



UNIVERSITI  
MALAYSIA  
KELANTAN

**UNHEALTHY LIFESTYLE FACTORS AMONG WELLNESS  
STUDENT AT UMK CITY CAMPUS**

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## ABSTRACT

The Health Sector in Malaysia lacks emphasis on awareness of the consequences of unhealthy food in the community. This is because Malaysia is considered a country with unhealthy people. The purpose of this study is to see the factors that influence the unhealthy lifestyle of Wellness students at City Campus. The aim of this study is to discover the factors that influence the unhealthy lifestyle of Wellness students at City Campus such as hereditary diseases, and psychological and peer influence. These factors are important in building awareness of unhealthy lifestyles in Wellness students. The main data of this study will be collected using a structured questionnaire method and data analysis will be done using SPSS software. This survey will be distributed to 242 respondents from UMK City Campus Wellness students. The Malaysian health industry has organized various campaigns to promote good health. Therefore, through this study the researcher tried to find out and study the factors that influence the unhealthy lifestyle of Wellness students.

Keywords: Hereditary disease, Psychological, and Peer Influence

## ABSTRAK

Sektor Kesihatan di Malaysia kurang menitikberatkan kesedaran tentang akibat makanan yang tidak sihat dalam kalangan masyarakat. Ini kerana Malaysia dianggap negara yang mempunyai rakyat yang tidak sihat. Tujuan kajian ini adalah untuk melihat faktor-faktor yang mempengaruhi gaya hidup tidak sihat pelajar Wellness di City Campus. Matlamat kajian ini adalah untuk mengetahui faktor-faktor yang mempengaruhi gaya hidup tidak sihat pelajar Wellness di Kampus Bandar seperti penyakit keturunan, dan pengaruh psikologi dan rakan sebaya. Faktor-faktor ini penting dalam membina kesedaran tentang gaya hidup tidak sihat dalam kalangan pelajar Wellness. Data utama kajian ini akan dikumpul menggunakan kaedah soal selidik berstruktur dan analisis data akan dilakukan menggunakan perisian SPSS. Tinjauan ini akan diedarkan kepada 242 responden daripada pelajar Kesejahteraan Kampus Bandar UMK. Industri kesihatan Malaysia telah menganjurkan pelbagai kempen untuk mempromosikan kesihatan yang baik. Oleh itu, melalui kajian ini pengkaji cuba untuk mengetahui dan mengkaji faktor-faktor yang mempengaruhi gaya hidup tidak sihat pelajar Wellness.

Kata kunci: Penyakit keturunan, Psikologi, dan Pengaruh Rakan Sebaya



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## CHAPTER 1

### INTRODUCTION

#### 1.1 INTRODUCTION

The foundation of a prosperous existence is a healthy physique. A disease-free body is considered to be healthy. This situation can be attained by learning about health, eating a balanced diet, engaging in recreation or physical activity, and further preventing illness. As a result, the Malaysian educational system takes care to create a person who is intellectually, physically, psychologically, emotionally, and spiritually balanced. Accordingly, the Malaysian Ministry of Education has taken the initiative to create a unique physical education and health education curriculum so that students are encouraged and given knowledge about physical fitness, sportsmanship, sports and recreation skills, personal and family health, healthy living, as well as environmental cleanliness and safety. It is hoped that the information and comprehension kids have received since Year 1 would enable them to look at their health. For instance, in the chapter on leading a healthy lifestyle, students are instructed on macronutrients, micronutrients, and nutrition based on dietary requirements and recommendations, as well as illnesses connected to eating patterns, such as obesity, coronary heart disease, hypertension, diabetes mellitus, peptic ulcer, and others. Therefore, the Malaysian Ministry of Education's plans is in line with those of the Malaysian Ministry of Health, which is particularly concerned about the health issues facing Malaysians.

The government has spent a lot of money only to pay the rising medical bills of the people. Lately, several advertisements have focused on health issues. We are familiar with advertisements like "Healthy Lifestyle," "Intelligence," "Nutritious Food," "Kempen Tak Nak," which concerns smokers, and "Malaysia Cergas," which aims to create healthy, active, and successful individuals. The same applies to commercials in print and electronic media that talk a lot about healthy lifestyles that largely touch on healthy eating and obesity. A healthy community can be aided by a positive lifestyle that is at least adopted by the majority of people, such as maintaining good nutrition and engaging in physical exercise for at least 30 minutes three times each week. The current popular trend involves engaging in physical activity and eating a balanced diet. In any case, the primary goal of this healthy lifestyle is to develop a healthy person from a physical, mental, and spiritual standpoint. While creating a healthy society is the goal of a healthy lifestyle.

Some people forget that they don't have time to consider their health because they are too busy navigating the minefield that is life. However, most people in society are now beginning to understand how important health is and to prioritize it as something to be proud of. Regardless, Sam Rachmat., (1996) asserts that most diseases are brought on by our lifestyle, whether we are aware of this or not. Food has a crucial role in human life. Humans obtain their daily energy from food, such as that derived from plant and animal sources. Each food source contains nutrients, including those that the body needs for the metabolic process to occur. For instance, our body needs vitamins and minerals to support biochemical processes in the cells. Food is broken down through biochemical processes to produce nutrients that the body can absorb. Of course, consuming a balanced diet can ensure optimum health and aid the body's growth process toward perfection. Although vitamins and minerals are only needed in tiny amounts, a shortage will hurt many bodily functions. Dietary choices can affect health outcomes.

We eat to fuel our everyday activities, growth, and daily activities. If a person's diet surpasses their daily requirement, their health will be compromised. According to the Malaysian Food Pyramid and Recommended Dietary Allowances, we should be adept at making the correct food choices to appreciate the splendor of God's creation (RDA). One day, the offender will feel the consequences of indifference or carelessness. The Malaysian Food Pyramid emphasizes the choice of foods in terms of quantity and quality for a balanced diet. Poor eating habits, such as eating the wrong kinds of food, such as those high in cholesterol, fat, oil, salt, and sugar, can lead to many adverse effects, and diseases like diabetes mellitus, hypertension, heart disease, peptic ulcer, and others.

## 1.2 BACKGROUND OF THE STUDY

A lifestyle is a manner of living influenced by geographic, economic, political, cultural, and religious texts. Lifestyle refers to the characteristics of residents of a region at a certain time and location. It includes a person's daily behaviors and functions at work, as well as activities, leisure, and diet. In recent decades, researchers have become more interested in lifestyle as a critical component of health. According to the WHO, lifestyle influences 60% of the variables impacting individual health and quality of life. Millions of people live unhealthy lives. As a result, people suffer from disease, disability, and even death. An unhealthy lifestyle can lead to problems such as metabolic disorders, joint and bone problems, cardio-vascular illnesses, hypertension, obesity, and aggression, among other things. The relationship between lifestyle and health should be thoroughly researched.

Significant changes have occurred in the lives of all folks today. As prominent types of lifestyle, malnutrition, an improper diet, smoking, alcohol usage, drug misuse, stress, and other indicators of a terrible lifestyle are used. In addition, inhabitants' lives are being put to the test in novel ways. Growing new IT technologies like the internet and virtual communication networks, for example, pose a huge risk to our world's physical and mental health. The issue is that technology is being exploited and overused.

According to the existing evidence, lifestyle has a significant impact on human physical and mental health. There are various forms of such effects. Consanguinity is so common in some ethnic groups that it produces hereditary issues. Reforming this unhealthy way of life is a prophylactic measure for minimizing the prevalence of genetic diseases. Drug abuse is a major risky lifestyle in many countries

### 1.3 PROBLEM STATEMENT

There are two sorts of lifestyles based on people's health: healthy lifestyles and unhealthy lives. The three essential pillars of a healthy lifestyle are good eating, daily exercise, and appropriate sleep, which keep a person energized, fit, and at a lower risk of acquiring disease. Furthermore, lifestyle has a substantial impact on our physical, mental, and social well-being (Kaur, 2021).

Individual lifestyle behaviors are responsible for 60% of the factors affecting individual health and quality of life, according to the World Health Organization. Many people have unhealthy lifestyles that are mostly sedentary in nature. Eating more than our bodies require and failing to balance it with some good physical exercise. Unhealthy living choices, unfortunately, lead to metabolic illnesses, genetic disorders, cardio-vascular disease, obesity, overweight, hypertension, joint issues, cancer, diabetes (and so on). An unhealthy lifestyle is the leading cause of many illnesses, disability, and even death all across the world (Aneela, 2018).

People frequently lead unhealthy lifestyles. As a result, individuals are more prone to suffer from a variety of ailments, some of which may result in death. The impacts of an unhealthy lifestyle are much more detrimental to students' capacity to obtain information and skills in a certain subject (George, 2020). Those who engage in unhealthy lifestyle behaviors are more likely to have a shorter life expectancy and to develop impairment sooner than those who do not engage in these behavioral hazards. This study aims to identify unhealthy lifestyle factors among wellness students at UMK City Campus. In addition, this study allows us to understand and figure out about the factors that leads to unhealthy lifestyle among wellness students at UMK City Campus.



Similar to the above, wellness students at UMK City Campus need more knowledge and understanding of unhealthy lifestyle. There needs to be more information about healthy lifestyles among wellness students at UMK City Campus, causing them to be less aware of the matter. Accordingly, this study aims to find unhealthy lifestyle factors among wellness students in Kelantan.

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### **1.3 RESEARCH OBJECTIVES**

The main objective of this research is to examine the relationship between unhealthy lifestyle factors among students at University of Malaysia Kelantan. There are three research objectives.

1. To examine the relationship between hereditary disease and unhealthy lifestyles.
2. To examine the relationship between psychological and unhealthy lifestyles.
3. To examine the relationship between peer influence and unhealthy lifestyles.

### **1.4 RESEARCH QUESTIONS**

This study focuses on the consequences of UMK students' unhealthy lives. To achieve the research aims, the following questions were developed:

1. What is the relationship between hereditary disease and unhealthy lifestyle?

2. What is the relationship between psychological and unhealthy lifestyle?
3. What is the relationship between peer influence and unhealthy lifestyle?

## **1.5 SIGNIFICANCE OF STUDY**

This study will be helpful to future researchers covering similar events and topic areas. As a result, future researchers can obtain additional knowledge and data for their future studies. Wellness students will increase the health industry's understanding of unhealthy lifestyle factors that can be used to improve health. By doing so, all Wellness students will better understand unhealthy lifestyle factors. This research will affect several factors from an unhealthy lifestyle. This research will be helpful to anyone interested in examining the concept of health in nutrition.

## **1.6 DEFINITION OF TERMS**

### **1.6.1 Unhealthy**

According to Oxford Learner's Dictionaries, unhealthy is defined as not having good health; or a lack of good health. In this research study, unhealthy can be defined as someone who is not having good health among teenagers in Kelantan.

## **1.6.2 Lifestyle**

Lifestyle is defined by the Cambridge Dictionary as "a person's way of life, the things that a person or a particular group of people usually do." Furthermore, dictionary.com defines lifestyle as "the habits, attitudes, tastes, moral standards, economic level, and so on that together constitute an individual's or group's mode of living."

## **1.6.3 Unhealthy lifestyle**

According to speakforhealthyindia.com, an unhealthy lifestyle is defined as a lifestyle where a person engages in activities that are detrimental to health; whether it is skipping breakfast or eating too much or too fast, drinking a little too much or spending too many hours planted in front of the TV, smoking, not exercising, eating unhealthy foods, and not maintaining a healthy weight.

## **1.6.4 Hereditary diseases**

Hereditary disorders, according to Walsh Medical Media, are diseases or illnesses that are passed down genetically. Hereditary disorders are caused by defective genes that are passed down from generation to generation. This disease is inherited from the same family. In humans, chromosomes are in charge of passing down traits from parent to offspring. Hereditary disorders will be discovered to be among the unhealthy lifestyle factors in this research investigation.

## **1.6.5 Psychological**

According to Dictionary.com, psychology refers to the mind or mental phenomena as the subject of psychology. It is also described as being related to, dealing with, or influencing the mind, mainly as a result of consciousness, feeling, or motivation.

### **1.6.6 Peer influence**

Peer influence refers to the capacity to shape individual behavior among group members based on group norms, a feeling of what is proper way to do things, and the urge to be respected and accepted by the group. Peer influence is a powerful tool that leaders may use to change others' behavior.

## **1.8 SUMMARY**

The purpose of this study is to look into the unhealthy lifestyles of teens in Kelantan. This research is organized into five chapters. The first chapter covers the study's introduction, which includes information about the subject's background, the survey briefing, the problem statement, the research objectives, the significance of the study, the scope of the research study, research hypothesis formulation, and research questions. The second chapter analyzed the literature, and the third chapter discussed the field survey technique, information-gathering method, and data analysis approach.

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## CHAPTER 2

### LITERATURE REVIEW

#### 2.1 INTRODUCTION

In this chapter, we will discuss our research study's literature review, hypotheses, and conceptual framework. A literature review is a piece of academic writing displaying knowledge and understanding of the academic literature on a specific topic presented in context. A critical appraisal of the information is also included in a literature review. Besides, a research hypothesis is a prediction or anticipation that will be evaluated via a research study. Last but not least, a conceptual framework depicts the predicted connection between our variables. It explains the critical objectives for our research method and shows how they interact to produce coherent results. We will also discuss the relationship between the independent variable of our research study, that is unhealthy food choice, psychological factors, and influence of friends, with the dependent variable of our research study.

#### 2.2 HEREDITARY DISEASE

The process through which traits are encoded in genes and passed down from parents to offspring is known as hereditary illness. A unique gene combination explicitly created for that child by combining some of the mother's genes with the father's DNA. Several factors in a differential diagnosis point to the likelihood of a hereditary disorder. One important component is the prevalence of a condition

among family members, revealed when the family history is gathered. A person's future risk of developing conditions like heart disease, diabetes, or cancer can be identified by family history. (Dan Blazer, 2006).

Each chromosome has many genes, which is the fundamental physical and functional principle of heredity. Each gene has a unique deoxyribonucleic acid, a DNA sequence that encodes the instructions needed to build a protein. Genes are distinct sequences of nucleotides. Consequently, only 29% of the human genome is made up of genes, and between 20,000 and 25,000 genes are thought to be present in the human genome. Cells employ genes selectively despite having a complete complement of DNA inside each one. For instance, the genes that are active in a brain cell and a liver cell are different. This is so that each cell can carry out its tasks and because different genes are triggered throughout development or in reaction to external triggers like infection or stress. For example (Lyla M. Hernandez, 2006).

Hereditary factors can either cause or impact several diseases. The three main categories of hereditary disorders are single-gene, chromosomal, and multifactorial. Numerous diseases are caused by single gene DNA sequence alterations, sometimes known as mutations. Additionally, a complex confluence of hereditary variables contributes to the development of multifactorial disorders. Diabetes and heart disease are two examples of these illnesses.

People can determine whether they have a hereditary condition through a variety of methods. This is so that modern genetic testing can take advantage of chromosomal, biochemical, or DNA-based technology. To identify the genetics behind a condition or disease vulnerability, genetic testing is conducted in various laboratories. It also entails the utilization of particular tests to ascertain genetic status. If a person is already thought to be at a higher risk for a specific genetic ailment due to family history or clinical signs. In some cases, more than one family member's DNA must be retrieved for a test to be helpful for a disorder, especially when testing is done. (1994, Jane E. Fullarton)

## 2.3 PSYCHOLOGICAL

Physiological, psychological, social and genetic factors that affect the quality of food intake, food preference and meal time refer to a person's eating behavior (Almajwal, A. 2016). Cognitive factors (self-regulation, motivation, and self-efficacy), perceptions of prejudice and discrimination, and the prevalence of psychiatric symptoms such as depression and anxiety are psychological factors. The relationship between the mind and the brain, primarily related to eating and food choices, is another (Karasu, 2012). Kim and Kim (2009) say when a person feels stressed, their appetite will increase. Studies also show that high stress can contribute to bad eating habits. Especially students who do assignments at night. At night, they will feel hungry and want food because they are thinking a lot. Sometimes student life feels difficult and challenging because they have to complete assignments and academic assessments, live a social life, face mood disorders in the life of the university environment. (Desa et al 2012,). Other studies show that the life of a student on campus is very challenging because of having to adapt to friends which can affect self-efficacy and sleep patterns. (Klassen, R. M. et al., 2014). Sometimes students will feel stressed because these family and career expectations can affect their health in social, emotional and physical terms. (Franco, et al., 2019).

Student who struggles with mental illnesses like depression may have trouble managing their eating habits, getting enough exercise, or maintaining an unbalanced body weight. According to Karasu (2012), the mind or cognitive enables people to organize their dietary intake, recall previous meals, or recall a restaurant that serves delectable cuisine. The mind determines the need for exercise and the significance of eating well. People might become "restrained eaters," meaning they can make decisions based on criteria like cost, brand, and ease of access or choose fewer appetizing foods because they are concerned about their health. People also decide how much or how little they consume based on their



preferences. Humans have a similar choice, even if they are aware of the advantages of exercise. The capacity of people to control and self-regulate what they wish to do, commonly referred to as self-regulation, is another area of study for psychologists. Every personal or social issue is the outcome of a failure of self-regulation, claim Vohs and Baumeister (2004). Considering their decisions and long-term effects, people can resist the urge to overeat when trying to lose weight. According to Polivy and Herman., (2004), when the motivation for self-regulation fails, people will completely forget about their diet. This circumstance is referred to as "perverse logic." Therefore, it can be said that both inner and extrinsic motivation is needed to lose weight.

## **2.4 PEER INFLUENCE**

Peer influence is when someone decides to do something regardless of whether they enjoy it. For some people, doing something is a way to feel accepted and valued by their friends (Nadiah., 2021). A better term to explain how teens' behavior is impacted by their peers is peer influence (Nadiah., 2021). Peer influence can even be beneficial. For instance, someone can be motivated to work hard in school to outperform their hard-working buddies (Nadiah., 2021). They can be motivated to improve, serve as positive role models, and be exposed to positive influences through their peers. However, it might also be harmful. For instance, some teenagers could decide to try activities like smoking or engaging in social behavior that they are often not interested in because of peer pressure (Nadiah, 2021).

Peer influence is crucial in promoting the adoption of a healthy lifestyle when a person feels pressure from their peers. They will have the propensity to follow in the footsteps of their pals, which is likely to entail doing something uncharacteristic of them, like participating in sports to raise awareness (Ann, 2021). When engaging in fun activities like weekend group cycling, group exercise programs, and



other things, peers can pique someone's interest in taking care of their health (Aminuddin Yusof, 2014). Peer pressure can boost a person's productivity in leading a healthy lifestyle and self-assurance (Aminuddin Yusof, 2014).

Peers can also influence a person's health by offering moral and emotional support, which is another way that they might impact lifestyle and health (Joseph Lewis, 2021). People with a positive outlook on health difficulties demonstrate the value of keeping a healthy lifestyle (Joseph Lewis, 2021). However, if peers desire to harm health because of their health, they are in an excellent position to do it (Joseph Lewis, 2021). For instance, (again an example), a person may hang out with friends and peers who disregard hygienic rituals like bathing. People frequently undervalue the significance of hygiene about the real significance of health (Joseph Lewis, 2021).

A healthy lifestyle among us is intimately tied to peer influence, which plays a significant role. Because of the impact of peers, who constantly encourage one to maintain a healthy lifestyle, a person can live a healthy life (Nisreen Nadiah, 2021). Additionally, peer influence significantly impacts a person's degree of health and is crucial in determining a person's course.

## **2.5 PHYSICAL ACTIVITY or SEDENTARY LIFESTYLE**

The problem of excess weight is also influenced by factors such as lack of physical activity or a sedentary lifestyle. A sedentary way of life refers to the minimal movement of the body parts corresponding to a resting metabolic rate (Promotional Board Health Malaysia, 2011). This way of life is associated with passive behaviors such as watching television, reading, using a computer, talking on the phone, and driving a car. The practice of sedentary living is increasing due to the rapid development and advancement of technology that has produced electronic equipment such as televisions, computers,

smartphones, and video games, according to Reilly et al. (2004). Studies show that teenagers who use a lot of media tend to be less active, eat foods high in calories and fat, sugary drinks, and like to eat snacks (Jordan, 2007; Vandewater et al., 2004; Barr-Anderson et al., 2009; Rey-López et al., 2008; Zimmerman & Bell., 2010). According to Whitaker (2003), the activity of watching television has a strong relationship with certain eating practices. Then contribute to excess weight. They are also influenced by advertisements for fast food and junk food that are often shown on television (Strasburger, 2011). Various efforts must be made to encourage the active involvement of teenagers in physical activity and reduce sedentary life. The US Department of Health and Human Services (2018) suggests that teenagers should be active for 60 minutes daily. While Suglia, Duarte, Chambers, and Boynton-Jarrett (2013) recommend that teenagers' time in front of the screen must not be more than two hours a day. Teenagers also need to be encouraged to continuously participate in structured physical activities such as sports activities at school or activities organized by parents or the community, such as cycling and walking.

## **2.6 SOCIO ECONOMIC STATUS**

Socioeconomic status (SES) is a measure of a person's overall social and economic position and is often positively associated with improved health. A person's socioeconomic status (SES), meaning the sum of their social and economic circumstances, is often positively associated with better health. According to Viner et al. (2012), adolescence is an important developmental stage during which lifelong health and disease risk trajectories are primarily shaped. People learn the coping mechanisms they will use to deal with stressful situations that will inevitably recur throughout their lives during adolescence, for example, as well as the psychosocial skills they need to cope with the difficulties of normative growth (Compas et al., 2001). Adolescence is also a time when health behavior patterns begin to form, with some

adolescents more likely to engage in healthy habits such as regular exercise and healthy eating, while others begin to engage in unhealthy ones such as drug use and unhealthy lifestyles (Viner et al., 2012).

## **2.7 RELATIONSHIP BETWEEN HEREDITARY DISEASES AND PSYCHOLOGICAL WITH UNHEALTHY LIFESTYLE.**

### **2.7.1 Relationship How Unhealthy Lifestyle Affects Hereditary Disease**

Independent of genetic risk, poor lifestyle choices indicate a higher risk for all-cause mortality, Cardiovascular Death, MI, and stroke. Keywords: myocardial infarction, stroke, myocardial disease, genetic risk, and good lifestyle. (Livingstone et al., 2021). Therefore, it can be concluded from the available research that lifestyle has a great impact on physical and mental health. This effect can take many forms. This is a common lifestyle that causes genetic diseases in some ethnic groups. This change to an unhealthy lifestyle is a preventive measure to reduce the number of hereditary diseases.

Hereditary factors can affect or cause some diseases. The three main categories of hereditary diseases include diseases with a single gene, chromosomal and multifactorial components. Many diseases are caused by mutations, which are changes in the DNA sequence of a gene. Genetic variables can interact intricately to cause multifactorial disorders. Diabetes and heart disease are two examples of these diseases.

Family medical history is a reliable source of information that can reveal certain genetic diseases that run-in families. Ginsburg GS, et al. (2019). It can help medical professionals decide whether a patient is at risk for developing an inherited genetic condition. Patients can take preventive measures to

reduce the effects of the disease and may be able to stop it from developing in themselves and in future generations if they know their family's medical history, especially when it comes to genetic or hereditary problems. (Tally G. 2019). Dietary and behavioral changes are examples of preventive measures.

Previous studies have shown that students studying health sciences, in particular, have a good understanding of hereditary diseases and a positive attitude towards family medical history. However, these characteristics are less clear in their performance in early prevention methods such as screening. When it comes to hereditary diseases that run in their families, graduates don't take good care of themselves. Lynette et al., (2022).

### **2.7.2 Relationship How Unhealthy Lifestyle Affect Psychological at UMK Student in Kelantan.**

UMK students in Kelantan contribute to unhealthy lifestyles that are not balanced, considering that in their free time, most of them constantly follow-on social media, which displays many types of food. Whether a person wants a healthy lifestyle or not depends on their point of view. For example, UMK students in Kelantan who study culinary arts want to taste what they prepare. This is one of the reasons why an unhealthy lifestyle affects a person's mental health.

An example of the relationship between the mind and brain is how we eat and make food decisions (Karasu, 2012). Students with mental illnesses such as depression may find it difficult to control their eating patterns, get enough exercise or maintain a healthy weight. According to Karasu (2012), humans can plan their dietary intake, remember last meals, or remember places that serve beautiful cuisine thanks to their mind or cognitive abilities. The mind controls the need for exercise and the importance of a healthy diet.

### **2.7.3 The Relationship of How Unhealthy Lifestyle Affects Peer influence at UMK Students in Kelantan.**

Peer influence is not only or always about being compelled to do something at work or around where you decide to do something you would not do otherwise because you want to be liked and respected by your pals. The term "peer pressure" is frequently used.

Friendships may influence eating disorders and other eating behavior problems, according to a social network analysis of the influence of adult and individual peer relationships (Europe PMC, 2016). Peer influence on eating habits may be underpinned by social norms and actual and perceived social support. A person's relationship with food can be influenced by peer group and the type and strength of peer influence. The influence of social media, as well as personal effects on the eating habits of peers, is possible. However, it has been noted that some of the most popular social media platforms, such as Instagram, Twitter, and Tik Tok can affect adaptive healthy eating disorders, which are pathological and maladaptive which are non-pathological.

Adolescent peer groups have been recognized to influence individual health behaviors, including diet (Europe PMC, 2016). During adolescence, eating behavior is influenced by peer effects, such as perceived social norms that can create unique peer pressure (Sharps & Robinson, 2017). Peer influence on health behaviors has been documented in face-to-face interactions (Social Sensing | Wireless Health 2010, 2022); however, few have examined the influence of social media on eating behavior during adolescence.

## 2.8 HYPOTHESES

According to the variables created using the framework, hypotheses are developed. Unhealthy lifestyle factors among wellness students are the subject of this study. For this study, there are three hypotheses.

H1: There is a significant relationship between hereditary disease and unhealthy lifestyle among Wellness students at UMK City Campus.

H2: There is a significant relationship between psychological with unhealthy lifestyles among Wellness students at UMK City Campus.

H3: There is a significant relationship between peer influence and unhealthy lifestyle among Wellness students at UMK City Campus.

## 2.9 CONCEPTUAL FRAMEWORK

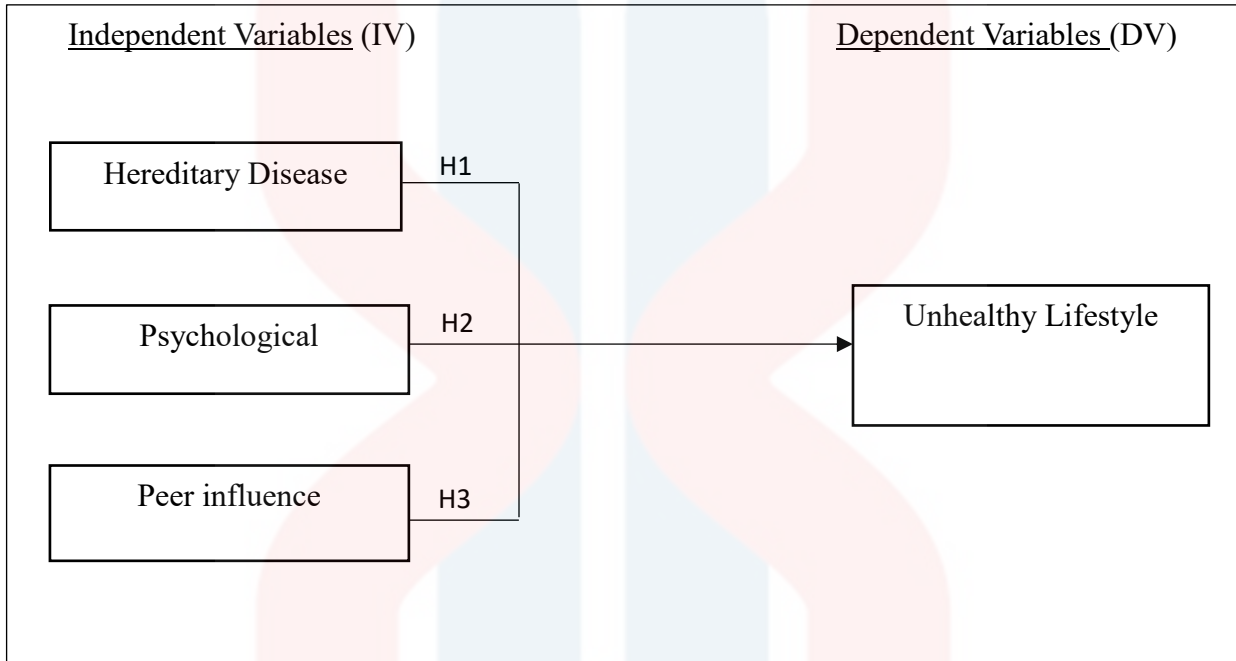


Figure 2.1: Conceptual Framework of the study.

This study needs a framework showing the researcher how the study concept and variables can be achieved together. The independent variable and the dependent variable are two variables in the framework. The conceptual framework contains three independent variables: hereditary disease, psychology, and peer influence. Moreover, one dependent variable is an unhealthy lifestyle. According to the findings of the literature analysis, the researcher has created the frame shown below related to the characteristics of unhealthy lifestyles among UMK students. Fransen et al. (2016) stated that many studies have linked unhealthy diets to several aspects, such as socio-demographic and lifestyle factors. According to Deasy et al., (2014). Students in higher education should be aware of this behavior because it may indicate psychological discomfort, cause by self-inflicted actions.



## 2.10 SUMMARY

In conclusion, Chapter 2 examined the factors that influence constituent parts. Because the researcher wishes to align the independent variables with the dependent variable and have all the independent variables interact with the dependent variable, the conceptual framework is included in Chapter 2 for this reason. According to this study, a few effects of the unhealthy lifestyle provide various possibilities to intervene and encourage the lifestyle habits practiced by UMK students. Lifestyle is something challenging for every age group and society. Focused on students in this study, their lifestyle changes are more focused on unhealthy lifestyles, which upsets many parties. Many reasons can lead to this unhealthy lifestyle; it is because this unhealthy lifestyle change can have other adverse effects on the student.



## CHAPTER 3

### METHODOLOGY

#### 3.1 INTRODUCTION

The study's primary purpose is to investigate the variables influencing an unhealthy lifestyle among wellness students at University Malaysia Kelantan's City Campus. This study takes a quantitative method. The quantitative research design is used when starting with a hypothesis and searching for confirmation or disproof of that hypothesis. This chapter will also detail research design, population, sample size, sampling method, data collection procedure, research instruments, data analysis, pilot study, and summary.

#### 3.2 RESEARCH DESIGN

The term "research design" refers to the overarching strategy and analytical technique you have selected to integrate, in a coherent and logical way, the many study components, so guaranteeing and investigation of the research subject. A thoughtful research design is beneficial. Numerous techniques can organize the mind and make the ranking of the design needs clear. Applying objective trees to design objectives helps clarify the competing goals and their relative weight. A carefully thought-out research design helps to guarantee that your techniques are in line with your research objectives, that you get high-quality data, and that you apply the appropriate type of analysis

to address your questions using reliable sources. This enables you to reach reliable, accurate findings. This research design is a framework developed to discover the broad solutions to the investigated research problems. This study's methodology employs quantitative methodologies. Students of Wellness at University Malaysia Kelantan were studied for their unhealthy lifestyles using a quantitative research methodology.

Quantity is prioritized in the quantitative approach. This is due to because researcher will use numerical or statistical data. The quantitative method is organized, has a distinct scan different emphasizes outcomes. A qualitative approach is used to obtain data, derive meaning from the study, and gain knowledge. Data collection procedures include, for instance, identifying individuals, making records, sampling, recording data, addressing problems in the field, and storing data (Cresswell, 1998).

### **3.3 POPULATION**

Instead of examining every individual using the research technique of sampling, researchers may infer information about a community based on data from a population sample (people who share the same ethnic group or live in the same geographic area). A population is also an individual group or entity that can be identified by at least one common attribute for the purposes of data gathering and analysis. Chadwick (2017) defines a population as "all the things or occurrences of a specific kind that researchers are interested in learning more about." A population is also a collection or grouping of all the units to whom the study results will be applied. In terms of population definition, we reach the conclusion that all of the units to which study findings can be applied are

included. In other terms, a population is a grouping of all the units that share the variable feature being studied and for whom research findings can be generalized (Shukla, 2020).

The population of this study is wellness students from the Faculty of Hospitality, Tourism, and Wellness (FHPK) who have unhealthy lifestyle variables. There are 695 wellness students at University Malaysia Kelantan's City Campus, according to the Faculty Hospitality, Tourism, and Wellness (FHPK). The researcher can collect data from 695 wellness students to explore the elements that contribute to an unhealthy lifestyle among them. Data is often acquired from a sample to examine characteristics impacting unhealthy lifestyle patterns in order to gain knowledge on a large population. The population of the study may help to achieve the study's aims of uncovering the variables impacting unhealthy lifestyle among wellness students at University Malaysia Kelantan, City Campus. Due to time constraints, the researcher chose wellness students as the study's population. They can readily obtain the data and save time because they are also wellness students at the University Malaysia Kelantan, City Campus's Faculty of Hospitality, Tourism, and Wellness.

### 3.4 SAMPLE SIZE

In research, the term "sample size" refers to the number of participants included in a study to effectively represent the society. The sample size refers to the total number of respondents involved in the research in order to verify that the overall sample accurately represents the entire population. This figure is commonly subdivided into age, gender, and area subgroups (Frankline, 2021). Statistical studies and market research will always be used to describe sample sizes. It will be excellent if a group of academics develops surveys for a large number of respondents. This sample size is one of the overpopulation research methodologies. Ineptitude of the sample, excessive size, or inability to achieve the goal are all issues that may have an impact on the quality of the sample data and the resolution of the research.

Wellness students from University Malaysia Kelantan, City Campus, aged 18-25 years, have chosen to participate in this study. Researchers will collect population statistics. The total number of wellness students is 695. According to the Faculty of Hospitality, Tourism, and Wellness (FHPK) at University Malaysia Kelantan, City Campus, there are 695 wellness students. Based on a sample size table developed by Krejcie and Morgan., (1970), 242 respondents will be chosen from the population of wellness students at the University Malaysia Kelantan, City Campus.

Table 3.1: Table for determining sample size for finite population

N	S	N	S	N	S
10	10	220	140	1200	291
15	14	230	144	1300	297
20	19	240	148	1400	302
25	24	250	152	1500	306
30	28	260	155	1600	310
35	32	270	159	1700	313
40	36	280	162	1800	317
45	40	290	165	1900	320
50	44	300	169	2000	322
55	48	320	175	2200	327
60	52	340	181	2400	331
65	56	360	186	2600	335
70	59	380	191	2800	338
75	63	400	196	3000	341
80	66	420	201	3500	346
85	70	440	205	4000	351
90	73	460	210	4500	354
95	76	480	214	5000	357
100	80	500	217	6000	361
110	86	550	226	7000	364
120	92	600	234	8000	367
130	97	650	242	9000	368
140	103	700	248	10000	370
150	108	750	254	15000	375
160	113	800	260	20000	377
170	118	850	265	30000	379
180	123	900	269	40000	380
190	127	950	274	50000	381
200	132	1000	278	75000	382
210	136	1100	285	100000	384

Note- *N* is population size    *S* is sample size

Source: Krejcie & Morgan, 1970

### 3.5 SAMPLING METHOD

MC Combes (2021) defines the sampling procedure as selecting the people from whom you will collect all the data for your research. Sampling approaches allow researchers to obtain information about a community from the results of a subset of the population without having to find every person. Reducing the number of participants in research can reduce costs and workload while making it easier to obtain high-quality data, but this must be balanced with having a large enough sample size with sufficient power to detect authentic relationships.

A strategy that allows researchers to infer population information from the results of a subset of the population rather than examining each individual. The researcher chose various characteristics of the population because the focus of the study using a sampling approach is Sampling. The target population of our study is Wellness students in the age of (18 to 20), (21 to 24), (24 to 28) years and others. According to UMK's Wellness Tourism Hospitality Faculty Office (FHPK), a total of 695 Wellness students. However, we only took 242 people who followed the Google Form and WhatsApp online survey.

In this study, simple random sampling, a type of probability sampling method, will be used. It is a type of sampling to obtain information about a population such as a person, institution, place, or phenomenon. The researcher chose this sampling strategy because the results obtained from the sample are the same as those obtained from measuring the entire population (Shadish et al., 2002). Simple random sampling gives each unit in the population an equal probability of being selected. This sampling is the easiest and easiest to select the respondents of the study, and the cost is not expensive. In other words, this sampling strategy is not determined by the sampling procedure because anyone

can be used as a study sample. By using this sampling method, researchers can get data results immediately.

### **3.6 DATA COLLECTION PROCEDURE**

The researcher's approach, analysis methodologies, and data-gathering procedures impact how the information obtained is used and the explanation it can provide (Teherani A., et al 2015). The researcher collects data from primary sources using various research methods of data collecting that can be used to continue the study. At the UMK City Campus, data was collected based on information concerning unhealthy lifestyles among Wellness students. For students to better understand health, data is collected through a survey.

The tool used to collect the data required for the questionnaire is a google form that is distributed to selected respondents online through a google form link who voluntarily answer the questionnaire used to obtain data about unhealthy lifestyle factors among Wellness students at UMK City Campus. This questionnaire can identify the relationship between hereditary diseases, psychological, and peer influence.

Researchers in this study will collect primary data during the distribution of questionnaires to respondents, and the data collection results will be obtained. Secondary data was also used in this inquiry, referred by the researcher in the journal publication of previous research studies and used for this study.

The researcher will use a Google questionnaire to collect data for the quantitative method in this investigation. The researcher takes the quantitative method because it is the easiest way



to collect data and is based on mathematical calculations. Furthermore, quantitative data is often considered more objective and accurate than qualitative data (Nemanja, 2019). This Google Form will be shared on social media platforms such as WhatsApp, Telegram, Instagram, and Facebook. Respondents were selected based on several factors; they must be Wellness students at UMK Campus City. This questionnaire approach is an efficient way to collect a large amount of data from an actual sample of respondents.

### **3.7 RESEARCH INSTRUMENT**

According to Umoh (2019), depending on the type of research, researchers can use various evaluations for their research, such as surveys, case studies, and questionnaires. In this study, a questionnaire will be used to collect data and gather information. A questionnaire is a type of research tool that consists of a series of questions that the respondent must answer. McLeod, (2018). Questionnaires can be a more cost- and time-efficient than other methods to measure large numbers of people's behaviors, attitudes, preferences, opinions and, intentions. To complete the questionnaire in this survey, respondents will be asked to fill it out. Google Forms. Using Google Forms will make it easier for respondents to answer business questions and will limit applications to online platforms. Web-based surveys reach the target audience faster and are more accessible for respondents to understand. Since the questionnaire may be answered in various ways, the researcher will include two languages in each question: English and Malay. Web-based surveys reach the target audience faster and are more accessible for respondents to understand. Since the questionnaire may be answered in various ways, the researcher will include two languages in each question: English and Malay. 5 parts



will be used on the Google Form as a questionnaire. Section 5 is Section A for Demographic Data, Section B for Hereditary Disease, Section C for psychological, and Section D for Peer Influence. The last section is Section E, Unhealthy Lifestyle.

### 3.7.1 COMPOSITION OF THE QUESTIONNAIRE

**Table 3.2: Questionnaire Composition**

Section	Items	Number of Items	Supporting References
A	Demographic Data	5	Tsukahara., et al (2020) Researchers
B	Hereditary Disease	6	Bellow and Breslow., (1972) Researchers
C	Psychological	8	Che, N., et al (2021) Researchers
D	Peer influence	4	Paramporn Thaichon., (2016)
E	Unhealthy Influence	7	Jane E Fullarton., (1994) Researchers

**Source: Adopt from Tsukahara, et al (2020), Bellow and Breslow. (1972), Che, N., et al (2021), Paramaporn Thaichon, (2016), Jane E.Fullarton, (1994)**

### 3.7.2 QUESTIONS USED IN SECTIONS A, B, C, D, AND E OF THE QUESTIONNAIRE.

Table 3.3: Section A, B, C, D and E of the Questionnaire

Section	Factors	Item	Question
A	Demographic Data	Gender	- Male or female
		Age	- 18-21 years old
			- 21-24 years old
			- 24-28 years old
			- Others
		Ethnicity	- Malay
- Chinese			
- Indian			
Marital status	- Others		
	- Single		
Years of study	- Married		
	- Year 1		
	- Year 2		
	- Year 3		
B	Hereditary Disease	6	- Year 4
			- Some diseases are caused by genes, environmental factors, and lifestyle choices.
			- A child with inherited diseases can be born to healthy parents.
			- A genetic test can determine whether you are more likely to develop a specific disease.

C	Psychological	8	<ul style="list-style-type: none"> <li>- I will eat as much as I want when I am in a state of sadness, worry, stress, loneliness and frustration.</li> <li>- I find it difficult to control my food intake, do less physical activity and find it difficult to maintain a balanced weight when experiencing depression</li> <li>- I will be more inclined to choose tasty food than the less tasty food that crosses my mind.</li> <li>- I fail to control myself when I see delicious food.</li> <li>- I care more about eating delicious food than the ideal body weight.</li> <li>- I found that I get relief from emotional disturbances when I eat delicious food</li> <li>- I am sure that I can control the desire to eat delicious food during the diet period.</li> </ul>
D	Peer Influence	4	<ul style="list-style-type: none"> <li>- Peer influence will affect a person's health Can peer pressure affect a person's health.</li> <li>- The influence of peers is important in life</li> </ul>
E	Unhealthy lifestyle	7	<ul style="list-style-type: none"> <li>- Eating unhealthy foods can cause a person to face chronic infectious diseases.</li> <li>- A person needs to eat a diet rich in grains and fiber, fruits, vegetables and legumes.</li> <li>- Unhealthy lifestyle affects a person's mental health.</li> </ul>

Source: Adopt from Tsukahara, et al (2020), Bellow and Breslow. (1972), Che, N., et al (2021),

Paramaporn Thaichon, (2016), Jane E.Fullarton, (1994)

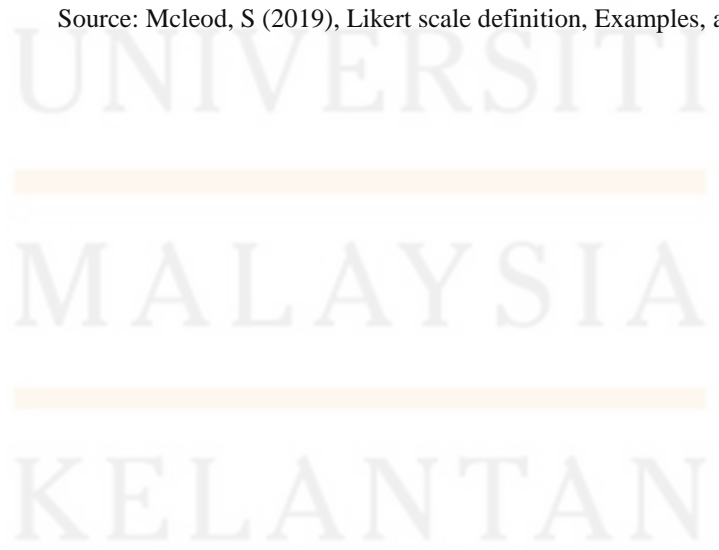
### 3.7.3 THE MEASUREMENT SCALE

The 5-Point Likert Scale was employed by researchers in this questionnaire as the proper measurement scale for respondents to answer questions. Sections B, C, and D are the only ones that employ the 5-Point Likert Scale. This measuring scale is simple to use and obtain responses from respondents. A typical Likert scale can employ a 5-point ordinal scale to evaluate whether respondents agree or disagree with a statement (Sullivan & Artino., 2017). Respondents can select one of five options in this questionnaire: 1 (strongly disagree), 2 (disagree), 3 (neutral), 4 (agree), and 5 (strongly agree). Each question allows respondents to select only one response.

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

Table 3.4: The 5-point Likert Scale

Source: Mcleod, S (2019), Likert scale definition, Examples, and analysis



### 3.8 PILOT STUDY

One of the things that must be addressed in a research approach is the pilot study. According to Israr Ahmad and Shuhymee Ahmad (2018), this research study aims to assess the validity of a study done on respondents using a questionnaire. The pilot study will also assist the researcher in receiving feedback and accomplishments in completing this research process. According to Nashwa Ismail, Gary Kinchin, and Julie-Ann Edwards (2018), a pilot study is one of the research techniques carried out. A pilot study undertaken by researchers can assist researchers in correctly and honestly planning and collecting information. If the researcher conducts a pilot study appropriately and by the quantitative approach, the validity of the information may be comprehended and gained as data. Furthermore, such a pilot study would assist researchers in providing a grasp of the determinants of unhealthy lifestyles in order to answer the questionnaire and produce a positive response properly. According to Johanson and Brokk (2020), a reasonable minimum proposal for pilot research with the goal of an exploratory survey is 30 respondents. This study might use a pilot test to assess respondents' knowledge of the questionnaire. When the 30 respondents turn to the questionnaire, they will address all questions related to the factors of an unhealthy lifestyle.

### **3.9 DATA ANALYSIS**

The process of collecting, modeling, and analyzing data to obtain insights that can be used to make decisions is known as data analysis. It is also a technique used by researchers to dissect and interpret data in order to gain insights, make recommendations, and aid decision-making. The researcher's information was processed and used in the study. All of the information was gathered from various sources. The Statistical Package for Social Science (SPSS) will be used to analyze the data collected by the researcher in this study. As a result, researchers from various fields use IBM SPSS Version 25 software for quantitative analysis of complex data. This statistical tool can process statistical data and provide answers for this study.

#### **3.9.1 Descriptive Analysis**

Descriptive analysis is data analysis in which structures that meet all data requirements emerge by usefully describing, illustrating, or summarizing data points. The first step in statistical analysis is descriptive analysis. It helps researchers understand data distribution, detect outliers and typos, and reveal the relationship between variables for further statistical analysis. Descriptive techniques include creating tables and means of data points, distribution methods like variance or standard deviation, and cross-tabulations, also known as "cross-tabs," which can be used to test multiple hypotheses.

### 3.9.2 Reliability Analysis

The consistency of a measurement method is referred to as reliability analysis. A measurement is considered reliable if the same result can be obtained repeatedly under the same conditions using the same procedure. Furthermore, the reliability of a measure can be determined by comparing different versions of the same measure (Middleton, 2019). Cronbach's Alpha was used in this study to evaluate the scale's internal and external reliability. The table below shows the range of Cronbach's Alpha internal reliability levels.

Table 3.5: Range of the coefficient of Cronbach’s Alpha and Internal Reliability

Coefficient of Cronbach’s Alpha	Internal Reliability
>0.90	Excellent
0.80 - 0.89	Good
0.70 – 0.79	Acceptable
0.60 – 0.69	Questionable
0.50 – 0.59	Pool
<0.50	Unacceptable

Sources: Pankhania T.B., (2014)

### 3.9.3 Pearson Correlation Analysis

Pearson correlation analysis is performed when researchers have two quantitative variables and want to check if they have a linear connection. The study's hypothesis will show that the score affects other people correctly. Therefore, we use Pearson's correlation approach when there is a linear relationship in the data. Pearson Correlation Analysis was used to study unhealthy lifestyle UMK students in Kelantan. The correlation analysis will be displayed as a number between -1 to 1, where -1 indicates that the two variables have an utterly negative correlation and a perfect positive correlation.

Table 3.6: Rule of Thumb for Interpreting the Size of a Correlation Coefficient

Size of Correlation Analysis	Interpretations of Correlation Analysis
0.9 to 1.0/ -0.9 to 1.0	Very high
0.7 to 0.9/ -0.7 to -0.9	High
0.5 to 0.7/ -0.5 to -0.7	Moderate
0.3 to 0.5/ -0.3 to -0.5	Low
0.0 to 0.3/ -0.0 to -0.3	Little, if any

Source: Hinkle., et al (2003)



### 3.10 SUMMARY

In conclusion, the study's methodology and research design show the entire process of the research. Through this chapter, the researcher explains the study as decided by the study design, population, sample size, sampling method, data collection procedure, research instrument, and data analysis. Researchers can also learn how to use this study's research design, functions, and other components. This chapter also explains how the questionnaire was created and how it can be used in this study. In addition, the research methodology is discussed in depth in this chapter. This chapter begins with a detailed introduction to the analysis, followed by the research design and the population from which the data is obtained, and the method used in collecting the sample. The researcher must design the primary methods and procedures for collecting and analyzing data. In this analysis, data collected by respondents using questionnaires will be used as important information for 248 respondents from Wellness students for the University of Malaysia Kelantan, City Campus. Researchers have chosen Wellness students because the researcher knows that students from this area also find it easy to get data—the instrument used in the bilingual language questionnaire to facilitate the respondents for answering them. A Likert scale was used for the questionnaire. Finally, the result was later analyzed by Statistical Package Social Science (SPSS) computer program version 2021 software.

## CHAPTER 4

### RESULTS AND DISSCUSSION

#### 4.1 INTRODUCTION

In this chapter the researcher summarizes the findings and data results based on the survey data collected for this study. The data was then processed in order to analyze and determine the unhealthy lifestyle factors among wellness student against overweight at UMK City Campus. As a consequence, the researcher was able to test the hypothesis and answer the research purpose of the study. This chapter presents the results of the decisive statistical study. The Statistical Package for the Social Sciences (SPSS) was used to analyze the data. SPSS stands for "Statistical Package for the Social Sciences."

#### 4.2 RESULT OF DESCRIPTIVE ANALYSIS

In this study, the mean and standard deviation of Sections B, C, D, and E for the questionnaire were analyzed to determine aspects of unhealthy lifestyle factors that have an impact on Wellness students. According to the findings of the data analysis, the researchers analyzed the mean of the independent variable and the dependent variable for each item in the questionnaire. Respondents can answer using a

5-point Likert scale where 1 represents "Strongly Disagree", 2 as "Disagree", 3 as "Natural", 4 as "Agree" and 5 as "Strongly Agree". The following table shows the results of that analysis.

<b>Descriptive Statistics</b>			
Variables	Mean (M)	Std. Deviation (SD)	N
Dependent Variable (DV)	4.2410	.55928	242
Hereditary Disease (HD)	3.9284	.72904	242
Psychological (P)	4.1260	.75508	242
Peer Influence (PI)	4.1260	.75508	242

**Sources: SSPS**

**Table 4.1: Descriptive Statistics**

The dependent variable shows that the mean score is 4.2410 and the standard deviation score is 0.55928, according to Table 4.1. The independent variable then displayed mean hereditary disease score as 3.9284 with SD 0.72904 and mean psychological score as 4.1260 with SD 0.75508. Peer influence has a mean score of 4.1260 with a standard deviation of 0.75508.

### 4.2.1 Unhealthy lifestyle

Three factors related to unhealthy lifestyle behavior were assessed using a Likert scale. The average score for the three (3) questions ranged from 3.92 to 4.24. A comparison of the habits of UMK students with unhealthy lifestyle behavior is possible.

Item Statistics			
	Mean	Std. Deviation	N
Eating unhealthy foods can cause a person to face chronic infectious diseases.	4.20	.745	242
A person needs to eat a diet rich in grains and fiber, fruits, vegetables and legumes.	4.32	.837	242
Unhealthy lifestyle affects a person's mental health.	4.21	.826	242

Sources: SSPS

**Table 4.2: Unhealthy lifestyle item statistics**

According to Table 4.2, it shows the highest mean score for the question about 'Eating unhealthy food can cause a person to face chronic infectious diseases'. It shows a mean score of 4.32 and a SD score of 0.837. It was followed by the second question 'A person need to eat a diet rich in grains and fiber, fruits, vegetables and legumes' with the second highest mean score of 4.21 and SD score of 0.826. While the last

question 'Unhealthy lifestyle affects a person's mental health' showed the lowest mean score of 4.20 and SD score of 0.745. This concludes that an unhealthy lifestyle behavior affects decision making.

#### 4.2.2 Hereditary disease

In terms of hereditary diseases, there are three items measured using a Likert scale. The three (3) questions have a mean score between 3.56 to 4.17. Factors from hereditary diseases can be seen as unhealthy lifestyle behavior.

**Item Statistics**

	Mean	Std. Deviation	N
Some diseases are caused by gen	4.05	.923	242
Children with hereditary diseases are born to healthy parents	3.56	1.210	242
Genetic testing determiners whether you are more likely develop a certain disease	4.17	.888	242

Sources: SSPS

**Table 4.3: Hereditary disease item statistics**

Based on Table 4.3, it is reported that the question about 'Children with hereditary diseases born to healthy parents' shows 3.56 and the score is 1.210. While for the question 'Some diseases are caused by

genes' the mean score is 4.05 and the SD score is 0.923.'Genetic testing determines whether you are more likely to have a certain disease' which shows the highest mean score of 4.17 and SD score of 0.888. This has shown that most respondents think that genetic testing can determine whether you are likely to have a certain disease.

### 4.2.3 Psychological

Psychologically, there are seven questions that have been measured using a Likert scale. The seven (7) elements have a mean score ranging from 3.78 to 4.29. Psychological is a psychological influence on the way an individual takes care of his health so that he is always healthy regardless of the physical aspect.

Item Statistics			
	Mean	Std. Deviation	N
I will eat as much as i want when I am in a state of sadness, worry, stress, loneliness and frustration	4.12	.979	242
I find it difficult to control my food intake, do less physical activity and find it difficult to maintain a balanced weight when experiencing depression	3.99	.958	242
I will be more inclined to choose tasty food than the less tasty food that crosses my mind	4.29	.818	242

I fail to control myself when I see delicious food	4.08	.901	242
I care more about eating delicious food than the ideal body weight	3.95	.995	242
I found that I eat relief from emotional disturbances when I eat delicious food	4.12	.935	242
I am sure that I can control the desire to eat delicious food during the diet period	3.78	1.093	242

Sources: SSPS

**Table 4.4: Psychological item statistics**

The analysis of the mean and standard deviation of the respondents on the independent variable, the psychological factor, is shown in Table 4.4. Item 3 has the highest mean value of 4.29 and SD of .818, indicating that respondents are more likely to choose tasty food than less tasty food that comes across in mind respondents slightly agreed that the confidence that can control the desire to eat delicious food during the diet period is low as shown in the table which is the mean value of 3.78 and the standard deviation of 1.093 from the data set of 242.

#### 4.2.4 Peer Influence

In terms of peer influence, there are two questions under tourist satisfaction measured using a Likert Scale. The mean score for the two (2) questions ranged from 4.07 to 4.20. Peer influence factors affect the individual's unhealthy lifestyle and health.

<b>Item Statistics</b>			
	Mean	Std. Deviation	N
Peer influence will affect a person's health	4.20	.869	241
The influence of peers is important in life	4.07	.968	241

**Sources: SPSS**

**Table 4.5: Peer influence item statistics**

Analysis of the mean and standard deviation of the respondents on the dependent variable which is the influence of peers on unhealthy lifestyle behavior is shown in Table 4.5. The factor 'Influence of peers will affect one's health' has the highest mean value of 4.20, indicating that respondents think the influence of peers is likely to affect health someone. The lowest mean for 'Peer influence is important in life', with a mean value of 4.07, indicates that respondents slightly agree that peer influence is important in life. The standard deviation of the data set of 242 respondents is greater than for question number 1, indicating that the values are more spread out.



#### 4.2.5 Pearson Correlation Coefficient Analysis

One of the most important analyzes that examines the linear relationship between two variables is the Pearson correlation analysis. The aim of this study is to see if there is a relationship between the independent variables (hereditary diseases, psychology and peer influence) and the dependent variables (unhealthy lifestyle behaviors). Researchers should decide whether the total strength of the connection is satisfactory if the relationship is significant.

		HD	P	PI	DV
HD	Pearson Correlation	1	.377**	.377**	.339**
	Sig. (2-tailed)		.000	.000	.000
	N	242	242	242	242
P	Pearson Correlation	.377**	1	1.000**	.450**
	Sig. (2-tailed)	.000		.000	.000
	N	242	242	242	242
PI	Pearson Correlation	.377**	1.000**	1	.450**
	Sig. (2-tailed)	.000	.000		.000
	N	242	242	242	242
DV	Pearson Correlation	.339**	.450**	.450**	1
	Sig. (2-tailed)	.000	.000	.000	
	N	242	242	242	242

\*\* . Correlation is significant at the 0.01 level (2-tailed).

Sources: SSPS

**Table 4.6: Correlation Statistics**

Pearson's correlation coefficient, significant value and number of responses (242) are shown in Table 4.6. The p value is 0.000, which is less than the significance level of 0.01. The correlation value of .377 shows a low positive correlation between hereditary diseases and unhealthy lifestyle behavior towards students.

The Pearson correlation coefficient, significant value, and number of responses (242) are shown in Table 4.6. The p value is 0.000, which is less than the 0.01 significance level. A correlation value of .450 indicates a low positive relationship between psychological behavior and unhealthy lifestyle.

Pearson's correlation coefficient, significance value, and number of 242 responses are presented in Table 4.6. The p value is 0.000, which is below the 0.01 significance level. A correlation coefficient value of .450 indicates a low positive association between peer influence and unhealthy lifestyle behaviors.

### 4.3 RESULT OF RELIABILITY TEST

According to Kubai Edwin (2019), reliability is "the extent to which measures are repeated when different people perform the measurement on different occasions, under different conditions, supposedly with alternate tools that measure the construct or skill." An easy example of a weighing device can be used to show the relationship between reliability and validity. If it correctly predicts the weight, the weighting method is valid and accurate. It is incorrect and impossible for the device to be precise if it calculates unevenly from time to time.

The consistency and accuracy with which the tool calculates the definition improves the measure's quality. These numbers add up to a value that is close to the number. The primary sources of the respondents will therefore be estimated in the form of statistics based on the survey that was conducted.

All of the data results in this statistical reliability demonstrate that, on average, Cronbach's Alpha has a value that is lower than 0.9, while the value of Internal Consistency is at a "good" level, based on the observations given through the Rules of Thumb table.

<b>Dependent Variable</b>	<b>Cronbach' Alpha</b>	<b>Number of Items</b>
Demographic Data	0.664	3
<b>Independent Variable</b>		
Hereditary disease	0.764	7
Psychological	0.713	2
Peer influence	0.713	2

Sources: SPSS

**Table 4.7: Reliability Statistic**

The Cronbach's Alpha Coefficient's total value, which was determined for both the independent and dependent variables used in this inquiry, is shown in Table 4.1. The table leads us to believe that all of the variable's values were higher than 0.6. As a result, the reported result is trustworthy and is acceptable for this research.

As the dependent variable, three questions were designed to assess tourist satisfaction. Cronbach's Alpha for the questions in this section was found to have a value of 0.664 which indicates that the Internal Consistency is "acceptable." This information is presented in Table 4.7. As a result, the coefficients found for the question in the factor variable unhealthy lifestyle are reliable. After that, three questions in evaluating independent variables that affect hereditary disease. The

The Cronbach's Alpha coefficient shown in this section of the report is 0.764, which is in the "acceptable" level because the data is less than 0.8. As a result, the coefficients reported for questions in the scene variable are acceptable. However, after directly, four questions are needed to determine authenticity as an independent variable that affects psychological Cronbach's Alpha Coefficient shown in this section of the report is 0.713 which is considered "excellent" because the data is less than 0.8. As a result, the coefficients calculated for questions in the authenticity variable are reliable. Finally, four questions were asked to measure harmony as an independent variable that affects the peer influence factor. Cronbach's Alpha coefficient shown in this section is 0.713, which is considered "good" because the data is less than 0.9. In conclusion, the coefficients obtained for the question in the harmony variable are reasonable.

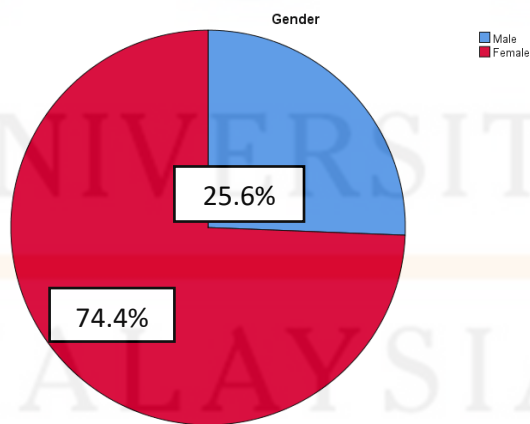
#### 4.4 DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS

Frequency analysis was used in the basic observation of the researcher. Part A of the survey results contained questions about respondent’s gender, age, ethnicity, marital, and year. The demographic information of the respondents was given in the form of a table and a pie chart structure.

##### 4.4.1 Gender of Respondents

		Gender			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	62	25.6	25.6	25.6
	Female	180	74.4	74.4	100.0
	Total	242	100.0	100.0	

**Table 4.8: Number of Respondents by Gender**



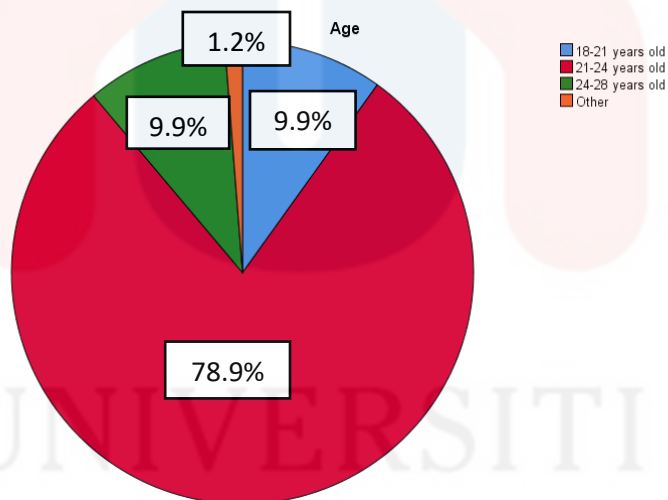
**Figure 4.1: The percentage of Respondents by Gender**

As demonstrated in the table, above out of 242 respondents for gender, female become a majority respondent that answered the questionnaire, 74% that is 180 respondents. Meanwhile the second most respondent is male which is 25% that is 62 respondents.

#### 4.4.2 Age of Respondents

	Age	Age			Cumulative Percent
		Frequency	Percent	Valid Percent	
Valid	18-21 years old	24	9.9	9.9	9.9
	21-24 years old	191	78.9	78.9	88.8
	24-28 years old	24	9.9	9.9	98.8
	Other	3	1.2	1.2	100.0
	Total	242	100.0	100.0	

**Table 4.9: Number of Respondents by Age**



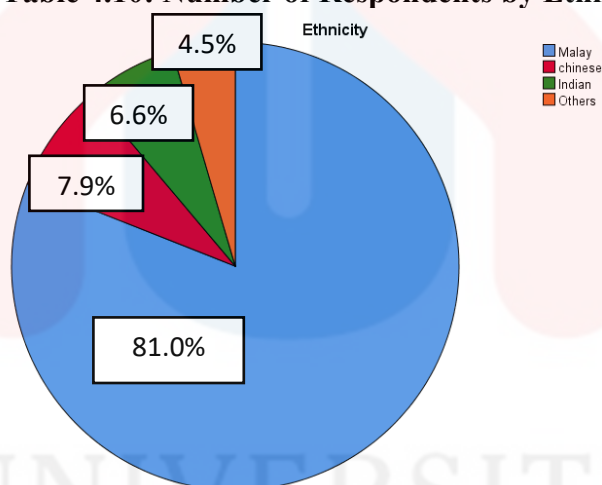
**Figure 4.2: The percentage of Respondents by Age**

According to the table above, out of 242 respondents for gender, 21-24 years old are the majority of respondents who answered the questionnaire, showing 78 namely 191 respondents. While the second most respondents are 18 to 24 years old, and 24-28 years old 9% which is 24 respondents. The lowest respondent is the other 1%, which is a total of 3 respondents.

### 4.4.3 Ethnicity of Respondents

		Ethnicity			Cumulative
		Frequency	Percent	Valid Percent	Percent
Valid	Malay	196	81.0	81.0	81.0
	chinese	19	7.9	7.9	88.8
	Indian	16	6.6	6.6	95.5
	Others	11	4.5	4.5	100.0
	Total	242	100.0	100.0	

**Table 4.10: Number of Respondents by Ethnicity**



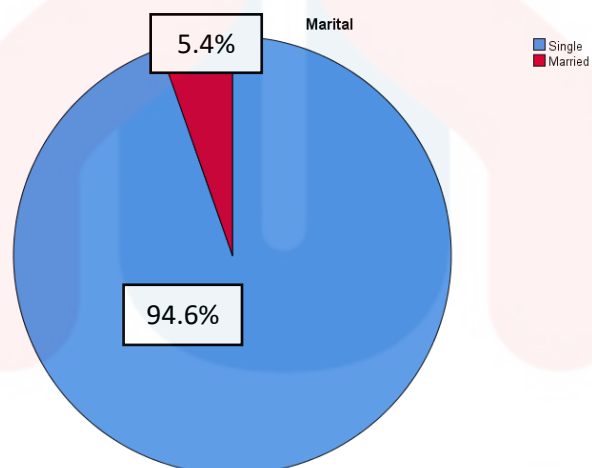
**Figure 4.3: The percentage of Respondents by Ethnicity**

According to the table above, of the 242 respondents for the Malay ethnicity, 81% were the majority of respondents who answered this questionnaire, which showed a total of 196 respondents. In addition, the Chinese ethnic group is also the ethnic group that answered this questionnaire, which is 7% which is 19 respondents. While for the Indian ethnicity, the number of respondents who answered this questionnaire is 6%, which is a total of 16 respondents. The lowest respondent is ethnic other which is 1% of 11 respondents.

#### 4.4.4 Marital of Respondents

		Marital			Cumulative Percent
		Frequency	Percent	Valid Percent	
Valid	Single	229	94.6	94.6	94.6
	Married	13	5.4	5.4	100.0
Total		242	100.0	100.0	

**Table 4.11: Number of Respondents by Marital**



**Figure 4.4: The percentage of Respondents by Marital**

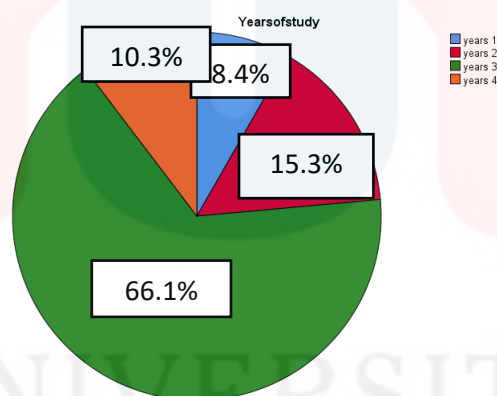
According to the table above, out of 242 respondents for marital status, the majority of respondents who answered this questionnaire were unmarried respondents, which is 94% of 229 people. Which of the respondents who are married is 5% which is 13 respondents.



#### 4.4.5 Years of study of Respondents

		Years of study			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	years 1	20	8.3	8.3	8.3
	years 2	37	15.3	15.3	23.6
	years 3	160	66.1	66.1	89.7
	years 4	25	10.3	10.3	100.0
	Total	242	100.0	100.0	

**Table 4.12: Number of Respondents by Years of Study**



**Figure 4.5: The percentage of Respondents by Year of Study**

According to the table above, of the 242 people in this questionnaire, the majority of respondents are from year 3, which is 66% of 160 respondents. In addition, 2nd year students are the highest respondents at 15% which is a total of 37 respondents. While 4th year students are also the most respondents who answered this questionnaire which is 10% of 25 people. Which of the lowest respondents is from 1st year students which is 8% of 20 respondents.

4.4.6 RESULT OF INFERENTIAL ANALYSIS

		Correlation			
		Hereditary Disease	Psychological	Peer Influence	Unhealthy Lifestyle
<b>Hereditary Disease</b>	Pearson Correlation	1	.377**	.377**	.339**
	Sig. (2-tailed)		.000	.000	.000
	N	242	242	242	242
<b>Psychological</b>	Pearson Correlation	.377**	1	1.000**	.450**
	Sig. (2-tailed)		.000	.000	.450*
	N	242	242	242	242
<b>Peer Influence</b>	Pearson Correlation	.377**	1.000**	1	.450
	Sig. (2-tailed)	.000	.000		.000
	N	242	242	242	242
<b>Unhealthy Lifestyle</b>	Pearson Correlation	.339**	.450**	.450**	1
	Sig. (2-tailed)	.000	.000	.000	
	N	242	242	242	242

Sources: SPSS

Table 4.13: Correlation

**4.4.7 Results of Pearson Correlation between the variables**

	<b>Hereditary Disease</b>	<b>Psychological</b>	<b>Peer Influence</b>	<b>Unhealthy Lifestyle</b>
<b>Hereditary Disease</b>	1	.377**	.377**	.339**
<b>Psychological</b>	.377**	1	1.000**	.450**
<b>Peer Influence</b>	.377**	1.000**	1	.450**
<b>Unhealthy Lifestyle</b>	.339**	.450**	.450**	1

\*\* . Correlation is significant at the 0.01 level (2-tailed)

Sources: SPSS

**Table 4.14: Results of Pearson Correlation between the variables.**



#### 4.4.8: The relationship between the Unhealthy Lifestyle and Hereditary Disease

		Hereditary Disease
Unhealthy Lifestyle	Pearson Correlation	.339**
	Sig. (2-tailed)	.000
	N	242

\*\* Correlation is significant at the 0.01 level (2-tailed)

Sources: SPSS

**Table 4.15: The relationship between the Unhealthy Lifestyle and Hereditary Disease**

Table: 4 show the relationship between Unhealthy Lifestyle and Hereditary Disease. According to the result significant value of Unhealthy Lifestyle of 000 which is below than p-value .000. Thus, the study can reject the null hypothesis. It Shows that there is a significant relationship between Hereditary Disease and Unhealthy Lifestyle among Wellness student against at UMK City Campus.

**4.4.9: The relationship between the Unhealthy Lifestyle and Psychological**

		Psychological
Unhealthy Lifestyle	Pearson Correlation	.377**
	Sig. (2-tailed)	.000
	N	242

\*\* Correlation is significant at the 0.01 level (2-tailed)

Sources: SPSS

**Table 4.16: The relationship between the Unhealthy Lifestyle and Psychological**

Table: 4 show the relationship between Unhealthy Lifestyle and Psychological. According to the result significant value of Unhealthy Lifestyle of 000 which is below than p-value .000. Thus, the study can reject the null hypothesis. It Shows that there is a significant relationship between Hereditary Disease and Unhealthy Lifestyle among Wellness student against at UMK City Campus.

**4.4.10: The relationship between the Unhealthy Lifestyle and Psychological**

		Peer Influence
Unhealthy Lifestyle	Pearson Correlation	.377**
	Sig. (2-tailed)	
	N	242

\*\* Correlation is significant at the 0.01 level (2-tailed)

Sources: SPSS

**Table 4.17: The relationship between the Unhealthy Lifestyle and Psychological**

Table: 4 show the relationship between Unhealthy Lifestyle and Peer Influence According to the result significant value of Unhealthy Lifestyle of Zero which is below than p-value Zero. Thus, the study can reject the null hypothesis. It Shows that there is a significant relationship between Hereditary Disease and Unhealthy Lifestyle among Wellness student against at UMK City Campus.

#### 4.5 DISCUSSION BASED ON RESEARCH OBJECTIVE

Discussion in the context of the study means an in-depth analysis of the arguments to reach the conclusion of the study. The main objective of the discussion section in the research paper is to interpret and demonstrate the importance of the research findings.

The goal of the discussion is to analyze and describe the results of the preceding chapter's data analysis to build a better understanding of the study topic. As a result, the topic is pertinent to the research issues raised in Chapter 1. Furthermore, the conclusions of this study will be reviewed briefly in terms of the correlation test between the three independent factors and the dependent variable. According to the findings of the correlation study, there is a substantial association between the two variables.

The researchers analyzed the mean of the independent variable and the dependent variable for each item in the questionnaire. Based on the results that have been obtained from the research that has been conducted, all respondents agree with the statement given by the researcher that hereditary disease, psychological and peer influence are closely related to the problem of unhealthy lifestyle among the students in this research.

The correlation value of .339 shows a high positive correlation between hereditary diseases and unhealthy lifestyle behavior towards students. Next, a correlation value of .450 indicates a very high positive relationship between psychological behavior and unhealthy lifestyle. And the correlation coefficient value of .450 indicates a very high positive association between peer influence and unhealthy lifestyle behaviors.

#### 4.6 SUMMARY

The results of the descriptive analysis, the reliability test, and the Pearson Correlation will be discussed in the next chapter. After being researched, all the hypotheses stated in this paper were shown to be true. To summarize, there is a considerable link between an unhealthy lifestyle, hereditary disease, psychological factors, and peer influence. This chapter summarizes the findings of a significant statistical investigation. The data was analyzed using the Statistical Package for the Social Sciences (SPSS). The purpose of this discussion is to assess and summarize the findings of the previous chapter's data analysis in order to gain a better understanding of the study issue. For each item in the questionnaire, the researcher calculated the mean of the independent and dependent variables. The correlation value of .339 indicates a low positive relationship between inherited disorders and bad lifestyle choices among students. Furthermore, the correlation coefficient value of .450 indicates a very strong positive relationship between peer influence and harmful lifestyle behavior.



## CHAPTER 5

### CONCLUSION AND RECOMMENDATION

#### 5.1 INTRODUCTION

This chapter will be the last chapter of our research study, in this chapter we will discuss the three components of the statistical analysis based on the data reported in Chapter 4. The first section discusses the findings that support the study's core goal and highlights the most relevant lessons. In the final section of this chapter, the research is summarized. The second section of this chapter contains recommendations for wellness students at City Campus to enhance their future lifestyle from unhealthy to the healthy lifestyle.

#### 5.2 RECAPITULATION OF THE FINDINGS

This chapter presents a summary of the study's most important findings. The aims of this investigation were explained in the preceding chapters. The findings are summarized below in line with the study goals. This study looks at how Wellness students at UMK City Campus are affected by peer influence, psychological factors, hereditary diseases and unhealthy lifestyle choices. The table created by Krejcie and Morgan (1970) was used to select 242 respondents for the questionnaire used to collect primary data. The dependent variable has an important function in predicting harmful lifestyle choices.

Psychological considerations include psychological influences on how an individual takes care of health, peer influence factors that can and do affect a person's mental health, and hereditary disease factors including genetic issues faced by parents, either mother or father. Reliability, descriptive, and Pearson correlation coefficient analysis of the 242 questionnaires submitted were used in this data study.

**5.2.1 Relationship between hereditary disease and unhealthy lifestyle among wellness student at UMK City Campus**

Research Objective 1	To examine the relationship between hereditary disease and unhealthy lifestyle.
Research Question 1	What is the relationship between hereditary disease and unhealthy lifestyle?
Hypotheses 1	There is significant relationship between hereditary disease and unhealthy lifestyle among wellness students at UMK City Campus.

**Table 5.1: Discussion on Objective 1 & Research Question 1**

The hypothesis states that there will be a low and statistically significant relationship between hereditary diseases and unhealthy lifestyles among health students at UMK City Campus. According to Pearson's Correlation Analysis (see table 4.), hereditary diseases have a strong impact on the relationship between hereditary diseases and unhealthy lifestyles among health students at the UMK City Campus. Pearson Correlation findings show a low positive correlation between independent variable 1 (hereditary disease) and dependent variable (healthy lifestyle behavior) at  $r=0.377$ ,  $p 0.00$ . Based on this study, there is an impact of hereditary diseases on unhealthy lifestyle behavior for Wellness students at UMK City

Campus. Therefore, in order to evaluate unhealthy lifestyle behaviors, it is necessary to predict the characteristics practiced by students in order to determine their level of health. It will also ensure the unhealthy lifestyle behavior of a student.

### 5.2.2 Relationship between psychology and healthy lifestyle among wellness student at UMK City Campus

Research Objective 2	To examine the relationship between psychology and unhealthy lifestyle.
Research Question 2	What is the relationship between psychology and unhealthy lifestyle?
Hypotheses 2	There is a significant relationship between psychological with unhealthy lifestyle among wellness students at UMK City Campus.

**Table 5.2: Discussion on Objective 2 & Research Question 2**

According to the second hypothesis, the relationship between psychology and healthy lifestyle among Wellness students at UMK City Campus is predicted to low positive and significant. The findings show that there is a significant effect on the relationship between psychology and a healthy lifestyle among Wellness students at the UMK City Campus, as shown by Pearson Correlation in Table 4. This is determined by looking at the magnitude of the effect. According to the findings, there is a low positive correlation between independent variable 2 (psychological) and dependent variable (unhealthy lifestyle behavior) at  $r=0.450$ ,  $p 0.00$ . Based on this study, there is a positive psychological effect on the factors of unhealthy lifestyle behavior. Therefore, many students think and determine the level of mental health probably affects their unhealthy lifestyle.

### 5.2.3 Relationship between peer influence and unhealthy lifestyle among wellness student at UMK City Campus

Research Objective 3	To examine the relationship between peer influence and unhealthy lifestyle.
Research Question 3	What is the relationship between peer influence and unhealthy lifestyle?
Hypotheses 3	There is a significant relationship between peer influence and unhealthy lifestyle among wellness students at UMK City Campus.

**Table 5.3: Discussion on Objective 3 & Research Question 3**

The last hypothesis predicts a low positive and significant relationship between peer influence and unhealthy lifestyle behavior among Wellness students at UMK City Campus. According to Pearson's Correlation, the results show that peer influence is an influence on the relationship between peer influence and unhealthy lifestyle behavior factors. According to the findings, the statistics are not significant but a clear association correlation between independent variable 3 (peer influence) and dependent variable (unhealthy lifestyle behavior) was found to be  $r=0.450$ , with a significance level of less than 0.00. As a result, hypothesis 3 was accepted. According to this study, there is a relationship between peer influence and unhealthy lifestyle choices. In addition, it will build a relationship of influence between two people who tend to put pressure on them.

### 5.3 LIMITATION OF STUDY

The researcher found it difficult to complete this research due to constraints. A large number of respondents limited the findings of quantitative research and the lack of resources and references are some of them. Although the respondents are students in City Campus, it is still difficult to get respondent data. Also, sending a survey to respondents and then waiting for a response takes a lot of time. This is because not all questions we send in Google Forms will respond quickly. But because so many respondents made an effort to express their dedication, the reception of their answers went smoothly.

The difficulty of understanding the data collected is another limitation, and there is no way for the researcher to know whether the respondent's testimony is reliable or not. A subset of the target group is surveyed quantitatively, and the findings are extrapolated to represent public opinion. For researchers inexperienced with statistical techniques, the challenge of understanding the collected data is a disadvantage, and data analysis is time-consuming and challenging, leading to erroneous results. This is usually a disadvantage for researchers who are not familiar with statistical tools such as SPSS.

Since part of the population may have different opinions, this can lead to the confusion of hasty assumptions. Data analysis is very difficult and time consuming. This information must be transformed into numerical data and connected to the larger population by the researcher. Therefore, rash assumptions are more typical in quantitative research. This may not be an ideal approach to generalize the idea of population segments as it may not be consistent.

## 5.4 RECOMMENDATION

This study suggests that more studies on unhealthy lifestyle behaviors should be conducted because this study is limited to Wellness students only regardless of the Year of Study, it cannot draw any conclusions. The results of this study may be different if extended to Hospitality and Tourism Students. For this reason, instead of only focusing on Health students, Hospitality and Tourism students are expected to be more likely to answer the survey if this study involves them.

Additionally, the current study only includes three characteristics that affect health students at the UMK City Campus that take unhealthy lifestyles into account. However, there is a possibility that other important factors that influence unhealthy lives among Wellness students at the UMK City Campus will not be noticed in this study. Therefore, future researchers can propose additional variables, such as internal or external influences, to test their new findings.

According to Krejcie and Morgan (1970), a larger sample size can be used to analyze millions of students in Malaysia if the quantity is reliable enough. However, when the study was condensed, the researchers collected only 242 samples, which were used to identify the population of interest. Therefore, to increase the validity and reliability of their study, future researchers should expand their sample size. Additionally, conduct interviews with respondents who complete online scale questionnaires or create some open-ended questions for them. When using an interview strategy, the researcher may get a high response rate, but confusion and incomplete responses may soon follow. As a result, this approach can eliminate ambiguity and improve research results.

Adolescence, or being a student, is a developmental stage during which people participate in healthy behaviors that have an impact on their long-term health and illness risk. Finally, because variables

can have an impact on wellness students' unhealthy lifestyles, future researchers should keep up with these variables. It is appropriate to assess the elements that contribute to an unhealthy lifestyle. This poses a risk to health. Future academics might develop a special paradigm for examining students who live unhealthy lives. A regional survey must be carried out to gauge the level of student health because the health care of those with unhealthy lifestyles varies.





## 5.5 CONCLUSION

The first section discusses findings that support the core aims of the study and highlights the most relevant lessons. In the final part of this chapter, the research is summarized. The aim of this investigation has been explained in previous chapters. This study looks at how Wellness students at UMK City Campus are affected by the influence of peers, psychological factors, hereditary diseases and unhealthy lifestyle choices. According to Pearson's Correlation Analysis (see table 4.), hereditary diseases have a strong impact on the relationship between hereditary diseases and unhealthy lifestyles among health students at the UMK City Campus. Based on this study, hereditary diseases are likely to have an impact on unhealthy lifestyle behaviors for Wellness students at UMK City Campus. This is determined by looking at the magnitude of the effect. Based on this study, there is a positive psychological effect on unhealthy lifestyle behavior factors. The last hypothesis predicts a positive and low significant relationship between peer influence and unhealthy lifestyle behavior among Wellness students at UMK City Campus. The researchers found it difficult to complete this research due to restrictions. Although the respondents are students in City Campus, it is still difficult to get respondent data. This study suggests that more studies on unhealthy lifestyle behaviors should be conducted because this study is limited to Wellness students only regardless of the Year of Study, it cannot draw any conclusions. The results of this study may be different if extended to Hospitality and Tourism Students. In addition, the current study only takes into account three characteristics that influence unhealthy lifestyle behaviors among Wellness students at UMK City Campus.



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