

UNIVERSITI TEKNOLOGI MARA

**THE ASSOCIATION BETWEEN
NUTRITIONAL STATUS AND BODY
IMAGE PERCEPTION AMONG
AUXILIARY POLICE IN UiTM
SELANGOR, MALAYSIA**

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DECLARATION

I hereby declare that the work in this thesis was carried on in accordance with the regulations of Universiti Teknologi MARA. It is original and is the result of my own work except for the quotations and summaries which have been duly acknowledged.

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ABSTRACT

Body image plays an important role in determining people's satisfaction towards their physical appearance. This study examined the relationship between nutritional status and body image perception among Auxiliary Police. Body image perception among Auxiliary Police is important to be studied as they are the frontline in the university that provide a safe and healthful environment to work, live and learn in the campus. This study aims (i) to assess nutritional status consisting of anthropometric data (BMI) of Auxiliary Police in UiTM, (ii) to determine the body image perception among Auxiliary Police in UiTM, (iii) to correlate the nutritional status and body image perception of Auxiliary Police in UiTM. A total of 122 Auxiliary Police (108 males and 14 females) aged between 20 to 60 years old from all UiTM campuses in Selangor (UiTM Shah Alam, UiTM Puncak Alam, UiTM Puncak Perdana, UiTM Sungai Buloh and UiTM Selayang) had involved in this cross sectional study. The instrument used in this study is Body Shape Questionnaire (BSQ) which is adapted from Dowson and Henderson (2001) and nutritional assessment is done by assessing their weight and height in order to obtain the BMI. All Auxiliary Police were chosen randomly. The data of this study is analysed by using Statistical Package for the Social Sciences (SPSS) Version 21 and the Body Mass Index (BMI) were categorized by using the World Health Organization (WHO, 2007). Result shows that higher percentage of 54.1% Auxiliary Police have a low level of concern regarding body image perception compared to only 45.9% of them who have a higher concern towards their body image. Apart from that, it outline that there is no significant association between age, gender and household income with body image perception with p value = 0.198, p value = 0.450, p value 0.420 respectively. However, there is a positively strong relationship between BMI and body image perception with the p value obtained is < 0.05 . Therefore, intervention programmes should be done to improve the body image perception among Auxiliary Police in UiTM.

Keywords: *Auxiliary Police, Body Dissatisfaction, Body Mass Index, Body Image Perception, Nutritional status*

CHAPTER 1

INTRODUCTION

1.1 BACKGROUND OF STUDY

Body image can be well-defined as a multifaceted psychological construct which includes the perceptual experiences about one's body subjective attitudinal particularly its appearance (Malette et al., 2013a). Body image is how you and others view your physical self whereby including whether you feel you are attractive or vice versa. Individual behaviour of all ages sometimes influenced by their body image and dissatisfaction may occur regarding their body. Police is a profession categorized as a high-risk job, considering that those professional lead with violence, cruelty and death in their work routine foundation (Santana, Keila, Gomes, Marchi, & Girondoli, 2012). Auxiliary Police as a group of law enforcement in the campus should have a higher concern regarding the body image perception. Previous study has indicates that most of the police officers are prone to cardiovascular disease and tend to be overweight, and obese (Clark, Ramey, & Grueskin, 2011). Adolescents and young adults have to understand how body dissatisfaction can affects their feelings about their bodies and can affect their behaviour in the future (Wilkosz, Chen, Kenndey, & Rankin, 2011). Assessment of body image is important in order to understand its association to the preservation of excess weight or in beginning the motivation for weight reduction or increment (Pon, Kandiah, & Mohd Nasir, 2004).

Body image dissatisfaction occurs when the perceived body image and the ideal body image are not congruent. Usually, the body image dissatisfaction is assessed by standardized questionnaires about body image perception or by figure rating scale of silhouettes, which ranging from thinnest to the largest body type (Pull & Aguayo, 2011). Some investigators have already provided evidence that the body image dissatisfaction seems to influence the practice of physical activity in two senses. A positive body image may stimulate the engagement in and continued adherence to physical activity, as indicated in a cross-sectional analysis. Women found to express more dissatisfaction regarding their body compared to men especially and mostly is due to overweight (Coelho, Giatti, Molina, Nunes, & Barreto, 2015). Males were more likely to perceive themselves as overweight, and fail to see themselves as underweight.