

**NUTRITIONAL STATUS AMONG MALAY PRESCHOOL CHILDREN IN PRIVATE
KINDERGARTEN IN SHAH ALAM**



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Tarikh : 27 Oktober, 2004

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TAJUK PROJEK : NUTRITIONAL STATUS AMONG MALAY PRESCHOOL CHILDREN IN PRIVATE KINDERGARTEN IN THE KLANG VALLEY.

Dengan hormatnya perkara di atas adaian dirujuk.

Sukacita dimaklumkan bahawa Mesyuarat Jawatankuasa Penyelidikan ke-73 pada 18 Oktober 2004 telah meneliti pindaan yang tuan kemukakan dan membuat keputusan :

- I. Bersetuju meluluskan cadangan penyelidikan yang telah dikemukakan oleh puan dan Puan Siti Suhara Ramli.
- ii. Tempoh projek penyelidikan ini ialah 12 bulan , iaitu bermula **1 November 2004 hingga 31 Oktober 2005.**
- iii. Kos yang diluluskan ialah sebanyak **RM22,826.00** sahaja dari Geran MOE. Penggunaan geran yang diluluskan hanya akan diproses setelah perjanjian ditandatangani.
- iv. Tuan perlu membelanjakan **50%** daripada geran penyelidikan yang telah diluluskan bagi projek tuan dalam tempoh **6 bulan** pertama projek berjalan. Sehubungan itu , pihak IRDC akan memantau penggunaan geran penyelidikan tuan untuk memastikan **50%** daripada jumlah geran yang diluluskan telah dibelanjakan sehingga bulan **April 2005.**
- v. Semua pembelian peralatan yang kosnya melebihi RM500.00 satu item perlu menggunakan Posanan Jabatan Universiti Teknologi MARA (LO). Pihak tuan juga dikehendaki mematuhi peraturan penerimaan peralatan. Panduan penerimaan peralatan baru dan pengurusannya , dilampirkan.
- vi. Semua peralatan / kelengkapan penyelidikan yang dibeli adalah menjadi hak milik fakulti. Semua peralatan / kelengkapan hendaklah diserahkan kepada pihak fakulti setelah tamat penyelidikan untuk kegunaan bersama.
- vii. Seperti yang tuan sedia maklum tuan perlu membentangkan kertas kerja di Seminar Hasil Penyelidikan IRDC setelah projek tamat dijalankan nanti.
- viii. Kertas kerja boleh dibentangkan di seminar selain daripada yang dianjurkan oleh IRDC setelah 75% deraf awal laporan akhir projek dihantar ke IRDC untuk semakan. Walau bagaimanapun , tuan perlu membuat permohonan kepada pihak kami.

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LAPORAN AKHIR PENYELIDIKAN "NUTRITIONAL STATUS AMONG MALAY PRESCHOOL CHILDREN IN PRIVATE KINDERGARTEN IN SHAH ALAM"

Merujuk kepada perkara di atas, bersama-sama ini disertakan 3 (tiga) naskah Laporan Akhir Penyelidikan bertajuk "Nutritional Status Among Malay Preschool Children In Private Kindergarten In Shah Alam".

Sekian, terima kasih.

Yang benar,



FADHILAH BINTI LAMUN @ JAILANI
Ketua
Projek Penyelidikan

TABLE OF CONTENTS

	Page
ACKNOWLEDGEMENT	i
TABLE OF CONTENTS	ii
LIST OF TABLES	iv
LIST OF FIGURES	v
ABSTRACT	vi
CHAPTER 1 INTRODUCTION	
1.1 Introduction	1
1.2 Problem Statement	1
1.3 Objectives	4
1.4 Null Hypothesis	5
CHAPTER 2 LITERATURE REVIEW	
2.1 Nutritional needs during childhood	6
2.2 Nutritional status of children	9
2.3 Factors associated with nutritional status	10
CHAPTER 3 METHODOLOGY	
3.1 Study location and sampling technique	13
3.2 Instruments and data collection	14
3.3 Data analysis	17
3.4 Study limitation	17
3.5 Pilot study	17
CHAPTER 4 RESULT AND DISCUSSION	
4.1 Socio-demographic background of children	18
4.2 Nutritional status of children	20
4.3 Food habits	25
4.3.1 Cereal and grain products	25
4.3.2 Meat, poultry, fish, shellfish, egg and legumes	28
4.3.3 Milk and dairy products	28
4.3.4 Fruits and vegetables	28
4.3.5 Snacks	29
4.4 Mother's nutritional knowledge	31
4.5 Factors associated with children nutritional status	33

ABSTRACT

A cross-sectional study was carried out to assess the nutritional status of preschool children in Shah Alam, Selangor. Ten private kindergartens were chosen by simple random sampling. A total of 266 Malay preschoolers comprising 136 boys and 130 girls aged between 3 to 6 years old and their mothers participated in this study. A set of structured questionnaire was used to obtain information on demographic characteristics, anthropometric measurements and food habits of the preschoolers. Anthropometric measurement such as weight and height were measured TANITA weighing scale and SECA body meter respectively. The anthropometric measurements were then compared with National Centre for Health Statistics (NCHS) reference. The anthropometric assessments indicated that 9.8% (n=26) of the preschoolers were underweight, 9.8% (n=26) overweight, 8.6% (n=23) stunted and 3.8% (n=10) wasted when compared with NCHS reference. Food frequency data indicated that food most frequently taken by the children were rice, bread and fish, whereas egg, milk, carrot, banana and traditional Malaysian *kuih* were moderately consumed by the preschool children. Based on the result obtained, it demonstrated that respondents' mother's nutritional knowledge was satisfactory. Correlation analysis showed that there was no significant relationship between anthropometric index (weight for age, height for age and weight for height) and socio-demographic factors, food variety score and mother nutritional knowledge. As a conclusion, the nutritional status of these preschool children was satisfactory. However, result demonstrates an increasing prevalence of overweight among studied preschoolers. The importance of health and nutrition monitoring among preschoolers should be emphasized by the relevant authorities.