



E-PROCEEDING HOTWEC 6.0

THE GAME ON 2022:

**THE FUTURE IS
BRIGHT**

FHPK, UMK

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THE FUTURE IS BRIGHT**

**FACUTLY OF HOSPIATLITY, TOURISM AND WELLNESS,
UNIVERSITI MALAYSIA KELANTAN**

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Malnutrition and its Consequences Among University Malaysia Kelantan City Campus Students: The Qualitative Analysis

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ABSTRACT

This study was conducted to determine the relationship between mental health and malnutrition among University Malaysia Kelantan city campus students. The primary purpose of this research is to investigate the relationship between lack of knowledge and malnutrition among university students in Malaysia Kelantan City Campus. The selected qualitative analysis approach and the data collection method used was a semi-structured personal face-to-face interview. The main source of data used in the data collection method for this research. Using purposive sampling or consideration, about ten students conducted a semi-structured personal interview, and five students were interviewed online, i.e. questionnaire. That way is very easy to distribute and collect data information from respondents. Amount respondents were about 15 students conducted in semi-structured interviews, personal and online surveys such as questionnaires. In this study, data were analyzed thematically. Thus, this study can help other researchers in the future come when they want to investigate the link between lack of knowledge and malnutrition among students of University Malaysia City Campus Kelantan

Keywords: Mental Health, Malnutrition, Lack of Knowledge, Among Student UMK

INTRODUCTION

The first chapter contains the study's background, problem statement, research objectives, research questions, the study's importance, and a summary. The study's backdrop includes the theories, concepts, words, and ideas of a topic or issue. A problem statement is a concise and straightforward statement that defines the symptoms of a specific problem that the researchers intend to investigate. (Mukesh Kumar, Salim Abdul Talib, & Ramayah, 2012). The study objectives are declarations of purpose or intended activities that can be defined as actions to respond to the given questions. Major broad inquiries might be supplemented with exploratory questions regarding research topics (Leon-Abao, 2014). Furthermore, the study's relevance might be described as the amount the researchers contributed to changing a notion, improving knowledge, or introducing a new theory in a particular field of study. The definition includes both independent and dependent variables terms.

Rapid economic growth and development are more common in developing countries. Developing nations, on the other hand, will impact the issue of nutritional status. The country's poverty level will determine this; when the country is poor, children in the city will suffer from malnutrition, but when the country is wealthy, children will almost certainly suffer from overnutrition, leading to obesity. Malaysia is one of the developing nations on the list, according to the International Society of Gynaecological Endocrinology (ISGE) (2018), yet it is a moderate country with malnourished people. People with malnutrition may be at a greater risk of getting coronavirus in Covid-19. Malnourished children still exist in Malaysia, and the country will only be able to meet one of the ten global nutrition objectives by 2025. One in every three Malaysians aged 16 and up have mental illness, according to the 2017 National Health and Morbidity Survey. According to Momina Abid (2018), the study's findings show a strong positive link between malnutrition and psychological discomfort, as well as a significant effect of malnutrition on psychological distress. This is because as the level of psychological discomfort rises, so does the risk of malnutrition. As a result, it impacts students, especially during the Covid-19 pandemic season, which is growing by the day.

The objectives of this research are:

1. To study the link between mental health and malnutrition among University Malaysia Kelantan City Campus Student
2. To explore the link between a lack of knowledge and malnutrition among University Malaysia Kelantan City Campus Student
3. To analyze the link between poor food consumption and malnutrition among University Malaysia Kelantan City Campus Student

Significance of the Study

Researcher

This research will assist a student in avoiding mental health issues, which are often the primary cause of malnutrition in students. Students with poor mental health may find it difficult to concentrate on their studies, leading to worse examinations scores and difficulties finishing theses. As a result, students should always be in a positive environment to counter this problem.

Study

This study intends to contribute to the body of knowledge regarding how malnutrition factors might arise among University Malaysia Kelantan students based on the findings of this research (UMK). Mental health, lack of education, and insufficient food consumption are some of the indicators that might suggest malnutrition among UMK students. As a result, diet is an important part of maintaining good health and avoiding sickness. Because students nowadays are unaware of such a circumstance, this study's findings will contribute to enhancing education in healthy and balanced food consumption. As a result, students are required to have sufficient information to consume a well-balanced diet that includes calories, fat, proteins, vitamins, and sufficient fibre to suit the body's demands.

LITERATURE REVIEW

Factor of Family Property

Family was the main supporter that always supported their child that continue study in finance. As we knew, after entering university life it costs a lot of money that consists of many aspects which also can be said that everything needs money. Examples include eating, writing instruments, college fees, and others. Due to financial problems, parents were not able to give their children, that still study to have healthy food (Azriff Zaim, January 19, 2022). The issue that appears from this matter is micronutrient. Those students with financial problems cannot get enough vitamins and minerals for their body, which may cause disease, and the effect that also may appear is weight loss. This issue critically encounters some students that have financial problems and affect them.

Factor of Knowledge About Nutrition Eating

Alongside in their university life where they only have limited time for their leisure time, many students still didn't take the knowledge of nutritious eating as a serious matter in their daily life. Due to that, they were exposed to the most unhealthy lifestyle which they only ate what they only wanted to survive a single day. As we know, students were more exposed to instant food instead of fresh food. It is where they were more love to eat something like instant noodles, fried chicken and many more. In this matter, it is happening because they have little knowledge about nutritious eating and instead of having a good meal, they only think about how to fill their tummy (Zaim, 2022). This has cause many issues among them like being overweight, which can expose them to heart disease, stroke, diabetes, and cancer. This matter may affect themselves and their daily life for the upcoming time.

The Eating Practice

The effect of unhealthy diet can be seen through the changes of the student body shape because there will be lot of changes that happen to the student's body neither skinny or obesity. Some of student didn't have a good eating practise in their daily life which may give effect to students didn't have a good eating practise in their daily life which may affect their body. In this matter, most of student especially girls were racing to have a good-looking body and to achieve that instant they were dare enough to take the risk by having a bad diet. For example, they throwing back the food they ate just because scare back the food they ate just to look fat. A bad diet habit can cause some issue where they were easier to get sick, stress, tiredness, depression and other because there was no nutrient that enter insides where they were easier to get sick, stress, tiredness, depression and others because no nutrient entered their body (Hindmarsh Square, 2022).

Food Insecurity Among UMK Students

Food is a requirement of daily human existence. Nowadays, the issue of food insecurity is very important to university students, which is produced from the factory and plays an important role for the public to feel safe by eating the food. As a result, that involved proper packaging methods and procedures in producing something good and safe food to eat. Food security is the availability at all times of the world food of sufficient, nutritious, varied, balanced and moderate basic food ingredients to maintain steady food expansion and balance fluctuations in production and prices. Besides that, food insecurity, or limited or uncertain access to sufficient food because of a lack of economic resources for food, is an underlying cause of poor dietary quality and is associated with acute and chronic health conditions like obesity, cardiovascular disease and diabetes as well as weakened physical health and compromised mental health status (Gundersen, 2018). According to the United States Department of Agriculture (USDA), the limitations or uncertainty of adequate and safe nutritional foods or the limited or uncertain ability to obtain acceptable food in a socially acceptable manner. For example, if a university student is stressed about completing an assignment given by a lecturer, he does not eat safe food because he wants to complete the assignment. In the research on university food insecurity, it is frequently stated that university students' experiences with food poverty differ from those of the broader community. If this is the case, we must assess food insecurity in a way that captures these diverse experiences or at the very least, permits researchers to create comparable food insecurity measures.

However, in 2018, 11.1% or 14.3 million households in the US, were classified as food insecure (Coleman-Jensen A, 2020). Food insecurity encompasses food acquisition problems, poor diet quality, and disrupted eating patterns resulting from a lack of resources (Coleman-Jensen A, 2020). Food insecurity impacts caloric intake and diet quality, as well as other aspects of the overall wellness of an individual.

Food security is more than an absence of hunger; it involves access, availability, and safety of food within the context of social acceptance of the processes for acquiring food. Nearly a billion people are affected by food insecurity around the world. Food security, according to the United States Agency for International Development (USAID), implies having physical and economic access to enough food to meet dietary needs for a productive and healthy life. In that case, we need to put it another way. Households can afford and receive enough nutritious food. A family is a food secure if none of its members is hungry or fearful of becoming hungry. For example, when students live in dormitories and are separated from their families, they will inevitably choose less food than healthy food. This will lead to unsafe food choices such as snacks and unhealthy foods.

Food insecurity is frequently linked to poverty in both the United States and developing countries. Changes in the global economy, such as increases in global food and energy prices, can significantly impact food security worldwide, particularly in low-income countries.

Food security is a worldwide issue as well as a domestic one in the United States. According to the United States Department of Agriculture (USDA), around 14.7 per cent of American families have low or deficient food security. In the United States, this translates to almost 50 million people, with about 17 million children. The Supplemental Nutrition Assistance Program (SNAP) is a federal programme that provides food assistance to low-income households in the United States in response to food insecurity (SNAP). This allows families to get electronic benefits from a debit card that they may use to buy bread, cereals, fruits, vegetables, meat, and dairy goods from recognised retailers. Food insecurity is a complex issue, according to extensive studies. Many people lack the financial means to meet their basic demands, putting their families in danger of food insecurity. Even though food insecurity is directly linked to poverty, not everyone who lives below the poverty line suffers from it, and people who live above the poverty line might also suffer from it. Food insecurity does not exist in a vacuum, as low-income families face a slew of obstacles, including a lack of affordable housing, social isolation, economic/social disadvantage due to systemic racism, chronic or acute health conditions, high medical costs, and poor salaries.

Loss of Appetite Among UMK Students

Firstly, we found that loss of appetite is one of the factors of malnutrition among university students. As we all know, this loss of appetite can happen to everyone regardless of gender, children, teenagers, and the elderly. Everyone will feel it, especially when they have a fever or severe illness. Loss of appetite is one of the things that everyone has ever experienced. But some conditions cause the appetite to disappear over a long period of time, causing complications to the patient. It can also accompany other symptoms such as the body becoming weak and weight loss. Loss of appetite (LOA) or anorexia is a condition of absence of hunger in patients. It can occur due to various reasons such as age, acute or chronic disease conditions, and associated medications. Loss of appetite can cause nutritional deficiency and lead to associated complications that can negatively impact a patient's health, overall well-being, and quality of life (Patel, 2017). Decreased appetite can also be caused by physiological factors, which cause a person to lose appetite for food. A phenomenon in society today is still found in a person who has a decreased appetite. so, others consider this a normal thing that can eventually lead to complications and disorders in the body and even lead to death if it lasts a long time and is not immediately addressed.

However, the mechanism driving these weight loss effects is unknown. Some studies suggest that the primary mechanism is decreased appetite. Limiting food intake to an 8- to 11-hour period during the daytime (Alom et al., 2015) and eating a large breakfast and small dinner decrease appetite and food intake in humans, with only one trial reporting an exception (Wehrens SMT, 2017). Other studies suggest that the primary mechanism is increased energy expenditure. The many processes/mechanisms that underpin phenotypic behaviour could explain individual variances. The ability to self-regulate appetite, as well as the food choices and amounts connected with it, has the potential to alter an individual's response to an intervention. Furthermore, trends in specific population rates of obesity and risk transmission between generations imply that determinants do not occur in isolation, making susceptibility identification based on physiological, psychological, and social/environmental mechanisms critical to weight homeostasis success.

Appetite is the system that regulates energy intake (food consumption) and associated motivational states like hunger. Appetite is influenced by and interacts with energy expenditure. As a result, appetite is best understood in terms of energy expenditure (metabolic and behavioural) and should be regarded as part of an energy-balancing framework. Appetite is an

international academic magazine focusing on the cultural, social, psychological, sensory, and physiological factors of food and beverage choices and consumption. It includes studies of human and non-human animal behaviour toward food and covers both normal and disordered eating and drinking. This may occur because of the diversity of factors influencing appetite and energy intake (A. L. Pilgrim, 2015). Still, differences in individual characteristics and behaviours, including adiposity, sex, and habitual physical activity, may also modulate appetite responses to exercise. Given the importance of appetite and energy intake in energy homeostasis, an improved understanding of the key individual characteristics and behaviours that adjust appetitive measures after exercise has important implications for weight management.

METHODOLOGY

Research design

A qualitative research design method will be used in the research. Qualitative research evaluates complicated problems like people's attitudes, actions, value systems, culture, and way of life. As a result, such research can aid in the construction of comprehensive survey tools and the generation of hypotheses reported by (Hesamedin Askari Mjabadi, 2016) to discuss any correlations that could be investigated further in future quantitative research. A research design may be defined as a framework for conducting any research, and there are several sorts of research designs from which to choose and apply based on the research the researcher is conducting. Descriptive research, exploratory research, evaluation research, and explanatory research are examples of this sort of study design. The best research design that can be utilised and used to complete this research was descriptive research, according to the study, factor malnutrition among University Malaysia Kelantan, City Campus students that the researcher is researching. Descriptive research entails describing the study's population, setting, and phenomena. Descriptive research aims to figure out how, what, when, and where something might happen.

In addition, the researcher employed a questionnaire question method to finish the study on the factor of malnutrition among University Malaysia Kelantan City Campus students. This strategy includes implementing a platform that a researcher can utilise to collect data from other people. This method requires the people who are being picked and those who have the link to answer the question to answer a few questions.

Semi-structured interview

A semi-structured interview is the interview that uses the same question for all the respondents. The answer can be in the experience or the perception from the respondent. It can be collected with the researcher making the interview with the respondent and will collect the data from the fullyconducting the interview with the respondent and will collect the data from the full answer with the explanations and the opinion from the respondent.

Sampling

Sampling is a technique that allows researchers to infer information about a community from the results of a subset of the population without having to look into every single person. It's also known as selecting a subset of the population from which a generalization or inference about the full population is produced. Each of these main categories has a different number of sampling strategies.

The non-probability sampling method will be employed in this study. Purposive sampling or consideration, on the other hand, is an appropriate technique for this study. Purposeful sampling is a type of sampling in which the researcher selects respondents or members of the public to participate in the study based on their assessment. This is because the

study was limited to University Malaysia Kelantan, City Campus students. The student who usually don't take the proper diet in daily life are the among the respondent.

Sample size

The sample size is typically used in research to determine the number of persons participating in a study and can be classified as a population. The number of participants or persons from the population involved in the study is the sample size. The sample size is used to determine the sampling procedure employed in the study. Recently, the number of respondents has been suggested to 15 for theme approaches such as semi-structured personal interviews with closed questions posed to all interviewers, and the survey has been conducted the face-to-face interview. To make this study a success, the questionnaire questions were circulated using one by one to the interviewee.,

FINDING

Analysis of Theme 1

Table 1- Analysis of Mental Condition

Research Question	Respondent Answer	Thematic Analysis
What is the link between mental condition and malnutrition among university Malaysia Kelantan city campus student.	R1: Yes, it very important to human.	Mental Condition
	R2, R3,R4, R6, R7, R8, R11: Yes	
	R5, R9, R10: Very important	

Analysis of Theme 2

Table 2- Analysis of Lack of Knowledge

Research Question	Respondent Answer	Thematic Analysis
What is the link between malnutrition and a lack of knowledge among University Malaysia Kelantan City Campus students?	R11, R6, R2, R8 : Yes	Lack of Knowledge
	R4: NO	
	R7: Not often	
	R9: Yes, balance diet are important	
	R3: Yes, important to for human body	
	R1: Yes, because a balance diet is very important for health	

Finding of Theme 1

Table 3 below shows the result Finding of Theme 1

Table 3-Finding for Theme 1

Finding of Knowledge	Respondent Answer
Mental Condition	'Yes' All 11 respondents think that mental health and mental condition are important.

Finding of Theme 2

Table 4-Finding for Theme 2

Finding of Knowledge	Respondent Answer
Knowledge	'Yes' 9 respondents have knowledge and concern about well balance diet.

DISCUSSION AND RECOMMENDATION

The study recommends that the government give subsidised programmes and healthy food aid to impoverished students, such as food, healthcare, or water, to overcome the problem of student malnutrition. The university's administration should then organise a campaign to promote awareness among students about the necessity of leading a healthy lifestyle. This is because the pupils' health and food care level is very low, which might lead to malnutrition. By providing nutritious meals to students at an affordable price, the surrounding community may establish a better food system. As a result, students experiencing difficulties will not be burdened if the price is acceptable. Finally, students should be concerned about nutritional knowledge and make dietary improvements by choosing a more well-balanced diet that fulfils the body's needs. This is since students are less concerned about their regular diet. It takes a lot of self-control to be a student with an ideal figure.

CONCLUSION

To conclude, the focus of this study was to investigate the causes of malnutrition among students at the University Malaysia City Campus Kota. Furthermore, this work might be utilised as a reference by other students who want to undertake additional research on nutritional issues. As an outcome, it can be inferred that mental health, a lack of understanding, and insufficient food consumption are all contributors to malnutrition among students at University Malaysia City Campus Kota. As a result, it is expected that all of the material presented throughout this research would assist other researchers in their future research.

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