

**DETERMINATION OF BENEFITS AND BARRIERS FOR WEIGHT LOSS
INTERVENTION PROGRAM AT HEALTH PROMOTION COMMUNITY
CENTRE, BANGI: A QUALITATIVE STUDY**

ABSTRACT

Weight loss intervention program using the 10 on 10 module was implemented as a first pilot project at the Health Promotion Community Centre, Bangi. The program aims to explore the experiences of respondents and discover the benefits and barriers encountered by the respondents within the 10 weeks intervention program. 10 on 10 which bring meaning 10 kg reductions in 10 weeks with a systematic exercise are program to promote physical activity and intervention to combat obesity. A total of 12 participants were selected after undergoing health screening and eligibility as well as rejection criteria. After the intervention ended, all 10 participants managed to lose weight at least five kilograms and reduction in waist and hip circumference were measured. This is phenomenology qualitative research and in-depth interview were used as data collection method. The results of this study show that environmental factors such as trainers, social support and aesthetic values play an important role for respondent to do exercise and was said to be the benefit gained through the program. In addition, high self-efficacy also made a positive impact on the success of the respondents in doing the exercise. Perceived susceptibility to disease and perceived severity are factors which determine the participation to this program. The smaller perceived barrier they experience, the more likely for them to change the behaviour. In conclusion, respondents received more benefits from this intervention program compared to barriers. By improving program with the recommendations given by the respondents and researcher, the weight loss intervention program using 10 on 10 module can be suggested to be implemented throughout the health promotion community centre in Malaysia.