

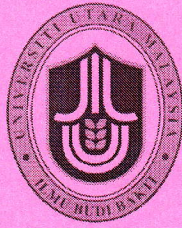
**HEALTH STATUS AMONG EMPLOYEES OF ASSEMBLY SERVICES SDN BHD,  
SHAH ALAM, SELANGOR**

**By**

**NORAZIZAH BINTI MOHAMED**

**Thesis Submitted to  
Othman Yeop Abdullah Graduate School of Business,  
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In Fulfillment of the Requirement for the Degree of  
Master of Science in Occupational Safety and Health Management**





Othman Yeop Abdullah  
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## **ABSTRAK**

Tujuan kajian ini adalah untuk mengkaji status kesihatan di kalangan pekerja Assembly Services Sdn Bhd, Shah Alam, Selangor Darul Ehsan (ASSB). Kajian ini adalah untuk mengetahui sama ada status kesihatan pekerja dipengaruhi oleh amalan aktiviti fizikal, tabiat pemakanan dan tabiat merokok. 400 soal selidik telah diedarkan di kalangan kakitangan ASSB. Saiz sample melibatkan semua peringkat kakitangan yang terdiri daripada tujuh bahagian utama, 75% adalah kakitangan operasi dan 25% adalah kakitangan pengurusan. Sejumlah 366 maklum balas soal selidik diterima dan hanya 357 maklum balas adalah sah untuk dianalisa. Data telah dianalisa dengan menggunakan Pakej Statistik Sains Sosial (SPSS) perisian analisis versi 19.0. Kajian korelasi dijalankan untuk menguji hubungan di antara status kesihatan dan amalan aktiviti fizikal, tabiat pemakanan dan tabiat merokok. Dapatan kajian menunjukkan aktiviti fizikal, tabiat pemakanan dan tabiat merokok mempunyai hubungan yang negatif dengan status kesihatan. Walaubagaimana pun, dapatan kajian regresi berganda menunjukkan hanya tabiat pemakanan dan tabiat merokok mempengaruhi status kesihatan, manakala aktiviti fizikal tidak mempengaruhi status kesihatan pekerja. Cadangan bagaimana untuk memperbaiki status kesihatan diperbincangkan dan ia sangat penting dan juga memberi manfaat kepada keseluruhan syarikat.



## **ABSTRACT**

The purpose of this study was to examine health status among employees of Assembly Services Sdn Bhd, Shah Alam, Selangor Darul Ehsan (ASSB). This study was to examine whether the workers' health status is significantly influenced when they perform physical activity, by their nutrition behavior and smoking habits. This study distributed 400 questionnaires among ASSB employees. The sample size was from all levels of employees which include seven main divisions, 75% operational staff and 25% managerial staff. 366 feedbacks were received and only 357 were valid in the analysis. The data was analyzed using Statistical Package for Social Science (SPSS) software version 19.0. Correlation analysis was conducted to test the relationship between health status and physical activity, nutritional behaviour and smoking habits. The finding of this study showed that physical activity, nutritional behaviour and smoking habits have negative relationship to health status. However, multiple regression analysis result indicated that only nutrition behavior and smoking habit do influence health status, whereas physical activity does not influence health status. Recommendations on how to improve health status are discussed and it is absolutely important and also beneficial to the entire company.



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# **CHAPTER 1**

## **INTRODUCTION**

### **1.0 Background of Study**

A healthy lifestyle involves all good habits in life. To be physically healthy, a person needs to exercise regularly, practice a balanced diet, and avoid smoking, all of which help to maintain or improve general health and lower many chronic health risks. As mentioned by Liow (2012), sedentary and stressful lifestyles, unhealthy food as well as alcohol and tobacco consumption had caused a high number of cases of chronic or long term non infectious conditions such as obesity, hypertension, heart diseases, cancer and diabetes. In addition, Malaysians do not perform ample physical exercise and spend most of their time in front of televisions and computers.

With regards to unhealthy eating habits, Norris-Ellis (2011) mentioned that as stated by Engbers (2006), an unhealthy workforce contracts many chronic diseases such as obesity. Norris-Ellis (2011) also reported that Center for Disease Control and Prevention (2009), mentioned that many working adults in the United States have chronic health problems related to overweight and obesity. Chronic health issues are therefore said to be associated with unhealthy eating habits and lack of physical activities.

Meanwhile, chronic diseases in Malaysia are increasing as per reported by Liow (2010), the Minister of Health said that the 2006 National Health and Morbidity study shows that adults with diabetes increased from 8.3% in 1996 to 14.9% in 2006, hypertension from 29.9% to 43.8%, overweight from 16.6% to 29.1% and

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