# RECOMMENDATIONS OF DIET TO PREGNANT WOMAN WITH ANAEMIA USING ANALYTICAL HIERARCHY PROCESS

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## DECLARATION BY CANDIDATE

We certify that this report and the research to which it refers is the product of our own work and that an idea or quotation from the work of other people, published or otherwise are fully acknowledged in accordance with the standard referring practices of the discipline.

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# ABSTRACT

Anaemia is a serious health condition that caused primarily by deficiency of iron in the body and malnutrition is said to be the cause of iron deficiency. In Malaysia, it has been discovered that the rate of anaemia in pregnant women is between 42.5% and 47.5%. Anaemia can be treated by recommending the most appropriate diet plan containing all the nutrients needed in the right amount. This situation leads to a difficulty to choose the most appropriate diet plan. Therefore, this research was conducted to determine the best diet plan to pregnant women who suffered anaemia. The Analytic Hierarchy Process (AHP) method that involved nine steps was implemented. The critical factor was determined followed by conducting a survey with a group of nutrition experts. Four nutrients chosen were Iron, Vitamin B12, Vitamin C and Folic Acid and three diet plan were proposed. It is shown that the first diet plan was recorded in the first rank followed by diet plan two and diet plan three. As a conclusion, the suitable diet plan is very important to pregnant women who suffered anaemia to improve their health conditions.

# TABLE OF CONTENT


| | | Page |
|---|---|---|
| DECLARATION BY SUPERVISOR | | i |
| DECLARATION BY CANDIDATE | | ii |
| ABSTRACT | | iii |
| ACKNOWLEDGEMENT | | iv |
| LIST OF TABLES | | viii |
| LIST OF FIGURES | | x |
| CHAPTER 1: INTRODUCTION OF RESEARCH | | 1 |
| 1.1 | Introduction | 1 |
| 1.2 | Background of Study | 1 |
| 1.3 | Problem Statement | 3 |
| 1.4 | Objective | 3 |
| 1.5 | Significance of Study | 4 |
| 1.6 | Scope of Study | 4 |
| 1.7 | Definition of Terms and Concepts | 5 |
| 1.8 | Literature Review | 6 |
| CHAPTER 2: METHODOLOGY | | 10 |
| 2.1 | Introduction | 10 |
| 2.2 | Fundamental of Study | 10 |
| 2.2.1 | Analytical Hierarchy Process | 10 |
| 2.3 | Research Step | 11 |

2.4 Conclusion 18

CHAPTER 3: IMPLEMENTATION OF THE RESEARCH 19

3.1 Introduction 19

3.2 Research Data 19

3.3 Tabulated Data 20

3.3.1 Identify the Critical Factor and Design the Questionnaire 20

3.3.2 Collecting Data 23

3.3.3 Calculation of Synthetic Pairwise Comparison 24

3.3.4 Calculate the Sum and Obtain the weights 27

3.3.5 Ranking Order of Criteria 34

3.4 Conclusion 35

CHAPTER 4: RESULT AND DISCUSSION 36

4.1 Introduction 36

4.2 Result of final reliability index and ranking order 36

4.3 Discussion of study 37

4.4 Conclusion 38

CHAPTER 5: CONCLUSION AND RECOMMENDATION 39

5.1 Introduction 39

5.2 Conclusion 39

5.3 Recommendation 40

REFERENCES 42

APPENDICES 45