

**HEALTH BEHAVIOUR AMONG VEGETARIAN AND NON-VEGETARIAN
IN PETALING JAYA, SELANGOR**

**By
Chang Con Ting**

**Research research submitted in partial fulfillment of
the requirements for the degree of
Bachelor of Food Science (Food Service and Nutrition)**

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ENDORSEMENT

The project report entitled **Health Behaviour among Vegetarian and Non-vegetarian in Petaling Jaya, Selangor** by **Chang Con Ting**, Matic No. **UK17336** has been reviewed and corrections have been made according to the recommendations by examiners. This report is submitted to the Department of Food Science in partial fulfillment of the requirement of the degree of Bachelor of Food Science (Food Service and Nutrition), Faculty of Agrotechnology and Food Science, University Malaysia Terengganu.

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(**DR HAYATI MOHD YUSOF**)

Date: 29/1/2012

DECLARATION

I hereby declare that the work in this thesis is my own except for quotations and summaries which have been duly acknowledged.

Signature :
Name :
Matric No. :
Date :

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ABSTRACT

This study aimed to compare the health behavior, self-reported health status and body mass index among vegetarians and non-vegetarians. The cross-sectional study was carried out in Petaling Jaya, Selangor, Malaysia. Participants were 60 vegetarians and 60 non-vegetarians adults aged from 18-59. Data were collected by using the questionnaire and analyzed by using SPSS version 16. Mann-Whitney U Test was used to analyze the comparison among the groups with continuous variables while Chi-square tabulation test was used to analyze the categorical variables. Results showed that for the dietary behavior, there were no significant different in term of the eating pattern between the groups. However, it was found that vegetarians always keep down the intake of salt, fat and sugar compared to non-vegetarians. For the food frequency score, vegetarians had a higher consumption of fruits (61.75% vs 39.31%, respectively) and vegetables (81.64% vs 64.38%, respectively) than non vegetarians. In contrast, non-vegetarians had a higher consumption of animal products such as chicken than non-vegetarians (56.94% vs 12.50%, respectively). Moreover, non-vegetarians also had a higher consumption of fast food and salted food than non-vegetarians. Meanwhile, for the trans fatty acid food intake, most of the food consumption showed no significant different except butter. For the serving size intake, vegetarian group showed higher serving intake than non-vegetarian group in term of grains, fruits and vegetables. In this study, 76.7% of non-vegetarians were alcoholic drinkers while only 13.3% of vegetarians were alcohol drinkers. Besides, higher proportion of the vegetarians involved in the physical activities than non-vegetarians (50.0% and 31.7%, respectively). Findings also revealed that higher percentage of the non-vegetarians (36.7%) adopt with the smoking habit compared with vegetarians (5.0%). Moreover, non-vegetarians perceived they are healthier. In the comparison of body mass index (BMI), non-vegetarians had a higher BMI (kg/m^2) than vegetarians [20.57(18.94, 22.65) and 22.55(19.73, 25.85), respectively]. Female vegetarians had a lower BMI (kg/m^2) with female non-vegetarians [(19.20(18.30, 22.28) and 20.75(18.23, 23.60), respectively)]. On the other hand, male vegetarians had a lower BMI than male non-vegetarians [BMI (in kg/m^2); 20.73(20.18,22.81) and 24.04(20.56,26.28), respectively]. Then, non-vegetarians had a higher proportion of overweight than vegetarians (18 and 10, respectively). In conclusion, evidence was obtained to indicate that vegetarians always adopt with a good health behavior than non-vegetarians.

ABSTRAK

TINGKAH LAKU KESIHATAN DI KALANGAN VEGETARIAN DAN BUKAN VEGETARIAN DI PETALING JAYA, SELANGOR.

Kajian ini bertujuan untuk membandingkan tingkah laku kesihatan, kesihatan status yang dilaporkan sendiri dan indeks jisim badan di kalangan vegetarian dan bukan vegetarian. Kajian ini dijalankan di Petaling Jaya, Selangor, Malaysia yang melibatkan 60 vegetarian dan 60 bukan vegetarian yang berumur 18 hingga 59 tahun. Data dikumpulkan dengan menggunakan soal selidik dan dianalisis dengan menggunakan SPSS versi 16. Ujian Mann-Whitney U telah digunakan untuk menganalisis perbandingan di kalangan kumpulan manakala ujian Chi-square digunakan untuk menganalisis pembolehubah kategori. Keputusan yang didapati menunjukkan tidak ada perbezaan yang bermakna dalam pola makan antara kumpulan bagi bahagian tingkah laku pemakanan. Walau bagaimanapun, didapati bahawa vegetarian sentiasa mengurangkan pengambilan garam, lemak dan gula berbanding dengan bukan vegetarian. Bagi ujian skor kekerapan makanan, pengambilan buah-buahan dan sayur-sayuran oleh vegetarian adalah lebih tinggi daripada bukan vegetarian [61.75% vs 39.31% (buah-buahan), masing-masing; 81.64% vs 64.38% (sayur-sayuran), masing-masing]. Sebaliknya, bukan vegetarian mempunyai pengambilan produk haiwan seperti ayam yang lebih tinggi berbanding dengan bukan vegetarian (56.94% vs 12.50%, masing-masing). Selain daripada itu, pengambilan makanan segera dan makanan masin juga lebih tinggi di kalangan bukan vegetarian. Sementara itu, bagi pengambilan makanan yang mengandungi asid lemak trans, kebanyakan jenis makanan pengambilan menunjukkan tidak ada perbezaan yang bermakna kecuali mentega. Untuk hidangan saiz, kumpulan vegetarian mempunyai pengambilan yang tinggi dalam saiz hidangan biji-bijian, buah-buahan dan sayur-sayuran. Dalam kajian ini, 76.7% bukan vegetarian ialah peminum alkohol manakala hanya 13.3% vegetarian ialah peminum alkohol. Selain daripada itu, kebanyakan vegetarian melibatkan diri dalam aktiviti fizikal berbanding dengan bukan vegetarian (50.0% vs 31.7%, masing-masing). Keputusan juga menunjukkan 36.7% bukan vegetarian merokok manakala hanya 5.0% vegetarian merokok. Selain itu, vegetarian melaporkan diri lebih sihat. Dalam perbandingan indeks jisim badan (BMI), bukan vegetarian mempunyai BMI yang lebih tinggi daripada vegetarian [20.57(18.94, 22.65) and 22.55(19.73, 25.85), masing-masing]. Vegetarian wanita mempunyai BMI yang lebih rendah daripada bukan vegetarian wanita [(19.20(18.30, 22.28) and 20.75(18.23, 23.60), masing-masing]. Manakala vegetarian lelaki juga mempunyai BMI yang lebih rendah berbanding dengan bukan vegetarian lelaki [BMI (in kg/m²); 20.73(20.18,22.81) and 24.04(20.56,26.28), masing-masing]. Keputusan juga menunjukkan bilangan bukan vegetarian mempunyai berat badan yang berlebihan adalah lebih tinggi daripada bilangan vegetarian (18 vs 10, masing-masing). Kesimpulannya, didapati vegetarian sentiasa melibatkan diri dalam tingkah laku kesihatan yang bermanfaat.