

**PERCEPTION OF KOLEJ TUN SYED NASIR, UNIVERSITI KEBANGSAAN
MALAYSIA, KUALA LUMPUR STUDENTS ON SUPPLEMENT INTAKE
TO ACHIEVE IDEAL WEIGHT**

ABSTRACT

Past researches reported that the global trend of unhealthy eating behaviour and supplement intake to achieve ideal body weight among graduates are at rapid growth. The use of supplements has become a popular phenomenon among university students. Supplement and herbal intake is perceived to manage body weight healthily, and the intake will be continued by young adults to manage their body weight despite the side effects on them (Yussman et al. 2006). At such, this qualitative study was conducted to understand students' perception on the intake of supplements to get an ideal body weight. The study was carried out among students of Kolej Tun Syed Nasir, Universiti Kebangsaan Malaysia, Kuala Lumpur. The perceptions of the students were studied based constructs of Health Belief Model. The perceptions and practices were compared by gender and Body Mass Index (BMI). A total of 15 respondents (5 male and 10 female) participated in this study. Data were analysed according to narrative themes of perceived susceptibility, perceived benefits, perceived severity, perceived barriers and cues to action. The findings showed that 10 of 15 respondents admit taking supplements to lose weight as they do feel that it helps them to be healthy, look good and improve self-esteem. Majority of respondents perceived that these supplements are highly effective for body weight management. Social media, peers and family members are the main sources of information with regards to supplement intake. As perception on supplements intake to manage body weight among students is highly regarded and practised, it is apt for a health education initiative to be designed to emphasis on healthy way of managing body weight (healthy eating and being physically active) among these higher learning institution students. The existing platform which promotes healthy lifestyle practices among higher learning institution, Program Siswa Sihat (PROSIS) is a great opportunity and platform to incorporate and be mobilised to communicate and create awareness related to supplement intakes among students.