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**THE STUDY OF CHOOSING HEALTH CARE PRODUCT
AMONG STUDENTS FROM ELECTRICITY DEPARTMENT, CHARGEMEN A1 IN
INSTITUTE KEMAHIRAN MARA**

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DECLARATION

I hereby declare that the work contained in this research proposal is my own except those which have been duly identified and acknowledgement.

Signed

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ABSTRACT

Nowadays, the world is full by the pollution and life pressure forces people especially the students to taking health care products. However, the exist rapidly of health care product and medicine sometimes cause the students make wrong choice. This research defined the problems and provided awareness to choosing health care product among students. Institute Kemahiran Mara (IKM) Kota Kinabalu is place where the research was performed and survey. This institute was provided various courses of study such as electricity, building, machine and air conditioner. However, scope of study only among students from Electricity Department and questionnaire randomly to 100 students. The research was using SPSS software in order to measure and identify the research's objectives. Here, this research was introduced Correlation and Mann Whitney method to measure and complete the calculation of the research. Hopefully, this research can helps the respondents that answer the questionnaire more alert about health care product and make best decision making in choosing health care product. This research actually not only needed give benefits and advantages to the respondents but also included the entire member of Institute Kemahiran Mara (IKM) Kota Kinabalu.

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CHAPTER 1

INTRODUCTION

1.1 Introduction

Health care is the prevention, treatment, and management of illness and the preservation of mental health through the services offered by the medical, nursing, and allied health professions. Health care embraces all the goods and services designed to promote health, including “preventive, curative and palliative interventions, whether directed to individuals or to populations”. The organized provision of such services may constitute a health care system.

There are many reasons that causes the students need a health care product to helps improve their physical and mentality health. Today, existing of health care product is very rapidly and must be choosing by the students to get return good effect. However, false choosing that doing by the student may cause those students gets a side effect. The healthy physical and mentality can helps students more focused in their learning and study. They can become more successful then other students if they practice to care about their mentality and physical healthy. Other than exercise and focuses on diet, taken health care products is another alternative to make sure peoples care about total body healthiness. There are several factors why students must take health care products in their diet:

1. The students must realize that importunateness of taken foods not only for stomach but also not forgot about brain.
2. Health care product usually contenting with vitamin, iron, and natural concoction that can helps improve total health.