

UNIVERSITI TEKNOLOGI MARA

**KNOWLEDGE, PERCEPTION, AND EXPERIENCE
OF ADULT POPULATION TOWARD
TRADITIONAL AND COMPLEMENTARY
MEDICINE (TCM) IN PUNCAK ALAM, SELANGOR**

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ABSTRACT

Background: Traditional and complementary (TCM) is a combination of traditional medicine and complementary medicine which enclosed products, practices and practitioners. The usage of traditional and complementary medicine (TCM) in Malaysia is widely and conveniently practiced without consultation with healthcare professional. Its can lead to serious side effect when combine it with modern medicine. **Objectives:** The study was conducted to assess perceptions, knowledge and experience of adult population towards traditional and complementary medicine (TCM) in Puncak Alam, Selangor. **Method:**This quantitative cross-sectional study was performed on 306 residents in Fasa 2 Bandar Puncak Alam , Selangor on their knowledge, perceptions and experience toward TCM using self-administered questionnaire. Convenience sampling was used in this study. **Result:** Most respondents (78.1%, n = 239) have moderate perception toward TCM. Respondents's knowledge toward praying, massage and dietary supplement was perceived the highest and they have tried these modalities to treat their illness. Researchers found that only age have significant association toward perception where educational background have significant association toward perception and knowledge toward TCM. **Conclusion:** Majority of residents in Fasa 2 Puncak Alam, Selangor have moderate to good perception and good knowledge regarding TCM. Most of them have experience in TCM consumption to maintain their well-being and treating their illness.

TABLE OF CONTENT

DECLARATION	ii
DECLARATION	iii
DECLARATION	iv
INTELLECTUAL PROPERTIES	v
ACKNOWLEDGEMENT	viii
ABSTRACT	ix
LIST OF TABLES	x
LIST OF FIGURES	xi
TABLE OF CONTENT	xii
CHAPTER 1	16
1.0 INTRODUCTION.....	16
1.1 Research Background	16
1.2 Problem Statement.....	19
1.3 Research Objectives and Questions.....	21
1.3.1 General Objectives	21
1.3.2 Specific Objectives	21
1.3.3 Research Questions	21
1.4 Significant Study.....	22
1.4.1 Nursing Profession	22
1.4.2 Public.....	22
1.5 Operational Definitions.....	23
1.5.1 Knowledge.....	23
1.5.2 Perception.....	23

CHAPTER 1

1.0 INTRODUCTION

1.1 Research Background

In this chapter, researcher focused on a research background titled as “Knowledge, Experience and Perceptions of Adult Population towards Traditional and Complementary Medicine (TCM) in Puncak Alam, Selangor”. Problem statement of the study was explained and highlighted. Beside that, the researcher also stated the research objectives and the significance of the study where the objectives were categorized into general and specific objectives. Lastly the selected term were well defined in the last part of this chapter.

TCM is defined as “a form of health-related practice design to prevent, treat and/or manage illnesses and/or preserve the mental and physical well-being of individuals” (TCM Division, Ministry of Health Malaysia, 2007). Traditional medicines have been practiced since early ages and the knowledge has been passed down to their successors. TCM is preferred by Malaysian might be because of their solace with their own particular qualities, conviction and rationalities towards well-being and life. In the meantime easy access to these treatments at a moderate expense pulls in a significant number of patients (Othman & Farooqui, 2015). Malaysia is a rapid developing country with a population approaching 28 million. Recent studies reported that the prevalence of the use of TCM in Malaysia was relatively high especially for middle-aged adults who use them to enhance their well-being including sexual libido. Studies have also shown that patients suffering with chronic diseases and cancer also prefer TCM as their alternative source of treatment (Silvanathan & Bin, 2015). Malaysia has established the medical services to the international standard and with evidence base practices, provided by healthcare team members such as