

**OBESITY-RELATED FACTORS AMONG PRISON
WARDENS IN SEREMBAN PRISON,
NEGERI SEMBILAN.**

ABSTRACT

The study was conducted among wardens of the Seremban Prison, Negeri Sembilan, who work in shift and normal time, as to identify the level of BMI among wardens. Body Mass Index (BMI) and waist circumference measurements are taken to determine the BMI classification and the risk of chronic diseases, and socio- demographics, attitudes, level of physical activity, factors affecting health and quality of life are measured and to identify factors that most influence weight gain among prison wardens. Cross-sectional study was conducted through Universal sampling with a sample of 113 respondents engage to the questionnaire and anthropometric measurements were also taken. Respondent BMI mean was 26.79 kg/m² and 42.9% (57) of the respondents were classified as overweight with a record 44.2 % were male (n=120), 30.8 % (n = 13) female members. Waist circumference accounting for 45.0% (54) respondents were male and 84.6% female (11) are among the risk. The level of physical activity found 84.2% (112) of respondents inactive and no respondents have a high level of physical activity. Analysis of the attitude indicated construct barriers is the highest level of less favorable 97.0% (129) of the respondents and the wardens who are obese have a less favorable attitude of 91.6 % (76). Quality of life recorded 78.2 % (104) were at the level of no bad or worse (50%). Through Multiple Logistic Regression test, age influencing weight gain compared to the construct barriers with p value 0.01. Interventions need to be implement among wardens of the prison based on constructs barrier of attitudes, knowledge, physical activity and a balanced diet as to lose weight, especially wardens of the prison who work in the transition period (shift).