Pengetahuan Pengurusan Berat Badan di Kalangan Wanita Bekerja di Kuala Lumpur

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ABSTRAK

Prevalens obesiti dan kesedaran mengenai imej tubuh sedang meningkat dan ramai wanita cuba melangsingkan tubuh badan melalui pelbagai kaedah. Artikel ini melaporkan tahap pengetahuan mengenai pengurusan berat badan di kalangan wanita bekerja yang berumur 30 – 45 tahun di Kuala Lumpur. Responden merangkumi 131 guru sekolah dan 122 kakitangan awam. Ukuran antropometri yang dilakukan termasuk berat badan dan ketinggian; manakala tahap pengetahuan pengurusan berat badan dinilai melalui borang soalselidik. Responden terdiri daripada 64% Melayu, 26% Cina dan 10% India dengan min umur 38.3 ± 4.6 tahun. Responden dibahagikan kepada dua kumpulan mengikut indeks jisim tubuh (IJT): berat badan normal (IJT 18.5 hingga 24.9 kg/m^2) dan lebihan berat badan (IJT ≥ 25.0 kg/m^2). Min berat badan dan IJT adalah berbeza secara signifikan (p < 0.001) di antara kedua-dua kumpulan. Bagi kumpulan lebihan berat badan dan berat badan normal, min berat badan adalah masing-masing 69.0 ± 9.5 kg dan 53.5 ± 5.3 kg, manakala min IJT masing-masing 29.2 ± 3.6 kg/m^2 dan 21.9 ± 1.7 kg/m^2. Min skor pengetahun pengurusan berat badan tidak berbeza secara signifikan bagi kedua-dua kumpulan, iaitu masing-masing 62.4 ± 13.7 dan 61.8 ± 13.4 untuk lebihan berat badan dan berat badan normal. Kebanyakan wanita lebihan berat badan (71%) dan normal (73%) mempunyai skor pengetahuan yang sederhana (skor 50–74%). Walau bagaimanapun, terdapat lebih ramai wanita lebihan berat badan (20%) yang mempunyai tahap pengetahuan tinggi (skor ≥ 75%) berbanding dengan wanita berat badan normal (15%). Hanya 9% wanita lebihan berat badan dan 12% wanita berat badan normal yang mempunyai tahap pengetahuan yang rendah (skor < 50%). Guru sekolah didapati mempunyai tahap pengetahuan yang lebih tinggi secara signifikan (p < 0.001) berbanding dengan kakitangan kerajaan dalam perkara berkaitan pengurusan berat badan, dengan min skor masing-masing 65.5 ± 12.3 dan 58.4 ± 13.9. Secara keseluruhan, hasil kajian ini menunjukkan bahawa wanita bekerja mempunyai pengetahuan yang sederhana mengenai pengurusan berat badan. Pengetahuan pengurusan berat badan adalah penting bagi mengelakkan risiko komorbiditi dan kesan samping. Kajian ini juga menunjukkan keperluan untuk pendidikan pemakanan berkaitan dengan imej tubuh dan pengurusan berat badan yang berkesan.

Kata kunci: Pengurusan berat badan, wanita bekerja, lebihan berat badan, obesiti.

ABSTRACT

Obesity prevalence and body image consciousness are on the rise, and women often try to lose weight using a variety of methods. This paper reports the knowledge on body weight management amongst working women aged 30 – 45 years in Kuala Lumpur. Respondents comprised 131 school teachers and 122 civil servants. Anthropometric measurements included body weight and height; while knowledge on weight management was assessed using a questionnaire. The respondents were Malay (64%), Chinese (26%) and Indian women (10%) with mean age of 38.3 ± 4.6 years old. The respondents were grouped into two weight categories based on body mass index (BMI): normal weight (BMI 18.5 to 24.9 kg/m^2) and overweight (BMI ≥ 25.0 kg/m^2). Mean body weight and BMI were significantly different (p < 0.001) between the two weight categories. Overweight and normal weight groups had mean body weight of 69.0 ± 9.5 kg and 53.5 ± 5.3 kg; while mean BMI were 29.2 ± 3.6 kg/m^2 dan 21.9 ± 1.7 kg/m^2; respectively. Mean scores for knowledge on weight management were similar for both weight categories, 62.4 ± 13.7 and 61.8 ± 13.4 for overweight and normal weight, respectively. A majority of overweight (71%) and normal weight (73%) women had moderate level (scores 50–74%) of weight management knowledge. However, it was interesting to note that there were more overweight women (20%) who had high knowledge level (scores ≥ 75%) as compared to normal weight women (15%). Only 9% of overweight and 12% of normal weight women demonstrated low knowledge level (scores <50%). School teachers were significantly (p < 0.001) more knowledgeable than civil servants in

weight management matters with mean knowledge scores of 65.5 ± 12.3 and 58.4 ± 13.9, respectively. On the whole, the results indicated that women were fairly knowledgeable in healthy body weight management. Knowledge on body weight management is essential for preventing comorbidity risks related to overweight problem. The study also revealed that there was a need for nutrition education related to body image and effective weight management.