

HEALTH MESSAGES DELIVERY METHOD BY *DOKTOR MUDA* IN *SEKOLAH JENIS KEBANGSAAN* IN KUALA SELANGOR DISTRICT

ABSTRACT

Doktor Muda Program is one of the compulsory extra-curricular implemented in primary schools. However, further improvement needed to sustain this program. This is the first study conducted in *sekolah jenis kebangsaan (SJK)*. This was a cross-sectional study with universal sampling method. This study was done to determine health message delivery methods on implementation of *Doktor Muda* Program in *SJK*. It was also aimed to identify factor that influence the choice of delivery methods used and also obstacles faced by the *Doktor Muda* in delivering health messages. The confidence levels of *Doktor Muda* was analysed to find out its relation with the frequency of health message delivery. Confidence level of *Doktor Muda* in *SJK* also analyzed to find the relation with the *Doktor Muda* who has been trained in delivering health messages. Four schools in Kuala Selangor District were chosen as study location and 34 respondents was selected as respondents. The study found that the most frequent methods used by the *Doktor Muda* in *SJK* was talk (76.5%), then followed by the individual counseling (58.8%), demonstrations (61.8%) and quizzes (55.9%). Factor influence the selection of the method was because they thought this method more fun while learning (73.5%) and was clearly organized (58.8%). Factor influence the selection of the method is because they thought this method more fun while learning (73.5%) and clearly organized (58.8%). The barriers in delivering the health messages were lack of attention among the peers (85.3%) and lack of understanding in the topics to be delivered (41.2%). *Doktor Muda* in *SJK* had high confidence level in delivering health messages to their peers (67.6%). There was a relation between the level of confidence with the frequency of delivering message ($p=0.01<0.05$). There was no significant correlation between the confidence level of trained *Doktor Muda* and untrained in delivering health messages ($p=0.46>0.05$). In conclusions, this study found that the most frequent method used to deliver health messages in *Doktor Muda* Program was talk, and frequency of training was not related to levels of confidence in delivering the messages.