

UNIVERSITI TEKNOLOGI MARA

**PREDICTORS OF HEALTHY
LIFESTYLE COMPONENTS
TOWARD ACADEMIC
ACHIEVEMENT AMONG
SECONDARY SCHOOL STUDENT
AGE 13–14 YEAR OLD IN
TERENGGANU**

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ABSTRACT

The issues of healthy lifestyles can contribute to academic achievement among students have been debated for over years. Hence, this research aims to determine the influence of healthy lifestyle predictors towards academic achievement among 13 to 14-year-old students in Terengganu either in rural or urban areas. In addition, the purpose of this research is to determine the construct validity evidence for the Malay version of healthy lifestyle questionnaires among 13 and 14-year-old students in Terengganu. In this research, data was collected through an online survey where the questionnaire was distributed among 300 secondary school students in rural and urban area located in Hulu Terengganu and Dungun respectively. The measurement tool for this research has been translated and adapted from the original instrument to ensure compatibility and suitability according to the respondents' background, lifestyles and cultural. The healthy lifestyle component was measured from the self – administrative questionnaire constructed for this research as the result scores from *Pentaksiran Setara Standard (PSS)* of students in Form 1 and Form 2 have been measured as the indicator of academic achievement throughout this research. Exploratory Factor Analysis (EFA) and Confirmatory Factor Analysis (CFA) were performed to provide construct validity evidence for this questionnaire. In this research, an Exploratory Factor Analysis (EFA) was conducted to evaluate the factor structure of the scale. Fitness indexes such as RMSEA= .064, CFI= .934, TLI= .921 and IFI= .935 proved that sample data fits the measurement model for this research. Last but not least, multiple regression analysis represented those three predictors of healthy lifestyle which are free from substance abuse, social support and stress management contribute towards academic achievement among students from age 13- to 14-year-old in Terengganu. In a nutshell, findings of this research can help to identify a new appropriate predictor which also can contribute to the development of academic achievement among school students in future study.

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CHAPTER ONE

INTRODUCTION

1.1 Introduction

Education is essential for human capital development. It is the necessity of society and as a basis for a better life. Education is also a vehicle of knowledge that provides us with a platform to succeed in any field and shape social behaviour, strength, character, and self-respect (Bhardwaj, 2016). Another term that relates to education is academic. Academic achievement is essential for the successful development of adolescents in society. Students who do well in academics are better to transition into adulthood and achieve economic success. There are various factors that contribute to academic achievement among students, for instance, interest in the subject, regular and consistent studying, class attendance, self-motivation, attitude, teacher, parent, and school factors (Sibanda, Iwu and Olumide, 2015; Jayanthi, Balakrishnan, Ching, Latiff and Nasirudeen 2014; Afzal, Ali, Khan & Hamid Karimi, 2008). However, good health can also be considered as one of the factors that influence academic achievement. Suhrcke & Nieves (2011) provided evidence that health behaviour and health status significantly affect students' academic achievement either in school or universities.

Good health can be defined as a state of complete physical, mental, and social well-being without the presence of any severe disease or illness. A study by Sartorius (2006) explained the three types of good health as the complete physical, mental and social well-being of an individual. In a brief explanation, a complete physical can be described as the absence of any impairment of the human body, while complete mental is a state of mind where it allows a person to handle with demands and challenges of daily life adequately. The health should be in a state of equilibrium as established between an individual and their social-physical environment. As a definition, a healthy lifestyle is a way of living that reduces the risk of being seriously ill. However, some diseases are not preventable, but a huge proportion of deaths, such as coronary heart disease and lung cancer, can be prevented (World Health Organization, 1999). Undoubtedly, this healthy lifestyle can be achieved by eating a