such as anabolic. Steroids enable athletes to improve their performance. Steroids can also be in the body to increase the hormones to gain muscle. In addition, steroids also function to increase protein in the cells, especially in skeletal muscles, and also have a variety of androgenic and include induction of development. In today's era, many athletes use steroids to strengthen their muscles. When using steroids, it can affect long-term bodybuilders, athletes or teens. Many effects will cause our health like paranoid disorder (extreme, unreasonable), extreme irritation, fraudulent false beliefs or ideas, damaging judgments and so forth. Steroids are categorized as controlled poisons where their advice is on the advice of a doctor. Any products containing steroids should be registered with the Ministry of Health Malaysia (MOH).

# TABLE OF CONTENT

	<b>Page</b>
<b>AUTHOR DECLARATION</b>	i
<b>ACKNOWLEDGEMENT</b>	ii
<b>ABSTRACT</b>	iii
<b>TABLE OF CONTENT</b>	iv
<b>LIST OF FIGURE</b>	vi
<b>CHAPTER ONE: INTRODUCTION</b>	
1.1 Background Study	1
1.2 Problem Statement	3
1.3 Research Question	6
1.4 Research Objective	6
1.5 Significant Study	6
1.6 Scope and Limitation	6
1.7 Theoretical Framework	7
1.8 Summary	7
<b>CHAPTER TWO: LITERATURE REVIEW</b>	
2.1 Introduction	8
2.2 Literature Review On Dangers of Anabolic Steroids	8
2.3 Literature Review On Don't Be An Asterisk	9
2.4 Literature Review On Steroid Awareness Campaign	10
2.5 Literature Review On The Impact of Anabolic Abuse	10
2.6 T Literature Review On Isolate Advertising's Role In Changing Consumer Behavior	11

<b>CHAPTER THREE: RESEARCH METHODOLOGY</b>	
3.1 Method Approach	12
3.2 Location of Scope	12
3.3 Scope of Study	12
3.4 Collecting Data	13
3.4.1 Interview	13
3.4.2 Observation	13
3.4.3 Journal and Article	13
<b>CHAPTER FOUR: DATA ANALYSIS AND FINDINGS</b>	
4.1 Introduction	14
4.2 Statistic Of Respondent	15
<b>CHAPTER FIVE: CONCLUSION AND RECOMMENDATION</b>	
5.1 Introduction	31
5.2 Conclusion	31
5.2 Recommendation	32
<b>BIBLIOGRAPGY</b>	39
<b>APPENDIX</b>	41