



UNIVERSITI  
MALAYSIA  
KELANTAN

# **ADOPTING A HEALTHY LIFESTYLE: IT'S A CHOICE**

**By:**

**MUHAMMAD IMRAN BIN KADIR (H20A1292)**

**NURUL SYAFIQAH BINTI ZAMBRI (H20A1901)**

**NURUL ADILLA BINTI MOHD YUNUS (H20A1643)**

**NURUL HUSNA BINTI ABDUL HALIM (H20A1674)**

**Bachelor of Entrepreneurship (Wellness) With Honours**

A report submitted in partial fulfillment of the  
requirements for the degree of

**Bachelor of Entrepreneurship (Wellness) With Honours**

**Faculty of Hospitality, Tourism and Wellness**

**UNIVERSITI MALAYSIA KELANTAN**

2023

### DECLARATION

I hereby certify that the work embodied in this report is the result of the original research and has not been submitted for a higher degree to any other University or Institution

- OPEN ACCESS** I agree that my report is to be made immediately available as hardcopy or on-line open access (full text)
- CONFIDENTIAL** (Contains confidential information under the Official Secret Act 1972)\*
- RESTRICTED** (Contains restricted information as specified by the organization where research was done) \*

I acknowledge that Universiti Malaysia Kelantan reserves the right as follow.

The report is the property of Universiti Malaysian Kelantan  
The library of Universiti Malaysia Kelantan has the right to make copies for the purpose of research only  
The library has the right to make copies of the report for academic exchange

Certified by

*SYAFIQAH*



Signature

Group representative: Nurul Syafiqah  
Date: 24/6/2023

Signature of Supervisor

Name: Puan Aifa Rozaini Bt Mohd Radzol  
Date: 24/6/2023

## ACKNOWLEDGEMENT

First of all, the success of a project depends on the efforts and guidance of many people. We would take this opportunity to express our gratitude to those people who have helped us a lot in completing this final year project. We also need to thank our Almighty God for giving us the strength and letting us have the willpower to complete this final year project successfully. Besides, we would like to thank our supervisor, Dr. Aifa Rozaini Binti Mohd Radzol for her dedication, intellectual, willingness to spend time and support as well as supervising us to complete our final year project. She has spent her precious time and guided us in our final year project. Her valuable suggestions were helpful throughout this final year project. Hence, working with her was an extremely knowledgeable experience for us and we have learned a lot from her.

Furthermore, this wellness research project was done wholeheartedly by our group members which is Muhammad Imran Bin Kadir, Nurul Syafiqah Binti Zambri, Nurul Adilla Binti Mohd Yunus and Nurul Husna Binti Abdul Halim. We also would like to thank Universiti Malaysia Kelantan (UMK) for giving us the opportunity to conduct our final year project in order to fulfill the subject requirement for this Bachelor of Entrepreneurship (Wellness). We have learned a lot throughout this final year project and it is an eye-opener for us to explore extra knowledge besides the textbooks and lectures. Last but not least, we need to thank all of our friends who always gave us comments and also encouraged us during our final year project. They have contributed some ideas to help us to complete our final year project.

## TABLE OF CONTENTS

<b>TITLE PAGE</b>	<b>Page</b>
<b>CANDIDATE'S DECLARATION</b>	<b>II</b>
<b>ACKNOWLEDGEMENT</b>	<b>III</b>
<b>ABSTRACT</b>	<b>VIII</b>
<b>ABSTRAK</b>	<b>IX</b>
<b>TABLE OF CONTENTS</b>	
<b>CHAPTER 1: INTRODUCTION</b>	
<b>1.1 Introduction</b>	<b>1</b>
<b>1.2 Background of Study</b>	<b>2-4</b>
<b>1.3 Problem Statement</b>	<b>4-5</b>
<b>1.4 Research Objectives</b>	<b>5-6</b>
<b>1.5 Research Questions</b>	<b>6</b>
<b>1.6 Significance of Study</b>	<b>6-7</b>
<b>1.7 Definition of Terms</b>	<b>7-8</b>
<b>1.8 Summary</b>	<b>9</b>
<b>CHAPTER 2: LITERATURE REVIEW</b>	
<b>2.1 Introduction</b>	<b>10</b>
<b>2.2 Literature Review</b>	<b>10-17</b>
<b>2.3 Conceptual Framework</b>	<b>17</b>
<b>2.4 Summary</b>	<b>18</b>
<b>CHAPTER 3: METHODOLOGY</b>	
<b>3.1 Introduction</b>	<b>19-20</b>
<b>3.2 Research Design</b>	<b>20-21</b>
<b>3.3 Population</b>	<b>21-22</b>
<b>3.4 Sample Size</b>	<b>22-23</b>

<b>3.5</b>	<b>Sampling Method</b>	<b>23-25</b>
<b>3.6</b>	<b>Data Collection Procedure</b>	<b>25-26</b>
<b>3.7</b>	<b>Research Instrument</b>	<b>26-31</b>
<b>3.8</b>	<b>Data Analysis</b>	<b>31-33</b>
<b>3.9</b>	<b>Summary</b>	<b>33</b>
<b>CHAPTER 4: RESULT AND DISCUSSION</b>		
<b>4.1</b>	<b>Introduction</b>	<b>34</b>
<b>4.2</b>	<b>Result of Demographic Analysis</b>	<b>34-36</b>
<b>4.3</b>	<b>Results of Descriptive Analysis</b>	<b>37-39</b>
<b>4.4</b>	<b>Results of Reliability Analysis</b>	<b>40</b>
<b>4.5</b>	<b>Results of Inferential Analysis</b>	<b>41-42</b>
<b>4.6</b>	<b>Discussion Based on Research Objectives</b>	<b>43</b>
<b>4.7</b>	<b>Summary</b>	<b>43</b>
<b>CHAPTER 5: CONCLUSION</b>		
<b>5.1</b>	<b>Introduction</b>	<b>44</b>
<b>5.2</b>	<b>Recapitulation of the Findings</b>	<b>44-47</b>
<b>5.3</b>	<b>Limitations</b>	<b>47-48</b>
<b>5.4</b>	<b>Recommendations</b>	<b>48-49</b>
<b>5.5</b>	<b>Summary</b>	<b>50</b>
<b>REFERENCES</b>		<b>51-53</b>
<b>APPENDICES A</b>		<b>54</b>
<b>APPENDICES B</b>		<b>55-62</b>



**LIST OF TABLES**

<b>TABLES</b>	<b>TITLE</b>	<b>PAGE</b>
Table 1.1	Definition of Terms	7-8
Table 3.1	Table for determining Sample Size	23
Table 3.2	Research Instruments	26-31
Table 4.1	Demographic Analysis of Gender	35
Table 4.2	Demographic Analysis of Age	35
Table 4.3	Demographic Analysis of Marital Status	36
Table 4.4	Results of Descriptive Analysis	37-38
Table 4.5	Results of Reliability Analysis	40
Table 4.6	Results of Inferential Analysis	41

**LIST OF FIGURES**

<b>FIGURES</b>	<b>TITLE</b>	<b>PAGE</b>
Figure 2.1	Conceptual Framework	17

**LIST OF SYMBOLS AND ABBREVIATIONS**

<b>Symbols</b>	
%	Percent
>	More than
n	Frequency
N	Population
S	Sample size

R	Pearson Correlation Coefficient
+	Positive
-	Negative
**	Correlation is significant at the 0.01 level

### **Abbreviations**

WHO	World Health Organization
CRC	Colorectal Cancer Screening
NHMS	National Health and Morbidity Survey
MCO	Movement Control Order
UMK	Universiti Malaysia Kelantan
DNA	Deoxyribonucleic Acid
SPSS	Statistical Package Social Science
IV	Independent Variables
DV	Dependent Variables

## ABSTRACT

A healthy lifestyle is one of the ways a person needs to live in order to achieve their optimal health including physical, mental, and social well-being. Researchers have shifted their focus to awareness of the importance of adopting a healthy lifestyle practice among communities. This is due to health issues that have arisen recently among communities that have become a public concern. The objective of this study is to investigate the relationship between peer influence, heredity disease and mental well-being in adopting a Healthy Lifestyle practice among communities in Malaysia. 384 respondents participated in this study which was conducted through Whatsapp, Facebook, and Instagram. This study focused on generation Z, a disease suffered and all Malaysians. The result showed that peer influence, heredity disease and mental well-being influence communities to adopt a healthy lifestyle.

**Keywords:** A healthy Lifestyle, Peer Influence, Heredity Disease, Mental Well-being.



## ABSTRAK

Gaya hidup sihat adalah salah satu cara yang diperlukan oleh seseorang untuk mencapai kesihatan yang optimum termasuk kesejahteraan fizikal, mental dan sosial. Penyelidik telah mengalihkan tumpuan kepada kesedaran tentang kepentingan mengamalkan amalan gaya hidup sihat dalam kalangan masyarakat. Ini berikutan isu kesihatan yang timbul kebelakangan ini dalam kalangan masyarakat yang menjadi perhatian umum. Objektif kajian ini adalah untuk menyiasat hubungan antara pengaruh rakan sebaya, penyakit keturunan dan kesejahteraan mental dalam mengamalkan amalan Gaya Hidup Sihat dalam kalangan masyarakat di Malaysia. 384 responden telah mengambil bahagian dalam kajian ini yang dijalankan melalui Whatsapp, Facebook, dan Instagram. Kajian ini memfokuskan kepada generasi Z, penyakit yang dihidapi dan semua rakyat Malaysia. Hasil kajian menunjukkan pengaruh rakan sebaya, penyakit keturunan dan kesejahteraan mental mempengaruhi masyarakat untuk mengamalkan gaya hidup sihat.

**Kata kunci:** Gaya Hidup sihat, Pengaruh Rakan Sebaya, Penyakit Keturunan, Kesejahteraan Mental.

# CHAPTER 1

## INTRODUCTION

### 1.1 INTRODUCTION

Chapter 1 consists of the background of the study, problem statement, research objectives, research questions, significance of the study, definition of terms and closed by the summary of this chapter. The background of the study is the first section of the paper and establishes the context underlying the research. Background of the study incorporates concepts, terms, theories and ideas that are related to a topic. Furthermore, the problem statement is a clear and brief statement which is a concise description of the problem and the effect expected from the solution. Research objectives is the explanation of intention or actions intended that may be defined in the form of acts to answer the research questions, meanwhile research questions are the main broad question and it may be complemented by research questions. The significance of the study is the extent of the contribution made by the researchers. Hence, chapter 1 discusses definition of terms and is closed by summary.

UNIVERSITI  
MALAYSIA  
KELANTAN

## 1.2 BACKGROUND OF THE STUDY

Health is a necessary foundation for people and people today want to live a healthy life. It is because a way to achieve good health, regular or physical exercise activity is the key to achieving a goal. Exercise has been defined as a reasonable way to contribute to and maintain a good health status (O'Brien, 2018). Lifestyle is the essence of social class which is the social class construct is in reality only a subset of the indicators of people's lifestyle. In addition, lifestyle has a significant influence on physical and mental health of human beings . It includes day to day behaviors and functions of people in their job, activities, fun and also diet In recent research, lifestyle is an important factor of health. It is because according to World Health Organization (WHO), 60% of related factors to individual health and quality of life are correlated to their lifestyle (Farhud DD, 2015).

Adopting a healthy lifestyle entails not smoking or quitting, maintaining a normal body weight, staying active, drinking alcohol in moderation, and eating a nutritious diet. Adoption of a healthy lifestyle, on the other hand, is difficult for an individual, especially because of the reported "health certificate effect" of colorectal cancer screening (CRC), in which individuals with negative endoscopic screening may perceive themselves as certified healthy and have reduced incentives to adopt a healthy lifestyle (Wang K, 2021). It is because wide changes have occurred in the lives of all people nowadays. As an example, unhealthy diet, cigarettes, malnutrition, alcohol consumption, drug abuse, stress, and other characteristics of an unhealthy lifestyle that people use as a dominant way of life (Farhud, D.D, 2015).

Malaysia is facing rapid economic development, health standards and the daily activities of the community need to be emphasized. The World Health Organization (WHO) established on

April 7, 1948, defines health as a state in which the body is perfectly healthy physically, mentally, and socially and free from any disease (Wikipedia 2021). Individual fitness is an asset to itself, one's family, and community, as well as a catalyst for national productivity.

Healthy lifestyle practices are activities that are always done to maintain the health of the body. Dato' Seri Najib Tun Razak, who is the 6th Prime Minister of Malaysia once said that Malaysians people should practice a healthy lifestyle to gain good from it. History proves that people in the past lived for a longer period than the people of today because they practiced a healthy lifestyle. Today's society suffers from many health problems because they do not practice a healthy lifestyle. The proof is that Malaysia has the highest number of diabetes sufferers in Asia, also among the most in the world after Saudi Arabia. According to the 2019 national health and morbidity survey (Nhms), the percentage of diabetic patients in Malaysia has risen from 13.4% in 2015 to 18.3% in 2019.

The level of health among Malaysians people is at a worrying level. This is because of unhealthy eating practices, lack of physical activity, emotional stress, and so on (Shafiyah Iqlima, 2020). Syahrul Nazri Rosli (2015) stated that many suffer from being overweight, are inactive, and do not live a healthy lifestyle. Staying at home for too long during the MCO season encourages a sedentary lifestyle like spending more time watching television and engaging in unhealthy behaviors such as overeating, sleeping late, and not getting enough sleep (Utusan, 2020). Sherina Mohd Sidik (2020) stated that the students who stayed at the Institute of Higher Education (IPT) during the Movement Control Order (MCO), were among those who experienced stress and were at risk of facing mental health problems. Being away from family and not being able to do favorite

routine activities can affect the emotional health of students. All students must be helped through healthy lifestyle practices and mental health consultation services if necessary.

### **1.3 PROBLEM STATEMENT**

The Department of Health Sciences (2019) has conducted research on A Healthy Lifestyle and also the prospective change in four domains of functioning in order to study the association between healthy lifestyle and decline in psychological, cognitive and also social functioning. The aim of this study is to study the impact of an overall healthy lifestyle, using the sum of an individual lifestyle factors, on mortality risk. So, it can create awareness for people to adopt a healthy lifestyle. Another aim of this study is to investigate the role of lifestyle factors and an overall healthy lifestyle in social functioning. In addition, this knowledge will importantly contribute to the goal of adding healthy years to an increasing life span of the people.

Lately, the researchers have shifted their focus to awareness of the importance of adopting healthy lifestyle practices among people in communities. This is due to health issues that have arisen recently, among people that have become a public concern. So, some studies on past studies have been done to improve and adapt people to the needs of today's healthy lifestyle. Previous studies such as "Practicing these healthy habits can add years to your life" by the study finds (2022) have been reviewed to help the current study get better and more accurate results about the research. Therefore, the findings of this study will contribute to the design of future health care settings, public health approaches, and policies that work with patients to promote healthy lifestyle choices.

Francesca Santiago et al. (2018) stated that unhealthy lifestyle may have an effect on other people in communities. However, the norm sees this variable as stressful and unfavorable, especially when it comes to making decisions. Since people's perspectives are important and relevant to the subject, the current situation needs to be seen through their eyes. Therefore, it is related to a person's mental health, making it essential and certain to advance human well-being. Research is evidence that some of the factors that cause people to adopt a healthy lifestyle are the following factors, namely the influence of peers, heredity disease, mental-wellbeing and also lifestyle. Although simple factors can motivate people and improve their performance in adopting a healthy lifestyle, lifestyle practices may have potential on their general well-being. Collectively, the limited data shows that people need to adopt a healthy lifestyle based on the above factors.

Last but not least, this study will clearly describe people's awareness that the above factors play an important role in the health of the people. It is because the level of health will decline and even give people the opportunity to face adverse effects on their health if they do not practice a healthy lifestyle.

#### **1.4 RESEARCH OBJECTIVES**

Research objective is identifying the goals of the study. The following are the goals of study about the awareness of the Importance of adopting a Healthy Lifestyle Practices among communities in Malaysia. Thus, the purpose of this research study is:

- i. To investigate the relationship between peer influence and adopting a Healthy Lifestyle practice among communities in Malaysia.

- ii. To investigate the relationship between heredity disease and adopting a Healthy Lifestyle practice among communities in Malaysia.
- iii. To investigate the relationship between mental well-being and adopting a Healthy Lifestyle practice among communities in Malaysia.

### **1.5 RESEARCH QUESTIONS**

This study will be conducted to identify the awareness of the Importance of adopting a Healthy Lifestyle Practices among communities in Malaysia. Thus, the research questions are:

- i. What is the importance of peer influence in adopting a Healthy Lifestyle practice among communities in Malaysia?
- ii. What is the importance of heredity disease in adopting a Healthy Lifestyle practice among communities in Malaysia?
- iii. What is the importance of mental well-being in adopting a Healthy Lifestyle practice among communities in Malaysia?

### **1.6 SIGNIFICANCE OF STUDY**

This research was conducted on communities in Malaysia to measure the level of knowledge, awareness and healthy lifestyle practices. Through this study, it was possible to find out the state of health or lifestyle of people from various factors such as the influence of peers, mental well-being, and history of hereditary diseases.

The results of this study can be used by future researchers, disease sufferers, all Malaysians, and generation Z to improve well-being and prevent themselves from suffering from serious diseases. This study is also influential because it may increase public awareness to pay more attention to the importance of a healthy lifestyle. Furthermore, policymakers, health agencies, program planners, and community leaders can use the data obtained from this study as a reference to plan and implement effective policies and programs for the Malaysian community to promote a healthy lifestyle.

### 1.7 DEFINITION OF TERMS

Table 1.1: Definition of Terms

Author	Variable	Definition
Chi,Y. (2007)	Peer Influence	Peers can be defined as friends who have more or less the same age, background and interests. Peers mean two or more individuals who have the same level of behavior. They also have an understanding with each other. These peers do not necessarily have the same age, as long as they can adapt to each other's behavior in terms of



		interests and goals.
Jaquann, L. (2019)	Heredity Disease	Heredity is the genetic inheritance that was received by every individual at the time of conception and a biological process of transmission of certain traits of behavior of the parents to their children.
Lasemang, N. (2017)	Mental Well-being	Mental well-being is an emotional expression that represents the ability to adapt to various pressures and demands in life.
World Health Organization (1946)	Healthy Lifestyle	A Healthy Lifestyle is the way a person lives in order to achieve optimal health with a state of complete physical, mental, and social well-being, which is not merely just the absence of disease only'.

## 1.8 SUMMARY

This chapter outlines the issues faced by the community living in Malaysia, who are faced with health problems due to not practicing healthy eating habits. This chapter focuses on peer influence, heredity disease, mental well-being and healthy lifestyle that have been experienced by the community living in Malaysia as a source of peer influence, this study shows that the level of peers faced by community living in Malaysia is very worrying. Next, this chapter also explains heredity disease, a heredity disease in the family of a community living in Malaysia. Mental well-being is also one of the factors that cause people to adopt a healthy lifestyle. Apart from that, peer pressure is also one of the causes of emotional stress for people. This is said to be so because in this world there are various types of people that will be found by them. If an individual gets a good peer, an individual should adjust easily but if the peer behaves unpleasantly it will harm them. Next to heredity diseases, there is no denying that this factor puts a lot of pressure on people to maintain their health.

## **CHAPTER 2**

### **LITERATURE REVIEW**

#### **2.1 INTRODUCTION**

This chapter discusses the literature review, hypotheses and conceptual framework of our research study. A literature review is a piece of academic writing displaying knowledge and understanding of academic literature on a certain 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 research study. Last but not least, the predicted connection between variables is depicted by a conceptual framework. It explains the important objectives for this research method and shows how to interact to produce coherent results. This chapter also discusses the relationship of the independent variables and dependent variables of adopting a healthy lifestyle in community living in Malaysia.

#### **2.2 LITERATURE REVIEW**

##### **2.2.1 Peer Influence**

Peer influence meaning is when someone chooses to do something individuals like or not, because some individual wants to feel accepted and appreciated by a friend then individuals are willing to do it (Nadiyah, 2021). Peer influence is the best way to describe how teenagers' behavior is shaped around their friends (Nadiyah, 2021). Peer influence can actually be a positive thing. The example, someone may be influenced to study hard because they want to compete with their friends who are also hard at studying (Nadiyah, 2021). Positive influence from friends can encourage them

to be better and be a good example and expose themselves to positive things. However it can also be negative. For example, a few teenagers may choose to try things they would not normally be interested in but are forced to do because of peer pressure, such as smoking or social behavior (Nadiah, 2021).

Peer Influence is very important to create awareness of adopting a healthy lifestyle when an individual feels pressure from their peers. There will be a tendency for them to choose the same path as making a decision to follow in the footsteps of their friend, which is likely to be an action outside of the individual's character such as playing sports for awareness (Ann, 2021). Peer Influence can make a person interested in taking care of the individual's health with interesting activities such as group cycling on weekends, joining exercise classes and more together (Aminuddin, 2014). Peer Influence can also increase a person's productivity to practice a healthy lifestyle and can increase self confidence (Aminuddin, 2014).

In addition, how peers can influence a healthy lifestyle is that peers will affect someone's health by providing emotional support and moral support (Joseph Lewis, 2021). The individual shows the importance of maintaining a healthy lifestyle, especially if the individual has a positive outlook on the issue of health (Joseph L, 2021). On the other hand, peers are in a good position to promote the health of individuals if their own health is desired (Joseph L, 2021). For example, if someone spends time with friends together outside of school hours whether for sports, the individual is also likely to appreciate the importance of playing sports as an important part of overall personal health. (Ahmad, 2019).

Peer influence plays an important role and is closely related to a healthy lifestyle among us. The influence of peers allows a person to live a healthy life because of the influence of peers who always guide that person to continue living a healthy lifestyle (Nadiah,2021). Furthermore, peer influence plays an important role in influencing a person's level of health and peers play a significant role in shaping the direction of a person.

Therefore, H1 is propose as below :

H1: There is a positive relationship between Peer Influence and adopting a Healthy Lifestyle.

### **2.2.2 Heredity Diseases**

Heredity disease is known as the process by which genes and characteristics are transmitted from parents to their children. Some of the genes from the mother combine with the father's genes to come up with a special combination of genes just for that child. The possibility of a genetic disease is indicated by a variety of factors in a differential diagnostic (Dan Blazer, 2017). One of the major factors that lead to the prevalence of heredity disease is a condition among family members that is revealed when the family history is obtained and affects family members. From a family history, an individual may be significantly increased risk in the future when an individual has potential health issues such as heart disease, diabetes, or cancer. (Dan Blazer, 2017).

The basic physical and functional units of heredity is that each chromosome contains multiple genes. Each gene has a unique deoxyribonucleic acid or known as DNA sequence and Genes are specific sequences of bases that provide instructions for how to make proteins. Hence, genes comprise only about 29 percent of the human genome and the human genome is expected to contain 30,000 to 40,000 genes. Although each cell has a full complement of DNA, each cell

uses genes selectively. As an example, DNA determines our growth patterns and also physical structures. It is because genes are different particles of DNA that are strongly together in chromosomes and distributed from the parents to the child (Edward & Timothy, 2022). So that, each parent contributes half of the genetic information that it inherits and each cell performs different functions and different genes are also activated during development or in response to environmental stimuli such as an infection or even stress over time (Edward & Timothy, 2022).

Heredity disease can be categorized into three main groups which are single genes, chromosomal and also multifactorial diseases. Changes in the DNA sequence of single genes or known as mutations cause many diseases. Chromosomal occurs in every cell of the human body which has a full set of chromosomes but a child will inherit one set of chromosomes from each of its parents. Meanwhile, genetic disorders are the conditions that an infant is born with that can cause or be part of a set of conditions that can cause diseases (Professor B, 2021). In addition, multifactorial diseases are caused by a complex combination of genetic factors such as diabetes and heart disease (Dan Blazer, 2017)

Heredity disease plays a significant role in health, fitness and also wellness. Scientists have also discovered that people respond differently to exercise depending on their heredity disease condition. It is because people are starting to realize that making healthy lifestyle choices can help to counteract heredity diseases. As an example, adopting a healthy lifestyle can give people many benefits such as reducing their risk of diseases. In addition, individuals who adopt a healthy lifestyle throughout life are among the healthiest people regardless of their heredity (Corbin C., 2022). Furthermore, heredity disease influences people to adopt a healthy lifestyle

when one of biological parents died prematurely because of heredity disease such as cancer. So that, people can slow the process within the natural limits set by heredity disease by adopting healthy lifestyle habits such as following dietary patterns and engaging in physical activity (Béliveau, R., 2017). Heredity diseases are an important factor that lead people to practice a healthy lifestyle. Therefore, H2 is proposed as below:

H2: There is a positive relationship between heredity disease and adopting a Healthy Lifestyle.

### **2.2.3 Mental Wellbeing**

The World Health Organization (1946) defines mental well-being as “a state of well-being in which the individual realizes the abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to community”. Mental well-being also means that an individual can use common sense to think more clearly and correctly. Good mental well-being also means having a calm and emotionally stable mind. For example, being able to concentrate, build good relationships with the surrounding community, and act without emotion when solving or doing something.

Someone who does not have a stable mental health condition is more susceptible to diseases, makes rash decisions, and is easily influenced to engage in negative and self-destructive activities such as illegal racing, smoking drugs, and vandalism. Several examples that can be pointed out are the commonly encountered mental conditions such as depression, mental illness, stress, and so on. Mental well-being is very important, and everyone needs to pay attention to their mental well-being for the good of themselves and the people around them (Ministry of Health Malaysia, 2012). This is because a normal person does not necessarily have good mental well-being

at all times. Thus, anyone must take care of their mental health, and a person needs to manage stress well to balance their mental health and surroundings.

There are many ways to get good mental well-being. Western Australian Department of Health. (n.d) stated that “ things that can lead to positive mental health include spending quality time with family members and close acquaintances, working in a job or finding an activity that is meaningful, finding fun activities (such as playing football, or arts and craft), practicing relaxation techniques such as meditation, yoga or tai-chi and others". This physical activity can improve mental health by helping the brain cope with stress and depression. Based, research shows that individuals who exercise regularly are twenty-five percent less likely to develop depression or mental disorders in the next five years (Isa, A. M. 2022).

Furthermore, good mental health allows a person to face life's challenges prudently. A mentally healthy person will be able to deal with stress effectively. With all of life's challenges, it's not always easy to accept facts and remain open-minded. An individual will use his ability to overcome increasingly difficult challenges, which leads to positive thinking (Lasemang, N. 2017). It will lead to goodness that will benefit both the individual and society. As a result, good mental health allows a person to live life according to plan and to incorporate healthy lifestyle practices into one's life.

A person who has good mental well-being can think clearly about the good or bad, causality, and effect of himself before doing something. Such as, a person who can think clearly about the consequences of eating fast food every day, which include the risk of obesity, digestive problems, and heart disease, will never try it (Awadah, 2019). It is because a person who has good mental well-being will take seriously the adoption of a healthy lifestyle and practice it in life every



day. The practice of a healthy lifestyle can contribute a positive effect on a person's body, improve fitness and also reduce an individual's risk of contracting a disease. It will also be followed by high self-discipline to practice a healthy lifestyle beyond an individual's laziness because it stimulates the mind in a more positive direction and a highly motivational spirit. That is how good mental well-being influences adopting a healthy lifestyle. Therefore, H3 is proposed as below:

H3: There is a positive relationship between mental well-being and adopting a Healthy Lifestyle.

#### **2.2.4 Healthy Lifestyle**

In 1946, the World Health Organization defined a Healthy Lifestyle as the way a person lives in order to achieve optimal health with a state of complete physical, mental, and social well-being, which is not merely just the absence of disease only'. A healthy lifestyle is a life practice that positively impacts a person, family, and society. These include patterns of social relations in terms of clothing, entertainment, and consumption. For instance, a healthy life is when a person can live happily without experiencing any problems that can affect his life for a certain period. Thus, adopting a healthy lifestyle is necessary in someone's life.

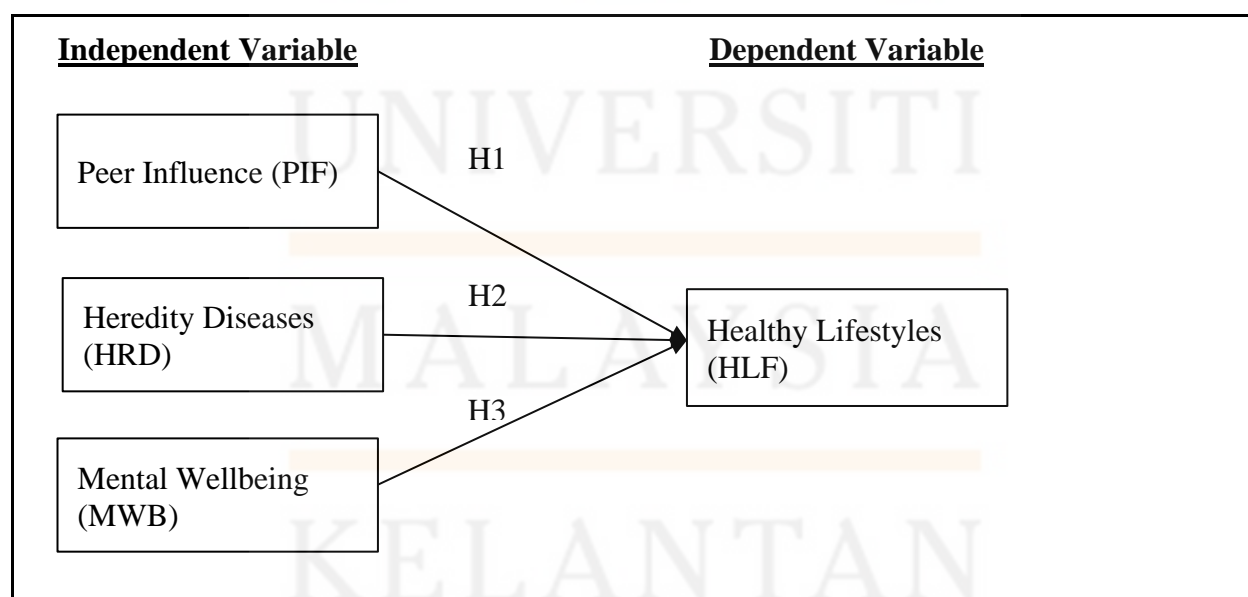
People need to be involved with a Healthy Lifestyle because it will give them many benefits as it is used to make their life healthier. For instance, by adopting a healthy lifestyle as a way of life, individuals can improve their health, general mood, and extend their lifespan. Moreover, to have a healthy lifestyle is not too hard as a Healthy Lifestyle can be done through exercise, diet, and more. Thus, people need to make healthy lifestyle changes starting with a step-by-step plan and then building a Healthy Lifestyle as habits. Hence, there are quotes about a Healthy Lifestyle

by Mahatma Gandhi that stating “It is health that is real wealth, and not pieces of gold and silver” which show how important the Healthy Lifestyle is for people.

In addition, there are some tips and ideas that people can use to achieve their wellness goals to make their life healthier. Among them is avoiding harmful activities, doing healthy things they enjoy, and taking care of their general well-being. If people keep in mind to remember these tips, people will be able to unlock a healthy and happy lifestyle. Also, people are advised to watch some videos that are being shared on the internet about healthy lifestyle tips as a reference to be able to follow the tips properly. Moreover, it is better to seek guidance from the experts such as therapists, coaches, or wellness entrepreneurs themselves to get more effective results.

### 2.3 CONCEPTUAL FRAMEWORK

Figure 2.1 below shows the conceptual framework of this research



**Figure 2.1: Conceptual Framework**

## 2.5 SUMMARY

This chapter has discussed the dependent variable which is healthy lifestyle among Malaysian people. Hence, three independent variables that may influence people to adopting a healthy lifestyle are peer influence, heredity disease and mental wellbeing. This section also briefly about the hypothesis and the conceptual framework of this research which explains the dependent variable and independent variable for this research.



## CHAPTER 3

### METHODOLOGY

#### 3.1 INTRODUCTION

This chapter consists of the research design, population, sample size, sampling method, data collection procedure, research instrument, data analysis, and summary of this chapter. Research design is the specification of methods and procedures for acquiring the information needed. It is the overall operational pattern or framework of the project that stipulates what information is to be collected from which sources by what procedures. Besides, a population is the entire group that is used to draw conclusions about the research and it can refer to people or others. Meanwhile, a sample size is the specific group that researchers will collect data from. The size of the sample is less than the total size of the population. Furthermore, sampling method refers to the two primary types that can be used in the research whether probability and non-probability sampling methods. Probability sampling technique in which the researcher chooses samples from a larger population using a method based on probability theory. On-probability is defined as a sampling technique in which the researcher selects samples based on the subjective judgment of the researcher rather than random selection.

Next, data collection is a systematic process of collecting observations or measurements in the research. Moreover, research instruments are measurement tools consisting of questionnaires, scales, and surveys that researchers used to measure variables in research studies. In addition, data analysis is the most important part of any research and it summarizes the collected data. It involves the interpretation of data gathered through the use of analytical and logical reasoning to identify

patterns, relationships, or trends. Last but not least, summary is a last section and it is just a brief overview of the entire section for this chapter.

### **3.2 RESEARCH DESIGN**

Research design is a process of gathering and begins to jot down ideas which starts with designing an introduction for a proposal. Research design explains the differences between deductive and inductive methods to construct a research project and also the differences between explanatory and descriptive research designs (Creswell, 2018). Hence, deductive research designs are theory-based, which is whenever a research question relates to a phenomenon of that has already been researched while inductive research designs is taking a research question as a point of departure but the second step is not to select theories before formulating hypotheses that may be empirically tested (Panke, D., 2018).

The aim of the research design is to determine that the information acquired allows researchers to focus effectively on the research issue. So that, this study will use quantitative study. Quantitative research method is defined by deductive approaches to the research process that aim at proving, disproving or even refuting pre-existing theories. In addition, Quantitative research design is nonexperimental research. In nonexperimental research, the situation cannot be rectified because the change in the independent variable has already occurred (Wayne K. Hoy & Curt M. Adams, 2015). Quantitative research involves measuring variables and examining relationships between variables in order to identify patterns, correlations and causal relationships (Leavy, P., 2022). As an example, the quantitative research approach design is used to measure the adopting

a healthy lifestyle and independent variables such as peer influence, heredity disease as well as mental wellbeing.

There are three quantitative research designs which are descriptive research, causal-comparative and exploratory research. Descriptive research is the research that is designed to gather information that describes the characteristics of the study's topic in the research. This research design is typically structured and specifically designed to measure the characteristics that have been described in the research questions. Causal-comparative research defines that a change in one event brings about corresponding change in another event which is it tests whether one event will cause another. Hence, exploratory research is an appropriate research when the researchers know little about the problem or opportunity. This research is to identify new relationships, patterns, themes and concepts. (Joseph F. Hair, 2015).

Therefore, this research used quantitative research design to study the relationship between peer influence, heredity disease and mental wellbeing in adopting a healthy lifestyle. This research used quantitative research because it can identify that peer influence, heredity disease and mental wellbeing are the factors that influence people to adopt a healthy lifestyle.

### **3.3 POPULATION**

According to Wani, R. (n.d.), a population refers to any collection of specified groups of human beings or non-human entities such as objects, educational institutions, time units, geographical areas, prices of wheat or salaries drawn by individuals. Meanwhile, the population in statistics is the entire set of items from which the researcher draws data for statistical study.

Population refers to data on the researcher's study of interest. It can be a group of individuals, objects, events, organizations and others. It is used to draw conclusions (S, R. A. (2021).

The target population for this research is the community living in Malaysia. The total population in Malaysia consists of 33,871,431 people and three main races, which are Malays, Chinese and Indians. The goal for this population is to identify the level of adopting a healthy lifestyle among communities in Malaysia and the factors that encourage it. The age target of respondents in this research is 18 years old and above, consisting of both males and females.

### **3.4 SAMPLE SIZE**

According to Fleetwood (2021), the sample is a smaller data set collected or selected by researchers from a larger population using a specific selection process. The sample size is commonly referred to as 's'. The researchers will conduct a survey to determine the sample size. Sample size will be determined by using Table of Krejic and Mogan. Based on 33,871,431 people as the population which in Krejic & Mogan table, there is no specific 33,871,431 population. So, researchers need to choose the population that is nearest to 1,000,000, which is 384 populations. Thus, our sampling size is 384 people of the community living in Malaysia that were selected as respondents to answer the questionnaire. (N=1,000,000, S=384).

Table 3.1: Table for determining sample size

N	S	N	S	N	S	N	S	N	S
10	10	100	80	280	162	800	260	2800	338
15	14	110	86	290	165	850	265	3000	341
20	19	120	92	300	169	900	269	3500	346
25	24	130	97	320	175	950	274	4000	351
30	28	140	103	340	181	1000	278	4500	354
35	32	150	108	360	186	1100	285	5000	357
40	36	160	113	380	191	1200	291	6000	361
45	40	170	118	400	196	1300	297	7000	364
50	44	180	123	420	201	1400	302	8000	367
55	48	190	127	440	205	1500	306	9000	368
60	52	200	132	460	210	1600	310	10000	370
65	56	210	136	480	214	1700	313	15000	375
70	59	220	140	500	217	1800	317	20000	377
75	63	230	144	550	226	1900	320	30000	379
80	66	240	148	600	234	2000	322	40000	380
85	70	250	152	650	242	2200	327	50000	381
90	73	260	155	700	248	2400	331	75000	382
95	76	270	159	750	254	2600	335	1000000	384

*Note: N is Population Size; S is Sample Size* *Source: Krejcie & Morgan, 1970*

### 3.5 SAMPLING METHOD

Sampling is a process in statistical analysis where researchers take a predetermined number of observations from a larger population. The method of sampling depends on the type of analysis being performed, but it may include simple random sampling or systematic sampling (Alicia, 2020). When individuals conduct research about a group of people, it's rarely possible to collect data from every person in that group. The sample is the group of individuals who will actually



participate in the research (Alicia, 2020). To draw valid conclusions from the individual results and have to carefully decide how the individual will select a sample that is representative of the group as a whole (Alicia, 2020). Two primary types of sampling methods individual that can use in research probability sampling involves random selection and allowing to make strong statistical inferences about the whole group, while non-probability sampling involves non-random selection based on convenience or other criteria, allowing to easily collect data (Shona, 2022)

There are four main types of probability sample methods that can be used by researchers like Simple Random sample, Systematic Sample, Cluster Sample and Stratified Sample (Endrea, 2019). The sampling frame should include the whole population. To conduct this type of sampling, the individual can use tools like random number generators or other techniques that are based entirely on chance (Endrea, 2019). Systematic sampling is similar to simple random sampling, but it is usually slightly easier to conduct. Every member of the population is listed with a number, but instead of randomly generating numbers, individuals are chosen at regular intervals (Shona, 2022). Next is Stratified sampling, Stratified sampling involves dividing the population into subpopulations that may differ in important ways. It allows to draw more precise conclusions by ensuring that every subgroup is properly represented in the sample (Shona, 2022). Last, is Cluster sampling also involves dividing the population into subgroups, but each subgroup should have similar characteristics to the whole sample (Shona, 2022).

Non-Probability techniques will be used by the researchers because the sample selection is not random. In this study, certain characteristics that exist in the population or respondents are noticed by the researchers which cause purposive sampling to be used. The respondents are a

community living in Malaysia. Approximately all. In addition, the researchers chose community living in Malaysia for this study because the community are suitable respondents for a study about adopting a healthy lifestyle.

### **3.6 DATA COLLECTION PROCEDURE**

In this study, we asked for guidance from our supervisor as an expert judge to evaluate the questionnaire first before it can be issued for the respondents to fill out. An evaluation of typical expression in the socio-cultural context of Malaysia, Item build customization level, and semantic and syntactic appropriateness was made. When the analysis of the cognitive interview results is done, a pilot test application is done with people of 18 years old and above (target population) to evaluate the period of use of the instrument, the elements contained in the instrument, and the understanding of the slogan. At this stage, the two voices that participated in the adaptation where they were each from expert judges and the target population, were integrated and formed an independent resource to guarantee conceptual, cultural and linguistic adequacy in the context of our questionnaire.

In terms of the application phase to all participants, contact with the family and friends was made through the WhatsApp chat to request their cooperation in the study. The instrument application (google form format) was implemented by our head researcher through a message he sent in the WhatsApp chat that briefly explained the objectives and structure, as well as how to fill them out. Throughout the completion process, our head researcher also opened a question & answer session that could be sent in the form of a message in a WhatsApp group to solve and answer some problems that emerged. The place of application can be in any suitable place since it

is only carried out online. Time to self-fulfill is approximately 2 days after the google form link is provided. This questionnaire was used to collect information regarding the awareness of the Importance of Healthy Lifestyle Practices among communities in Malaysia.

### 3.7 RESEARCH INSTRUMENT

Table 3.2 below shows the research instrument that will be used in this research.

Table 3.2: Research Instrument

No.	Variable	Source ( year)	No of Items	Items
1.	Peer Influence	Bawwar Abdul Mumen (2016).	4 items	<ul style="list-style-type: none"> <li>● To what extent does the influence of peers influence the level of health</li> <li>● Is the influence of peers important in life?</li> <li>● Can Peer Influence affect a person's health?</li> <li>● What are the activities of peers that influence a person's health?</li> </ul>
2.	Heredity Disease	Sara M. Fitzgerald (2015).	18 Items	<ul style="list-style-type: none"> <li>● Are some diseases</li> </ul>

				<p>caused by genes, environment and lifestyle?</p> <ul style="list-style-type: none"> <li>● Healthy parents can have a child with heredity diseases?</li> <li>● A genetic test can determine whether you have a higher chance to develop a particular disease?</li> <li>● A gene is a disease?</li> <li>● You can see a gene with the naked eye?</li> <li>● An individual with an changed (mutated) gene may be completely healthy.</li> <li>● All serious diseases is heredity diseases?</li> <li>● Genes are instructions for protein-making which help the body grow and work</li> </ul>
--	--	--	--	---

				<p>properly?</p> <ul style="list-style-type: none"><li>• The child of a person with heredity diseases will always have the same diseases?</li><li>• Does a gene is a piece of DNA?</li><li>• Altered (mutated) genes can cause disease?</li><li>• Genes are inside of cells?</li><li>• A chromosome contains many genes?</li><li>• Do genes determine traits such as height, eye color, and facial appearance?</li><li>• A person has thousands of genes.</li><li>• Do identical twins have different sets of genes?</li><li>• Humans have 20 pairs of chromosomes?</li></ul>
--	--	--	--	---

				<ul style="list-style-type: none"> <li>• Children inherit both copies of each chromosome from their parents.?</li> <li>• Does a genetic test tell you if you have a higher chance to get a specific disease?</li> </ul>
3.	Mental Well-being	Yusoff, M. S. (2010).	14 Items	<ul style="list-style-type: none"> <li>• I have been feeling optimistic about the future?</li> <li>• I have been feeling useful?</li> <li>• I have been feeling relaxed?</li> <li>• I have been feeling interested in other people?</li> <li>• I have had energy to spare?</li> <li>• I have been dealing with problems well?</li> <li>• I have been thinking clearly?</li> <li>• I have been feeling good</li> </ul>

				<p>about myself?</p> <ul style="list-style-type: none"> <li>● I have been feeling close to other people?</li> <li>● I have been feeling confident?</li> <li>● I have been able to make up my own mind about things?</li> <li>● I have been feeling loved?</li> <li>● I have been interested in new things?</li> <li>● I have been feeling cheerful?</li> </ul>
4.	Healthy Lifestyle	Alvarez-Alvarez, M., de la Vega-Marcos, R., Jiménez-Castuera, R., & Leyton-Román, M. (2021).	12 items	<ul style="list-style-type: none"> <li>● tobacco consumption (e.g., “I smoke regularly”)</li> <li>● rest habits (e.g., “ I sleep between 7 and 8 h at least five times a week”)</li> <li>● regarding respect for meal times (e.g., “I eat breakfast, lunch, and snacks at the same time, at least five times</li> </ul>

				<p>a week”)</p> <ul style="list-style-type: none"> <li>● maintaining a balanced diet (e.g., “I eat five portions of fruit and vegetables each day at least five times a week”)</li> </ul>
--	--	--	--	---

### 3.8 DATA ANALYSIS

Data analysis is known as an evaluating method of assessing records with applying statistical, logical, and analytical. Statistical Package Social Science (SPSS) is the tool that is used in analyzing and collecting the data. The SPSS software would be useful for the researcher in determining the best statistical technique to be used. The Statistical Package for the Social Sciences (SPSS) allows both descriptive and bivariate statistics, as well as numerical outcome predictions for group identification. Statistics such as cumulative percentage and valid percentage will be explained by the SPSS data. Researchers will use SPSS programmed version 26.0 version to create tables for data entry and analysis. Researcher was able to collect data for the industry research data gathering as well as perform descriptive analysis, reliability analysis, and correlation analysis.

#### 3.8.1 Descriptive Statistic

Descriptive statistics is data analysis that effectively describes or summarizes data. However, it does not allow researchers to draw conclusions about any potential theories or



extrapolate from previously analyzed data. This is critical because it is difficult to visualize the data if the researcher only provides raw data, especially if there is a lot of it. As a result, researchers can present the data in a more understandable way using descriptive statistics, which improves the interpretation of the data.

The collected data will be analyzed in a descriptive analysis method. Descriptive analysis will be used to describe the demographic profile such as percentage, frequency, mean and average mean of respondents. So, in parts B, C, and D, the researcher used descriptive analysis to explain the amount of agreement. The likelihood of respondents agreeing or disagreeing with the questionnaire statement is measured using the range of the mean table. A brief quantitative description of the collection of dates obtained is referred to as descriptive analysis. This helps the researcher fully understand the experiment or the data provided, as well as inform everyone about the critical elements that help put the data into context. Descriptive analysis also allows the researcher to present the data in a more efficient way and provide an easier explanation of the data

### **3.8.2 Reliability Test**

Reliability analysis is mentioned to the fact that a scale should reliably reflect the structure by measuring. Reliability analysis will be used by the researcher when two inspections under research that are equivalent to all the conditions will measure the equivalent outcome. The reliability analysis procedure will calculate the number that will be used commonly to measure the scale reliability and give information regarding an individual's item in the scale. The importance of reliability tests will make instructional and evaluation decisions.

### **3.8.3 Pearson Correlation Test**

Correlation is a bivariate study that evaluates the strength of a link between two variables as well as the direction of the relationship (Statistic Solution, 2019). Pearson's coefficient of correlation also known as the product's coefficient of correlation. As a sample, it's represented by the letter  $r$ . The sample then was taken from characterized while in the population. In terms of link strength, the correlation coefficient ranges from  $+1$  to  $-1$ . A value of  $1$  indicates that the two variables are inextricably linked. As the correlation coefficient value approaches  $0$ , the relationship between the two variables will get weaker. The direction of the link is indicated by a coefficient sign. A plus sign signifies a positive relationship, while a minus sign signifies a negative relationship. Therefore, a positive correlation coefficient indicates a direct relationship, implying that when one variable increases, the other variable also increases with it. Meanwhile, a negative correlation coefficient indicates an indirect relationship, implying that when one measure increases, the other will decrease instead.

### **3.9 SUMMARY**

In conclusion, this chapter explains the methodological aspect of study, including the research design, population, sample size and sampling method used for study. Approach methods such as qualitative approach methods have been used for this study. This study aims to collect data by using a questionnaire technique. Then the analysis will be made after obtaining the data of this study. Secondary data collection is from articles that are from different journals. The goal of this search is that the researchers can obtain more information that is still relevant and suitable for this study. In achieving the three main objectives of this study, beneficial information was obtained

from this data. Chapter 3 also explained the study instrument. Therefore, the discussion on results of the data analysis will be discussed in chapter 4.



UNIVERSITI  
MALAYSIA  
KELANTAN

## **CHAPTER 4**

### **RESULT AND DISCUSSION**

#### **4.1 INTRODUCTION**

This chapter will include descriptive analysis, reliability analysis, central tendency measurements, inferential analysis and summary. This chapter also discusses the results and findings based on the research objectives which were conducted based on data collected from the questionnaire. A total number of 22 items of questionnaires were distributed to 384 respondents among people around every state in Malaysia. The data from the questionnaire has been evaluated by a software program using Statistical Package for Social Science (SPSS) version 26.0.

#### **4.2 RESULT OF DEMOGRAPHIC ANALYSIS**

Researchers used descriptive analysis to describe the demographic profiles states in Section A which is gender, age and marital status and also described the mean for the dependent variables and independent variables stated in section B, C, D and E of the questionnaire. Descriptive analysis brief clearly quantitative summary of the data set that has been collected.

##### **4.2.1 DEMOGRAPHIC PROFILE**

A total of 384 respondents participated in this study. Table 4.1 below shows the analysis of the gender, age and marital status in this research.

Table 4.1 below shows the demographic analysis of gender.

Table 4.1 Demographic Analysis of Gender

		GENDER			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	MALE	138	35.9	35.9	35.9
	FEMALE	246	64.1	64.1	100.0
	Total	384	100.0	100.0	

The gender distribution of a total of 384 respondents. Table 4.1 shows that male respondents were 35.9 percent (n=138) less than female respondents' which is 64.1 percent (n=246). It is because female respondents are more likely to adopt a healthy lifestyle than males.

Table 4.2 below shows the demographic analysis of age.

Table 4.2: Demographic Analysis of Age

		AGE			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18-25	308	80.2	80.2	80.2
	26-34	47	12.2	12.2	92.4
	35-42	18	4.7	4.7	97.5
	43 YEARS OLD AND ABOVE	11	2.9	2.9	100.0
	Total	384	100.0	100.0	

Table 4.2 shows the age distribution of a total of 384 respondents among four age groups. The highest number of respondents was from 18 to 25 years old, which is 80.2 percent (n = 308). The second highest respondent age was from 26 to 34 years old which is 12.2 percent (n = 47) and the third were from the age 35 to 42 years old which is 4.7 percent (n = 18). The lowest number of respondents were from 48 to 57 years above with 14.5 percent (n = 56). The reason the age of respondents were from 43 years old and above which is 2.9 percent (n = 11).

Table 4.3 below shows the demographic analysis of age.

Table 4.3: Demographic Analysis of Marital Status

MARTIAL STATUS					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	SINGLE	330	85.9	85.9	85.9
	MARRIED	54	14.1	14.1	100.0
	Total	384	100.0	100.0	

The marital status distribution of a total of 384 respondents. It shows that single respondents were 85.9 percent (n=330) while married respondent was 14.1 percent (n=54). It is because single respondent tends to be more cooperate in completing this research.

### 4.3 RESULTS OF DESCRIPTIVE ANALYSIS

Table 4.4 below shows the descriptive analysis of this research

Variable	Item	Mean score	Standard Deviation
Peer Influence	The influence of peers can affect my healthy lifestyle	4.20	0.939
	The influence of peer can be an important factor in	4.17	0.944
	The influence of peers is important in adopting a healthy lifestyle in my life	4.17	0.887
	There are a few activities that related to peers influence can affect my health	4.18	0.896
Heredity Disease	A genetic is a disease	3.88	1.124
	A genetic is a piece of DNA	4.27	1.879
	I can see a genetic with naked eye	4.34	1.419
	Some diseases are caused by genetic, environment and lifestyle	4.27	1.789
	A genetic test can determine whether someone has a higher chance to develop a particular disease	4.27	1.850
	All of the serious diseases is heredity diseases	3.88	1.077
	A healthy parent will have a child with heredity diseases	3.85	1.130

Mental Well-Being	I am optimistic about the future	3.99	1.042
	I feel useful	4.07	2.342
	I feel relaxed	4.18	1.892
	I am interested in other people	4.10	1.994
	I can handle the problem well	4.14	1.875
	I can think clearly	4.21	0.907
	I can make my own decisions	4.29	1.712
Healthy Lifestyle	I smoke regularly	2.57	0.712
	I sleep between 7 to 8 hours daily	3.81	1.249
	I eat breakfast, lunch, and dinner daily	3.98	1.134
	I eat five portions of fruit and vegetables daily	3.71	1.270

Table 4.4 show the demonstrated the mean and ranking for peer influence. The first rank with the highest mean represented the question “the influence of peers can affect my healthy lifestyle” with 4.20 and followed by “there are a few activities that related to peers influence can affect my health” with 4.18. Rank 3 represented the question “the influence of peers can be an important factor in adopting a healthy lifestyle” with 4.17, and the last rank was ‘the influence of peers is important in adopting a healthy lifestyle in my life ’with 1.17.



Represents the mean of disease. The question which dominates ranked with the highest mean is “a genetic is a piece of DNA”, “Some diseases are caused by genetic environment and lifestyle” and “a genetic test can determine whether someone has a higher chance to develop a particular disease with the same rank (4.27). Next, “A genetic is a disease”, “all of the serious disease is heredity diseases” share the same ranked which is second-ranked with (3.88). Then, “a healthy parent will have a child with heredity disease” with (3.85). last ranked is “I can see a genetic with naked eye” with (3.42).

Represented the mean value of stress. The question which dominates the first ranked with the highest mean is "I can make my own decision" with 4.29. The second rank goes to the question "I can think clearly" (4.21) followed by "I feel relaxed" (4.18). Next, "I can handle the problem well" with a mean value of 4.14 the five-ranked for this questionnaire followed by the "I am interested in other people" question with a mean value of 4.10. "I feel useful" at the six-ranked with a mean value of 4.07. The last ranked is “I am optimistic about the future” with a mean value of 3.99.

The mean for Healthy lifestyle that was selected from our respondents. Based on the research, the highest rank of the mean is “I eat breakfast, lunch, and dinner daily” with 3.98, followed by “I sleep between 7 to 8 hours daily” with 3.81 at the second rank, for the third rank with mean 3.71 is “I eat five portions of fruit and vegetables daily”, for the last rank is “I smoke regularly” with 2.57.

#### 4.4 RESULT OF RELIABILITY ANALYSIS

Table 4.5 below shows the results of the reliability analysis

Table 4.5: Reliability Analysis

Variable	Number of items	Cronbach Alpha
Peer Influence	4	0.820
Heredity Disease	7	0.661
Mental Well-Being	7	0.686
Healthy Lifestyle	4	0.754

Table 4.5 presents the Cronbach's Alpha values of the questionnaire in between the range of very good level 0.930 to excellent level 0.891. A total number of three independence variables and one dependent variable has been tested using Cronbach's Alpha. The first independent variable, which is Peer Influence found to be good and reliable in the strength of Correlation (4 questions:  $\alpha = 0.820$ ). Then, the Heredity Disease (7 question:  $\alpha = 0.661$ ) for Mental Well-Being was also found to be good in the strength of Correlation (7 question:  $\alpha = 0.686$ ). Lastly, Healthy Lifestyle is (4 question:  $\alpha = 0.754$ ). The overall variables have remained with 22 questions as the current Cronbach's Alpha result is already above the good level. Therefore, the data were considered suitable for further analysis.

#### 4.5 RESULT OF INFERENCE ANALYSIS

According to Calvello (2020), inferential statistical analysis will be utilized to draw conclusions. It enables researchers to infer or deduce structures about a wider population based on the samples that are evaluated. The research of Adopting a Healthy Lifestyle basically analyzes data from 260 samples and then draws conclusions about a wider population which is the communities around every state in Malaysia. On the other hand, this study employs correlation analysis, which is used to determine the degree to which two variables are reliant on one another. Thus, this study simply determines the strength of the relationship between independent variables and dependent variables along with whether their correlation is strong or weak.

Table 4.6 shows the Pearson Correlation Analysis

<b>Hypothesis</b>	<b>P.Value</b>	<b>Result</b> <b>(supported/ not supported)</b>
There is a positive relationship between Peer Influence	0.820	H1 is supported
There is a positive relationship between Heredity Disease	0.661	H2 is supported
There is a positive relationship between Mental Well-Being	0.686	H3 is supported

Based on table 4.6, Pearson's Correlation Analysis was used to test the relationship between hypotheses on an Adopting Healthy Lifestyle such as Peer Influence, Disease and Mental-Wellbeing. Based on the result, all hypotheses were accepted at a 0.01 significance level.

**H1:** There is a positive relationship between Peer Influence and Adopting a Healthy Lifestyle. The Pearson's correlation value is 0.820 stipulated the intensity of the high positive relationship between Peer Influence and Adopting a Healthy Lifestyle.

**H2:** There is a positive relationship between Heredity Disease and Adopting a Healthy Lifestyle. The Pearson's correlation value is 0.661 stipulated the intensity of the high positive relationship between Heredity Disease and Adopting a Healthy Lifestyle.

**H3:** There is a positive relationship between Mental Well-Being and Adopting a Healthy Lifestyle. The Pearson's correlation value is 0.686 stipulated the intensity of the high positive relationship between Mental Well-Being and Adopting a Healthy Lifestyle.

#### **4.6 DISCUSSION BASED ON RESEARCH OBJECTIVES**

The discussion on the objective of the research study is to investigate the relationship between the peer influence, heredity disease and mental well-being with adopting a healthy lifestyle. The main findings of the study indicate that peer influence, heredity disease and mental well-being were significantly correlated with adopting a healthy lifestyle. Correspondingly, the previous research showed a significant relationship between peer influence, heredity disease and mental well-being with adopting a healthy lifestyle.

#### **4.7 SUMMARY**

In conclusion, the study of Adopting a Healthy Lifestyle it's a Choices have three independent variables which is Peer Influence, Heredity Disease and Mental Well-Being have been chosen to examine the relationship with the dependent variable which is Healthy Lifestyle with Adopting Healthy Lifestyle it's a Choices. Overall, all the proposed relationships have a significant influence with Healthy Lifestyle.

**CHAPTER 5**  
**CONCLUSION**

**5.1 INTRODUCTION**

In this chapter, it will discuss recapitulation of the findings, limitations, recommendations followed by implications that were carried out in this research and closed by the summary for whole research.

**5.2 RECAPITULATION OF THE FINDINGS**

The discussion about recapitulation from the findings that researchers have done in previous chapter, which is Chapter 4 that is based on research objective, research questions and hypothesis for this research study. This chapter will also provide limitations and recommendations for future research.

**5.2.1 THE RELATIONSHIP BETWEEN PEER INFLUENCE AND ADOPTING A HEALTHY LIFESTYLE PRACTICE AMONG COMMUNITIES IN MALAYSIA.**

Research question 1 of this study asked the relationship between peer influence and adopting a healthy lifestyle practice among communities in Malaysia. This is also to answer the first objective and hypothesis. Table 5.1 has shown the research objectives, research questions and hypothesis.

Table 5.1: Research Objective 1 & Research Question 1

	<b>Research objective (RO)</b>	<b>Research questions (RQ)</b>
<b>1</b>	To investigate the relationship between peer influence and adopting a Healthy Lifestyle practice among communities in Malaysia	What is the importance of peer influence in adopting a Healthy Lifestyle practice among communities in Malaysia?
	<b>H<sub>1</sub>: There is a positive relationship between Peer Influence and adopting a Healthy Lifestyle.</b>	

The result of hypothesis H<sub>1</sub> was in Chapter 4 and reviewed to answer Research Question 1. H<sub>1</sub> stated that there is a relationship between peer influence and adopting a healthy lifestyle practice among communities in Malaysia. So, the findings show that there is a moderate positive with correlation coefficient of 0.820 while P value is 0.001 which is less than the significant level 0.05.

### **5.2.2 THE RELATIONSHIP BETWEEN HEREDITY DISEASE AND ADOPTING A HEALTHY LIFESTYLE PRACTICE AMONG COMMUNITIES IN MALAYSIA.**

Research question 2 of this study asked about the relationship between heredity disease and adopting a healthy lifestyle practice among communities in Malaysia. This also answers the second objective and hypothesis. Table 5.2. shows that research objective, research questions and hypothesis.

Table 5.2: Research Objective 2 & Research Question 2

	<b>Research objective (RO)</b>	<b>Research questions (RQ)</b>
<b>2</b>	To investigate the relationship between heredity disease and adopting a Healthy Lifestyle practice among communities in Malaysia	What is the importance of heredity disease in adopting a Healthy Lifestyle practice among communities in Malaysia?
	<b>H<sub>2</sub></b> : There is a positive relationship between heredity disease and adopting a Healthy Lifestyle.	

The result of hypothesis H<sub>2</sub> reviewed to answer Research Question 2. H<sub>2</sub> stated that there is a relationship between heredity disease and adopting a healthy lifestyle among communities in Malaysia. From the findings, it shows that there is moderate positive with correlation coefficient of 0.661 while P value is 0.001 which is less than the significant level 0.05.

### **5.2.3 THE RELATIONSHIP BETWEEN MENTAL WELL-BEING AND ADOPTING A HEALTHY LIFESTYLE AMONG COMMUNITIES IN MALAYSIA.**

Research question 3 of this study asked about the relationship between mental well-being and adopting a healthy lifestyle practice among communities in Malaysia. This also answers the third objective and hypothesis. Table 5.2.3 shows that research objective, research questions and hypothesis.

Table 5.3: Research Objective 3 & Research Question 3



	<b>Research Objectives (RO)</b>	<b>Research Questions (RQ)</b>
<b>3</b>	To investigate the relationship between mental well-being and adopting a Healthy Lifestyle practice among communities in Malaysia.	What is the importance of mental well-being in adopting a Healthy Lifestyle practice among communities in Malaysia?
	<b>H<sub>3</sub>: There is a positive relationship between mental well-being and adopting a Healthy Lifestyle.</b>	

The result of hypothesis H<sub>3</sub> reviewed to answer Research Question 2. H<sub>3</sub> stated that there is a relationship between mental well-being and adopting a healthy lifestyle among communities in Malaysia. From the findings, it shows that there is moderate positive with correlation coefficient of 0.686 while P value is 0.001 which is less than the significant level 0.05.

**5.3 LIMITATIONS**

Throughout the whole research, the researchers went through a fulfilling and meaningful process to finish the research. To ensure a seamless study process, there are a few limitations that cannot be prevented from letting the research process to be done.

The first limitation is that some respondents decide not to answer the questionnaire given. It is because they do not want to share their lifestyle thoughts or data about themselves. It is because they felt worried if the researchers would give their personal information to other parties.

Hence, they do not want to spend their time filling out the questionnaire because it will be pointless for them. This is also due to their thoughts that if they fill out, they will not get anything or reward from it.

Besides, some respondents did not have even a little knowledge about the questions that have been asked by the researchers in the questionnaire. It is because the respondents may not be familiar with the questions. So, the researchers need to explain first about the questionnaire and should describe the way to answer the questionnaire and the questions included.

The respondents could only answer the questionnaire online which is through the google form. So, the researchers sent the questionnaire to the respondents through groups in Whatsapp, Instagram story and other social media available. Due to this situation, the researchers need to take a longer time to get a sufficient number of respondents which is 384 just to answer the questionnaire. It is because many respondents ignored the questionnaires that the researchers sent to them and feel that it is not important.

#### **5.4 RECOMMENDATIONS**

Based on the previous study, there are several factors that affect communities in Malaysia to adopt a healthy lifestyle. Hence, activities have been done to ensure that each person can take care of their health. There are also some recommendations to the researchers for improving the research for future studies.

The first recommendation is that the researchers can use a variety of survey techniques to respond to the questionnaires. One of the survey techniques that the researchers can use to carry

out the study is by using a qualitative method which is in person personal interviews. It is because some of the respondents did not have enough knowledge to answer the questionnaires and some of them most preferred to choose the interview session. So that, by using this qualitative method, the researchers can get a fast response from the respondents. Hence, the respondents also will find it simple for them to answer the questions that have been asked by the researchers because they can directly ask the researchers if they did not understand or have any trouble answering the questions.

Besides, the second recommendation is that the researchers need to expand more methodological work in this study as a research reference. This research can be qualitatively by observing and looking at the people who perform such activities. It is because the activities performed will influence the choice of adopting a healthy lifestyle among communities in Malaysia. This also will make researchers easy to collect data. Furthermore, a questionnaire was conducted containing the likert scale questions aimed at finding out the level of agreement and perception of each of the available elements.

Last but not least, this study was significant for future researchers for better insight and knowledge. It is because future researchers can take an initiative by developing health and nutrition programmes to encourage people in adopting a healthy lifestyle. Therefore, the propose programmes are one of the best initiatives to influence communities in adopting a healthy lifestyle.

## 5.5 SUMMARY

The purpose of this research is to identify the variables that are related to adopting a healthy lifestyle among communities in Malaysia. Peer influence factors, heredity disease factor and mental well-being factor are independent variables. This variable influences the dependent variable that is a healthy lifestyle. There was a significant relationship between the three independent variables and the dependent variable.

Furthermore, the results were analyzed by using Statistical Package Social Science (SPSS). Peer influence had the strongest correlation compared to heredity disease and mental well-being based on Pearson Correlation values. According to the correlation test, peer influence, heredity disease and mental well-being have a moderate positive relationship with adopting a healthy lifestyle. In addition, according to the reliability test, the coefficient obtained from the questions on peer influence, heredity disease, mental well-being and healthy lifestyle was reliable.

Based on the result, the objectives of this research have been achieved which is to investigate the relationship between adopting a healthy lifestyle with the peer influence, heredity disease and mental well-being.



## REFERENCES

- Ahmad Ali (2019, July 31). Pengaruh Rakan Sebaya Dalam Pembentukan Sahsia Remaja. <https://ahmadalikarim.wordpress.com/2019/07/31/pengaruh-rakan-sebaya-dalam-pembentukan-sahsia-remaja/>
- Ann (2021, October 28) Reachout.my. <https://www.reachout.my/tekanan-rakan-sebaya-dan-kesannya-terhadap-kesihatan-mental/>
- Alicia Tuovilla. (2020 May 28) Sampling: What It Is, Different Types, and How Auditors and Marketers Use It. <https://www.investopedia.com/terms/s/sampling.asp>
- Awadah, S. (2019, October 10). 5 Keburukan Makanan Segera Yang Ramai orang Sengaja buat Tak Nampak. Bidadari.My. <https://bidadari.my/keburukan-makanan-segera/>
- Alvarez-Alvarez, M., de la Vega-Marcos, R., Jiménez-Castuera, R., & Leyton-Román, M. (2021). Psychometric Properties of the Healthy Lifestyle Questionnaire for Ecuadorian University Students (EVS-EUE). *International Journal of Environmental Research and Public Health*, 18(3), 1087.
- Chi, Yen. (2007) Pengaruh Rakan Sebaya. <https://www.scribd.com/document/358356649/Pengaruh-Rakan-Sebaya>
- Charles B. Corbin. (2022). *Health Opportunities Through Physical Education*. America: Human Kinetics Publishers.
- Dan G. Blazer & Lyla M. Hernandez. (2017). *Genes, Behavior, and The Social Experiment: Moving Beyond the Nature / Nurture Debate*. Washington: The National Academy Press Publishers.
- Explorable.com. (2009, November 15). *Research population*. Explorable - Think Outside The Box - Research, Experiments, Psychology, Self-Help. <https://explorable.com/research-population>
- Edward P. Sarafino & Timothy W. Smith. (2022). *Health Psychology: Biopsychosocial Interactions*. America: Library of Congress Cataloging.
- Farhud DD. (2015). Impact of Lifestyle on Health. *Iranian Journal of Public Health* 44 (11): 1442-1444.

Hassan, T. (2009). User-guided wrapping of PDF documents using graph matching techniques. *2009 10th International Conference on Document Analysis and Recognition*.

<https://doi.org/10.1109/icdar.2009.238>

Isa, A. M. (2022, November 2). *Bersenam Untuk Kesehatan mental*. Hello Doktor.

<https://hellodoktor.com/kecergasan/motivasi-bersenam/bersenam-untuk-kesehatan-mental/>

Jaquann, L. (2019). *Child Psychology*. London: ED-Tech Press Publishers.

John W. Creswell & J. David Creswell. (2018). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. London: SAGE Publisher.

Joseph F. Hair. (2015). *Essentials of Business Research Methods*. England: Library of Congress Cataloging.

Kirti. (2022, January 31). *Research design | Definition, features, types, process, importance & factors affecting research design*. Top4u.

<https://www.toppers4u.com/2022/01/research-design-definition-features.html>

Krishnan, M., & A. Rahim, S. (2015). Hubungkait Komunikasi Kesehatan Dengan Kesan Hirarki Isu Kesehatan Terhadap Perubahan Amalan Gaya Hidup Sihat (The relationship of health communication with the hierarchy of effect in health issues towards healthy lifestyle). *Jurnal Komunikasi, Malaysian Journal of Communication*, 31(1), 297-326.

<https://doi.org/10.17576/jkmjc-2015-3101-16>

Leavy, P. (2022). *Research Design: Quantitative, Qualitative, Mixed Methods, Arts-Based, and Community-Based Participatory Research Approaches*. New York: A Division of Guilford Publishers.

MacLeod, A. (2017). Prospection, well-being, and mental health. *Prospection, well-being, and mental health*, 255-274.

<https://doi.org/10.1093/med:psych/9780198725046.003.0011>

Nisreen, Nadiah. (2021, July 26) Apa Itu Pengaruh Rakan Sebaya? Ibu Ayah, Jika Anda Ada Anak Remaja.

<https://hellodoktor.com/keibubapaan/remaja/kesehatan-mental-remaja/pengaruh-rakan-sebaya/>

Panke. D. (2018). *Research Design & Method Selection: Making Good Choices in the Social Sciences*. Dublin: International Political Science Review.

Professor, B. (2021). *Genetic Disorders / Heredity, Genes and Chromosomes*. New York: Speedy LLC Publishers.

Shona McCombes. (2019, September 19) Sampling Methods | Types, Techniques & Examples. <https://www.scribbr.com/methodology/sampling-methods/>

S, R. A. (2021, July 27). *Population vs sample: Definitions, and differences [Updated]*. Simplilearn.com.

[https://www.simplilearn.com/tutorials/machine-learning-tutorial/population-vs-sample#what\\_is\\_population](https://www.simplilearn.com/tutorials/machine-learning-tutorial/population-vs-sample#what_is_population)

Stewart-Brown, S. (2012). The Warwick-Edinburgh mental well-being scale (WEMWBS): Performance in different cultural and geographical groups. *Mental Well-Being*, 133-150.

[https://doi.org/10.1007/978-94-007-5195-8\\_7](https://doi.org/10.1007/978-94-007-5195-8_7)

Wani, R. (n.d.). *Population and sample*. Directorate of Distance Education | University of Kashmir.

<https://ddeku.edu.in/Files/2cfa4584-5afe-43ce-aa4b-ad936cc9d3be/Custom/Sam>

Wayne K. Hoy & Curt M. Adams. (2015). *Quantitative Research in Education: A Primer*. America: SAGE Publishers.

Wang, K., Ma, W., Wu, K., Ogino, S., Chan, A. T., Giovannucci, E.L., & Song, M. (2021). Healthy Lifestyle, endoscopic screening, and colorectal cancer incidence and mortality in the United States: A nationwide cohort study. *PLOS Medicine*, 18(2). doi:10.1371/journal.pmed.1003522

## APPENDICES A

N	S	N	S	N	S	N	S	N	S
10	10	100	80	280	162	800	260	2800	338
15	14	110	86	290	165	850	265	3000	341
20	19	120	92	300	169	900	269	3500	346
25	24	130	97	320	175	950	274	4000	351
30	28	140	103	340	181	1000	278	4500	354
35	32	150	108	360	186	1100	285	5000	357
40	36	160	113	380	191	1200	291	6000	361
45	40	170	118	400	196	1300	297	7000	364
50	44	180	123	420	201	1400	302	8000	367
55	48	190	127	440	205	1500	306	9000	368
60	52	200	132	460	210	1600	310	10000	370
65	56	210	136	480	214	1700	313	15000	375
70	59	220	140	500	217	1800	317	20000	377
75	63	230	144	550	226	1900	320	30000	379
80	66	240	148	600	234	2000	322	40000	380
85	70	250	152	650	242	2200	327	50000	381
90	73	260	155	700	248	2400	331	75000	382
95	76	270	159	750	254	2600	335	1000000	384

*Note: N is Population Size; S is Sample Size* *Source: Krejcie & Morgan, 1970*

Table 1 shows the sample size that has been used by the researchers to determine a sample size of a known population.



## APPENDICES B

### ADOPTING A HEALTHY LIFESTYLE: IT'S A CHOICE

#### *AMALAN GAYA HIDUP SIHAT: ITU ADALAH PILIHAN*

Dear respondents,

We are undergraduate students of Bachelor Degree in Entrepreneurship (Wellness) with Honor from Faculty Hospitality, Tourism and Wellness (FHPK) Universiti Malaysia Kelantan, Pengkalan Chepa , Kota Bharu, Kelantan. We are currently doing the final year research project and we will be conducting the study above. So, you are invited to participate in a survey titled above. The purpose of this study is to examine 'Adopting a Healthy Lifestyle: It's a Choice'.

We believe you are the best person to provide us with the information about this study. We hope that you can complete the questionnaire and provide us with the information we require. Your answers will be kept strictly confidential and just used solely for academic purposes. Thank you for your cooperation.

Responden yang dihormati,

Kami merupakan pelajar prasiswazah, Ijazah Sarjana Muda Keusahawanan (Kesejahteraan) dengan kepujian dari Fakulti Hospitaliti, Pelancongan dan Kesejahteraan (FHPK) di Universiti Malaysia Kelantan, Pengkalan Chepa , Kota Bharu, Kelantan. Kami sedang membuat projek penyelidikan tahun akhir dan kami akan menjalankan kajian di atas. Jadi, anda dijemput untuk menyertai tinjauan bertajuk di atas. Tujuan kajian ini adalah untuk mengkaji 'Mengamalkan Gaya Hidup Sihat: Ia Satu Pilihan'.

Kami percaya anda adalah orang yang terbaik untuk memberikan kami maklumat tentang kajian ini. Kami berharap anda dapat melengkapkan soal selidik dan memberikan kami maklumat yang

kami perlukan. Jawapan anda akan dirahsiakan dan hanya digunakan untuk tujuan akademik semata-mata. Terima kasih atas kerjasama anda.

Sincerely, / Dengan ikhlas

MUHAMMAD IMRAN BIN KADIR (H20A1292)

NURUL SYAFIQAH BINTI ZAMBRI (H20A1901)

NURUL ADILLA BINTI MOHD YUNUS (H20A1643)

NURUL HUSNA BINTI ABDUL HALIM (H20A1674)

## **SECTION A: DEMOGRAPHIC INFORMATION/ BAHAGIAN A: MAKLUMAT DEMOGRAFIK**

**Instructions: Please indicate an empty place on your chosen answer**

*ARAHAN: Sila tandakan tempat kosong pada jawapan pilihan anda.*

### **1. Gender/ Jantina**

Male / *Lelaki*

Female/ *Perempuan*

### **2. Age/Umur**

18-25 years old/ *18-25 tahun*

26-34 years old/ *26-34 tahun*

35-42 years old/ *35-42 tahun*

43 years and above/ *43 tahun dan ke atas*

**3. Marital Status/ Status Perkahwinan**

Single/ *Bujang*

Married/ *Berkahwin*

**SECTION B (1) : PEER INFLUENCE/ SEKSYEN B (1): PENGARUH RAKAN SEBAYA**

Instruction:

Please rate each item in this section with a Likert Scale of 1 to 5. Please (/) one of the suitable answers at the space was given.

*Arahan:*

*Sila nilaikan item di dalam bahagian dengan skala likert 1 hingga 5. Sila tandakan satu jawapan yang sesuai di ruang yang telah disediakan.*

1 - Strongly Disagree / *Sangat Tidak Setuju*

2 - Disagree / *Tidak Setuju*

3 - Normal / *Normal*

4 - Agree / *Setuju*

5- Strongly Agree / *Sangat Setuju*

<b>Question</b>	<b>Strongly Disagree (1)</b>	<b>Disagree (2)</b>	<b>Normal (3)</b>	<b>Agree (4)</b>	<b>Strongly Agree (5)</b>
1. The influence of peers can affect my healthy lifestyle.					
2. The influence of peers can be an important factor in adopting a healthy					

lifestyle.					
3. The influence of peers is important in adopting a healthy lifestyle in my life.					
4. There are a few activities that related to peers' influence can affect my health.					

### SECTION B (2): HEREDITY DISEASE/ SEKSYEN B (2): PENYAKIT KETURUNAN

Instruction:

Please rate each item in this section with a Likert Scale of 1 to 5. Please (/) one of the suitable answers at the space was given.

*Arahan:*

*Sila nilaikan item di dalam bahagian dengan skala likert 1 hingga 5. Sila tandakan satu jawapan yang sesuai di ruang yang telah disediakan.*

1 - Strongly Disagree / *Sangat Tidak Setuju*

2 - Disagree / *Tidak Setuju*

3 - Normal / *Normal*

4 - Agree / *Setuju*

5- Strongly Agree / *Sangat Setuju*

Question	Strongly Disagree (1)	Disagree (2)	Normal (3)	Agree (4)	Strongly Agree (5)
1. A genetic is a disease.					
2. A genetic is a piece of DNA.					
3. I can see a genetic with the naked eye.					
4. Some diseases are caused by genetic,environment and lifestyle.					
5. A genetic test can determine whether someone has a higher chance to develop a particular disease.					
6. All of the serious diseases is heredity diseases.					
7. A healthy parent will have a child with heredity diseases.					

**SECTION B (3): MENTAL WELL-BEING/ SEKSYEN B (3): KESEJAHTERAAN MENTAL**

Instruction:

Please rate each item in this section with a Likert Scale of 1 to 5. Please (/) one of the suitable answers at the space was given.

Arahan:

Sila nilaikan item di dalam bahagian dengan skala likert 1 hingga 5. Sila tandakan satu jawapan yang sesuai di ruang yang telah disediakan.

1 - Strongly Disagree / *Sangat Tidak Setuju*

2 - Disagree / *Tidak Setuju*

3 - Normal / *Normal*

4 - Agree / *Setuju*

5- Strongly Agree / *Sangat Setuju*

Question	Strongly Disagree (1)	Disagree (2)	Normal (3)	Agree (4)	Strongly Agree (5)
1. I am optimistic about the future.					
2. I feel useful.					
3. I feel relaxed.					
4. I am interested in other people.					
5. I can handle the problem well.					
6. I can think clearly.					
7. I can make my own					

decisions.					
------------	--	--	--	--	--

**SECTION C: HEALTHY LIFESTYLE/ SEKSYEN C: GAYA HIDUP SIHAT**

Instruction:

Please rate each item in this section with a Likert Scale of 1 to 5. Please (/) one of the suitable answers at the space was given.

*Arahan:*

*Sila nilaikan item di dalam bahagian dengan skala likert 1 hingga 5. Sila tandakan satu jawapan yang sesuai di ruang yang telah disediakan.*

- 1 - Strongly Disagree / *Sangat Tidak Setuju*
- 2 - Disagree / *Tidak Setuju*
- 3 - Normal / *Normal*
- 4 - Agree / *Setuju*
- 5- Strongly Agree / *Sangat Setuju*

<b>Question</b>	<b>Strongly Disagree (1)</b>	<b>Disagree (2)</b>	<b>Normal (3)</b>	<b>Agree (4)</b>	<b>Strongly Agree (5)</b>
1. I smoke regularly.					
2. I sleep between 7 to 8 hours daily.					
3. I eat breakfast, lunch, and dinner daily.					

4. I eat five portions of fruit and vegetables daily.					
---	--	--	--	--	--



UNIVERSITI  
MALAYSIA  
KELANTAN