

**A KNOWLEDGE, ATTITUDE AND PRACTICE (KAP) STUDY  
ON PHYSICAL WELLNESS OF UNIVERSITY TECHNOLOGY  
MARA ACADEMIC STAFF  
A CASE STUDY IN SHAH ALAM CAMPUS**

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## ABSTRACT

This study was done to determine the level of physical wellness among the academic staff of University Teknologi Mara (UiTM). Physical wellness was measured using five components: work; spiritual; health condition and physical activities; emotional and mental outlook and; leisure and social activities. The study also examined whether the components of knowledge, attitude and practice had any impact on the level of wellness experienced by these academicians. A sample of 404 academicians was selected randomly from all faculties at the Shah Alam, Puncak Perdana, Section 17, Shah Alam and Jalan Othman campuses. Questionnaires were self-administered to these academicians and a total of 325 academicians responded. An overwhelming 93% of the academicians rated their health as good, very good or excellent. About 63% of them were confident most of the time and only 4% were upset most of the time. Majority of the academicians experienced a low to medium level of physical wellness. The study revealed that while the components of attitude and practice affected the level of wellness, knowledge had no impact on the wellness of the academicians. Relationships between wellness and demographic variables were examined and it was found that older academicians, those in the higher total household income bracket and academicians who were associate professors or professors experienced a higher level of physical wellness. Academicians were asked to list the type of physical wellness programs they would like to have. Programs like medical check-up campaigns topped the list followed by talk sessions on different issues pertaining to health. The least preferred choice was exercising. Most of the academicians commented that during the semester break (65.4%) would be the best time to have these activities.

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# CHAPTER 1

## INTRODUCTION

### 1.1 Introduction

A survey was conducted on the academic staff of Universiti Teknologi MARA (UiTM) focusing on their knowledge, attitude and practice (KAP) relating to their physical wellness. This study was conducted in view of the fact that in recent times, the number of employees who suffer from job-related stress are on the rise globally. It is a well-known fact that the physical wellness of an employee is very much related to his/her job performance. This disturbing trend needs serious attention both from the perspectives of the employees as well as the employers. Employers should be aware of the ever rising costs of medical bills spent on their sick employees. Not to mention, the lost of productive work if the employees are on medical leave. It has become a necessity that the employers allocate certain budgets for promoting and inculcating the right attitude towards a healthy life style among their employees. Once the right attitudes are in place, followed by the right practice, then a win-win situation for both the employees as well as the employers can be achieved. An employee's physical wellness does contribute greatly to his/her level of job performance. A healthy body definitely promotes a healthy mind, which in turn leads to stable emotions, a prerequisite for a successful worker, as the proverb goes "prevention is better than cure". Realizing this phenomenon, there are some employers who go to great lengths to ensure the physical wellness of their employees.