

Scopus

Document details

[Back to results](#) | 1 of 1
[Export](#)
[Download](#)
[Print](#)
[E-mail](#)
[Save to PDF](#)
[Add to List](#)
[More...](#)

Malaysian Journal of Public Health Medicine
Volume 14, Issue 2, 2014, Pages 1-11

Health risk factors and health promoting behaviour among medical and non-medical students (Article)

Norhaini, M.^a, Norazlan Shah, H.^b, Khairil Anuar, M.I.^c, Fazlyla Nadya, M.F.^b, Mashita, M.^b, Mohamad, G.M.^a

^aFaculty of Health Sciences, Universiti Teknologi MARA, Puncak Alam Campus, 42300 Puncak Alam, Selangor, Malaysia

^bDepartment of Nutrition Sciences, Kuliyah of Allied Health Sciences, International Islamic University Malaysia, 25200 Kuantan, Pahang, Malaysia

Abstract

[View references \(27\)](#)

Students in tertiary level education are mostly young adults that are transiting from the teenage years to adulthood. Since there is less restriction as compared to their teenage years, university and college students might involve in risky behaviours that may affect their health, social and academic performance. Thus, the purpose of this study is to investigate and identify the differences of health risk factors and health promoting behaviour that have been practiced by students in Malaysia. A cross sectional study was conducted using closed-ended questionnaires distributed to university and college students via emails. The results showed that 77.0% students claimed they have no health problem. However 49.0% of the non-medical students did not know whether they have normal BMI. Among the medical students, 62.0% rarely do physical exercise even though most are seriously concern about their fat consumption (95.0%). Only 30.0% of the total students have awareness of wearing seat belt. For health promoting behaviour, 33.0% of female students have never perform breast self examination (BSE), while 65.0% of male students have never perform testicular self examination (TSE). These findings confirmed that there are differences in health risk factors and health promoting behaviour that have been practiced by the students.

Author keywords

Health promoting behaviour Health risk factors Medical students

ISSN: 16750306

Source Type: Journal

Original language: English

Document Type: Article

References (27)

[View in search results format >](#)

☐ All [Export](#) [Print](#) [E-mail](#) [Save to PDF](#) [Create bibliography](#)

- 1 Dubois, E.J.
Assessment of health-promoting factors in college students' lifestyles
(2006) *Dissertation Abstracts Internationals.*, 67 (1), p. 2603.

Metrics [View all metrics >](#)

1 Citation in Scopus

20th Percentile

0.21 Field-Weighted
Citation Impact



PlumX Metrics

Usage, Captures, Mentions,
Social Media and Citations
beyond Scopus.

Cited by 1 document

Knowledge, attitudes and practice of testicular self-examination among male university students from Bangladesh, Madagascar, Singapore, South Africa and Turkey

Peltzer, K. , Pengpid, S.
(2015) *Asian Pacific Journal of Cancer Prevention*

[View details of this citation](#)

Inform me when this document
is cited in Scopus:

[Set citation alert >](#)

[Set citation feed >](#)

Related documents

Using videotaped vignettes to teach medical students to perform the neurologic examination [2]

Lim, E.C.H. , Ong, B.K.C. , Seet, R.C.S.
(2006) *Journal of General Internal Medicine*

Factors influencing seat belt usage rate for blacks and hispanics

Daniel, J.R. , Bladikas, A. , Curley, J.