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Bachelor of Applied Science (Food Security) (Hons) 2022

**PERCEPTION AND THE USE OF FOOD BANK AMONG
UNIVERSITY STUDENT IN EAST COAST OF
PENINSULAR MALAYSIA**

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**Nur Syazwani Binti Zulkarnain
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**A thesis submission in fulfilment of the requirement for the
degree of Bachelor of Applied Science (Food Security) with
Honours**

**Faculty of Agro-Based Industry
University Malaysia Kelantan**

2022

DECLARATION

I hereby declare that the work embodied in this report is the result of the original research except the excerpts and summaries that I have made clear of the sources.



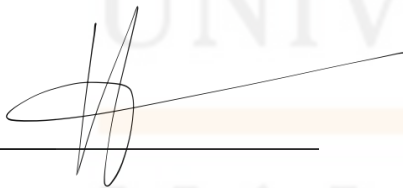
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Perception and The Use of Food Bank Among University Student in East Coast of Peninsular Malaysia

ABSTRACT

Food banks is one of the way to improve in food insecurities problem that occur since decades in all around the world. Food banks itself is made by non-profit organization to collect and distribute the food to people in need such as hunger people, people who faced natural disaster and low income family who cannot afford on buying big amount of food in one time as their food supply. During pandemic Covid-19 first spread in the world, many people affected in term of monthly income where their salaries were cut due to economic downturn in their company. University student are also affected during Covid-19 pandemic as some of student stuck in their campus and not allowed to leave campus area due to high spreadable of Covid-19 causes student short of food supply and university management make initiative by creating food banks in university for student but same issue regarding limited choice appeared. The university can take action to address this issue is to provide prepacked food where the food provided is home cooked and the amount of ingredient can be control. The sample size is 150 respondent of university student and was conducted in East Coast of Peninsular Malaysia which is in Kelantan, Terengganu and Pahang. This study is based on three objectives, to study the knowledge of food banks, to identify the use of food bank and to investigate the perception of food bank among university students. Next, this study applying the Knowledge, Attitudes and Practice (KAP) model by using purposive sampling by distribution of questionnaire among university student in Kelantan, Terengganu and Pahang. The results of this study are the knowledge of food banks and the use of food bank and student perception regarding food bank. There is significant relationship of knowledge, attitudes and practice of food banks towards perception of food bank among university student. In addition, the most selected food by university student are prepacked food.

Keywords: Food Banks, Food Insecurities, Covid-19 Pandemic, University Students, East Coast of Peninsular Malaysia

Persepsi dan Penggunaan Bank Makanan dalam Kalangan Pelajar Universiti di Pantai Timur Malaysia

ABSTRAK

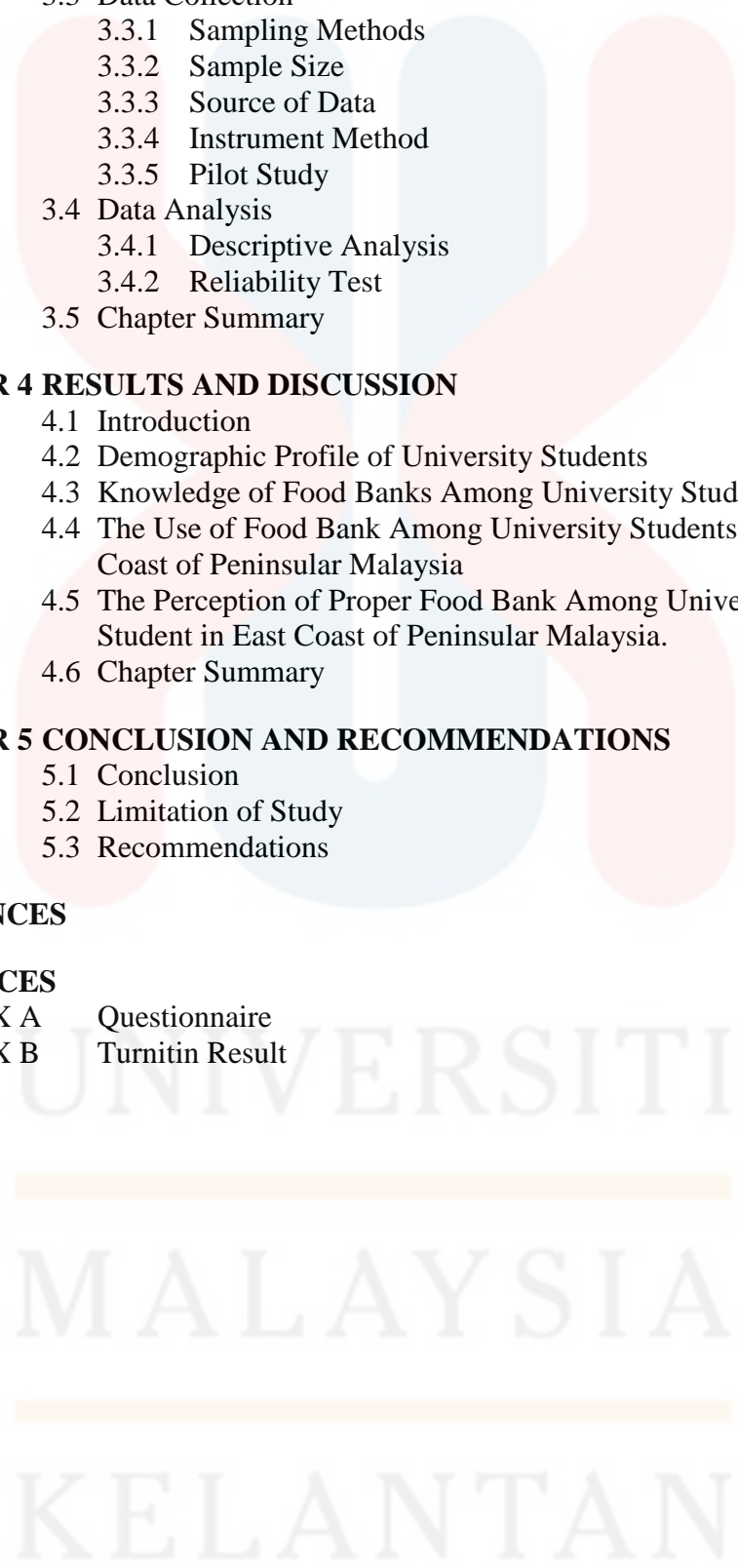
Bank makanan adalah salah satu cara untuk memperbaiki masalah ketidakamanan makanan yang berlaku sejak beberapa dekad di seluruh dunia. Bank makanan sendiri dibuat oleh pertubuhan bukan kerajaan untuk mengumpul dan mengagihkan makanan kepada orang yang memerlukan seperti orang kelaparan, orang yang menghadapi bencana alam dan keluarga berpendapatan rendah yang tidak mampu untuk membeli makanan dalam jumlah yang besar dalam satu masa sebagai bekalan makanan mereka. Semasa pandemik Covid-19 mula merebak di dunia, ramai orang terjejas dari segi pendapatan bulanan di mana gaji mereka dipotong kerana kegawatan ekonomi dalam syarikat mereka. Pelajar universiti juga terjejas semasa pandemik Covid-19 kerana sesetengah pelajar terperangkap di kampus mereka dan tidak dibenarkan meninggalkan kawasan kampus kerana penularan Covid-19 yang tinggi menyebabkan pelajar kekurangan bekalan makanan dan pengurusan universiti membuat inisiatif dengan mewujudkan bank makanan di universiti untuk pelajar tetapi isu yang sama mengenai pilihan terhad muncul. Pihak universiti boleh mengambil tindakan untuk menangani isu ini adalah dengan menyediakan makanan yang telah dibungkus di mana makanan yang disediakan adalah masakan rumah dan jumlah bahan boleh dikawal. Saiz sampel ialah 150 responden pelajar universiti dan dijalankan di Pantai Timur Semenanjung Malaysia iaitu di Kelantan, Terengganu dan Pahang. Kajian ini berdasarkan tiga objektif iaitu mengkaji pengetahuan bank makanan, mengenal pasti kegunaan bank makanan dan menyiasat persepsi bank makanan dalam kalangan pelajar universiti. Seterusnya, kajian ini menggunakan model Pengetahuan, Sikap dan Amalan (KAP) dengan menggunakan persampelan bertujuan secara pengedaran soal selidik dalam kalangan pelajar universiti di Kelantan, Terengganu dan Pahang. Hasil kajian ini ialah pengetahuan bank makanan dan penggunaan bank makanan dan persepsi pelajar terhadap bank makanan. Terdapat hubungan yang signifikan antara pengetahuan, sikap dan amalan bank makanan terhadap persepsi berkaitan bank makanan dalam kalangan pelajar universiti. Selain itu, makanan yang paling banyak dipilih oleh pelajar universiti adalah makanan yang telah dibungkus.

Kata kunci: Bank Makanan, Ketidakpastian Makanan, Pandemik Covid-19, Pelajar Universiti, Pantai Timur Semenanjung Malaysia

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LIST OF ABBREVIATION AND SYMBOLS

B40	Below 40
COVID-19	Coronavirus Disease 2019
KAP	Knowledge-Attitudes-Practice
IPT	Institution of Higher Education
KPDNHEP	Ministry of Domestic Trade and Consumer Affairs
NGO	Non-Government Organization
NSK	NSK Supermarket
SEGi	University Group Supermarket
SOP	Standard Operating Procedure
UM	University Malaya
USA	United States of America
%	Percentage
&	And

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CHAPTER 1

INTRODUCTION

1.1 Introduction

Chapter 1 contain background research, problem statement, hypothesis, objectives, scope of study, significance of study and organization of study. This study focuses on the knowledge of food banks of university student in Kelantan, Terengganu and Pahang.

1.2 Background Research

1.2.1 Food Banks

Food banks is created by non-profit and charitable organization or private agencies where they distribute daily necessities and groceries to population or people in need. Food banks play such as big roles in food aid sector by purchasing groceries and

daily necessities and directly donated to family or population with food insecurities issue (Chantelle Bazerghi, 2016). In Canada, food banks have been existed since 1981 due to critical raise of food interest rates since 1973 which causes some of people had an issue in regarding food purchasing (Riches, 2006). In food banks, there are two important roles which is the giver and the receiver (Anja Simmet, 2018). The giver can be an organization or any human resource agencies that in charge of collecting or purchasing daily necessities and groceries from supermarket and shopping mall for donation to people or population. In some cases, all daily necessities and groceries can be put in food banks or food aids specific place.

There are also another types of the giver which is individually create food bank in front of their house or donates to certain food banks as alms without expecting returns. Next, the receiver which basically the consumer or the user of food banks who suffered food insecurities in their household or population which received this food bank for daily supply. Food banks can also be referred as food rescue as it provide not only basic necessities and groceries (Chantelle Bazerghi, 2016), some food banks distributes cooked food where home cooked food were prepared and prepacked by certain party with strict compliance of the Standard Operating Procedure (SOP).

1.2.2 Food Banks During Pandemic

Food banks are one of the model present in food aid networks during pandemic of Covid-19 (Ali Ekici P. K., 2013) which come in various types. One of it are from non-

profit organisation or agencies where they in charges of collecting and donating to in need population, people and universities institution. For university itself, management provides food banks for student as daily consumption where prepacked food would be distributing during lunch and dinner or provides long shelf-life food products for storage during emergencies. Example of food usually found in food banks are dry food products, canned food and instant food. For daily food banks, food usually found are prepacked food and instant meals. Another types of food banks are usually called as simple food aids where they provide in front of their house with intention of donating and intend to reduce other household burden for food supply and necessity.

During Covid-19 first strike all around the world, many households are affected where some people salaries were cut due to economic downturn which affected the company and some causes to bankruptcy. Cutting down salaries of employees or immediate notice to quit are the only option for the company to survive. Due to this cases, many people lost sources of income and affecting their household food supply. Food banks are the only saviours for this population to continue their life and have food supply while thinking or searching other jobs to apply. Nevertheless, food banks never a permanent or long term solution but an initiative solution to help people with food insecurities crisis before they improve their own food resources (Brown, 2019).

1.2.3 East Coast of Peninsular Malaysia & Flood Hazard

East Coast of Peninsular Malaysia consists the states of Kelantan, Terengganu and Pahang. These three states are said to be often involve in annual flood hazard that occurs in Malaysia since years back then. Flood is actually an annual hazard which can affect the whole states with destruction or even loss of many lives. According to WHO, flood hazard occurs when high water level in river system which causes river bank overflow extend to flooding and causes hazard to certain population. Flood also said to be the most devastating natural disaster that Malaysia always experience including Sabah and Sarawak (Sani G. D/iya, 2014). Back then in 2014, flood hazard that occurs in Kelantan are the largest flood history of Kelantan which also considered as “tsunami like disaster” which affected around 202 000 people (Kamarul Aryffin BAHARUDDIN, 2015). During the flood hazard occurs, it is called as ‘Bah Kuning’ due to water that flow mixed with high mud content through all around Kelantan. There are two categories of flood that always occur in Malaysia are flash flood and monsoon floods. The different on these two types of flood is the period taken for the overflow river to back into normal water flow. Flash flood might have needed few hours or days while monsoon flood might last for months (Md Hashim, 2006). Figures 1 below shows Malaysia rainfall pattern that influence by two monsoons. Sabah and Sarawak and West Malaysia are divided by South China Sea which easily affected by monsoons.

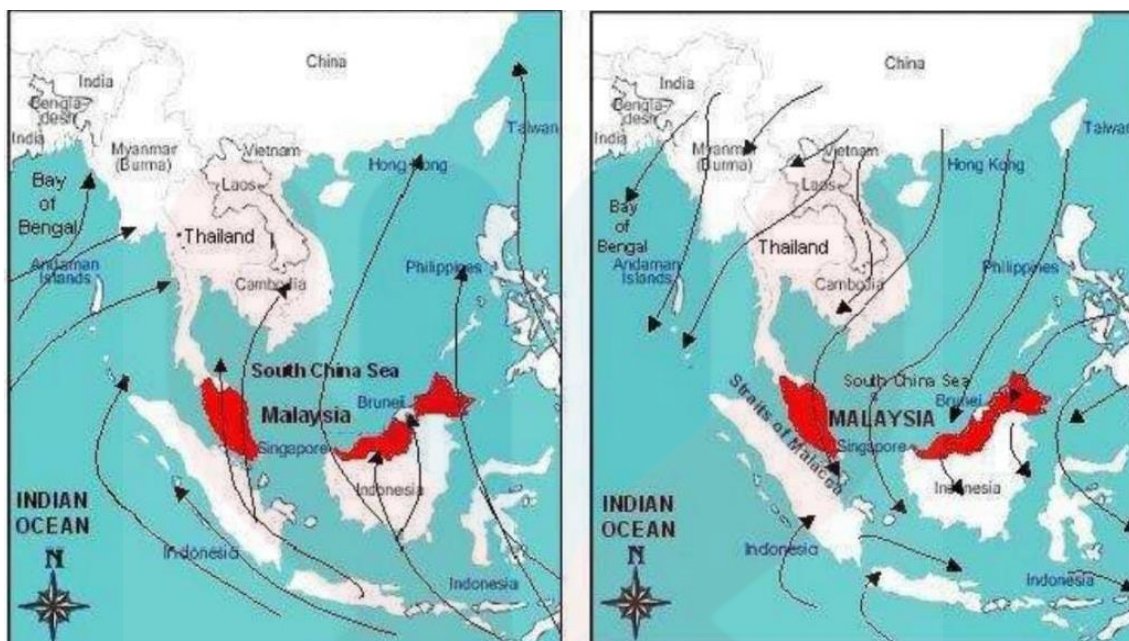


Figure 1.1: Monsoons flow at Southwest and Northeast of Malaysia

1.2.4 Food Security in East Coast of Peninsular Malaysia

Food security is a wide food crisis that occur since decades and Malaysia included especially in East Coast of Peninsular Malaysia where natural disaster always occurs and low income rates. Based on studies, food security status in Malaysia shown among low income rural communities where it characterized by housewife mother, family with many children and many school ages children in a family (Md. Mahmudul Alam, 2016). Government has adopted two strategies on control food security that occur in East Coast of Peninsular Malaysia which specifically in staple food such as the paddy and rice sector due to their low rate growth of paddy in East Coast of Peninsular Malaysia. In addition, number of children of a family in East Coast of Peninsular Malaysia also high which escalate household income rates that is low which is the reason why food security has

been an issues in East Coast of Peninsular Malaysia which is Kelantan, Terengganu and Pahang.

1.2.5 The Roles of Student Food Banks in East Coast of Peninsular Malaysia

Food banks itself is made by non-profit organization of food aid where they help people by donating food and other necessities to people in need. It presents as form of distribution network by food aid agencies with intention to help people (Ali Ekici P. K., 2013). University in East Coast of Peninsular Malaysia has been aware about issue regarding food security, annual flood hazard that occur and the latest are Covid-19 pandemic. So, Student Food Bank Program has been created by Ministry of Domestic Trade and Consumer Affairs (KPDNHEP) collaborate with Strategic Partners, Institutions of Higher Education (IPT) and contributors to help and provide university students daily food, necessities and food supply for storage used during emergencies. Student Food Bank Program also said to be an initiative for IPT to identified in need students from time to time. Example of food usually found in university food banks are canned food, instant food and dry product foods. Beside, university management also prepare daily distribution of prepacked food where it is home cooked by people and pack for student to eat.

Prepacked food usually distributes during lunch and dinner for students. Prepacked food actually is much better than canned food or other instant food because the amount of ingredient used can be control where usually university management might

be using more nutrient item as cooking ingredient. This study is run to understanding and know student nutritious intake which can be determined on practice part where student can choose types of food they usually take in food banks.

1.3 Problem Statement

Nowadays, food insecurity has been one of the most unsolved problem that occur in the world especially during this pandemic of Covid-19. Food banks are one of the initiative made by private or non-profit governments to control this problem by donating groceries, daily necessities and prepacked food for people in need. In Malaysia, food banks have been created not only for families and certain population but also for university students (Ordway, 2019). So, student knowledge and perception regarding food banks and its use is really important in the future to help controlling food insecurities among university students. By the end of this study, number of respondent can be detected about their knowledge and perception of food banks and its use which can help in control or solve food insecurities or hunger not only among student but other population too. Food insecurities among university students would affect their focus in study especially student with poor or low income background.

Next, pandemic of Covid-19 also said to be affecting food stock not only in Malaysia but all around the world. During the first wave of Covid-19 in Malaysia, total lockdown has been declaring by Malaysia Ministry and government has prepared a new norm where only one person per house that could go out and purchase food supply for the

whole household (Scattergood, 2021). People with low income especially the one who affected such as immediate laid off would face a really rough time because with low production and high demand, the price of food would arise which the causes of food insecurity in Malaysia occur. Here, food bank has been created to help this group of population with food insecurities crisis. From this study, the roles of food banks can be selected by respondent answer. Based on FAO, 2020 assumption were made that if Covid-19 pandemic keep spreading until lockdown period would be more longer it would be crisis in food resources as well as affecting human diet. So, roles of food banks are really important.

Lastly, food bank also was created for people who intent to give alms by helping and donating food supply and other necessities in food bank for people in need without return. In Malaysia, some private government and university management already collaborate with food supplier to create a proper food banks for university students since so long but infamous. By this pandemic, food banks have been popular among student who has been stuck in college and cannot go back home due to cross-state band or even for student from low income family. Types of food in university food bank is important too as their perception about food bank, so respondent can answer the online survey what types of food they usually take in their university food banks (Valm, 2019).

1.4 Hypothesis of the Study

H0: There is no significant value between the relationship between knowledge, attitudes and practice toward the perception and the use of food bank among university students in East Coast of Peninsular Malaysia

H1: There is significant value between the relationship between knowledge, attitudes and practice toward the perception and the use of food bank among university students in East Coast of Peninsular Malaysia

1.5 Research Question

1. Do university student alert about the existence and the purpose of Student Food Bank?
2. Does Student Food Bank provide quality or perceive quality product?
3. What is student perception regarding food bank in their university?

1.6 Objectives of Study

1. To measure the knowledge of food bank among university student in East Coast of Peninsular Malaysia
2. To identify the use of food bank among university student in East Coast of Peninsular Malaysia
3. To investigate the perception of food bank among university student in East Coast of Peninsular Malaysia.

1.7 Scope of Study

This study focuses on the perception and knowledge of food bank and its use among university student in East Coast of Peninsular Malaysia by using method of purposive sampling method. The survey questionnaire was distributed to university student in Kelantan, Terengganu and Pahang ages 19 years old and above. Next, the Knowledge, Attitudes and Practice (KAP) model was used has dependent variables and independent variables. The dependent variables are the knowledge and attitudes of food bank among university student and the practice or the most choose types of food by university student in East Coast of Peninsular Malaysia is independent.

1.8 Significance of Study

The results of this study give positive impact to university student. Firstly, university student can be more alert about the existence of food banks and gain more knowledge regarding food banks and its use for people in need and also for university students itself. Next, university student can also know that in food banks, not only canned food or instant food but prepacked food or home cooked food also one of the option or types of food usually found in food banks and distributes to people in need including university students. Lastly, from this study university student can learn food bank was created not only help in giving food but also help student in managing and reduce living cost of university student that keep increasing along with economic changes due to Covid-19 that occur since 2019.

1.9 Organization of Study

Chapter 1: This chapter introduce the research background of the study such as problem statements, research question, objectives of the study, hypothesis of the study, scope of the study and significance of the study.

Chapter 2: This chapter presents the literature review from other and previous study regarding food banks, nutritious intake, healthy food and food insecurity. This chapter also provide related understanding for this study by providing related information.

Chapter 3: This chapter about the method used of theoretical framework and methodology that covers sampling techniques, research design and data analysis.

Chapter 4: This chapter present the results and finding from data analysis which cover the analysis from the knowledge, perception and the use of food among university student in East Coast of Peninsular Malaysia, statistical test and summary.

Chapter 5: this last chapter is focus on summarise the result, implementation and contribution of this study, conclusion and recommendation for the future research.



CHAPTER 2

LITERATURE REVIEW

2.1 Introduction

This chapter will explain regarding the literature review. In this study, there are three objectives been identified from the understanding the nutritious intake of university student in East Coast of Peninsular Malaysia, knowledge of food banks among university student in East Coast of Peninsular Malaysia, investigate the nutritious intake of university students and identifying the link between food banks and nutritious intake of university student in East Coast of Peninsular Malaysia. The Knowledge, Attitudes and Practice (KAP) model was used in this study to determine knowledge, perception and the use of food bank among university students in East Coast of Peninsular Malaysia.

2.2 Theory of Knowledge, Attitudes and Practice (KAP) Model

The KAP model is one of the tool that develop to investigate what known, done, believe and practice by respondent or participant to some topic (Siltrakool, 2017). Usually

the KAP model are used to structure interviews and questionnaire just like this study where KAP model were used to identify knowledge, attitudes and practice of university student in East Coast of Peninsular Malaysia. KAP model has been used since decades and commonly used for collecting participants and practitioner’s information. Correlation among KAP develop by cognitive and behavioural theory by Schwartz to study knowledge, attitudes and practice for certain topic.

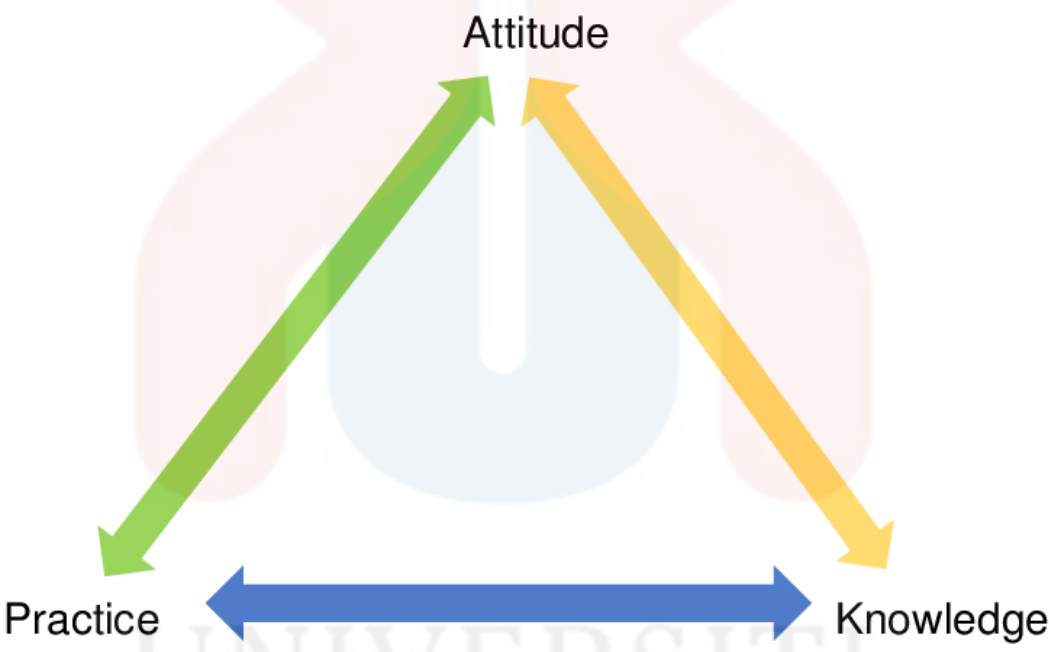


Figure 2.1: The Knowledge-Attitudes-Practice Model (R. Bano, 2013)

The KAP model method are easy to conduct and result gain are relatively easy to interpret for result presentation. The KAP model method can be used to determines following objectives such as current population knowledge, attitudes and practice and assessing outcomes for study of pre-test and post-test (Chavin D. Gopaul, 2016). There is some limitation in the KAP model method where in term of knowledge, some researchers argue that it cannot determine for example and quality. For attitudes analysis

in KAP model it cannot be link to other factor such as emotion and belief. The KAP model method are used for important domain which is knowledge, attitudes and practice.

Knowledge is a part where refer to understanding of participant in certain topic where it ability to receive, and use information that mixed with skills. Knowledge can be different from education to other types of knowledge. Attitudes refer to participant observation regarding certain topic where they react in situation and definite way. Lastly, practice refer on how participants demonstrate on their knowledge and attitudes as application of rules and action.

In this study, theory of KAP model are implemented knowledge to measure the understanding of university student regarding food bank and its roles for university student itself. Next, attitudes are implement to investigate participant feeling about food bank pros and cons for university student. Lastly, practice is implement as action of participant takes toward food banks, their selection types of food in food bank and their perception of food bank in their university. The KAP model method is really useful for this study where it can describe knowledge, attitudes and practice of university student regarding food banks and nutritious intake per days of students. Lastly, the KAP model method can be used to conduct within limited financial and time frame.

2.3 The Existence of Food Banks

Food bank existence has been acknowledging since decades which help a lot of people especially in food supply in poor state. It's can be known as community-based response about household food insecurities in certain country (Rachel Dannefer, 2012). Food bank were created to overcome the concern of low food supply in a country that has high population but low in food production. As example, in Canada food bank has been one of way to solved the adequate food supply which one of the major problem there with 820, 000 Canadians population (Jennifer D. Irwin, 2007).

In Malaysia, food bank has been introducing since long time but since pandemic Covid-19 surface here, food supply during lockdown has been decrease and expected could only last for few months and food banks is one of government option to help household that has limited food supply. Another issue about food bank has been spread that option in food banks has low in nutritional value as most of item is canned and preserved for longer shelf life and not good for consumer health especially for children. In university, food bank also contains canned food for student food need and can keep for longer time which is not good. Therefore, in this study we will observed the healthy option of food bank especially for university students.

2.4 Roles of Food Bank During Pandemic & Flood Hazard

Food banks play such a big role during pandemic and flood hazard because during that time, food supply and food availability is very limited. This is because during Covid-19 pandemic, people tend to change their food supply and groceries shopping pattern to avoid spread of Covid-19 virus. People tend to avoid crowded store and face-to-face and more prefer on home delivery or using e-commerce platform where they only need to order using smartphone. Another shopping pattern that change during Covid-19 is people tend to buy in bulk amount to avoid shortage of food in household (Kamoi, 2019). This is because some food manufacturing is also affected during those time. This is where food bank works their roles where food banks help in purchasing basic necessities and groceries in shopping mall or supermarket and donated to family affected.

Next, the roles of food bank also to ease the burden for B40 families. Food bank also known as food aids not also buy and donate groceries and basic necessities. Some of food bank using concept as open kitchen where some charities organization team up and cooked a home cooked regular meals and share with people who struggle with food insecurity during Covid-19 and flood hazard. #BenderaPutih Campaign has been launch by private NGOs and charity to contribute free cooked food and groceries to household with food insecurity crisis due to their B40 background (Ong, 2021).

2.5 Healthy Food Availability in Food Banks

Healthy food is types of food which works as nutrient resources that human body need to provide energy and maintain body well-being. In order to know that food consumption is healthy food and balanced diet, the food key nutrient is water, carbohydrates, vitamins, proteins, minerals and fats. Healthy food plays such an important role for balanced diet which as prevention of obesity where people eat without proper diet and chronic disease such as cancers, hypertension, diabetes and stroke that may lead to death (Jennifer D. Irwin, 2007) . Food such as vegetables, fruits and low fat milk which the example of healthy food has low availability in market or community stores especially in high population area with higher proportion and lower in income (Rebecca A. Krukowski, 2010).

The availability of healthy food which low in production would make seller sell in higher price due to high demand. So the existence of food banks with healthy food option would help people low in income to consume better healthy food for balanced diet in prevention of obesity. In USA, food store variety in certain area were based on racial composition as well as socio-economic status were place like supermarket located in low minority area based on certain study (Melissa Nelson Laska, 2009). Due to low availability of healthy staple food resources, it will affect population health which may lead to lack of nutritious level in daily consumption.

2.6 Food Banks as Sources of Decreasing Food Insecurity Crisis

The presence of food banks in some countries is intended to help the population with low monthly income and also reduce food insecurity in some households. Increasing food insecurity due to the economic downturn especially during the Covid-19 pandemic posed a challenge for some countries that experienced a reduction in terms of food supply during the lockdown. For example, a research was conducted in Britain where during the lockdown some populations affected by its monthly economy were demanding for food relief for daily food (Russell, 2020). Total lockdown in Britain starting from 24th March 2020 and going on till early May causes the increase cases of food insecurity as food supply is lower than food demand.

One of the suggested ways is with the existence of food banks to help reduce the burden as well as nutritious intake of the countries for the population affected by the household economy and reduce the future crisis of food supply. Food banks that created are from donation by public at collection points as well as from own funds and were distributed depending on population in need. Hunger and low nutritious population is everywhere in the world. Another researcher doing study about food supply and catch more than million cars line up for food supply that would last for week in America by using drone which lead to creation of Greater Pittsburgh Community Food Banks were created to increase food supply (Kulish, 2020).

2.7 Student Food Banks Programme in Several Public University

Student food banks has been created since 2019 where it is a continuation of Food Banks Malaysia Program. Student Food Bank Program or Food Bank Siswa is created in order to help student with Below 40 (B40) family background so they can study with better focus and not burdened thinking about cost of living in university. According to Malaymail 2019, the Food Bank Siswa Programme were held in several public universities to help student with low income group B40 in access to food. Based on University Malaya (UM) law student, W. Rakagenesan said that the Food Bank Siswa program is one the best initiative to help B40 student especially in financial difficulties to obtained food supply during study. These program was created after a success acceptance of Food Bank Malaysia Program in August 2018 where it helps on giving food to family with B40 background such as low income family but big number of children.

Student Food Bank Program was created to manage the rising living cost of student that keep increasing nowadays. By that, burden of student regarding cost also reduce and they could study with fully focused. Besides that, by creating Student Food Bank Program university management can trace and identified student in need from time to time. In Student Food Bank, implementation concept of food pantry and central kitchen were used. Food pantry is where dry food ingredient that suitable to room temperature were placed for student can take and cook themselves according to personal preferences. While central kitchen is where those dry foods were cooked, prepacked and gives to

student for direct consumption. This can help in reduce cost and time of student where they don't need to cook and just enjoy the food serve.



Figure 2.2: KPDNHEP Logo

Besides KPDNHEP, other private and non-governmental organization (NGOs) also take part in creation of Student Food Bank to help students with B40 background. (Khairunesa Isa, 2021). There are also participation of shopping centre for shopping ingredient for Student Food Bank including Tesco, Eonsave, The Store, NSK and SEGI shopping mall (Khairunesa Isa, 2021).

2.8 The Perception of Student Toward Proper Food Bank Inside University

Student perception is really important is Student Food Bank user itself is university student. Some of student face struggle in assessing food for daily consumption due to lack of money or university area were located far from shopping mall which can causes food insecurity and hunger among students. Food insecurity within student can

causes student distraction to focus on their study, physical and mental problem as well as reduction of achievement in academic. It can also effect for long term to individual causes due to wrong life choice which can increase to burden of health care system of country (Wan Azdie Mohd Abu Bakar, 2019)

Based on previous research, there are many positive respond on Student Food Bank because it is a great effort from university to support student need during their period of study in the university (Daugherty, 2017). In fact, food banks or food pantry user is satisfied with the nutritious quality and quantity of food available in food banks where varieties of food offer, size of food bank or food pantry and the sanitation control. In several universities, beside food varieties of familiar retail product there are some promotes certain event on their food banks such as healthy week where only healthy food would put there to create awareness about healthy eating (Laura McArthur, Use and Perception of a Campus Food Pantry Among Food Insecure College Students: an Exploratory Study form Appalachia, 2020).

2.9 Chapter Summary

This chapter discussed the previous researcher about food banks and nutritious food among university students in East Coast of Peninsular Malaysia. The first part of this chapter shows about The KAP model method that help in this study where knowledge, attitudes and practice can be used to identifies the knowledge, perception and use of food bank among university student. Second part mention about the roles of food

banks. Third part talks about healthy food, food availability and food insecurities. Lastly, the last part mention about the perception of food bank among university students.



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CHAPTER 3

METHODOLOGY

3.1 Introduction

In this chapter explain about the methodology used in order to achieve the objective of this study. There are three section of this study which firstly describe about conceptual framework used for this study. Next, second section will explain about the data and questionnaire used to measure the knowledge and the perception of food bank among university student in East Coast of Peninsular Malaysia. Lastly, the third section explained about the analysis used to achieve the objective of reliability test and descriptive analysis were used to achieve all three objectives in this study.

3.2 Conceptual Framework

The KAP model used in this research to identifies the knowledge, attitudes and practice of university student in East Coast of Peninsular Malaysia towards food banks and their perception. The KAP model was suitable to be use to gain the objective of this

study which to measure the knowledge of food banks among university students, to identify the use of food bank among university students and to investigate the perception of proper food bank among university students in East Coast of Peninsular Malaysia. In KAP model, knowledge of food banks by respondent, attitudes of respondent and practice of respondent which is university can be gain (as given in Figures 3.1 below).

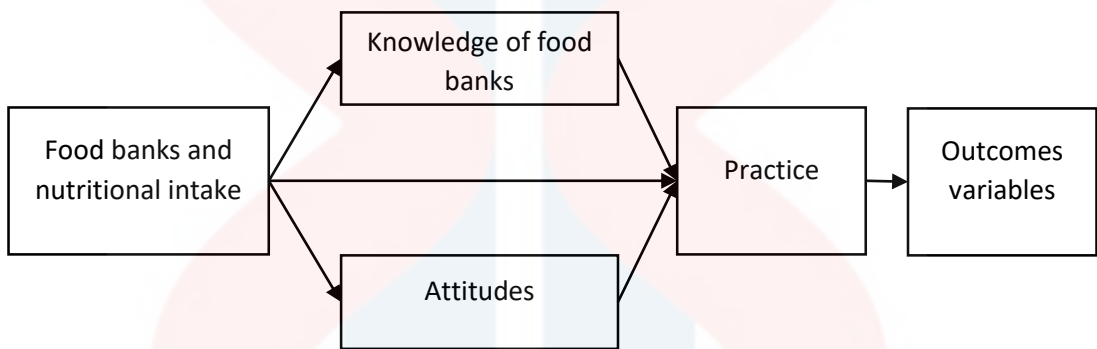


Figure 3.1: Conceptual Framework of the Knowledge-Attitudes-Practice Model (source: Adapted model from (Karen Rav-Marathe, 2016))

3.3 Data Collection

Data collection was a process for collect and measure information by relevant sources that stated research question, hypothesis and evaluate the outcome. This research was conduct in East Coast of Peninsular Malaysia which is Kelantan, Terengganu and Pahang area. The sample size for this study was 150 respondents where the question distributed to know the knowledge of food banks by university students, the use of food banks among university students and the perception of proper food banks among university students in East Coast of Peninsular Malaysia.

3.3.1 Sampling Methods

This research was design to the university student who study in East Coast of Peninsular Malaysia which is Kelantan, Terengganu and Pahang. This study targeted university students that study in these three states although they not living there. This survey method used the purposive sampling to select the sample from population (Etikan, 2016). The sampling is easy and subject always available. Limitation technique are used in choosing sample because population is large but useful for limited time and sources. Therefore, survey questionnaire was distributing to university students in East Coast of Peninsular Malaysia. This survey used hundred percent online questionnaire by social media such as WhatsApp, Telegram and Instagram.

3.3.2 Sample Size

The sample size for this study was 150 respondent of university student from East Coast of Peninsular Malaysia which is Kelantan, Terengganu and Pahang. Sample size was determine by basic sample size determination (Adam, 2020). The rules selecting sample size larger than 50 and not more than 300 respondents. Next, good quality result can also be obtained if N is below 200 as 150 respondents is more than enough. Data analysed can be less accurate but with sample size above 100, more information can be gathered and reducing sampling errors.

3.3.3 Source of Data

For this study, two sources of data are used which called primary and secondary data. Primary data were the collection of respondent by distribution from several media such as WhatsApp and Instagram. The questionnaire for defining factor from previous research and study that has been discussed in this study which is literature review.

For secondary data, it was all gathered from different information sources such as articles, journal, website and book that has been analyse by previous researcher with related topic. In addition, some of the data were gain from portal and website that related to the research.

3.3.4 Instrument Method

This study survey containing question that prepared for university student in East Coast of Peninsular Malaysia which is in Kelantan, Terengganu and Pahang. The questionnaire was design according to previous research which related to this study. All the question in the survey were constructed based on problem statement and objective of the study. The knowledge, attitudes and practice play a big role for this research to approve the objectives for this study. In the questionnaire, question was construct into:

Section A: In this section contain the question regarding demographic of the respondent.

Section B: In this section, the question is based on the knowledge of food banks toward university student

Section C: In this section, question regarding attitudes respondent toward food banks were construct

Section D: This last section, question regarding practice and choice of food in food banks were construct in order to gain the last objective which is to identified the link between food banks and nutritious intake of students.

Some of the question for participant which in the knowledge, attitudes and practice were design based on Likert scale, Strongly Disagree-Disagree-Average/Normal-Agree-Strongly Agree.

3.3.5 Pilot Study

In this study, complete questionnaire was tested before used. The test was conducted in December 2021 by distributing the questionnaire to university student in Kelantan to ensure achieve the outcomes and responses. About 28 respondents has answered the questionnaire completely and enough to assure the viability of the questionnaire. The Statistical Package for Social Science Software (SPSS) were used to determined and interpret data whether it is acceptable and easy to understand before

distribution for university students continue to other East Coast of Peninsular Malaysia which is Terengganu and Pahang.

3.4 Data Analysis

Data analysis are used to process and interpret or evaluates the data by using the tools which is the statistical and analytical to proves the accuracy of the data. Data can be encoding during entering data in SPSS. By using SPSS, descriptive statistic like measurement of mean, minimum (min), maximum (max), percentage, frequency and standard deviation (SD) can be collected to analyse data. In this study, descriptive analysis and reliability test were used.

3.4.1 Descriptive Analysis

Descriptive analysis was used to describe basic features from the data where it summarizes simple data for easy interpretation and understanding. It is used to measure mean of nominal data collected from questionnaire. All three objectives in this study were measured by this analysis. Descriptive analysis also can be used to determined frequencies and percentage in demographic background of university students. Data were analyse based on knowledge of food banks by among university students, attitudes and practice.

3.4.2 Reliability Test

The use of reliability test is to determine the proportion variation in scale. In this study, reliability test is used to measure the reliability of questionnaire by Cronbach's alpha using SPSS for internal consistency. Reliability test are used on Likert scales question in the survey to determine reliable scale. Coefficient range for Cronbach's alpha reliability are 0 to 1. The greater internal consistency if the coefficient of variables closer to 1.0. Table 3.1 shows alpha coefficients for all variable are greater than 0.7. so, all the reliable variable accepted of the Cronbach's alpha values at least 0.7 or more (Douglas G. Bonett, 2014).

Table 3.1: Reliability test

Constructs	No of items	Pilot Study (Cronbach Alpha)
Knowledge	2	0.981
Attitude	5	0.803
Practice	2	0.746

(Source: Survey, 2021)

3.5 Chapter Summary

This chapter shows the research design and explanation on how the research were conducted. There are two analyses were used in order to analyse and interpret data which is descriptive analysis and reliability analysis.

CHAPTER 4

RESULTS AND DISCUSSION

4.1 Introduction

In this study, this chapter explained the result and discussion of the study. The study was conducted with 150 respondents of university students in East Coast of Peninsular Malaysia which is Kelantan, Terengganu and Pahang where purposive sampling method was selected. In this study, data collected were used for further analysis. Analysis used discussed the objective of this study to understand nutritious intake of university student in East Coast of Peninsular Malaysia and identify the most influence factor to food banks and nutritious intake of university student in East Coast of Peninsular Malaysia.

4.2 Demographic Profile of University Students

Descriptive analysis was used for this study in order to analyses the demographic of respondents which is university student in East Coast of Peninsular Malaysia to

describe socio-demographic information. For instance, gender, age, educational level, how much do they spend on food in a week and university location. All of this demographic are secure and anonymous where these 150 respondent's random university students from Kelantan, Terengganu and Pahang.

According to Table 4.1 below, it shows that the majority of university students who participate in this study are female with 100 people (66.7%) while male university students are 50 people (33.3%). Next, the ages of university students are mostly 22 to 24 years' old which is 111 people (74.0%), while remaining 27 people (18.0%) at the age of 25 to 27 years old, 10 people (6.7%) at the age of 19 to 21 years old and 2 people (1.3%) at the age of 27 years old and above. The educational level of university students in East Coast of Peninsular Malaysia which is in Kelantan, Terengganu and Pahang shows that 131 out of 150 students (87.3%) are in Degree level while the remaining 10 people (6.7%) are in Diploma level, 6 people (4.0%) are in Foundation level and 3 people (2.0%) are in Master Degree or PhD level.

In this study, the most university student spend on food per week is RM50 to RM99, 87 people (58.0%). Then followed by less than RM49 with 45 people (30.0%), RM100 to RM149 with 12 people (8.0%) and the remaining 6 people (4.0%) spend on food per week with more than RM150. Based on table 4.1 below, there are 78 people (52.0%) university student in Kelantan, 48 people (32.0%) university students from Terengganu and remaining 24 people (16.0%) are from Pahang that participant in this study questionnaire. For better preferences, each socio-demographic graph was prepared.

Table 4.1: The demographic profile of university students in East Coast of Peninsular Malaysia

Variables	Frequency	Percentage (%)
Gender		
Male	50	33.3
Female	100	66.7
Age		
19 to 21 years' old	10	6.7
22 to 24 years' old	111	74.0
25 to 27 years' old	27	18.0
More than 27 years old	2	1.3
Educational Level		
Foundation	6	4.0
Diploma	10	6.7
Degree	131	87.3
Master Degree or PhD	3	2.0
How much money do you spend for food in a week?		
Less than RM49	45	30.0
RM50 to RM99	87	58.0
RM100 to RM149	12	8.0
More than RM150	6	4.0
University Location		
Kelantan	78	52.0
Terengganu	48	32.0
Pahang	24	16.0

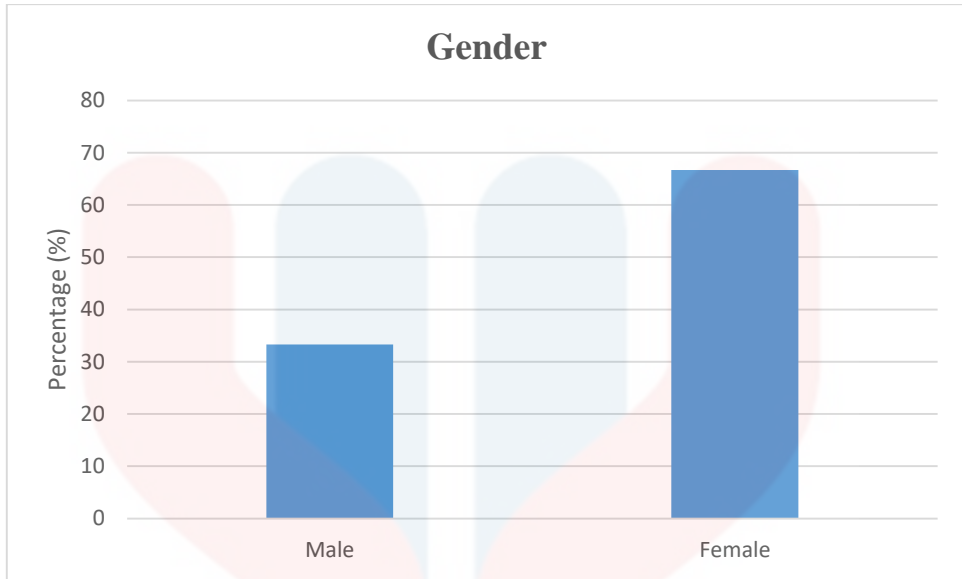


Figure 4.1: Graph of Socio-Demographic (Gender)

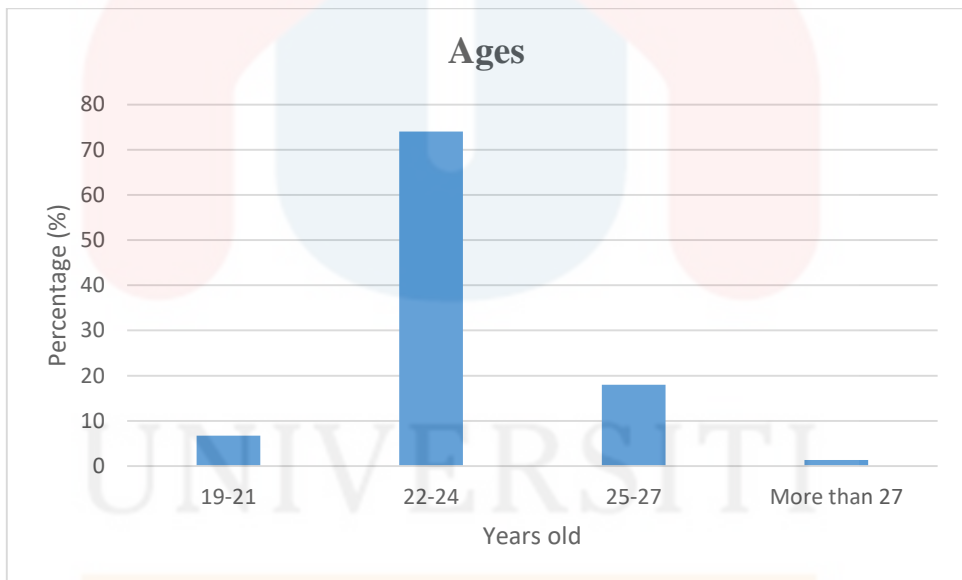


Figure 4.2: Graph of Socio-Demographic (Ages)

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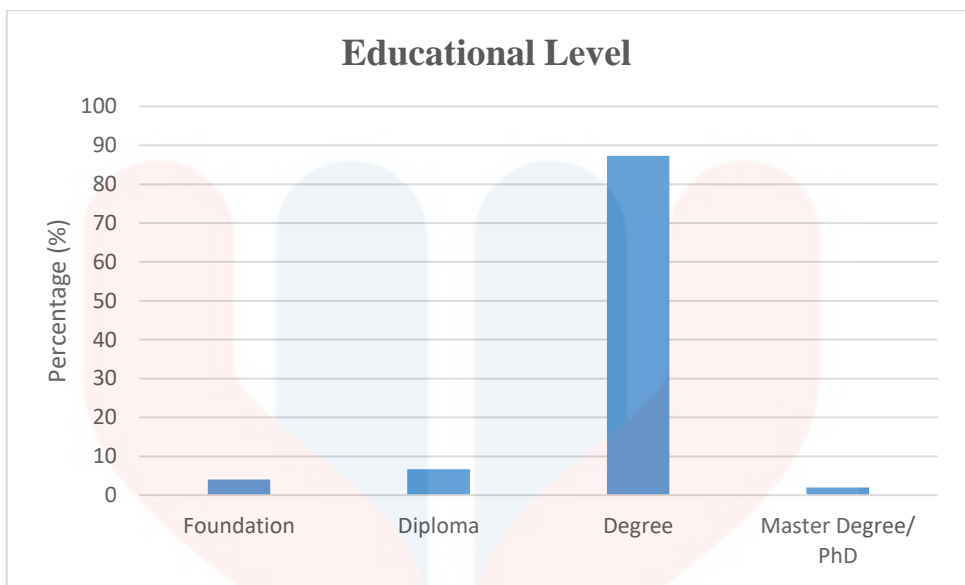


Figure 4.3: Graph of Socio-Demographic (Educational Level)

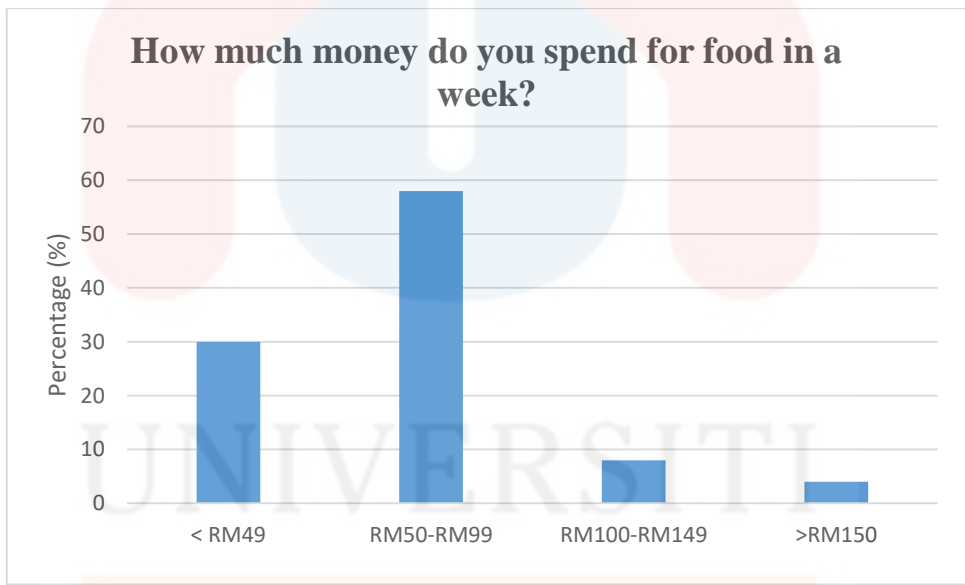


Figure 4.4: Graph of Socio-Demographic (How much money do you spend for food in a week?)

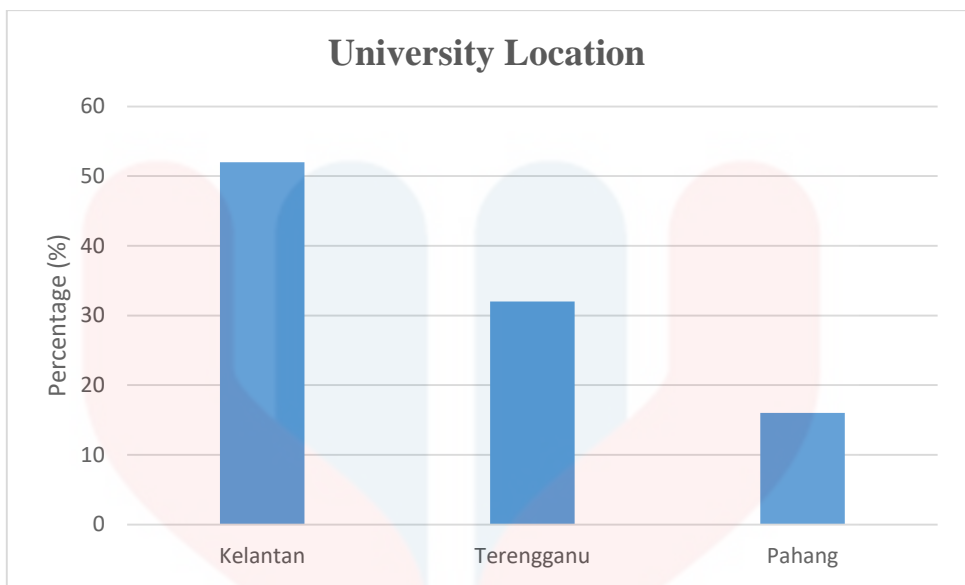


Figure 4.5: Graph of Socio-Demographic (University Location)

4.3 Knowledge of Food Banks Among University Students

For this study, the first objective was to determine the knowledge of food banks among university student in East Coast of Peninsular Malaysia which is Kelantan, Terengganu and Pahang. Descriptive analysis was used to determine this objective. According to table 4.2, for the first question I know about the existence of food banks 144 people (96.0%) choose yes as the answer. The remaining 4 people (2.7%) choose no and 2 people (1.3) choose maybe. For second question I know food banks existed even before the pandemic, 133 people (88.7%) choose yes as the answer and respondents who choose no as are 10 people (6.7%). The remaining 7 people (4.7%) choose maybe. For third question I know university student needs a balanced diet to keep healthy, 150 of 150 people (100%) choose yes as their answer.

For fourth and fifth question are in scale where respondent choose Likert scale for the statement regarding food banks. Based on Table 4.2 and Table 4.3, the majority of university students choose strongly agree with 98 people (65.3%) followed by agree with 14 people (9.3%) for the statement “In my opinion, food banks help reduces living cost of university students with mean score (M=2.01, SD=1.584). This is because food banks help in manage the rising cost of living that university student faced and approved by Ministry of Domestic Trade and Consumer Affairs (KPDNHEP). Therefore, they are confident that food bank really help student by reducing living cost of university student by preparing student food banks. For the statement “In my opinion, food banks help student with B40 background” majority also strongly agree with 108 people (72.0%) followed by agree with 6 people (4.0%) and mean score (M=1.92, SD=1.591). This is because, food bank itself were created to help people in need and B40 population are a group where cost of living is escalated rather than income. With help of food bank, student can easily access on food without having a heavy expenses (Erne Suzila Kassim, 2021). For better preferences, graph below was prepared for each question regarding knowledge of food banks.

Table 4.2: The knowledge of food banks among university students

Variables	Frequency	Percentage (%)
I know about the existence of food banks		
Yes	144	96.0
No	4	2.7
Maybe	2	1.3
I know food banks existed even before the pandemic		
Yes	133	88.7
No	10	6.7
Maybe	7	4.7

I know university students need a balance diet to keep healthy		
Yes	150	100
No	0	0
Maybe	0	0
In my opinion, food banks help reduces living cost of university students		
Strongly Agree	98	65.3
Agree	14	9.3
Neutral	2	1.3
Disagree	10	6.7
Strongly Disagree	26	17.3
In my opinion, food banks help student with B40 background		
Strongly Agree	108	72.0
Agree	6	4.0
Neutral	3	2.0
Disagree	6	4.0
Strongly Disagree	27	18.0

Table 4.3: Mean score of Knowledge of Food Banks Among University Students in East Coast of Peninsular Malaysia

Statement	Percentage (%)					Mean	S.D	Level
	1*	2*	3*	4*	5*			
In my opinion, food banks help reduces living cost of university students	65.3	9.3	1.3	6.7	17.3	2.01	1.584	Low
In my opinion, food banks help student with B40 background	72.0	4.0	2.0	4.0	18.0	1.92	1.591	Low
Total mean score						1.9667	1.572	Low

*Indicator: 1. Strongly Agree; 2. Agree; 3. Neutral; 4. Disagree; 5. Strongly Disagree
 Notes: mean values correspond to 1.0 - 2.33: Low; 2.34 - 3.66: Moderate; 3.67 - 5.0: High.
 (Source: Survey, 2021)

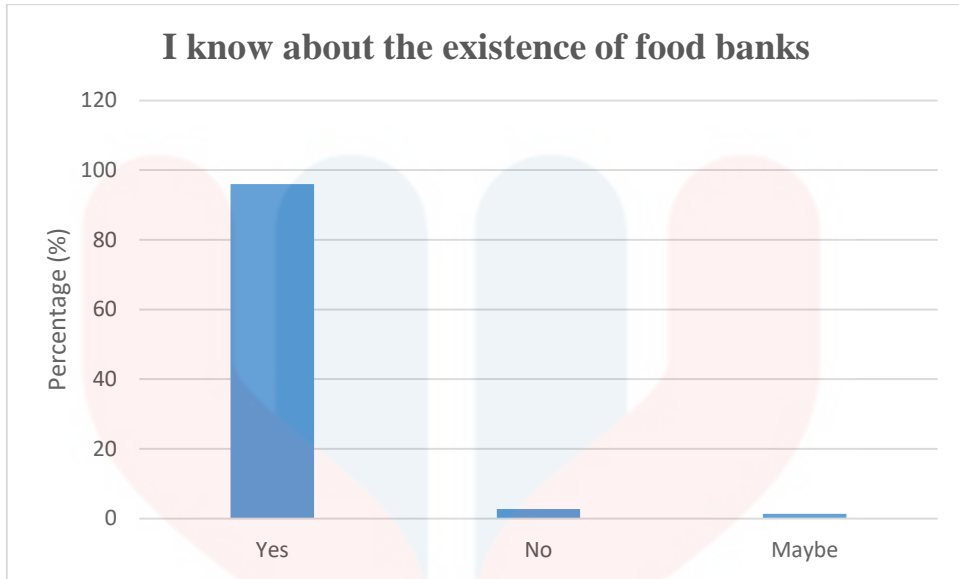


Figure 4.6: I know about the existence of food banks

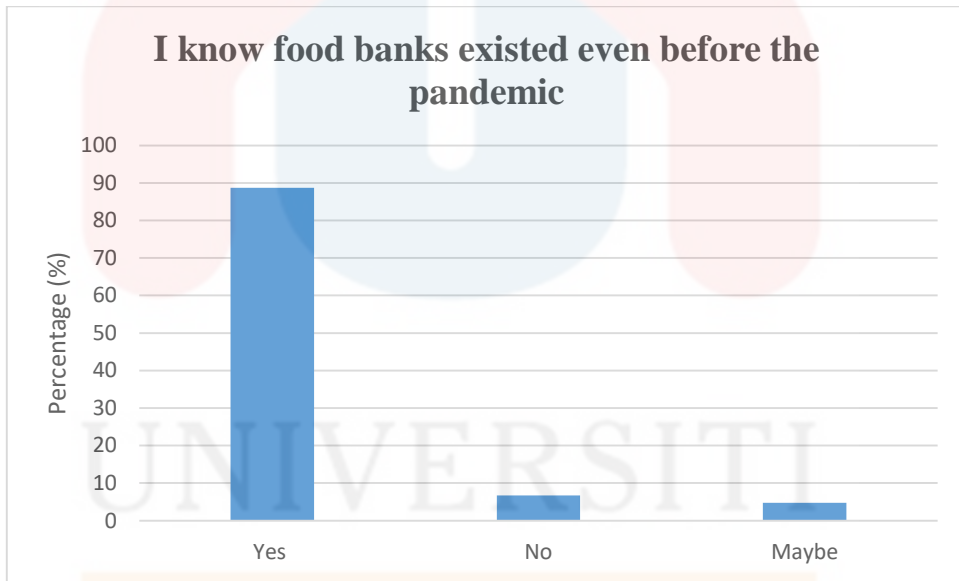


Figure 4.7: I know food bank existed even before pandemic

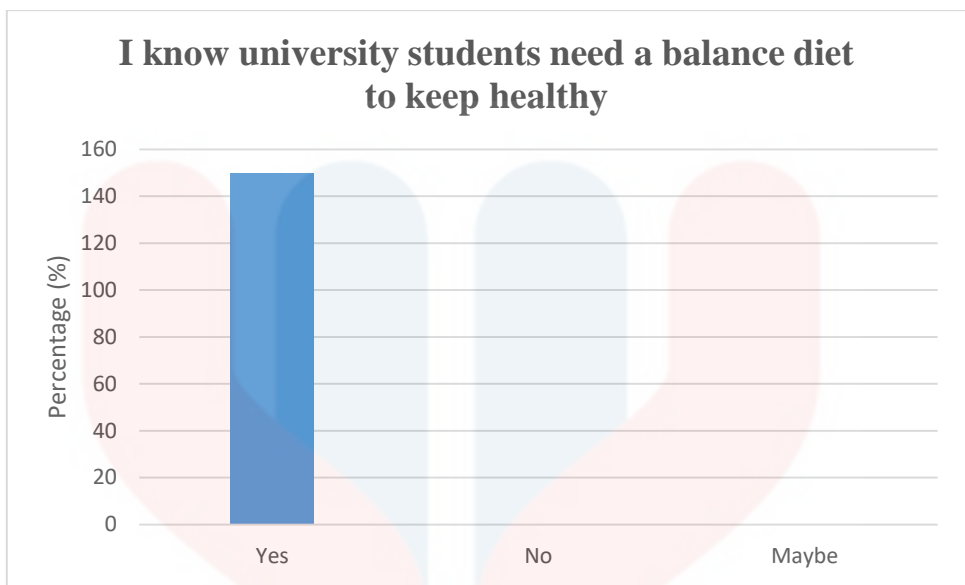


Figure 4.8: I know university student need a balance diet to keep healthy

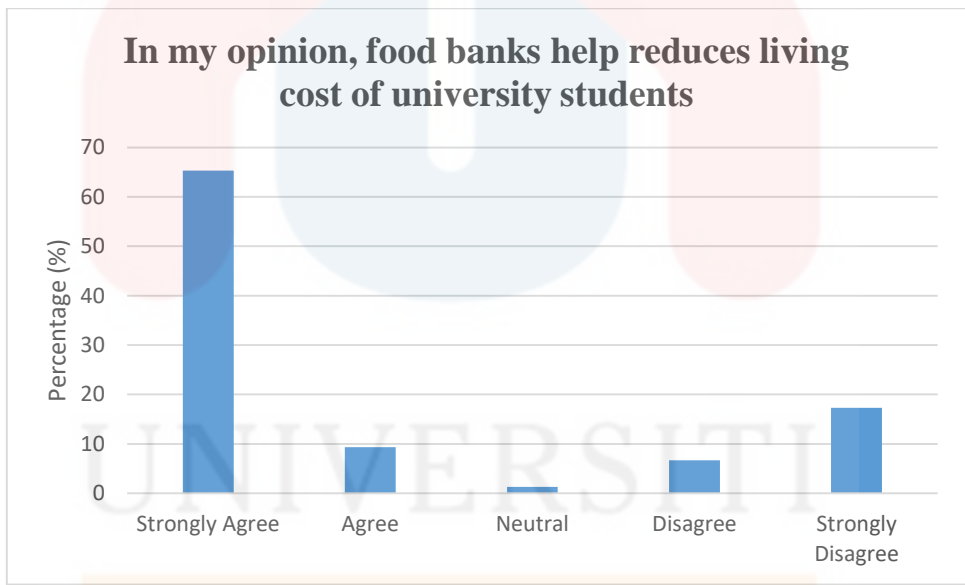


Figure 4.9: In my opinion, food banks help reduces living cost of university students

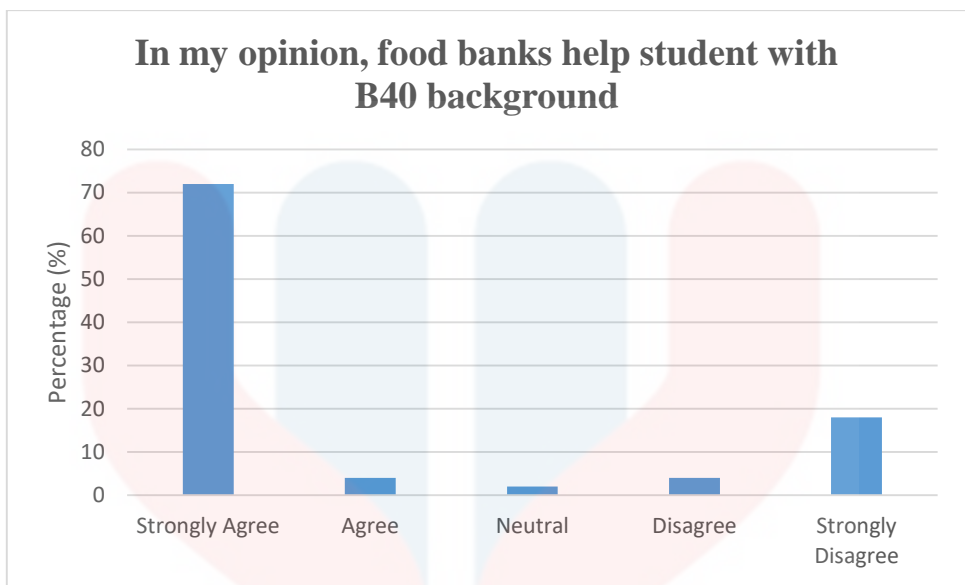


Figure 4.10: In my opinion, food banks help student with B40 background

4.4 The Use of Food Bank Among University Students in East Coast of Peninsular Malaysia

Second objective of this study is to identify the use of food bank among university student where descriptive analysis was used to determine the data. Based on Table 4.4, majority of university student choose strongly agree with 98 people (65.3%) followed by agree with 14 people (9.3%) for the statement of “In my opinion, food banks help reduce living cost of university students”. Student food bank were created with collaboration of KPDNHEP and IPT to help student that facing difficulties in managing living cost that keep rising from time to time (Noorazlin Ramli, 2021). This will rise the confident regarding food bank do help in reducing cost which resulting many university students strongly agree and agree with the statement. For second statement, “In my opinion, food banks help student with B40 background” majority of the university students also strongly agree with 108 people (72.0%) followed by agree with 6 people (4.0%). This is because

the existence of food banks itself aims to help people in need and student with B40 background due to escalate cost of living (Noorazlin Ramli, 2021). This strengthens the university student's choice to strongly agree with the statement in this question.

For third statement, “I think food availability in my university food bank is sufficient” with university strongly agree 94 people (62.7%) and agree with 18 people (12.0%) with mean score ($M=4.23$, $SD=1.165$). Due to food bank use is to help people, the availability of food in food bank are unlimited and always sufficient as it helps student on getting food for free from time to time. Food availability in food bank would be challenge to maintain sustainability of food bank (Chantelle Bazerghi, 2016), but with unstoppable help from NGOs and other food supplies strengthens decision regarding the statements. The last statement is “I think my university food banks is healthy and balance for student’s diets” where majority is strongly agreeing with 96 people (64.0%) followed by agree with 21 people (14.0%) with mean score ($M=4.29$, $SD=1.119$). This is because in food bank, not only groceries will be donated but some of private agencies even cooked and prepacked the food to gives to student during lunch and dinner mostly. By cooked and prepacked food, the amount of ingredient can control so the quality and nutrient would be better. Furthermore, quality and safety of the product and food would be secure which help in controls of students diet (Erne Suzila Kassim, 2021). For better preferences, graph was prepared below for each question of the use of food bank among university students in East Coast of Peninsular Malaysia.

Table 4.4: The use of food banks among university students

Variables	Frequency	Percentage (%)
In my opinion, food banks help reduces living cost of university students		
Strongly Agree	98	65.3
Agree	14	9.3
Neutral	2	1.3
Disagree	10	6.7
Strongly Disagree	26	17.3
In my opinion, food banks help student with B40 background		
Strongly Agree	6	4.0
Agree	3	2.0
Neutral	6	4.0
Disagree	27	18.0
Strongly Disagree		
I think food availability in my university food banks is sufficient		
Strongly Agree	94	62.7
Agree	18	12.0
Neutral	22	14.7
Disagree	10	6.7
Strongly Disagree	6	4.0
I think foods in my university food banks is healthy and balance for student diets		
Strongly Agree	96	64.0
Agree	21	14.0
Neutral	18	12.0
Disagree	10	6.7
Strongly Disagree	5	3.3

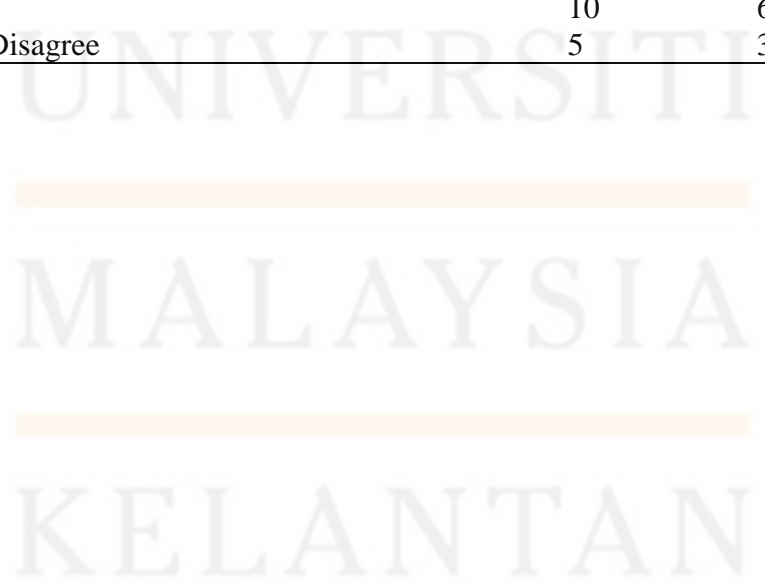


Table 4.5: Mean score the use of food bank among university students in east coast of Peninsular Malaysia

Statement	Percentage (%)					Mean	S.D	Level
	1*	2*	3*	4*	5*			
In my opinion, food banks help reduces living cost of university students	17.3	6.7	1.3	9.3	65.3	2.01	1.584	Low
In my opinion, food banks help student with B40 background	18.0	4.0	2.0	4.0	72.0	1.92	1.591	Low
I think food availability in my university food banks is sufficient	4.0	6.7	14.7	12.0	62.7	4.23	1.165	High
I think foods in my university food banks is healthy and balance for student diets	3.3	6.7	12.0	14.0	64.0	4.29	1.119	High
Total mean score						3.11	0.841	Moderate

*Indicator: 1. Strongly Disagree; 2. Disagree; 3. Average; 4. Agree; 5. Strongly Agree
 Notes: mean values correspond to 1.0 - 2.33: Low; 2.34 - 3.66: Moderate; 3.67 - 5.0: High.
 (Source: Survey, 2021)

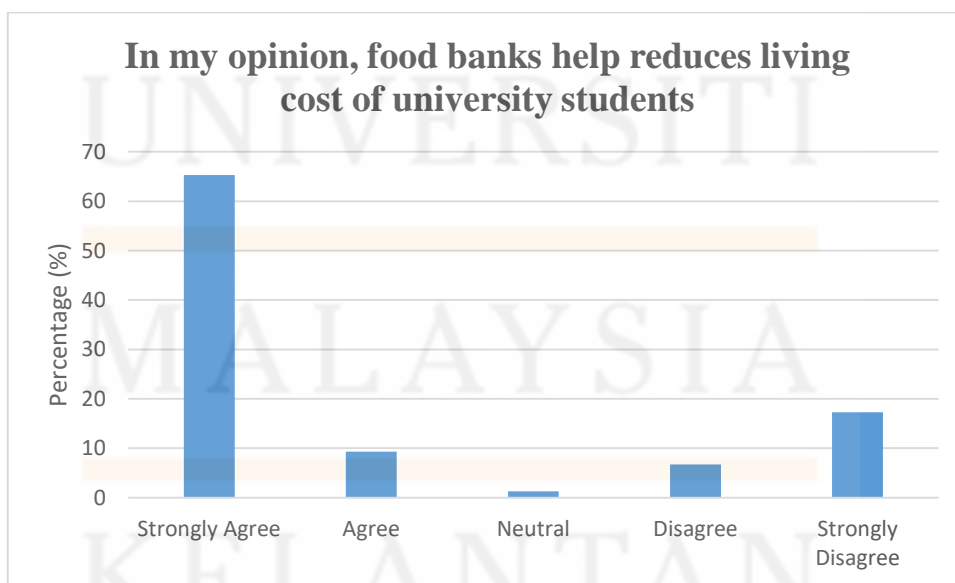


Figure 4.11: In my opinion, food bank help reduces living cost of university students

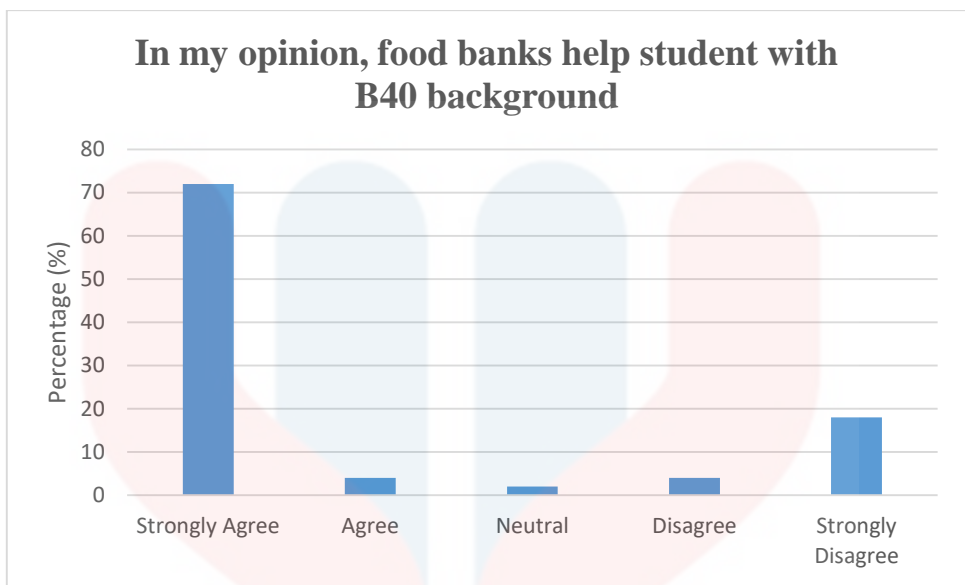


Figure 4.12: In my opinion, food bank help student with B40 background

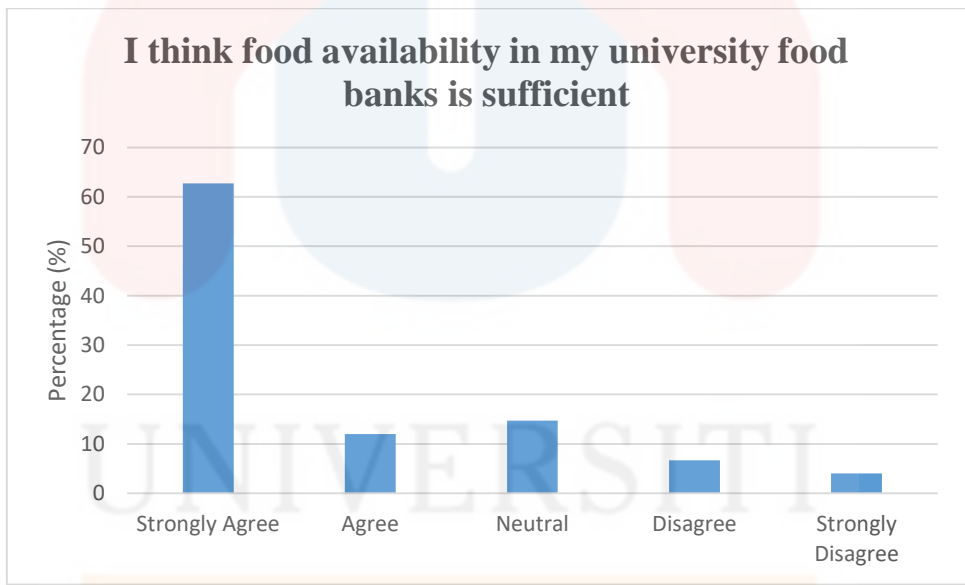


Figure 4.13: I think food availability in my university food bank is sufficient

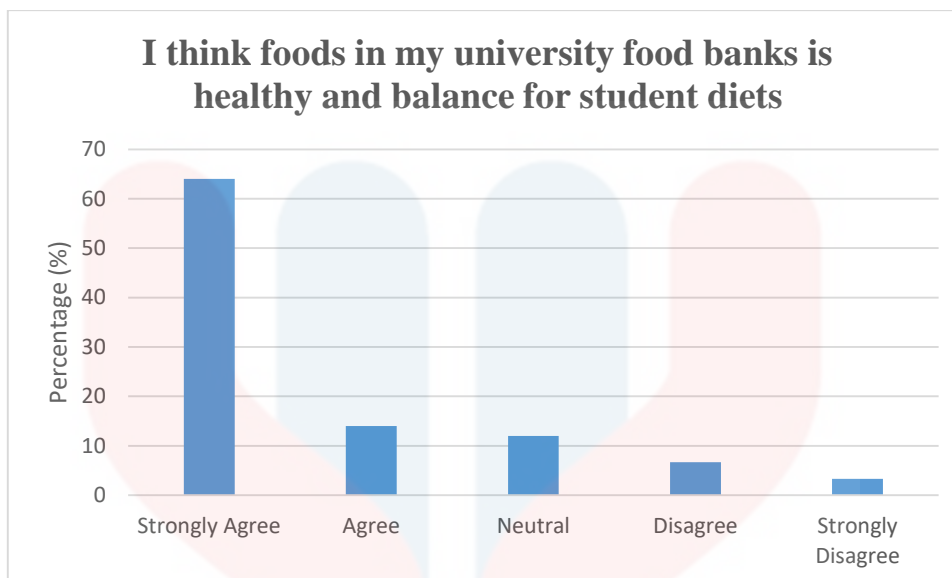


Figure 4.14: I think food in my university food banks is healthy and balance for student diets

4.5 The Perception of Proper Food Bank Among University Student in East Coast of Peninsular Malaysia.

Third objective if this study is to investigate the perception of food bank among university students in east coast of peninsular Malaysia. Based on table 4.5, majority of university student strongly agree with the statement “I think food banks is really important for university student” with 121 people (80.7%) followed by agree with 14 people (9.3%) with mean score ($M=4.62$, $SD=0.924$). This is because, food bank help with food insecurities that occur among university student which can effect on their body and mental health which causes low academic quality of student (Jasmine Farahbakhsh M. H., 2016). This strengthen university student to strongly agree with the statement due to their care about their own body and mental health. Next for the statements of “I think my university food banks contain food needed by student for balance diet” with majority strongly agree with 113 people (75.3%) and agree with 18 people (12.0%) with mean

score ($M=4.51$, $SD=1.035$). In food banks, not only groceries and basic necessities are available there also some university which they prepare home cooked food for student where the ingredient used can be controlled. There also some debates on saying that food bank really helps in control and improve diet of student which convince student on agree with the statements (Erne Suzila Kassim, 2021).

Third statement regarding food banks among university students are “I think food made in my university food bank is limited” which most of student neutral with 79 people (52.7%) followed by strongly agree with 29 people (19.3%) with mean score ($M=3.36$, $SD=1.005$). This is because in order to prepare and home cooked food, SOP need to be followed where there not much people could work in enclose kitchen to secure the hygiene as well as avoid spreadable of Covid-19 (Farrah muniff, 2018). So the production of food would be limited depend on workers which some of university would understand and agree with the statement. Fourth statement about student perception regarding food bank is “I think food availability in my university food bank is sufficient” with majority strongly agree with 94 people (62.7%) and agree with 18 people (12.0%) with mean score ($M= 4.23$, $SD=1.165$). To support this statement, food bank would always receive many types of food from suppliers in order to make sure that food in food banks always enough for student in need (Valerie Tarasuk J. M., 2003). Some of suppliers that always help in food bank including student food banks are Econsave, Mydin, SEGi and many other shopping or groceries centres. Last, food bank statement regarding perception of student is “I think food in my university food bank is healthy and balance for student diets” where majority of university student strongly agree with 96 people (64.0%) and agree with 21 people (14.0%) with mean score ($M=4.29$, $SD=1.119$). Just like second statement regarding food bank contain food needed for student’s diet, university student strongly

agrees with this statement because they believed food in food bank contain food that good for their diets so their health and diet are safe. This is because student would always priorities their health and diet in order to keep focus for study (M. Holt, 2015).

In section D of survey are the practice part of KAP model. This section basically just to know what types of food that student more preferred. Based on table 4.4 below, the most types of food selected is prepacked food with 100 people (66.7%). Next, 63 people (42.0%) choose instant food while for dry food product, 50 people (33.3%) selected. Lastly, the least types of food found and selected by university student is canned food with 29 people (19.2%) selected. For better preferences, graph was prepared for each perception statement of proper food banks among university student in East Coast of Peninsular Malaysia.

Table 4.6: The perception of proper food bank among university student in East Coast of Peninsular Malaysia

Statement	Frequency	Percentage (%)
I think food banks is really important for university students		
Strongly Agree	121	80.7
Agree	14	9.3
Neutral	7	4.7
Disagree	3	2.0
Strongly Disagree	5	3.3
I think my university food banks contain food needed by student for balance diet.		
Strongly Agree	113	75.3
Agree	18	12.0
Neutral	7	4.7
Disagree	6	4.0
Strongly Disagree	6	4.0

I think food made in my university food bank is limited	29	19.3
Strongly Agree	21	14.0
Agree	79	52.7
Neutral	17	11.3
Disagree	4	2.7
Strongly Disagree		
I think food availability in my university food banks is sufficient		
Strongly Agree	94	62.7
Agree	18	12.0
Neutral	22	14.7
Disagree	10	6.7
Strongly Disagree	6	4.0
I think food in my university food banks is healthy and balance for student diets		
Strongly Agree	96	64.0
Agree	21	14.0
Neutral	18	12.0
Disagree	10	6.7
Strongly Disagree	5	3.3
What kind of food that you usually take in your university food bank?		
Canned Food	29	19.3
Instant Food	63	42.0
Prepacked Food	100	66.7
Dry Food Products	50	33.3

Table 4.7: The perception of proper food bank among university student in east coast of Peninsular Malaysia

Statement	Percentage (%)					Mean	S.D	Level
	1*	2*	3*	4*	5*			
I think food banks is really important for university students	3.3	2.0	4.7	9.3	80.7	4.62	0.924	High
I think my university food banks contain food needed by student for balance diet	4.0	4.0	4.7	12.0	75.3	4.51	1.035	High
I think food made in my university food bank is limited	2.7	11.3	52.7	14.0	19.3	3.36	1.005	Moderate

I think food availability in my university food banks is sufficient	4.0	6.7	14.7	12.0	62.7	4.23	1.165	High
I think food in my university food banks is healthy and balance for student diets	3.3	6.7	12.0	14.0	64.0	4.29	1.119	High
Total mean score						4.200	0.788	High

*Indicator: 1. Strongly Disagree; 2. Disagree; 3. Average; 4. Agree; 5. Strongly Agree
 Notes: mean values correspond to 1.0 - 2.33: Low; 2.34 - 3.66: Moderate; 3.67 - 5.0: High.

(Source: Survey, 2021)

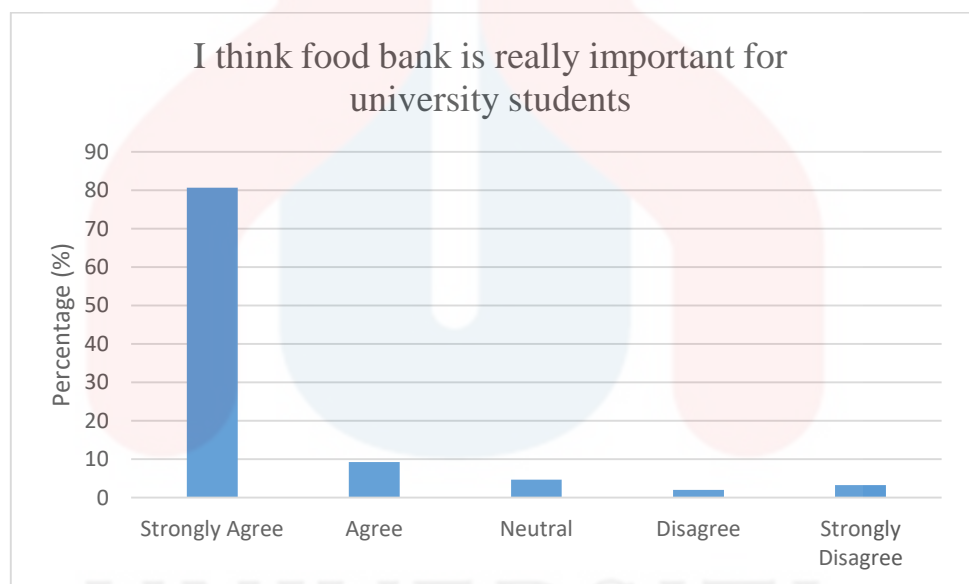


Figure 4.15: I think food bank is really important for university students



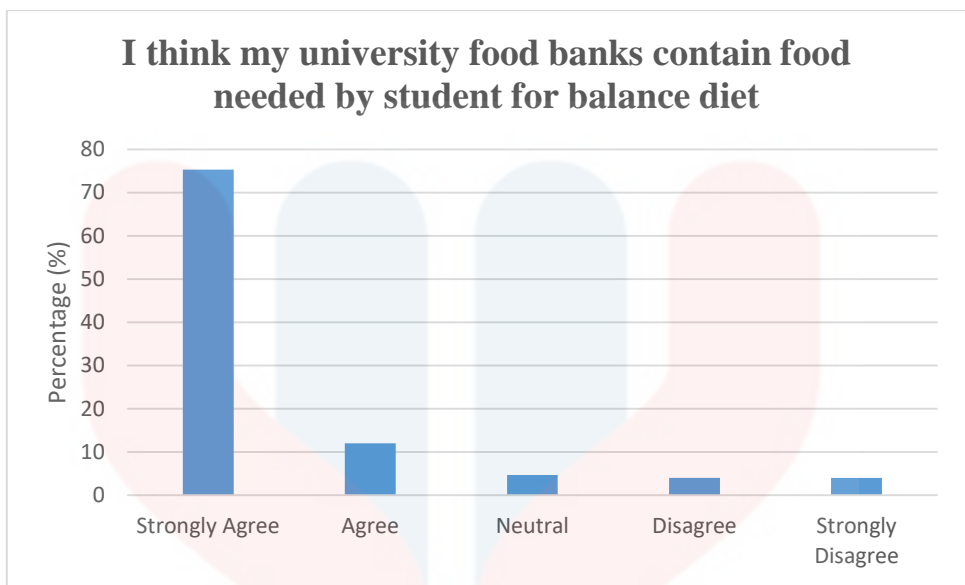


Figure 4.16: I think my university food banks contain food needed by student for balance diet

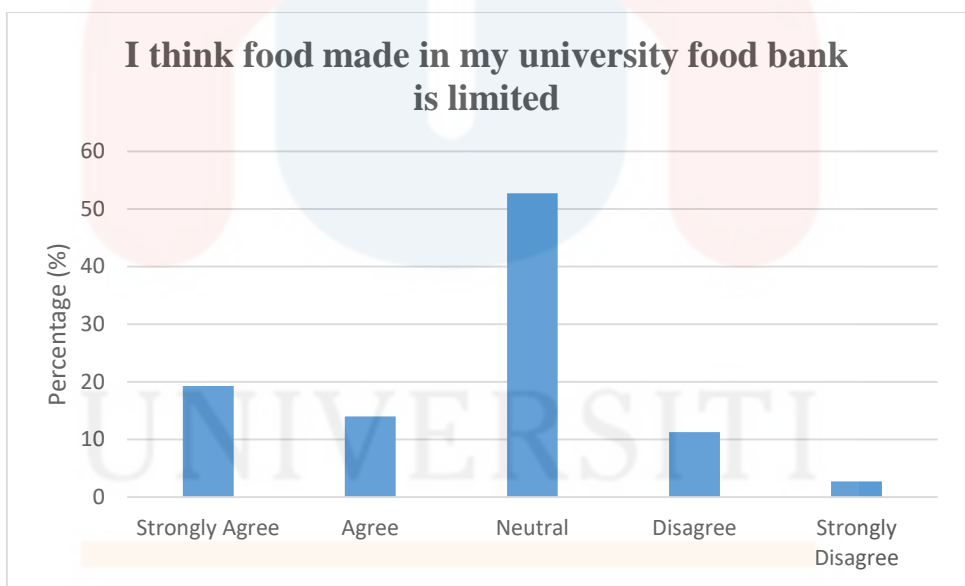


Figure 4.17: I think food made in my university food bank is limited

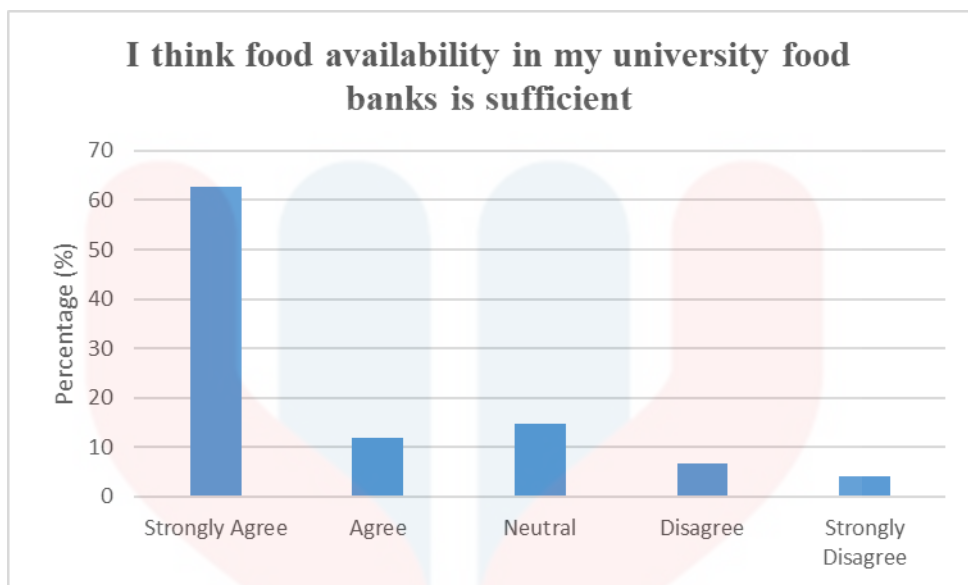


Figure 4.18: I think food availability in my university food bank is sufficient

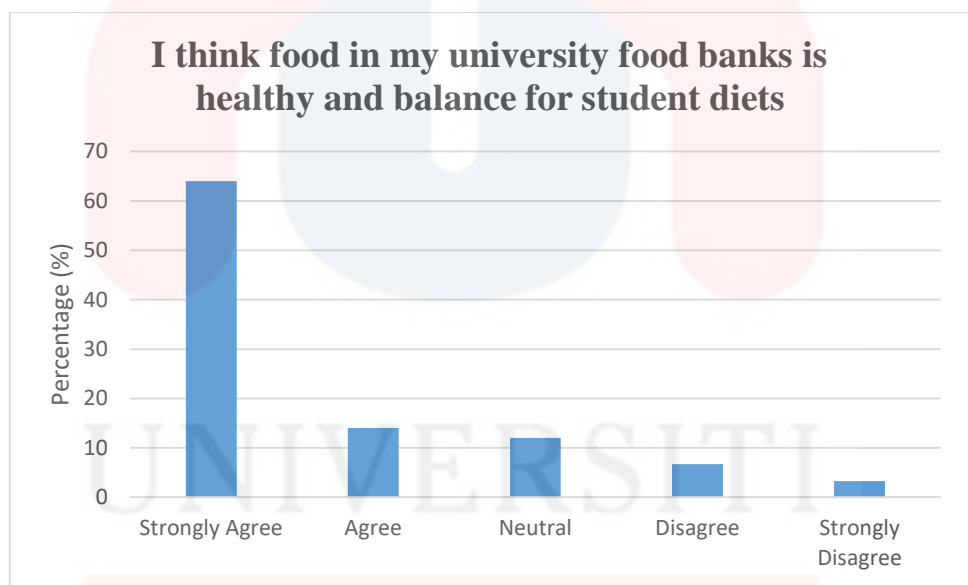


Figure 4.19: I think food in my university food bank is healthy and balance for student diets

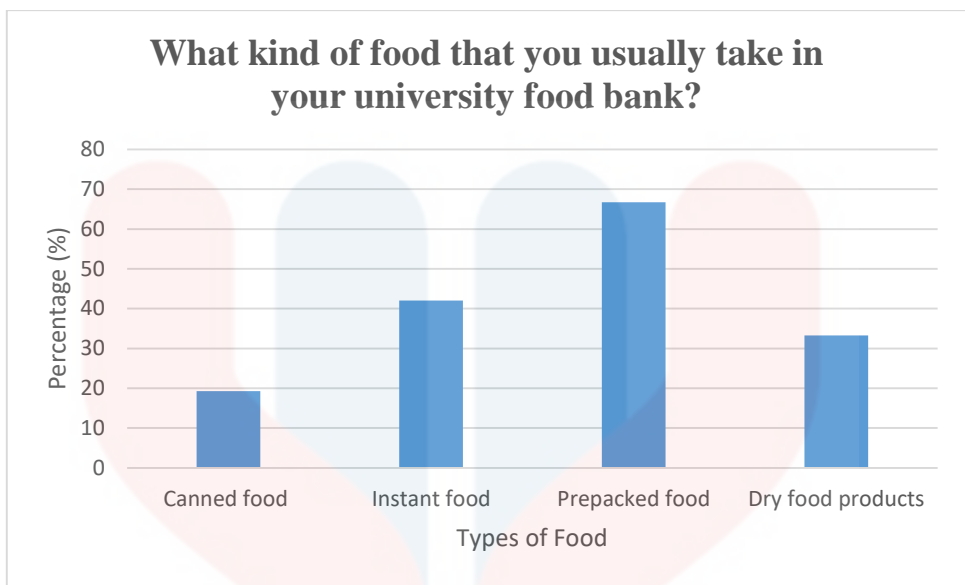


Figure 4.20: What kind of food that you usually take in your university food bank?

4.6 Chapter Summary

In this chapter, the results of the study are determined by using the Knowledge, Attitudes Practice (KAP) model method of understanding nutritious intake among university student in East Coast of Peninsular Malaysia which is Kelantan, Terengganu and Pahang. The results above show the knowledge, attitudes and practice result which was significance for this study. Next, the result also shows the use of food bank among university students. The last section shows the perception among university student regarding proper food bank inside university.

CHAPTER 5

CONCLUSION AND RECOMMENDATIONS

5.1 Conclusion

In this study, there are three objective identified name to measure the knowledge of food bank among university student in East Coast of Peninsular Malaysia, to identify the use of food bank among university student in East Coast of Peninsular Malaysia and to investigate the perception of proper bank food among university student in East Coast of Peninsular Malaysia.

The first objective was achieved when the variable indicates the frequency of Yes as answer by university student is high with 96% which shown that university student alert and know about the existence of food bank (Laura McArthur, 2020). 88.7% of student also know that food bank has been existed even before pandemic. Next, the second objective of this study is to identify the use of food bank among university student in East Coast of Peninsular Malaysia were also achieve as mean score and standard deviation for all statement regarding the food bank giving a moderate means score with 3.11 and standard deviation of 0.841. University student agree that food bank help in

reduce living cost (65.3%), help student with B40 background (72.0%), help in sufficient food (62.7%) and help student in healthy and balance diet (Nargi, 2020) (64.0%). Lastly, for third objective to investigate the perception of proper food banks among university students were also achieve with high total mean score regarding the statement of student perception with total mean score 4.2 and standard deviation 0.788. Perception of food bank among university student are they believe that food bank is really important (80.7%), university contain food needed for balance diet (75.3%), sufficient amount of food availability in food bank (52.7%) and lastly the believe that food in food bank are all healthy and balance for diet (Stella Chewe Sabi, 2019) (64.0%). Furthermore, the null hypothesis (H_0) was rejected as there are significant value between the perception and the use of food bank among university student in East Coast of Peninsular Malaysia. As for the most selected food, university student more preferred on prepacked food (66.7%) because they would like to have simple and ready to eat food to save time and focus on their study (Page, 2021)

In conclusion, university food bank plays an important role in university student as it helps in many aspects related to their life such as living cost so that student do not have to worry about it and focus in their study. Moreover, this research study helps in increase knowledge of university student regarding the existence of food bank and its roles with survey that contain positive statement about food bank itself. Thus, this study indicates all factors in the KAP model such as knowledge, attitudes and practice regarding perception and the use of food bank among university student in East Coast of Peninsular Malaysia.

5.2 Limitation of Study

The limitation of this study was difficult to gather support information from previous study regarding perception and the use of food bank among university student in East Coast of Peninsular Malaysia. In addition, the limitation process of collecting data from university student occur due to the study were run during Covid-19 pandemic where questionnaire need to be blast hundred percent online to avoid close contact of meeting in pack location. In addition, some of the student more prefer on stay at home rather than stay in college due to Standard of Procedure (SOP) prescribed by university where only few students are allowed to enter. Due to limit number of student in university, students that stay at home might have problem in internet connection which dragged the timelines of this study.

5.3 Recommendations

According to the results, some recommendations will be suggested to improved future research. As a recommendation, the research can explore more respondent by diversify the ages and educational level which may help increase the size sample of the study. Next, the sample size can be increase by distribution online questionnaire in other states especially to the states where number of university is high. By then, the result for future research will be more accurate and more variation of answer could be gain. In addition, all question from this survey also can be used for future research as there are significant value of all part in the survey.

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APPENDICES

APPENDIX A Questionnaire



Dear respondent,

I am doing an academic research entitled:

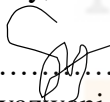
Perception and The Use of Food Bank Among University Students in East Coast of Peninsular Malaysia

Congratulations, you have been selected as a respondent for this research. Your sincere cooperation is crucial in determining the success of this study. In this study, I would like to assess your perception concerning certain factors of your participation in halal food products' labelling. Please read carefully all the instructions pertaining to every section and answer every question sincerely. There is no right or wrong answer.

All responses provided will be treated with strict confidential and will be used for this academic research only.

Thank you very much for your cooperation.

Sincerely,



.....
Nur Syazwani Binti Zulkarnain
Faculty of Agro Based Industry,
Universiti Malaysia Kelantan,
17600 Jeli, Kelantan
Email: syazwani.f18a0167@siswa.umk.edu.my

Instruction: For question and statement on SECTION A, B, C and D please read each of the item and choose your answer wisely depending on the question.

SECTION A: DEMOGRAPHIC INFORMATION

Answer this section based on your preference.

1	Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female
2	Age	_____ years old
3	Education Level	<input type="checkbox"/> Foundation <input type="checkbox"/> Diploma <input type="checkbox"/> Degree <input type="checkbox"/> Master Degree or PhD
4	How much do you spend on food in a week?	<input type="checkbox"/> Less than RM49 <input type="checkbox"/> RM50 to RM99 <input type="checkbox"/> RM100 to RM149 <input type="checkbox"/> More than RM150
5	University Location	<input type="checkbox"/> Kelantan <input type="checkbox"/> Terengganu <input type="checkbox"/> Pahang

SECTION B: EVALUATION THE KNOWLEDGE OF STUDENT REGARDING FOOD BANKS

For Section B, answer the question by selecting the best answer option. This section also contains different types of answer which is Yes, No, Maybe and scale of 1 (Strongly agree) to 5 (Strongly Disagree)

1	I know about the existence of food banks.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Maybe
2	I know food banks existed even before the pandemic	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Maybe
3	I know university students needs a balanced diet to keep healthy	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Maybe

Strongly agree	Agree	Neutral	Disagree	Strongly disagree
1	2	3	4	5

	In my opinion:	1	2	3	4	5
4	Food banks help reduce living cost of university students					
5	Food banks help student with B40 background					

SECTION C: EVALUATION THE ATTITUDE OF STUDENT ACCEPTANCE TOWARD UNIVERSITY FOOD BANKS

Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1	2	3	4	5

	I think	1	2	3	4	5
1	Food banks is really important for university students					
2	My university food banks contain food needed by student for balance diet					
3	Food made in my university food banks is limited					
4	Food availability in my university food banks is sufficient					
5	Foods in my university food banks is healthy and balance for student diets					

SECTION D: TO EVALUATE PRACTICE OF STUDENT ACCEPTANCE TOWARD UNIVERSITY FOOD BANK

1	What kind of food that you usually take in your university food bank?	<input type="checkbox"/> Canned food <input type="checkbox"/> Instant food <input type="checkbox"/> Prepacked food <input type="checkbox"/> Dry food products
2	How many times did you take food from your university food bank in a month?	<input type="checkbox"/> Once in a month <input type="checkbox"/> Twice in a month <input type="checkbox"/> More than twice in a month

Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1	2	3	4	5

	I would	1	2	3	4	5
1	Take foods in food bank with moderate amount					
2	Take food with more veggie than junk food					

.....

THANK YOU VERY MUCH FOR YOUR SINCERE COOPERATION IN THIS STUDY

KELANTAN

APPENDIX B Turnitin Result

THESIS

ORIGINALITY REPORT

15%

SIMILARITY INDEX

12%

INTERNET SOURCES

6%

PUBLICATIONS

7%

STUDENT PAPERS

PRIMARY SOURCES

1

Submitted to Universiti Malaysia Kelantan

Student Paper

4%

2

en.wikipedia.org

Internet Source

1%

3

journals.uran.ua

Internet Source

1%

4

www.conservation.net.nz

Internet Source

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