

NATIONAL HEALTH AND MORBIDITY SURVEY 2017

ADOLESCENT HEALTH SURVEY 2017

TERENGGANU



**NATIONAL HEALTH AND MORBIDITY
SURVEY 2017**

(NMRR-16-698-30042)

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LIST OF ABBREVIATIONS

AHS	Adolescent Health Survey
CDC	Centre Disease Control
GSHS	Global School-based Student Health survey
IAT	Internet Addiction Test
MVIAT	Malay Version Internet Addiction Test
UNAIDS	Joint United Nations Programme on HIV and AIDS
UNICEF	United Nations Children's Fund
UNESCO	United Nations Educational, Scientific and Cultural Organization
WHO	World Health Organization
YRBSS	Youth Risk Behavior Surveillance System

TABLE OF CONTENTS

1.0	INTRODUCTION	1
1.1	Research in Adolescent Health in Malaysian Context.....	1
1.2	Objectives.....	5
1.2.1	General Objectives	5
1.2.2	Specific Objectives.....	5
1.2.3	The NHMS 2017 Organisation Team	5
2.0	METHODOLOGY AND SAMPLING DESIGN	8
2.1	Target Population.....	8
2.2	Sampling Frame	8
2.3	Sample Size Determination	8
2.4	Sampling Design	10
2.5	Ethical Approval and Consent Forms	10
2.6	Survey Instruments	10
2.7	Data Collection	11
2.8	Data Management.....	11
2.8.1	Data Operation Centre	12
2.8.2	Data Analysis	14
3.0	FINDINGS.....	15
3.1	General Findings.....	15
3.2	Alcohol Consumption	18
3.2.1	Introduction.....	18
3.2.2	Objectives	18
3.2.3	Variable definitions.....	19
3.2.4	Findings.....	19
3.2.5	Discussion/ Conclusion	20
3.2.6	Recommendations.....	20
3.2.7	References	21
3.3.	Dietary Behaviours	25
3.3.1	Introduction	25
3.3.2	Objectives	25
3.3.3	Variable Definitions	26
3.3.4	Findings.....	26
3.3.5	Discussion/ Conclusion	28
3.3.6	Recommendations.....	29

3.3.7	References	29
3.4	Drug Use	34
3.4.1	Introduction	34
3.4.2	Objectives	35
3.4.3	Variable Definitions	35
3.4.4	Findings.....	36
3.4.5	Discussion/ Conclusion	36
3.4.6	Recommendations.....	37
3.4.7	References	37
3.5	Hygiene (Including Oral Health)	42
3.5.1	Introduction	42
3.5.2	Objectives	42
3.5.3	Variable Definitions	43
3.5.4	Findings.....	43
3.5.5	Discussion/Conclusion	45
3.5.6	Recommendations.....	46
3.5.7	References	46
3.6	Internet Use and Addiction	57
3.6.1	Introduction	57
3.6.2	Objectives	58
3.6.3	Variable Definitions	58
3.6.4	Findings.....	58
3.6.5	Discussion/ Conclusion	59
3.6.6	Recommendations.....	59
3.6.7	References	60
3.7	Mental Health Problems	63
3.7.1	Introduction	63
3.7.2	Objectives	63
3.7.3	Variable definitions.....	63
3.7.4	Findings.....	64
3.7.5	Discussion/ Conclusion	64
3.7.6	Recommendations.....	64
3.7.7	References	65
3.8	Physical Activity.....	69
3.8.1	Introduction	69
3.8.2	Objectives	69

3.8.3	Variable Definitions	69
3.8.4	Findings.....	69
3.8.5	Discussion/ Conclusion	70
3.8.6	Recommendations.....	70
3.8.7	References	71
3.9.	Protective Factors.....	73
3.9.1	Introduction	73
3.9.2	Objectives	73
3.9.3	Variable Definitions	73
3.9.4	Findings.....	74
3.9.5	Discussions/ Conclusion	75
3.9.6	Recommendations.....	75
3.9.7	References	75
3.10	Sexual Behaviours that contribute to HIV Infection, Other STIs and Unintended Pregnancy.....	80
3.10.1	Introduction	80
3.10.2	Objectives.....	80
3.10.3	Variable Definitions.....	80
3.10.4	Findings	81
3.10.5	Discussion/ Conclusion	81
3.10.6	Recommendations	81
3.10.7	References	82
3.11	Tobacco Use	86
3.11.1	Introduction	86
3.11.2	Objectives.....	86
3.11.3	Variable Definitions.....	87
3.11.4	Findings	87
3.11.5	Discussion/Conclusion	89
3.11.6	Recommendations	89
3.11.7	References	89
3.12	Violence and Unintentional Injury	97
3.12.1	Introduction	97
3.12.2	Objectives.....	97
3.12.3	Variable Definitions.....	98
3.12.4	Findings	99
3.12.5	Discussion / Conclusion.....	100

3.12.6	Recommendations	101
3.12.7	References	102
APPENDICES	106

LIST OF TABLES

METHODOLOGY AND SAMPLING DESIGN

Table 2.1 Distribution of secondary schools sampled by state, NHMS 2017

GENERAL FINDINGS

Table 3.1.1 Response rate at student level by state, NHMS 2017

Table 3.1.2 Comparison between NHMS 2017 sample and total enrolment of students in Malaysia 2017

ALCOHOL CONSUMPTION

Table 3.2.1 Prevalence of ever alcohol drinkers among Form 1 to Form 5 students in Terengganu, 2017

Table 3.2.2 Prevalence of current alcohol drinkers among Form 1 to Form 5 students Terengganu, 2017

Table 3.2.3 Percentage of drunkenness among ever alcohol drinkers among Form 1 to Form 5 students in Terengganu, 2017

Table 3.2.4 Initiation age of alcohol drinking among ever alcohol drinkers among Form 1 to Form 5 students in Terengganu, 2017

Table 3.2.5 Sources of obtaining alcohol among current alcohol drinkers among Form 1 to Form 5 students in Terengganu, 2017

Table 3.2.6 Prevalence of social problems (got into trouble with family or friends, missed school, or got into fights) as a result of drinking alcohol among Form 1 to Form 5 students in Terengganu, 2017

DIETARY BEHAVIOURS

Table 3.3.1 Prevalence of students who had gone hungry most of the time or always because there was not enough food among Form 1 to Form 5 students in Terengganu, 2017

- Table 3.3.2** Prevalence of fruits intake of at least twice daily in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.3.3** Prevalence of vegetables intake of at least three times daily in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.3.4** Prevalence of fruits and vegetables intake at least five times daily in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.3.5** Prevalence of carbonated soft drinks consumption at least once a day in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.3.6** Prevalence of plain water intake 5 times or more per day in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.3.7** Prevalence of milk or milk products intake of at least two servings per day in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.3.8** Prevalence of consuming food from fast food restaurants of at least three days in the past seven days among Form 1 to Form 5 students in Terengganu, 2017

DRUG USE

- Table 3.4.1** Prevalence of ever used drugs in a lifetime among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.4.2** Prevalence of current drug use in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.4.3** Prevalence of ever used marijuana in their lifetime among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.4.4** Prevalence of current marijuana use in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.4.5** Prevalence of ever used amphetamines/metaphetamines in their lifetime among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.4.6** Source of getting drugs in the past 30 days among current drug users, Form 1 to Form 5 students in Terengganu, 2017
- Table 3.4.7** Age of initiation of first use of drugs amongst ever drug users among Form 1 to Form 5 students in Terengganu, 2017

HYGIENE (INCLUDING ORAL HEALTH)

- Table 3.5.1** Prevalence of teeth brushing in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.5.2** Prevalence of use of fluoridated toothpaste among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.5.3** Prevalence of use of dental floss among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.5.4** Timing of last dental visit among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.5.4.1** Prevalence of last dental visit within the last 24 months among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.5.5** Prevalence of having missed class due to toothache in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.5.6** Prevalence of avoidance of smiling or laughing due to the appearance of their teeth among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.5.7** Prevalence of use of soap during hand washing in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.5.8** Prevalence of handwashing before eating in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.5.9** Prevalence of handwashing after using the toilet in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

INTERNET USE AND ADDICTION

- Table 3.6.1** Prevalence of internet use in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.6.2** Prevalence of positive Malay Version Internet Addiction Test (MVIAT) among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.6.3** Percentage of reported devices used by internet users among Form 1 to Form 5 students in Terengganu, 2017

Table 3.6.4 Percentage of reported devices used by internet addicts among Form 1 to Form 5 students in Terengganu, 2017

MENTAL HEALTH PROBLEMS

Table 3.7.1 Prevalence of loneliness "most of the time or always" in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017

Table 3.7.2 Prevalence of inability to sleep "most of the time or always" due to worry in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017

Table 3.7.3 Prevalence of suicidal ideation in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017

Table 3.7.4 Prevalence of suicidal plan in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017

Table 3.7.5 Prevalence of suicidal attempt "at least once" in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017

Table 3.7.6 Prevalence of not having any close friend among Form 1 to Form 5 students in Terengganu, 2017

PHYSICAL ACTIVITY

Table 3.8.1 Prevalence of being physically active (60 minutes daily) for a total of at least 5 days or more among Form 1 to Form 5 students in Terengganu, 2017

Table 3.8.2 Prevalence of spending at least 3 hours in sitting activities among Form 1 to Form 5 students in Terengganu, 2017

PROTECTIVE FACTORS

Table 3.9.1 Prevalence of truancy in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Table 3.9.2 Prevalence of having peer support in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Table 3.9.3 Prevalence of having parental or guardian supervision in the past 30 days among Form 1 to Form 5 students Terengganu, 2017

Table 3.9.4 Prevalence of having parental or guardian connectedness in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Table 3.9.5 Prevalence of having parental or guardian bonding in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Table 3.9.6 Prevalence of having parental or guardian respect for privacy in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

SEXUAL BEHAVIOURS

Table 3.10.1 Prevalence of ever had sexual intercourse among Form 1 to Form 5 students in Terengganu, 2017

Table 3.10.2 Prevalence of current sexual intercourse in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Table 3.10.3 Percentage of first sexual intercourse before the age of 14 years among those who ever had sex among Form 1 to Form 5 students in Terengganu, 2017

Table 3.10.4 Percentage of having at least two sexual partners among students who ever had sex among Form 1 to Form 5 students in Terengganu, 2017

Table 3.10.5 Percentage of reported condom use during the last sexual intercourse among students who ever had sex among Form 1 to Form 5 students in Terengganu, 2017

Table 3.10.6 Percentage of reported using "other birth control methods" during the last sexual intercourse among students who ever had sex among Form 1 to Form 5 students in Terengganu, 2017

TOBACCO USE

Table 3.11.1 Prevalence of current smokers among Form 1 to Form 5 students in Terengganu, 2017

Table 3.11.2 Prevalence of current cigarette smokers among Form 1 to Form 5 students in Terengganu, 2017

- Table 3.11.3** Prevalence of current any tobacco products use among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.11.4** Prevalence of current E-cigarettes/ Vape use among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.11.5** Prevalence of current smoke and smokeless tobacco products use by types (except manufactured cigarette and E-cigarette/Vape) among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.11.6** Prevalence of having tried a cigarette before the age of 14 years among ever smokers among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.11.7** Prevalence of having tried E-cigarette/ Vape before the age of 14 years among ever E-cigarette/ Vape users among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.11.8** Prevalence of quit smoking attempts in the past 12 months among those who ever smoked among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.11.9** Prevalence of quit E-cigarette/ Vape attempts in the past 12 months among those who ever used E-Cigarette/ Vape among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.11.10** Prevalence of being exposed to people smoking in their presence for at least one day in the past 7 days among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.11.11** Prevalence of having father or mother or guardian who used any form of tobacco product among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.11.12** Prevalence of having father or mother or guardian who used E-cigarette/ Vape among Form 1 to Form 5 students in Terengganu, 2017

VIOLENCE AND UNINTENTIONAL INJURY

- Table 3.12.1** Prevalence of involvement in violence at least once in the past 12 months among Form 1 to Form 5 students Terengganu, 2017
- Table 3.12.2** Prevalence of being bullied at least once in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

- Table 3.12.3** Most common ways of being bullied in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.12.4** Prevalence of being abused at least once in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.12.5** Prevalence of having had serious injury at least once in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.12.6** Types of the most serious injury sustained in the past 12 months among students who were injured among Form 1 to Form 5 students in Terengganu, 2017
- Table 3.12.7** Major cause of the most serious injury sustained in the past 12 months among students who were injured among Form 1 to Form 5 students in Terengganu, 2017

LIST OF APPENDICES

- Appendix 1 Members of Steering Committee NHMS 2015-2018
- Appendix 2 Terms of Reference for NHMS 2017 Steering Committee
- Appendix 3 List of members of Central Coordinating Committee
- Appendix 4 Terms of Reference for NHMS 2017 Central Coordinating Team
- Appendix 5 List of Research Team Members, NHMS 2017
- Appendix 6 List of Liaison Officer and Data Collection Teams
- Appendix 7 Questionnaire & OMR form

Executive Summary

The Adolescent Health Survey 2017 is aimed at assessing the prevalence of health risk behaviours and protective factors amongst secondary school students in Malaysia using self-administered anonymous questionnaires adapted from the Malaysian Global School-based Student Health Survey (GSHS) 2012. This study was conducted among secondary school-going adolescents between 26th March and 3rd May 2017. In order to ensure national representativeness, this study was implemented using a two-stage cluster sampling design. Out of 2738 secondary schools from the Ministry of Education and Ministry of Rural and Regional Development, 212 schools were selected and more than 30,000 students were eligible to participate in this survey. The overall response rate was 89.0% and 27,497 school-going adolescents completed the survey. A total of 14 secondary schools were randomly selected in Terengganu of which 1,669 students completed the survey out of 1,880 eligible respondents with response rate of 88.8%.

Terengganu Key Findings

The study observed that the prevalence of current cigarette smokers in Terengganu school-going adolescents was 15.0%. Amongst those who ever smoked cigarettes, 79.2% had tried cigarettes before the of age 14 years and 74.9% had attempted to quit smoking in the past 12 months. The prevalence of current e-cigarette/vape use in Terengganu school-going adolescents was 9.2%. Among those who ever smoked e-cigarette/vape, 40.0% had first tried e-cigarette/vape before age 14 years and 64.3% had tried to stop using e-cigarette/vape in the past 12 months. Overall, 18.4% of students reported having parents or guardians who used e-cigarette/vape, 46.8% of students reported having parents or guardians who used any form of tobacco products and 39.9% of students reported having been exposed to people who smoked in their presence in the past seven days. Prevalence of current alcohol drinkers among school-going adolescents in Terengganu was 4.7%. Among students who had ever consumed alcohol (6.3%), 46.4% reported ever drunkenness in their lifetime. With regards to drug use, 4.1% of students in Terengganu reported had ever used drugs and the prevalence of current drug users was 3.6%. Prevalence of ever using marijuana in their lifetime was 2.4% and current use of marijuana was 2.5%, while 2.7% of students reported had ever used amphetamines or methamphetamines during their lifetime.

The study found that prevalence of ever having sex among school-going adolescents in Terengganu was 7.4% and the prevalence of having had sex in the past 30 days was 5.2%. Of those who ever had sex, 38.6% of them had their first sexual experience before age 14 years, and 16.0% had at least two sexual partners. It was found that 17.3% of students reported they, or their partners had used condoms whilst 10.6% used other birth control methods. A total of 30.2% students had been seriously injured in the past 12 months. Among the respondents, 19.2% claimed to have been physically attacked in the past 12 months, while 21.2% of adolescents claimed to have been involved in physical fights. With regards to bullying, 14.7% reported to have ever been bullied in the past 30 days. Physical abuse at home was reported by 10.5% of students while 38.4% of reported verbal abuse at home in the past 30 days.

The overall prevalence of internet use among school-going adolescents in Terengganu was 82.4% and the prevalence of internet addiction was 19.8%. Smartphones were the most prevalent device used. A total of 6.8% school-going adolescents in Terengganu reported feeling lonely and 3.4% reported that they had no close friend. A total of 5.1% reported being unable to sleep “most of the time or always” due to worry in the 12 months prior to the survey. Prevalence of suicidal ideation, plan and attempt were 7.1%, 6.2%, and 5.6% respectively. Prevalence of truancy amongst students in the past 30 days was 35.9% while only 45.4% claimed to have peer support. Students who reported having parental or guardian supervision, parental or guardian connectedness, parental or guardian bonding and parental or guardian respect for privacy were 14.8%, 34.2%, 38.5% and 71.0% respectively.

Overall, 89.8% of students reported having cleaned or brushed their teeth at least twice daily while 1.5% of students reported that they had never cleaned or brushed their teeth in the past 30 days. A total of 58.0% students reported use of fluoridated toothpaste, while only 18.7% used dental floss. In the past 30 days, 14.2% never or rarely used soap when washing their hands, 5.8% never or rarely washed their hands before eating and 7.5% reported that they had never or rarely washed their hands after using the toilet. In relation to dietary behaviours, 2.5% reported being hungry most of the time or always in the past 30 days because there was not enough food at home. The consumption of fruits at least twice daily was 56.2% and consumption of vegetables at least thrice daily was 41.5% in the past 30 days. Only 30.4% of

students reported fruits and vegetables consumption at least five times daily in the past 30 days. Consumption of carbonated soft drinks of at least once daily in the past 30 days was reported at 38.9% and 12.9% consumed food from fast food restaurants for at least three days in the past seven days. Milk/milk products consumption of at least two servings per day was reported at 35.2% while 57.0% drank plain water five times or more per day in the past 30 days. Prevalence of being physically active for a total of at least 60 minutes daily for five days or more in the past seven days was 19.9% whereas 39.7% of students had spent at least three hours in a typical or usual day in sitting activities.

Malaysia Key Findings

The study observed that the prevalence of current cigarette smokers in school-going adolescents was 13.8%. Amongst those who ever smoked cigarettes, 68.4% had tried cigarettes before the age of 14 years and 71.0% had attempted to quit smoking in the past 12 months. The prevalence of current e-cigarette/vape use in school-going adolescents was 9.8%. Among those who ever smoked e-cigarette/vape, 42.2% had first tried e-cigarette/vape before age 14 years and 60.9% had tried to stop using e-cigarette/vape in the past 12 months. Overall, 13.7% of students reported having parents or guardians who used e-cigarette/vape, 42.2% of students reported having parents or guardians who used any form of tobacco products and 42.0% of students reported having been exposed to people who smoked in their presence in the past seven days. Prevalence of current alcohol drinkers among school-going adolescents was 10.2% in which alcohol sources were mainly from their own family or bought from stores. Among students who had ever consumed alcohol (19.3%), three quarter had their first alcoholic beverage before age 14 years and 31.9% reported ever drunkenness in their lifetime. With regards to drug use, 4.3% of students reported had ever used drugs and the prevalence of current drug users was 3.4%. Prevalence of ever using marijuana in their lifetime was 2.8% and current use of marijuana was 2.5%, while 2.4% of students reported had ever used amphetamines or methamphetamines during their lifetime.

The study found that prevalence of ever having sex among school-going adolescents was 7.3% and the prevalence of having had sex in the past 30 days was 5.4%. Of those who ever had sex, 31.9% of them had their first sexual experience before age 14 years, and 16.6% had at least two sexual partners. It was found that 12.7% of students reported they, or their partners had used condoms whilst 10.3% used other birth control methods. A total of 29.9% students

had been seriously injured in the past 12 months with two most common causes of injury being falls and motor vehicle accidents. Among respondents, 25.3% claimed to have been physically attacked in the past 12 months, while 24.9% of adolescents claimed to have been involved in physical fights. With regards to bullying, 16.2% reported to have ever been bullied in the past 30 days. The two most common forms of bullying were 'being made fun of because of how their body or face looks' and 'made fun of with sexual jokes, comments or gestures'. Physical abuse at home was reported by 11.8% of students while 43.2% reported verbal abuse at home in the past 30 days.

The overall prevalence of internet use among school-going adolescents was 85.6% and the prevalence of internet addiction was 29.0%. Smartphones were the most prevalent device used. A total of 9.3% secondary school students in Malaysia reported feeling lonely and 3.6% reported that they had no close friend. A total of 7.1% reported being unable to sleep "most of the time or always" due to worry in the 12 months prior to the survey. Prevalence of suicidal ideation, plan and attempt were 10.0%, 7.3%, and 6.9% respectively. Prevalence of truancy amongst students in the past 30 days was 29.4% and only 44.2% claimed to have peer support. Students who reported having parental or guardian supervision, parental or guardian connectedness, parental or guardian bonding and parental or guardian respect for privacy were 13.2%, 32.0%, 42.6%, and 74.4% respectively.

Overall, 87.1% of students reported having cleaned or brushed their teeth at least twice daily while 1.2% of students reported they had never cleaned or brushed their teeth in the past 30 days. A total of 58.3% students reported use of fluoridated toothpaste, while only 19.3% used dental floss. In the past 30 days, 11.6% never or rarely used soap when washing their hands, 6.1% never or rarely washed their hands before eating and 4.8% reported that they had never or rarely washed their hands after using the toilet. In relation to dietary behaviours, 3.9% reported being hungry most of the time or always in the past 30 days because there was not enough food at home. The consumption of fruits at least twice daily was 46.8% and consumption of vegetables at least thrice daily was 36.0% in the past 30 days. Only 23.5% reported fruits and vegetables consumption at least five times daily in the past 30 days. Consumption of carbonated soft drinks of at least once daily in the past 30 days was reported at 36.9% while 11.1% consumed food from fast food restaurants for at least three days in the

past seven days. Milk/milk products consumption of at least two servings per day was reported at 31.0% while 60.4% drank plain water five times or more per day in the past 30 days. Prevalence of being physically active for a total of at least 60 minutes daily for five days or more in the past seven days was 19.8% whereas 50.1% of students had spent at least three hours in a typical or usual day in sitting activities.

Recommendations:

In view of the above findings, the following recommendations are suggested:

- To strengthen awareness, knowledge and practice of positive health-related behaviours through home, school and community settings.
- To develop and disseminate more health education materials on health risk behaviours, its consequences and preventive measures.
- To enhance resilience and coping skills among students through school and community programs and activities such as, Doktor Muda, Minda Sihat, cadets and volunteerism.
- To strengthen protective factors against risky behaviours through intersectoral collaboration with more emphasis on spiritual values and parenting skills.
- Intersectoral collaboration to tackle the social determinants contributing to the adolescent health morbidities and mortalities.
- To evaluate the effectiveness of adolescent health programs provided by various agencies at a regular interval.

1.0 INTRODUCTION

The World Health Organization (WHO) has defined adolescents as a group of population between the ages of 10 to 19 years.¹ Adolescence sub-categories used in Malaysia consists of early adolescence (10-14 years), middle adolescence (15-17 years) and late adolescence (18-19 years).² Total population of adolescents in Malaysia is around 18% out of 31 million population.³ Adolescents are the most valuable asset in the country as they will become future leaders who will continue to sustain our national agendas.

By definition, adolescence is a period of transition from childhood to adulthood where significant changes occur in the form of physical appearance as well as emotional well-being. Rapid biological maturity precedes psychosocial maturity, thus having an impact on health consequences.⁴ Generally, they are perceived as the healthiest population and often overlooked until now. However previous studies had observed multiple morbidities among adolescents resulting from unintentional injuries, risky behaviours such as smoking, use of alcohol and drugs and also involvement in sexual activity.⁵ The current trend of the cyber era, in which more adolescents spend too much time “on line” and have become addicted to the internet, results in detachment from the real world and difficulties adapting with real world communication, which is later associated with mental health problems among adolescents.⁶ Physical inactivity and unhealthy dietary behaviors are associated with obesity and these behaviours may continue until adulthood. The practice of good personal hygiene care and dietary behaviours are equally important aspects that should not be put aside in assessing adolescent health.⁵ Their interaction with the environment also shapes adolescent growth through psychosocial experiences where peer and parental support play an important role. Adolescents are at-risk of premature morbidity and mortality if no preventive measures are taken.⁷ This population should enjoy the highest attainable standards of health with a supportive environment.

1.1 Research in Adolescent Health in Malaysian Context

In Malaysia, the Adolescent Health Unit has been established in 1995 under the Family Health Development Division, Ministry of Health, Malaysia.³ In terms of research activities, a nationwide health risk behavior study among adolescents was conducted in 1996 with four

main scopes namely smoking, alcohol consumption, drug use and sexual activity practices.⁸ Following that, the Global Youth Tobacco Surveys were conducted in 2003 and 2009 to identify tobacco consumption among youth.^{9,10} In 2010, the Institute for Health Behavioural Research had initiated The Youth Behaviour Risk Factor Surveillance (YBRFS), however the respondents only consisted of students from Forms 1, Form 2 and Form 4.¹¹ In realizing that the national data on health risks and behaviours are very much important in developing policy and programs for adolescents, the Ministry of Health, Malaysia took a step forward in collaborating with the World Health Organization (WHO) in conducting the Global School-based Student Health Survey (GSHS) Malaysia in 2012. The survey used a self-administered questionnaire assessing 10 main scopes of adolescent health risk behaviours primarily among students aged 13 to 17 years. The GSHS questionnaire was developed by WHO and the Center for Disease Control and Prevention (CDC) in collaboration with UNICEF, UNESCO, and UNAIDS in 2001. It has been used as a standard tool by more than 100 countries in the world. Local adaption and validation of the questionnaire was done before running the actual nationwide survey.¹²

The purpose of the GSHS was to provide accurate data on health behaviours and protective factors among students to:

- Help countries develop priorities, establish programmes, and advocate for resources for school health and youth health programmes and policies;
- Establish trends in the prevalence of health behaviours and protective factors for use in evaluation of school health and youth health promotion; and
- Allow countries, international agencies, and others to make comparisons across countries and within countries regarding the prevalence of health risk behaviours and protective factors.

The 10 main scopes were:

- Alcohol use
- Dietary behaviours
- Drug use
- Hygiene (including oral health)
- Mental health problems

- Physical activity
- Protective factors
- Sexual behaviours that contribute to HIV infection, other STI, and unintended pregnancy
- Tobacco use
- Violence and unintentional injury

With regards to the importance of serial data in measuring the trends of health risk behaviours among adolescents in Malaysia, the Ministry of Health has listed the Adolescent Health Survey as one of the main scopes in the National Health and Morbidity Survey (NHMS) cycle. The current Adolescent Health Survey used a similar methodology and validated Malaysian GSHS questionnaire in 2012 with the addition of the Malay Version Internet Addiction Test (MVIAT).¹³

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1.2 Objectives

1.2.1 General Objectives

To assess the prevalence of health risk behaviours among adolescents in Malaysia in order to review health priorities, program strategies and activities and planning for allocation of resources for adolescent health.

1.2.2 Specific Objectives

1.2.2.1 To identify the prevalence of alcohol use

1.2.2.2 To identify the dietary behaviors

1.2.2.3 To identify the prevalence of drug use

1.2.2.4 To identify the practice of hygiene including oral health

1.2.2.5 To identify the prevalence of internet use and addiction

1.2.2.6 To identify the prevalence of mental health problems

1.2.2.7 To identify the practice of physical activity

1.2.2.8 To identify the prevalence of protective factors

1.2.2.9 To identify the prevalence of sexual behaviours

1.2.2.10 To identify the prevalence of tobacco use

1.2.2.11 To identify the prevalence of violence and unintentional injury

1.2.3 The NHMS 2017 Organisation Team

The organisation of NHMS 2017 was set up at various levels of the Ministry of Health and Ministry of Education in order to conduct this survey.

1.2.3.1 NHMS Steering Committee

The NHMS Steering Committee, chaired by the Director-General of Health was set up at the national level to approve scopes of the NHMS 2015-2018 and to facilitate implementation of the survey.

The members and terms of reference of this committee are shown in **Appendix 1 and 2**.

1.2.3.2 Central Coordinating Team (CCT)

A working committee within the Institute for Public Health was established to coordinate implementation of the survey according to the scheduled Gantt chart. The Operation Centre was set up and led by the CCT team for coordinating and monitoring progress of the survey.

The list of CCT members and terms of reference are shown in **Appendix 3 and 4**. Figure 1 detailed the organisation chart at the Institute for Public Health level. Adolescent Health Survey was part of NHMS 2017 using the sample from secondary schools only.

1.2.3.3 Research Team Members

Research team members for each sub-scope were established and headed by a key-person (among IPH officers) together with the relevant stakeholders. Research team members were responsible for the technical input in development of the questionnaire manual, variable definition, data analysis and writing of the final report.

The list of members for each research teams are shown in **Appendix 5**.

1.2.3.4 State Liason Officers and Data Collection Team.

A State Liaison Officer was appointed in each State to facilitate planning and implementation of data collection within the States.

The list of State Liaison Officers and Data Collection Teams are shown in **Appendix 6**.

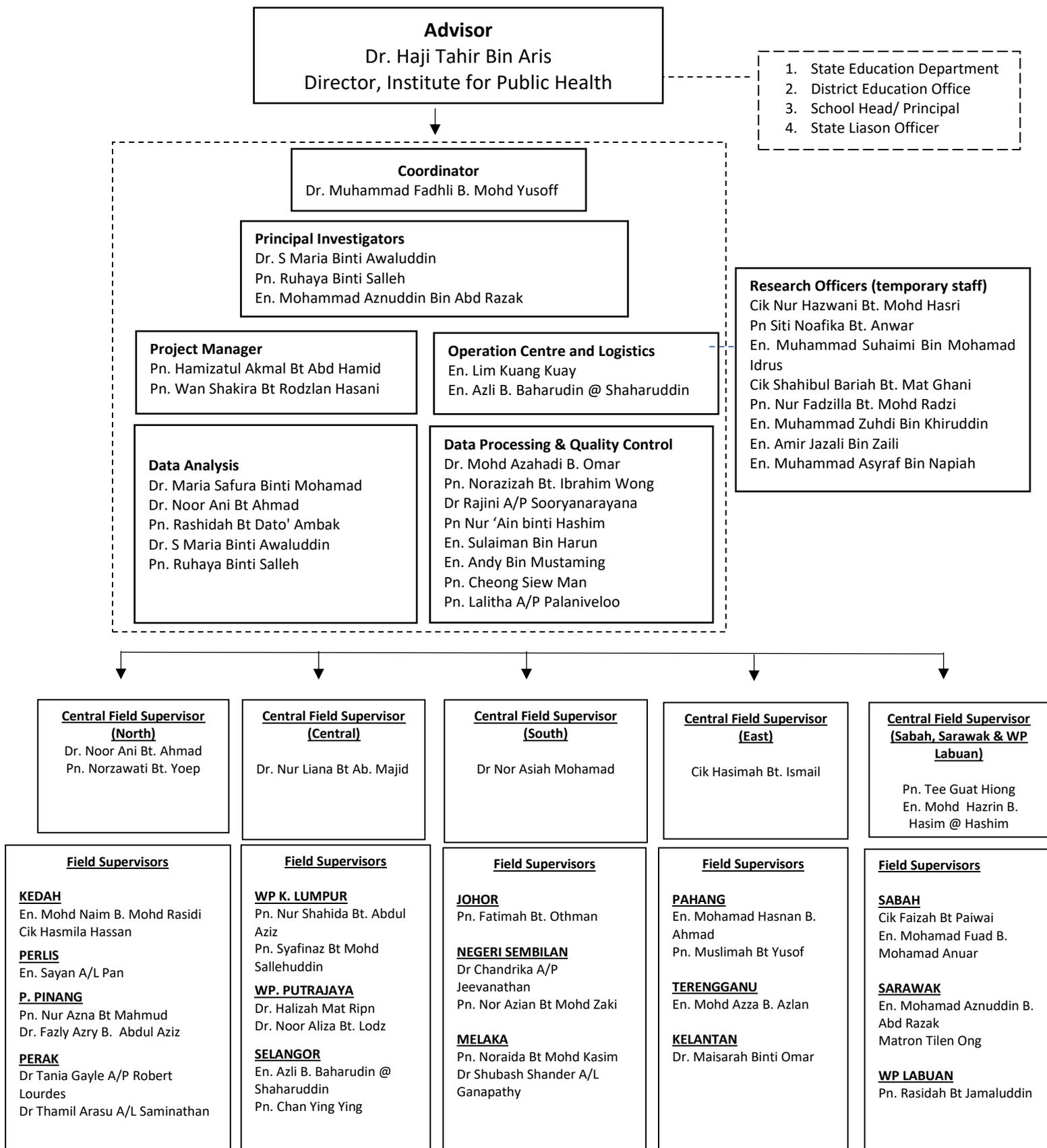


Figure 1: Organisation chart for data collection teams NHMS 2017

2.0 METHODOLOGY AND SAMPLING DESIGN

2.1 Target Population

The target population for the Adolescent Health Survey 2017 was school-going adolescents aged between 13 to 17 years in Malaysia. An equal sampling proportion was calculated from 13 States and three Federal Territories to represent adolescents in each State / Federal Territories.

2.2 Sampling Frame

The sampling frame used in this survey was the list of secondary schools from the Ministry of Education and Ministry of Rural and Regional Development. Students' enrolment data of Form 1 to Form 5 from 2,738 secondary schools in 2016 were used.

2.3 Sample Size Determination

Sample size was calculated by using a single proportion formula for estimation of prevalence.

The sample size calculation was based on a few criteria as stated below:

1. Variance of proportion of the variable of interest (Based on Global School-Based Student Health Survey 2012)
2. Margin of error (e) (Between 0.01 to 0.05)
3. Confidence Interval of 95%

To obtain an optimum sample size, a few adjustments were made to the sample size calculation as follows:

1. Adjusted n (srs) for total number of target population (N) (based on the population size for school-going adolescents in 2016)

$$n \geq \frac{n_{SRS}}{1 + \frac{n_{SRS}}{N}}$$

2. Adjusted for design effect (deff) (based on previous survey: GSHS 2012), n (complex) = n * deff
3. Adjusted for n(complex) taking into account expected non-response rate of 25%, n (adj) = n (complex) * (1 + non-response rate)

4. The sample size was adjusted according to the needs of analysis; at the national or state level.

Based on the requirements to achieve the objectives of the survey and above mention considerations, the optimum sample size required was 30, 496 respondents (**Table 2.1**).

Table 2.1: Distribution of Secondary Schools Sampled by State, NHMS 2017

No.	State / Federal Territories	Total Number of Schools	Number of Schools Sampled	Number of students sampled
1	Johor	306	14	1,906
2	Kedah	219	14	1,906
3	Kelantan	193	14	1,906
4	Melaka	87	14	1,906
5	Negeri Sembilan	139	14	1,906
6	Pahang	209	14	1,906
7	Pulau Pinang	141	14	1,906
8	Perak	275	14	1,906
9	Perlis	33	14	1,906
10	Selangor	345	14	1,906
11	Terengganu	162	14	1,906
12	Sabah	246	14	1,906
13	Sarawak	220	14	1,906
14	WP Kuala Lumpur	133	14	1,906
15	WP Labuan	19	8	1,906
16	WP Putrajaya	11	8	1,906
Total		2,738	212	30,496

2.4 Sampling Design

This survey utilised a two-stage stratified cluster sampling design to ensure representativeness of students from Form 1 to Form 5 (13-17 years). Malaysia was stratified into 16 states/ Federal Territories. The first stage of sampling was selection of secondary schools (schools with students from Forms 1 to Form 5). Schools were selected randomly with probability proportionate to school enrolment size. A total of 212 secondary schools were selected to participate in this survey. The second stage of sampling was selection of classes. All classes in each selected school were included in the sampling frame. Systematic random sampling was used to select minimum of four to maximum of 10 classes from each selected school to meet the required sample for each school in 13 states and WP Kuala Lumpur, WP Putrajaya and WP Labuan; 137 and 239 respondents respectively. All students in selected classes were eligible to participate in the survey.

2.5 Ethical Approval and Consent Forms

This study had obtained approvals from the Medical Research and Ethics Committee of the Ministry of Health and Ministry of Education. We obtained permission to carry out the survey from relevant offices of the Ministry of Education at state and district levels as well as from schools selected. Prior to the survey, several meetings with relevant Ministry of Education officers and persons in-charge at selected schools were conducted to ensure readiness in logistic preparation. Teachers were briefed on the parent's consent form, who then distributed it to parents a week prior to the survey. During the actual day of the survey, student's consent was obtained from eligible respondents before survey was conducted. Students who did not receive parental consent or they themselves refused to participate were considered as non-response of eligible participants in this survey.

2.6 Survey Instruments

A validated self-administered bilingual questionnaire adopted from the Malaysian GSHS 2012 with computer-scan-able answer sheets was used. Answer sheets were anonymous to ensure student confidentiality. Majority of the students completed the survey within two teaching periods. The Adolescent Health Questionnaires contained 77 questions addressing the following topics:

- Alcohol use
- Dietary behaviours
- Drug use
- Hygiene (including oral health)
- Internet Use and Addiction
- Mental health
- Physical activity
- Protective factors
- Sexual behaviours that contribute to HIV infection, other STIs, and unintended pregnancy
- Tobacco use
- Violence and unintentional injury

2.7 Data Collection

There were 36 teams to collect data; 4 teams each for Sabah and Sarawak and 2 teams per state in the Peninsular Malaysia and Federal Territories. Each team consisted of a field supervisor, research assistants and a driver. The field supervisor was a permanent staff in the Ministry of Health.

A pilot study was carried out on 6 February 2017. Data collection training was conducted in Kuala Lumpur and Kuching, Sarawak for data collection teams in Peninsular Malaysia, and for Sabah, Sarawak and WP Labuan respectively. The training module comprised of questionnaires and role-plays in handling the survey in classrooms or in a school hall. Data collection was from 26 March to 3 May 2017.

2.8 Data Management

Quality check on data was conducted throughout the survey based on specific identification (ID) numbers; from the state ID until individual student ID (generated for the study). Upon completing the survey, each student placed his / her answer sheet in an envelope. All answer sheets from the same school were wrapped together to make a bundle. These bundles were

collected by assigned drivers for schools in Peninsular Malaysia or using tracked postage for schools in Sabah, Sarawak and WP Labuan.

2.8.1 Data Operation Centre

An operation centre with several stations was set up to receive data “bundles” from the field:

Station 1: Respondent ID checking

Station 2: Scanning

Station 3: Verification

Station 4: Storage

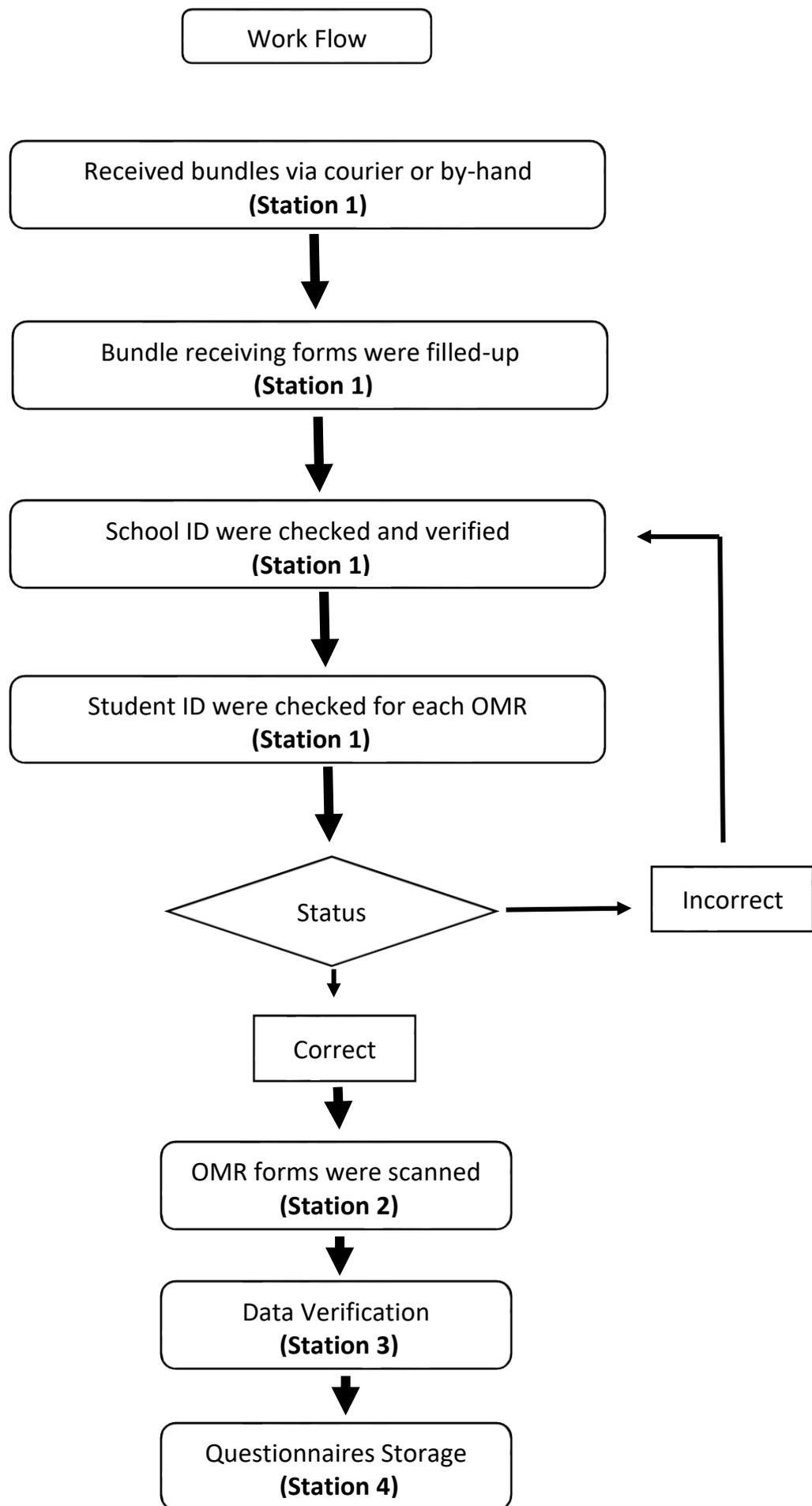


Figure 2 : Work Flow of NHMS 2017

2.8.2 Data Analysis

Analysis was prepared according to objectives of the survey, working definitions and dummy tables. IBM SPSS Statistics for Windows, Version 21.0. (Armonk, NY: IBM Corp.) was used to import raw datasets in Excel form. Data set was checked and cleaned for any inconsistencies. The final data analysis was conducted by using complex sampling design and 95% confidence interval.

A weighting factor was applied to each student record to adjust for non-response and for varying probabilities of selection. Weight estimation was calculated by the following formula:

$$W = W1 \times W2 \times F \times PS$$

Where;

W1 = the inverse of probability of selecting the school

W2 = the inverse of probability of selecting the class within the school

F = the inverse of a school, class and student level non-response adjustment factor

PS = a post stratification adjustment factor calculated by class and gender

The weighted results were used to make important inferences on the health risk behaviours and protective factors of all students from Form 1 to Form 5. Variable definitions used in this survey were derived from the Malaysian GSHS 2012 and was discussed in detail for each scope.

3.0 FINDINGS

3.1 General Findings

A total of 27,497 OMR forms were received from 212 selected schools. The overall response rate was 89.2%. The response rates for schools and classes were 100% each, while the response rate for students was 89.2%. (**Table 3.1.1**).

Table 3.1.1: Response Rate at Student Level by State, NHMS 2017

State	Selected Schools	Eligible students	Completed OMR forms	Response rate (%)
Johor	14	1,915	1,731	90.4
Kedah	14	1,930	1,691	87.6
Kelantan	14	1,900	1,631	85.8
Melaka	14	1,986	1,872	94.3
Negeri Sembilan	14	1,930	1,718	89.0
Pahang	14	1,948	1,784	91.6
Pulau Pinang	14	1,974	1,749	88.6
Perak	14	1,931	1,754	90.8
Perlis	14	1,992	1,667	83.7
Selangor	14	1,840	1,671	90.8
Terengganu	14	1,880	1,669	88.8
Sabah	14	1,965	1,686	85.8
Sarawak	14	1,919	1,779	92.7
WP Kuala Lumpur	14	1,937	1,721	88.8
WP Labuan	8	1,907	1,712	89.8
WP Putrajaya	8	1,869	1,662	88.9
Total	212	30,823	27,497	89.2

Comparison of total estimated population (weighted) with the national secondary school enrolment is shown in **Table 3.1.2** Geographic information system (GIS) on the mapping of selected secondary schools is shown in **Figure 3**. The socio-demographic characteristics of the sample by gender consist of 44.3% (739) males and 55.7% (930) females in Terengganu. In terms of school locality; 25.5% (426) and 74.5% (1,243) were students studying in school located in urban areas and rural areas respectively.

Table 3.1.2: Comparison between NHMS 2017 respondents and national enrolment of secondary school students in Malaysia 2017

State	NHMS 2017			National Enrolment 2017	
	Unweighted count	Estimated Enrolment (weighted)	Prevalence (%)	Secondary School Students	Prevalence (%)
Malaysia	27,497	2,146,447	100.0	2,146,509	100.0
State					
Johor	1,731	275,711	12.8	275,700	12.8
Kedah	1,691	154,645	7.2	154,643	7.2
Kelantan	1,631	121,684	5.7	121,683	5.7
Melaka	1,872	67,234	3.1	67,235	3.1
Negeri Sembilan	1,718	88,430	4.1	88,429	4.1
Pahang	1,784	103,630	4.8	103,644	4.8
Pulau Pinang	1,749	112,980	5.3	112,981	5.3
Perak	1,754	181,681	8.5	181,724	8.5
Perlis	1,667	27,012	1.3	27,014	1.3
Selangor	1,671	391,634	18.2	391,623	18.2
Terengganu	1,669	98,667	4.6	98,664	4.6
Sabah	1,686	198,960	9.3	199,006	9.3
Sarawak	1,779	197,888	9.2	197,876	9.2
WP Kuala Lumpur	1,721	112,376	5.2	112,370	5.2
WP Labuan	1,712	5,539	0.3	5,539	0.3
WP Putrajaya	1,662	8,376	0.4	8,378	0.4
Sex					
Male	13,135	1,064,954	49.6	1,064,988	49.6
Female	14,362	1,081,493	50.4	1,081,521	50.4
Form					
Form 1	5,704	451,017	21.0	451,024	21.0
Form 2	5,501	426,924	19.9	426,908	19.9
Form 3	5,837	431,050	20.1	431,043	20.1
Form 4	5,532	414,604	19.3	414,653	19.3
Form 5	4,923	422,852	19.7	422,881	19.7

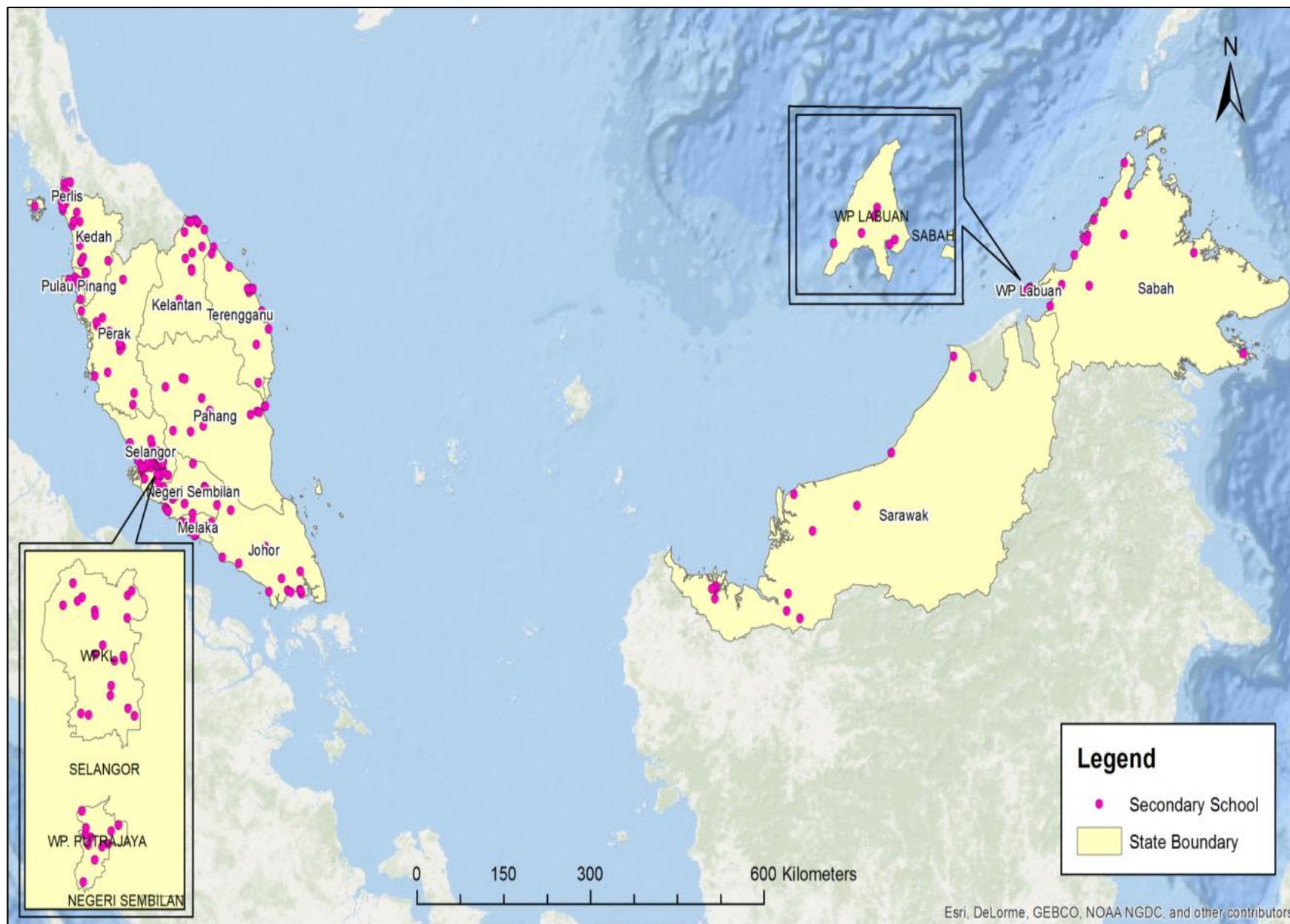


Figure 3: GIS mapping of the selected secondary schools

3.2 Alcohol Consumption

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3.2.1 Introduction

Globally, there are about 3.3 million deaths attributable to harmful use of alcohol annually.¹ The South East Asian region contributed to 4.6% of alcohol-attributable deaths and 4.0% burden of disease and injury.¹ People consuming alcohol are prone to more than 200 diseases and injuries as well as social consequences due to its harmful effects.¹ The Centre for Disease Control (CDC) estimates on average in the United States from 2006 to 2010, there were 4,358 alcohol-attributable deaths due to excessive alcohol use for those under 21; 1,580 deaths from motor vehicle crashes, 1,269 as a result of homicides, 492 from suicide, as well as 245 from other injuries such as falls, burns, and drowning.² Alarming, about 33% of teens (by age 15) have had at least 1 drink of an alcoholic beverage.³ Evidently, individuals who started drinking before the age of 15 are five times more likely to have alcohol-related problems later in life.⁴ The consequence of early alcohol drinking could lead to memory impairment, thus causing low educational achievement and high absenteeism rates.^{5,6}

3.2.2 Objectives

- i. To determine the prevalence of ever and current drinkers among students from Form 1 to Form 5.
- ii. To describe the socio-demographic characteristics of ever and current drinkers among students from Form 1 to Form 5.
- iii. To identify the age of alcohol drinking initiation among students from Form 1 to Form 5
- iv. To identify the sources of obtaining alcoholic beverages among students from Form 1 to Form 5.
- v. To identify the prevalence of drunkenness among students from Form 1 to Form 5 who consume alcohol.

- vi. To determine the frequency of social problems related to alcohol consumption among students from Form 1 to Form 5.

3.2.3 Variable definitions

- **Drinking alcohol:** A “drink” is a glass of wine, tuak, lihing, bahar, ijuk or toddy; a can of beer, a small glass of liquor’ or mixed drink. Drinking alcohol does not include drinking a few sips of wine for religious purposes.
- **Ever drinkers:** Those who had a history of alcohol consumption in their lifetime.
- **Current drinkers:** Those who had at least a “drink” of alcohol in the past 30 days.
- **Drunkeness:** When someone demonstrates signs such as staggering when walking, not being able to speak right and throwing up after consuming alcohol in a lifetime.
- **Social problems:** Having trouble with family or friends, missed school or got into fights as a result of drinking alcohol in a lifetime.

3.2.4 Findings

The prevalence of ever alcohol drinkers among students from Form 1 to Form 5 in Terengganu was 6.3% (95% CI: 3.74, 10.34). There was no significant difference noted across school locality, sex and form (**Table 3.2.1**). The prevalence of current alcohol drinkers among students from Form 1 to Form 5 was 4.7% (95% CI: 2.75, 7.89). There was no significant difference noted across school locality, sex and form (**Table 3.2.2**). Among ever alcohol drinkers, 46.4% (95% CI: 34.87, 58.35) reported drunkeness (**Table 3.2.3**). Among students who ever consumed alcohol, most of the students had their first alcoholic beverage at the age of 12 or 13 years old (21.1%, 95% CI: 14.92, 28.85) (**Table 3.2.4**). Among current alcohol drinkers, most of the students obtained their alcoholic beverages by buying from stores (47.5%, 95% CI: 36.00, 59.20). Other than that, they also obtained them from friends (19.1%, 95% CI: 11.59, 29.83) or giving someone money to buy the alcoholic beverages (15.2% CI: 8.88, 24.79) (**Table 3.2.5**). Overall, 3.1% (95% CI: 1.77, 5.22) of students got into trouble with their family and friends, missed school or got into fights one or more times as a result of drinking alcohol (**Table 3.2.6**).

3.2.5 Discussion/ Conclusion

The prevalence of ever alcohol drinkers among students from Form 1 to Form 5 in Terengganu was 6.3% (95% CI: 3.74, 10.34), which was significantly lower compared to the national prevalence (19.3% (95% CI: 17.10, 21.70)). Among current alcohol drinkers, the prevalence among students from Form 1 to Form 5 was 4.7% (95% CI: 2.75, 7.89), which also significantly lower compared to the national prevalence [(10.2% (95% CI: 9.00, 11.60))]. Among current alcohol drinkers, almost half (47.5%, 95% CI 36.00, 59.20) obtained their alcoholic beverages by purchasing them from stores contrary to the national findings where 37.7% (95% CI: 33.26, 42.25) obtained alcoholic beverages from their families. The prevalence of drunkenness among the ever alcohol drinkers was 46.4% (95% CI: 34.87, 58.35), which was significantly higher compared to the national prevalence (31.9% (95% CI: 29.26, 34.70)). Similar to the national prevalence, majority of the students who ever consumed alcohol in Terengganu had their first drink at the age of 12 or 13 years.

3.2.6 Recommendations

Addressing alcohol drinking among adolescents in Malaysia is vital to prevent social and other harmful effects of alcohol on the health of adolescents. Mapping of localities with high alcohol drinking and drunkenness prevalence is highly recommended, since alcohol use is not rampant and localised in specific populations and locations.

By doing this, interventions can be focused on the identified groups. Among the interventions that can be implemented are:

1. To instill awareness about the danger of underage drinking to the adolescents as early as possible.
2. Family-based prevention programmes: Educating parents on the negative effects of alcohol especially on long-term memory and learning skills, health effects and its social repercussions on adolescent behaviour and subsequent dependence and abuse if not controlled. Parents should play an important role as the firsthand educators on the harmful effects of alcohol to their children and prohibiting children to initiate early alcohol drinking.

3. School-based prevention programmes: Empower counselors and teachers to screen their students for alcohol use and to start intervention for these students as soon as possible.

3.2.7 References

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Table 3.2.1: Prevalence of ever alcohol use among Form 1 to Form 5 students in Terengganu, 2017

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	102	6,192	6.3	3.74	10.34
Locality of school					
Urban	13	665	3.2	1.44	6.83
Rural	89	5,527	7.1	4.12	12.00
Sex					
Male	67	4,403	9.1	5.44	14.85
Female	35	1,790	3.6	1.79	6.93
Form					
Form 1	36	2,598	13.0	6.17	25.30
Form 2	23	1,225	6.3	3.03	12.53
Form 3	26	1,212	6.0	3.20	11.08
Form 4	8	461	2.4	1.07	5.23
Form 5	9	697	3.5	0.77	14.86

Table 3.2.2: Prevalence of current drinker in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	75	4,626	4.7	2.75	7.89
Locality of school					
Urban	8	394	1.9	0.84	4.13
Rural	67	4,232	5.4	3.17	9.21
Sex					
Male	54	3,562	7.4	4.35	12.21
Female	21	1,064	2.1	1.00	4.39
Form					
Form 1	29	2,076	10.4	4.46	22.32
Form 2	17	947	4.8	2.12	10.68
Form 3	20	896	4.5	2.20	8.80
Form 4	3	179	0.9	0.30	2.84
Form 5	6	529	2.7	0.45	14.52

Table 3.2.3: Percentage of drunkenness among ever alcohol drinkers among Form 1 to Form 5 students in Terengganu, 2017

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	47	2,874	46.4	34.87	58.35
Locality of school					
Urban	4	207	31.2	7.93	70.39
Rural	43	2,667	48.2	36.12	60.58
Sex					
Male	36	2,306	52.4	39.04	65.40
Female	11	568	31.7	16.19	52.76
Form					
Form 1	22	1,552	59.7	38.40	77.95
Form 2	12	675	55.1	33.53	74.95
Form 3	10	417	34.4	9.89	71.50
Form 4	1	54	11.7	2.03	45.84
Form 5	2	175	25.2	10.89	48.11

Table 3.2.4: Initiation age of alcohol drinking among ever alcohol drinkers among Form 1 to Form 5 students in Terengganu, 2017

	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
7 years old or younger	10	601	9.8	5.13	17.99
8 or 9 years old	11	726	11.8	7.37	18.51
10 or 11 years old	17	918	15.0	9.17	23.56
12 or 13 years old	21	1,289	21.1	14.92	28.85
14 or 15 years old	3	164	2.7	0.88	7.87
16 years old or older	-	-	-	-	-
Unknown	39	2,426	39.6	30.86	49.08

Table 3.2.5: Source of getting alcohol among current drinker among Form 1 to Form 5 students in Terengganu, 2017

	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
I bought in a store	24	1,357	47.5	36.00	59.20
I gave someone money to buy	7	435	15.2	8.88	24.79
I got it from my friends	9	546	19.1	11.59	29.83
I got it from my family	3	166	5.8	1.30	22.52
I stole it	2	133	4.6	1.12	17.33
I got it some other way	4	222	7.8	2.75	20.11

Table 3.2.6: Prevalence of social problems (got into trouble with family or friends, missed school, or got into fights) as a result of drinking alcohol among Form 1 to Form 5 students in Terengganu, 2017

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	47	3,009	3.1	1.77	5.22
Locality of school					
Urban	7	397	1.9	0.93	3.84
Rural	40	2,612	3.4	1.84	6.08
Sex					
Male	33	2,247	4.7	2.43	8.77
Female	14	762	1.5	0.67	3.40

3.3. Dietary Behaviours

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3.3.1 Introduction

Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances important for adolescent's good health. Dietary patterns that include higher intakes of fruits and vegetables are associated with several health benefits, including a decreased risk for some types of cancer.

3.3.2 Objectives

To describe the prevalence of:

- i. Students who had gone hungry most of the time or always in the past 30 days.
- ii. Fruits intake of at least twice daily in the past 30 days.
- iii. Vegetables intake of at least three times daily in the past 30 days.
- iv. Fruits and vegetables intake of at least five times daily in the past 30 days.
- v. Carbonated drinks consumption of at least once daily in the past 30 days.
- vi. Plain water intake of five times or more daily in the past 30 days.
- vii. Milk or milk products intake of at least two times daily in the past 30 days.
- viii. Food consumption from fast food restaurant of at least three days in the past seven days

3.3.3 Variable Definitions

- **Gone hungry:** students who had gone hungry most of the time or always because there was not enough food at home for the past 30 days or living without financial means to access enough food for active and healthy living.
- **Fruits intake:** fruits intake of at least twice daily in the past 30 days, inclusive of various types of local fruit, seasonal fruit and imported fruit.
- **Vegetables intake:** vegetables intake of at least three times daily in the past 30 days, either eaten raw or cooked.
- **Plain water intake:** Includes mineral water, boiled water, or tap water
- **Carbonated drinks intake:** carbonated drinks consumption of at least once daily in the past 30 days (except mentioned as diet soft drinks).
- **Dairy products intake:** milk or milk products intake at least two times daily in the past 30 days.
- **Fast food intake:** consuming food from fast food restaurants at least three days in the past seven days

3.3.4 Findings

Hunger

The overall prevalence of students who reported being hungry most of the time or always in the past 30 days was 2.5% (95% CI: 1.56, 3.90), with an estimated projection to 2,440 school-going adolescents. There was no significant difference reported by school location, sex and forms (**Table 3.3.1**).

Fruits intake

The overall prevalence of consuming fruits at least twice daily in the past 30 days was 56.2% (95% CI: 52.91, 59.51) with an estimated projection to 55,458 school-going adolescents. There were no significant difference in consuming fruits by school location, sex and forms (**Table 3.3.2**).

Vegetables intake

The overall prevalence of consuming vegetables at least three times daily in the past 30 days was 41.5% (95%CI: 38.66, 44.44), with an estimated projection to 40,926 school-going adolescents. There were no significant differences in consuming fruits by school location, sex and forms (**Table 3.3.3**).

Fruits and vegetables intake at least five time daily

The overall prevalence of consuming fruits and vegetables at least five times daily in the past 30 days was 30.40% (95%CI: 27.50, 33.50) with an estimated projection to 29,963 school-going adolescents. There were no significant differences in consuming fruits by school location, sex and forms. Form 5 students reported the lowest consumption of fruits and vegetables at least five times daily as compared to other forms [22.8% (95% CI: 18.9, 27.3)] (**Table 3.3.4**).

Carbonated soft drinks intake

The overall prevalence of consuming carbonated drinks at least once daily in the past 30 days was 38.9% (95%CI: 33.09, 44.94) with an estimated projection to 38,272 school-going adolescents. Rural school-going adolescents reported carbonated drink consumption of 42.0% (95% CI: 37.66, 46.36) as compared to the students in the urban areas at 27.4% (95% CI: 14.63, 45.36). The prevalence of consuming carbonated drinks at least once daily among male students was 45.3% (95% CI: 38.23, 52.51) while females at 32.7% (95% CI: 25.77, 40.42). Form 1 students, 46.3% (95% CI: 29.96, 53.24) reported the highest frequency of carbonated drink consumption as compared to other forms (**Table 3.3.5**).

Plain water intake

The overall prevalence of drinking plain water 5 times or more daily in the past 30 days was 57.0% (95%CI: 52.34, 61.51) with an estimated projection to 56,026 school-going adolescents. Urban school-going adolescents reported drinking plain water 5 times or more daily at the prevalence of 63.2% (95% CI: 51.91, 73.16) as compared to the students in the rural areas 55.3% (95% CI: 50.83, 59.71). The prevalence of drinking plain water 5 times or more daily among male students was 53.8% (95% CI: 47.64, 59.85) while females at 60.0% (95% CI: 54.64, 65.19). Form 1 students showed the lowest frequency in drinking plain water 50.8% (95% CI: 39.99, 61.48) (**Table 3.3.6**).

Milk and milk products intake

The overall prevalence of milk or milk products intake at least two times daily in the past 30 days was 35.2% (95%CI: 32.23, 38.25) with an estimated projection to 34,715 school-going adolescents. There was no significant difference in taking milk or milk products by sex and school location. Form 5 students 30.6% (95% CI: 24.9, 37.1) reported the lowest milk or milk products as compared to other forms **(Table 3.3.7)**.

Fast food intake

The overall prevalence of consuming food from fast food restaurant of at least three days in the past seven days was 12.9% (95%CI: 10.24, 16.08) with an estimated projection to 12,679 school-going adolescents. The prevalence of consuming food from fast food restaurant of at least three days in the past seven days among rural school-going adolescents was 13.5% (95% CI: 10.84, 16.67) while students in urban areas at 10.6% (95% CI: 4.97, 21.27). There was no significant difference in prevalence of consuming fast food by sex, school location and forms **(Table 3.3.8)**.

3.3.5 Discussion/ Conclusion

The prevalence of being hungry most of the time or always during the past 30 days in Terengganu in 2017 [2.5% (95% CI: 1.56, 3.90)] was lower compared to the national prevalence in 2017 [3.9% (95% CI: 3.53, 4.24)], and also lower from the previous Terengganu GSHS 2012 [3.2% (95% CI: 1.92, 5.23)]¹. The prevalence of consuming fruits at least twice daily in Terengganu in 2017 [56.2% (95% CI: 52.91, 59.51)] was significantly higher compared to the national prevalence in 2017 [46.8% (95% CI: 45.09, 48.53)], and also significantly higher compared to Terengganu GSHS 2012 [45.8% (95% CI: 40.95, 50.70)]¹. The prevalence for vegetables intake at least three times per day in Terengganu in 2017 [41.5% (95%CI: 38.66, 44.44)] was significantly higher compared to the national prevalence in 2017 [36.0% (95% CI: 34.45, 37.52)] and also significantly higher compared to Terengganu GSHS 2012 [30.4% (95% CI: 28.50, 32.34)]¹. The prevalence for fruits and vegetables intake at least five times per day in Terengganu in 2017 [30.4% (95%CI: 27.50, 33.50)] was significantly higher compared to the national prevalence in 2017 [23.5% (95% CI: 22.20, 24.94)], and comparable to Terengganu GSHS 2012 [31.4% (95% CI: 28.89, 33.98)]¹. The prevalence for carbonated drink consumption once daily in Terengganu in 2017 [38.9% (95%CI: 33.09, 44.94)] was higher compared to the

national prevalence in 2017 [36.9% (95% CI: 35.04, 38.79)], and higher than the Terengganu GSHS 2012 [27.6% (95% CI: 22.53, 33.31)]¹. The prevalence for plain water drinking five times or more daily in the past 30 days in Terengganu in 2017 [57.0% (95%CI: 52.34, 61.51)] was lower compared to the national prevalence in 2017 [60.4% (95% CI: 59.07, 61.78)], and significantly higher than the Terengganu GSHS 2012 [42.3% (95% CI: 37.23, 47.45)]. The prevalence for fast food consumption from fast food restaurants of at least three days in the past seven days in Terengganu in 2017 [12.9% (95%CI: 10.24, 16.08)] was comparable to the national prevalence in 2017 [11.1% (95% CI: 10.24, 12.01)]¹, and significantly higher than the Terengganu GSHS 2012 [5.3% (95% CI: 3.58, 7.69)]¹.

3.3.6 Recommendations

In view of the findings highlighted above, Malaysian students need more attention towards a healthy eating habit. Parents play an important role to ensure that healthy and nutritious food such as fruits, yogurt, and high fibre snacks are available on shelves and in fridges at home. Appropriate nutrition education program with creative and innovative approaches should be carried out in promoting healthy diet, specifically eating more fruits and vegetables, drinking more plain water, consuming more milk/milk products and reducing fast food intake and carbonated soft drinks intake. Further research should be conducted to identify underlying causes of food insecurity and unhealthy eating habits among students in Malaysia.

3.3.7 References

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Table 3.3.1: Prevalence of students who had gone hungry *(most of the time or always) because there was not enough food in his/her home, in the past 30 days, among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	*Most of the time or always				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	38	2,440	2.5	1.56	3.90
Locality of school					
Urban	6	343	1.6	0.63	4.16
Rural	32	2,097	2.7	1.64	4.42
Sex					
Male	22	1,587	3.3	1.92	5.58
Female	16	853	1.7	0.93	3.09
School level					
Lower secondary	24	1,463	2.5	1.46	4.10
Upper secondary	14	977	2.5	1.42	4.39
Form					
Form 1	12	818	4.1	1.63	9.96
Form 2	8	427	2.2	1.00	4.73
Form 3	4	218	1.1	0.18	6.34
Form 4	5	272	1.4	0.50	3.89
Form 5	9	705	3.6	1.63	7.72

Table 3.3.2: Prevalence of fruit intake of at least twice daily in the past 30 days, among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	Yes (at least twice daily)				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	946	55,458	56.2	52.91	59.51
Locality of school					
Urban	236	11,702	55.8	55.59	55.95
Rural	710	43,756	56.4	52.13	60.51
Sex					
Male	417	26,983	55.8	49.94	61.50
Female	529	28,475	56.7	52.79	60.46
School level					
Lower secondary	637	35,811	60.1	55.22	64.76
Upper secondary	309	19,647	50.4	46.36	54.35
Form					
Form 1	171	11,759	58.8	51.43	65.73
Form 2	216	11,824	60.5	50.21	70.02
Form 3	250	12,229	61.0	56.27	65.45
Form 4	176	10,797	55.8	50.37	61.07
Form 5	133	8,850	45.0	38.80	51.38

Table 3.3.3: Prevalence of vegetable intake of at least three times daily in the past 30 days, among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	Yes (at least three times daily)				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	698	40,926	41.5	38.66	44.44
Locality of school					
Urban	166	8,209	39.1	37.67	40.60
Rural	532	32,717	42.2	38.69	45.73
Sex					
Male	321	20,780	43.0	39.41	46.69
Female	377	20,146	40.1	35.61	44.73
School level					
Lower secondary	450	25,147	42.2	37.65	46.94
Upper secondary	248	15,778	40.4	36.84	44.15
Form					
Form 1	121	8,449	42.2	33.69	51.25
Form 2	143	7,618	39.0	32.68	45.72
Form 3	186	9,081	45.4	38.27	52.67
Form 4	133	8,171	42.2	35.87	48.84
Form 5	115	7,608	38.7	33.87	43.74

Table 3.3.4: Prevalence of fruits and vegetables intake at least five times daily in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	516	29,963	30.4	27.50	33.50
Locality of school					
Urban	123	6,063	28.9	26.87	31.02
Rural	393	23,900	30.8	27.23	34.67
Sex					
Male	224	14,491	30.0	25.61	34.78
Female	292	15,472	30.8	26.24	35.81
School level					
Lower secondary	338	18,825	31.6	27.31	36.32
Upper secondary	178	11,138	28.5	25.42	31.90
Form					
Form 1	90	6,188	30.9	24.59	38.06
Form 2	114	6,084	31.2	24.24	39.02
Form 3	134	6,553	32.8	27.82	38.27
Form 4	109	6,648	34.4	30.02	38.96
Form 5	69	4,490	22.8	18.91	27.29

Table 3.3.5: Prevalence of at least once a day consumption of carbonated soft drinks in the past 30 days, among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	Yes (at least once a day)				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI Lower	95% CI Upper
TERENGGANU	622	38,272	38.9	33.09	44.94
Locality of school					
Urban	110	5,747	27.4	14.63	45.36
Rural	512	32,525	42.0	37.66	46.36
Sex					
Male	326	21,866	45.3	38.23	52.51
Female	296	16,406	32.7	25.77	40.42
School level					
Lower secondary	429	25,251	42.4	36.54	48.56
Upper secondary	193	13,021	33.4	27.14	40.25
Form					
Form 1	129	9,267	46.3	37.90	54.93
Form 2	135	7,653	39.4	30.45	49.08
Form 3	165	8,331	41.5	30.86	53.09
Form 4	113	7,218	37.3	29.97	45.27
Form 5	80	5,803	29.5	23.43	36.41

Table 3.3.6: Prevalence of plain water intake 5 times or more per day in the past 30 days, among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	Yes (at least 5 times daily)				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI Lower	95% CI Upper
TERENGGANU	963	56,026	57.0	52.34	61.51
Locality of school					
Urban	271	13,194	63.2	51.91	73.16
Rural	692	42,833	55.3	50.83	59.71
Sex					
Male	396	25,895	53.8	47.64	59.85
Female	567	30,131	60.0	54.64	65.19
School level					
Lower secondary	604	32,882	55.3	48.95	61.55
Upper secondary	359	23,145	59.5	52.96	65.72
Form					
Form 1	153	10,159	50.8	39.99	61.48
Form 2	209	11,027	56.8	48.65	64.60
Form 3	242	11,696	58.5	50.25	66.27
Form 4	178	11,023	57.0	48.55	64.99
Form 5	181	12,122	62.0	52.49	70.70

Table 3.3.7: Prevalence of milk or milk products intake at least two servings per day in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	Unweighted Count	Estimated Population	Prevalence %	95% CI	
				Lower	Upper
TERENGGANU	586	34,715	35.2	32.23	38.25
Locality of school					
Urban	143	7,183	34.2	29.28	39.56
Rural	443	27,532	35.4	31.98	39.06
Sex					
Male	278	18,108	37.4	32.61	42.55
Female	308	16,607	33.0	29.03	37.25
School level					
Lower secondary	392	22,037	36.9	33.78	40.22
Upper secondary	194	12,677	32.5	27.84	37.52
Form					
Form 1	114	7,858	39.3	33.56	45.29
Form 2	133	7,087	36.3	29.59	43.57
Form 3	145	7,093	35.3	28.96	42.13
Form 4	106	6,657	34.4	28.53	40.79
Form 5	88	6,020	30.6	24.86	37.06

Table 3.3.8: Prevalence of consuming food from a fast food restaurant of at least three days in the past 7 days, among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	Yes (at least three days)				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	210	12,679	12.9	10.24	16.08
Locality of school					
Urban	43	2,218	10.6	4.97	21.27
Rural	167	10,461	13.5	10.84	16.67
Sex					
Male	101	6,720	13.9	10.55	18.16
Female	109	5,960	11.9	9.46	14.84
School level					
Lower secondary	131	7,608	12.8	9.27	17.44
Upper secondary	79	5,071	13.0	10.07	16.61
Form					
Form 1	40	2,729	13.7	6.57	26.44
Form 2	47	2,748	14.1	10.23	19.23
Form 3	44	2,132	10.6	7.05	15.69
Form 4	42	2,639	13.6	10.39	17.71
Form 5	37	2,432	12.4	7.96	18.72

3.4 Drug Use

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3.4.1 Introduction

According to the World Drug Report 2017, an estimated quarter of a billion people, or around five per cent of the global adult population, used drugs at least once in 2015. Even more worrisome is the fact that about 29.5 million of those drug users, or 0.6 percent of the global adult population, suffer from drug use disorders.¹ This means that their drug use is harmful to the point that they may experience drug dependence and require treatment.

Marijuana or cannabis remains the world's most widely used drug, with an annual prevalence of 3.8 per cent of the adult population, or an estimated 183 million people (range 128 million to 238 million), having used marijuana in the past year.² Amphetamines remain the second most commonly used drug worldwide, with an estimated 35 million past-year users (range 13 million to 58 million), and the use of amphetamines, particularly methamphetamine, is perceived to be increasing in many regions, including most parts of Asia.

This drug menace contributes to various social and medical ill health implications particularly among adolescents. The broad range of problems reported by young people include deteriorating family relations, truancy, poorer performance in school, mental disorders such as depression and anxiety, drug induced psychosis particularly with the New Psychoactive Substances (NPS), unwanted and unprotected sexual activity, accidents, violence and increased risk of blood-borne viral diseases such as HIV and Hepatitis C for those injecting drug users (IDU). Some youth engaging in heavy substance use will continue to do so into adulthood and will experience various longer-term health and social problems.

3.4.2 Objectives

- i. To determine the prevalence of ever and current drug use among Form 1 to Form 5 students
- ii. To describe the socio-demographic characteristics of ever and current drug use among Form 1 to Form 5 students
- iii. To determine the prevalence of ever and current marijuana use among Form 1 to Form 5 students
- iv. To describe the socio-demographic characteristics of ever and current marijuana use among Form 1 to Form 5 students
- v. To determine the prevalence and socio-demographic characteristics of ever amphetamines or methamphetamines use among Form 1 to Form 5 students
- vi. To identify the age of initiation and the sources of obtaining drugs among Form 1 to Form 5 students

3.4.3 Variable Definitions

- **Drug use:** taking of heroin, morphine, glue, amphetamine or methamphetamines (ecstasy, syabu, ice), marijuana/*ganja* (except prescribed medicine).
- **Ever drug use:** students who had history of drug use in their lifetime
- **Current drug use:** students who used drugs in the past 30 days
- **Ever Marijuana use:** students who had history of marijuana use in their lifetime
- **Current Marijuana use:** students who used marijuana in the past 30 days
- **Ever Amphetamine or Methamphetamines use:** students who had history of amphetamine or methamphetamines use in their lifetime.

3.4.4 Findings

Overall, the prevalence of ever drug use among students from Form 1 to Form 5 in Terengganu was 4.1% (95% CI: 2.54, 6.69) with an estimated population of 4,085 students. The prevalence of ever drug use was significantly higher among males [7.2% (95% CI: 4.36, 11.71)] as compared to females [1.2% (95% CI: 0.51, 2.72)] (**Table 3.4.1**). The prevalence of current drug use in the past 30 days among Form 1 to Form 5 students in Terengganu was 3.6% (95%CI:2.04, 6.23) with significantly higher prevalence in males [6.2% (95% CI: 3.40, 11.01)] (**Table 3.4.2**). The prevalence of ever used marijuana in lifetime was 2.4% (95% CI: 1.21, 4.54) among Form 1 to Form 5 students in Terengganu (**Table 3.4.3**) and 2.5% (95% CI: 1.35, 4.61) of the students were current marijuana users in the past 30 days (**Table 3.4.4**). About 2.7% (95% CI: 1.52, 4.58) students reported that they had ever used amphetamines or methamphetamines during lifetime (**Table 3.4.5**). The prevalence was significantly higher in males for ever marijuana use [3.9% (95% CI: 1.85, 7.90)], current marijuana use [4.3% (95% CI: 2.30, 8.06)] and ever amphetamines or methamphetamines use [4.8% (95% CI: 2.69, 8.46)].

Among current drug use, most of the students obtained their drugs by buying from someone [27.2% (95% CI: 17.43, 39.87)]. Other than that, they also obtained by stealing or getting the drugs without permission [18.4% (95% CI: 9.22, 33.30)] or giving someone else money to buy the drugs [17.6% (95%CI: 10.24, 28.59)] (**Table 3.4.6**). Among the ever drug users, about [1.0% (95% CI: 0.46, 2.01)] had initiated drug use at the age of seven years or younger with percentage of rural areas was 1.1% (95% CI: 0.53, 2.40) and urban areas was 0.3% (95% CI: 0.06, 2.09) (**Table 3.4.7**).

3.4.5 Discussion/ Conclusion

The prevalence of ever drug use and current drug use in Terengganu was not significantly different with the national prevalence. However, the prevalence was significantly higher in male students. As for ever marijuana use, current marijuana use and ever use of amphetamines or methamphetamine, there were also no difference of prevalence with national level however the prevalence was noted significantly higher among males. Among those who ever used drug, majority of students admitted that they had been using drugs at

the age of seven years or younger. Most of those who were current drug use obtained their drugs by buying from someone.

3.4.6 Recommendations

Prevention and control measures of drug use among adolescents in Malaysia needs to be strengthened and started early from the primary school level. New strategies and approaches must be developed to address this issue. Health education and the dangers of drug abuse should be emphasized. Early detection and intervention also needs to be given priority.

3.4.7 References

1. World Drug Report 2017: Executive Summary Conclusions and Policy Implications. (ISBN:978-92-1-148291-1, eISBN: 978-92-1-060623-3, United Nations publication, Sales No. E.17.XI.6).
2. United Nations Office on Drugs and Crime, *World Drug Report 2017: Global Overview*. (ISBN: 978-92-1-148291-1, eISBN: 978-92-1-060623-3, United Nations publication, Sales No. E.17.XI.6).

Table 3.4.1 : Prevalence of ever used drugs in a life time among Form 1 to Form 5 students in Terengganu, 2017

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	63	4,085	4.1	2.54	6.69
Locality of school					
Urban	8	436	2.1	0.64	6.48
Rural	55	3,649	4.7	2.85	7.66
Sex					
Male	52	3,488	7.2	4.36	11.71
Female	11	597	1.2	0.51	2.72
Form					
Form 1	31	2,245	11.2	5.07	23.00
Form 2	14	816	4.2	1.35	12.16
Form 3	12	528	2.6	0.98	6.86
Form 4	2	142	0.7	0.17	3.07
Form 5	4	353	1.8	0.35	8.67

Table 3.4.2 : Prevalence of current drug use in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	55	3,540	3.6	2.04	6.23
Locality of school					
Urban	6	332	1.6	0.57	4.32
Rural	49	3,207	4.1	2.31	7.29
Sex					
Male	45	2,994	6.2	3.40	11.01
Female	10	545	1.1	0.43	2.72
Form					
Form 1	28	2,058	10.3	4.44	22.05
Form 2	11	633	3.2	0.93	10.66
Form 3	12	528	2.6	0.98	6.86
Form 4	1	58	0.3	0.03	2.68
Form 5	3	263	1.3	0.15	10.61

Table 3.4.3 : Prevalence of ever used marijuana in a life time among Form 1 to Form 5 students in Terengganu, 2017

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	36	2,318	2.4	1.21	4.54
Locality of school					
Urban	2	99	0.5	0.19	1.17
Rural	34	2,219	2.9	1.49	5.41
Sex					
Male	28	1,867	3.9	1.85	7.90
Female	8	451	0.9	0.34	2.32
Form					
Form 1	19	1,384	6.9	2.48	17.83
Form 2	7	404	2.1	0.44	9.26
Form 3	8	354	1.8	0.67	4.54
Form 4	-	-	-	-	-
Form 5	2	175	0.9	0.10	7.24

Table 3.4.4 : Prevalence of current marijuana use in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	38	2,471	2.5	1.35	4.61
Locality of school					
Urban	3	150	0.7	0.24	2.12
Rural	35	2,321	3.0	1.62	5.45
Sex					
Male	31	2,096	4.3	2.30	8.06
Female	7	375	0.7	0.29	1.90
Form					
Form 1	19	1,353	6.8	2.50	17.03
Form 2	7	404	2.1	0.44	9.26
Form 3	8	367	1.8	0.76	4.37
Form 4	1	84	0.4	0.06	3.36
Form 5	3	263	1.3	0.15	10.61

Table 3.4.5 : Prevalence of ever amphetamines/metaphetamines use in a life time among Form 1 to Form 5 students in Terengganu, 2017

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	38	2,613	2.7	1.52	4.58
Locality of school					
Urban	3	175	0.8	0.32	2.15
Rural	35	2,438	3.1	1.82	5.37
Sex					
Male	33	2,326	4.8	2.69	8.46
Female	5	287	0.6	0.21	1.56
Form					
Form 1	22	1,667	8.3	3.60	18.11
Form 2	7	411	2.1	0.59	7.21
Form 3	6	270	1.3	0.48	3.73
Form 4	-	-	-	-	-
Form 5	3	265	1.3	0.30	5.90

Table 3.4.6 : Source of getting drugs in the past 30 Days among current drug user among Form 1 to Form 5 students in Terengganu, 2017

	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
I bought them from someone	14	924	27.2	17.43	39.87
I gave someone else money to buy it for me	10	598	17.6	10.24	28.59
I stole it or got it without permission	9	624	18.4	9.22	33.30
I got it from my friend	5	346	10.2	3.49	26.28
I got it from my family	2	109	3.2	0.58	15.90
I got it some other ways	3	147	4.3	1.34	13.12

Table 3.4.7 : Age of initiation of first used drugs among ever drug user in students Form 1 to Form 5, Terengganu 2017

	Total					Urban				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
7 years old or younger	13	952	1.0	0.46	2.01	1	72	0.3	0.06	2.09
8 or 9 years old	8	466	0.5	0.18	1.27	-	-	-	-	-
10 or 11 years old	8	581	0.6	0.18	1.90	1	-	0.2	0.04	1.53
12 or 13 years old	4	295	0.3	0.11	0.80	-	-	-	-	-
14 or 15 years old	4	204	0.2	0.05	0.92	-	-	-	-	-
16 years old or older	3	164	0.2	0.05	0.52	1	52	0.2	0.04	1.53

Table 3.4.7 : Age of initiation of first used drugs among ever drug user among Form 1 to Form 5 students in Terengganu, 2017

	Rural				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
7 years old or younger	12	880	1.1	0.53	2.40
8 or 9 years old	8	466	0.6	0.23	1.53
10 or 11 years old	7	529	0.7	0.19	2.40
12 or 13 years old	4	295	0.4	0.15	0.96
14 or 15 years old	4	204	0.3	0.06	1.12
16 years old or older	2	112	0.1	0.03	0.60

3.5 Hygiene (Including Oral Health)

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3.5.1 Introduction

Dental caries has substantial impact to children, families, and health systems, including dental and medical consequences, loss of working time on the part of caregivers and increased expenditures. It is a multi-factorial infectious disease that leads to pain and infection, consequently affecting the quality of life, general health, productivity and educational performance of the child.¹ Daily tooth brushing with a fluoridated toothpaste and regular dental check-up at least once a year can help prevent dental caries and periodontal disease.

Clean hands can stop spread of parasites from one person to another. These parasites consume nutrients from children they infect, causing abdominal pain and can impair learning by slowing cognitive development. Hand washing is one of the most effective ways to prevent the spread of parasites, especially during these key times: before, during and after preparing food, before eating and after using the toilet.^{2,3}

3.5.2 Objectives

To describe the prevalence of:

- i. Tooth brushing frequency in the past 30 days
- ii. Fluoridated toothpaste usage
- iii. Dental floss usage
- iv. Timing of last visit to a dentist or dental nurse
- v. Having missed class due to toothache in the past 12 months
- vi. Avoidance of smiling or laughing due to the appearance of their teeth
- vii. Using soap during hand washing in the past 30 days
- viii. Hand washing before eating in the past 30 days
- ix. Hand washing after using the toilet in the past 30 days

3.5.3 Variable Definitions

- **Clean or brush teeth:** Regular tooth brushing using toothbrush and toothpaste to keep the mouth, teeth and gums clean and healthy
- **Last saw a dentist or dental nurse:** Seen a dentist or dental nurse for a check-up, scaling or other dental treatment

3.5.4 Findings

Cleaning or brushing teeth during the past 30 days

Overall, 1.5% (95%CI: 0.92, 2.46) of students reported they had never cleaned or brushed their teeth during the past 30 days. About 3.0% (95%CI: 1.78, 4.87) reported they had cleaned or brushed their teeth less than once daily and 5.7% (95%CI: 4.54, 7.26) had cleaned or brushed their teeth once daily during the past 30 days. About 89.8% (95%CI: 87.35, 91.80) of students reported they had cleaned or brushed their teeth at least twice daily (**Table 3.5.1**).

Use of fluoridated toothpaste

Overall, only 58.0% (95%CI: 54.31, 61.52) of students reported use of fluoridated toothpaste and 12.3% (95%CI: 9.02, 16.67) claimed that they were not using fluoridated toothpaste. About 29.7% (95%CI: 27.16, 32.36) of students reported not knowing whether their toothpaste contained fluoride (**Table 3.5.2**). In terms of school locality, there was significantly more students in the rural [13.7% (95%CI: 9.89, 18.76)] than in the urban [7.2% (95%CI: 5.28, 9.70)] areas who claimed that they were not using a fluoridated toothpaste.

Use of dental floss for cleaning teeth

Overall, only 18.7% (95%CI: 16.29, 21.31) of students reported that they use dental floss for cleaning their teeth and 81.3% (95%CI: 78.69, 83.71) claimed that they do not use dental floss to clean their teeth (**Table 3.5.3**).

Last dental visit

Overall, only 42.3% (95%CI: 37.08, 47.73) of students reported that they had their last dental visit (inclusive of both dental treatment and dental check-up) in the past 12 months. The prevalence of students who had their last dental visit between 12-24 months was 9.0%

(95%CI: 7.17, 11.15) while those with last dental visit more than 24 months was 5.6% (95%CI: 4.15, 7.56). About 6.7% (95%CI: 5.33, 8.47) of students had never ever had a dental visit while a substantial proportion [36.4% (95%CI: 32.35, 40.59)] did not know when was their last dental visit (**Table 3.5.4**). By school grade, the prevalence of Form 1 students [30.4% (95%CI: 22.44, 39.77)] who reported have had their last dental visit in the past 12 months was significantly lower than Form 5 students [53.4% (95%CI: 44.21, 62.33)] except for other school grades; Form 2 [37.1% (95%CI: 30.35, 44.29)], Form 3 [47.1% (95%CI: 39.34, 54.91)] and Form 4 [43.7% (95%CI: 36.67, 50.98)].

Missing class or school due to toothache

Overall, 14.2% (95%CI: 10.82, 18.35) of students had missed class or school due to toothache in the past 12 months (**Table 3.5.5**).

Avoid smiling or laughing due to the appearance of their teeth

Overall, 17.9% (95%CI: 15.43, 20.61) of students reported that they avoided smiling or laughing due to the appearance of their teeth (**Table 3.5.6**).

Use of soap when washing hands during the past 30 days

Overall in the past 30 days, about 14.2% (95%CI: 11.68, 17.20) of students reported that they had never or rarely used soap when washing their hands, 27.7% (95%CI: 24.62, 30.99) reported they had only used soap sometimes when washing their hands while a fairly high proportion of 58.1% (95%CI: 54.13, 61.96) had always used soap when washing their hands (**Table 3.5.7**). By gender, there was significantly a higher prevalence of males [19.2% (95%CI: 15.22, 24.01)] than female students [9.4% (95%CI: 7.48, 11.72)] who had never or rarely used soap when washing their hands in the past 30 days.

Washing hand before eating during the past 30 days

Overall in the past 30 days, about 5.8% (95%CI: 4.20, 8.07) of students never or rarely washed their hands before eating, 7.9% (95%CI: 6.22, 9.87) reported that they had sometimes washed their hands before eating while a fairly high proportion of 86.3% (95%CI: 83.20, 88.92) had always washed their hands before eating (**Table 3.5.8**).

Washing hand after using the toilet or latrine during the past 30 days

Overall, in the last 30 days, about 7.5% (95%CI: 5.48, 10.31) of students reported they had never or rarely washed their hands after using the toilet, 9.5% (95%CI: 8.08, 11.24) reported they had only washed their hands sometimes after using the toilet while 82.9% (95%CI: 79.99, 85.48) of students claimed that they had always or most of the times washed their hands after using the toilet (**Table 3.5.9**). By gender, the prevalence of students who never or rarely washed their hands after using the toilet was significantly higher among males [11.9% (95%CI: 8.80, 15.99)] than females [3.3% (95%CI: 2.05, 5.43)].

3.5.5 Discussion/Conclusion

The above findings related to the hand hygiene and oral hygiene practices of students in the age group of 13-17 years in Terengganu. Overall, the proportion of students who had cleaned/brushed their teeth less than one time per day during the past 30 days was higher (3.0%) than national prevalence (2.4%) and the findings for Terengganu in GSHS in 2012 (1.9%)⁴. There was an almost similar proportion of students in Terengganu (58.0%) who reported that they had used fluoridated toothpaste as compared to the national prevalence (58.3%). However, the prevalence was slightly lower than the findings for Terengganu (60.0%) in the first GSHS in 2012⁴. The prevalence of students who did not know whether their toothpaste contained fluoride (29.7%) was lower than the national prevalence in 2017 (31.8%), but higher than the findings for Terengganu (24.6%) in GSHS 2012⁴. As the use of dental floss to clean their teeth among the students was not studied in the first Malaysian GSHS in 2012, no comparison could be made. In this survey, the proportion of students using dental floss to clean their teeth (18.7%) was lower than the national prevalence (19.3%).

The prevalence of students (14.2%) who had never or rarely used soap when washing their hands during the past 30 days, was higher than the national prevalence (11.6%), but it was slightly lower than the findings of Terengganu (19.5%) in the GSHS 2012⁴. The proportion of students who never or rarely washed their hands before eating (5.8%) was slightly lower than the national prevalence in this survey (6.1%). It was also higher than the findings for Terengganu (6.8%) in GSHS in 2012⁴. The prevalence of students who had never or rarely washed their hands after going to the toilet (7.5%) was significantly higher than the national prevalence (4.8%), but lower than the Terengganu findings in GSHS 2012 (8.4%)⁴.

Overall, these findings on hand hygiene and oral hygiene practises of school students in the age group of 13-17 years in Terengganu showed that there is still room for further improvement. Overall in the past 30 days, in terms of oral hygiene, there is still a very low proportion (3 in 100) of students reported cleaning/brushing their teeth less than once per day during the past 30 days before the survey. Only about 6 in 10 students reported using a fluoridated toothpaste, about 3 in 10 reported not knowing whether their toothpaste contained fluoride and only about 1 in 5 claimed that they used dental floss to clean their teeth. In terms of hand hygiene, it was found about 14 in 100 students reported that they had never or rarely used soap when washing their hands during the past 30 days, about 6 in 100 students reported they had never or rarely washed their hands before eating during the past 30 days and 7 in 100 students never or rarely washed their hands after going to the toilet.

3.5.6 Recommendations

Taking cognizance of these findings, there is a need to emphasis on promoting hygiene among school-going adolescents through attitude and behavioural changes in maintenance of personal hygiene. Thus, the following recommendations are made:

1. More effort is needed to strengthen health education on oral and hand hygiene habits in schools and at home.
2. There is a need to further promote toothpaste literacy in our oral health promotion efforts.
3. Surveillance of hygiene habits and practices among adolescents need to be continued at regular intervals.
4. Further studies are recommended to study the factors contributing to poor hygiene habits among adolescents.

3.5.7 References

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Table 3.5.1: Prevalence of brushing teeth in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017 (cont.)

Socio-demographic characteristics	Never clean or brush the teeth					Less than 1 day				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
TERENGGANU	23	1,482	1.5	0.92	2.46	48	2,905	3.0	1.78	4.87
Locality of school										
Urban	7	363	1.7	0.32	8.78	12	598	2.8	1.35	5.90
Rural	16	1,120	1.4	1.01	2.08	36	2,307	3.0	1.62	5.43
Sex										
Male	20	1,312	2.7	1.61	4.60	40	2,484	5.2	3.06	8.62
Female	3	171	0.3	0.12	0.94	8	421	0.8	0.35	1.99
Form										
Form 1	5	351	1.8	0.73	4.18	12	884	4.4	2.20	8.74
Form 2	12	680	3.5	1.25	9.35	12	710	3.6	1.77	7.32
Form 3	2	87	0.4	0.11	1.75	17	798	4.0	2.33	6.67
Form 4	1	84	0.4	0.07	2.82	5	351	1.8	0.59	5.41
Form 5	3	281	1.4	0.52	3.98	2	162	0.8	0.22	3.08

Table 3.5.1: Prevalence of brushing teeth in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	Once per day					2 times or more per day (at least twice daily)				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
TERENGGANU	94	5,652	5.7	4.54	7.26	1,500	88,273	89.8	87.35	91.80
Locality of school										
Urban	20	953	4.5	2.44	8.29	387	19,068	90.9	82.55	95.45
Rural	74	4,699	6.1	4.76	7.73	1,113	69,205	89.5	87.05	91.52
Sex										
Male	57	3,591	7.5	5.61	9.91	618	40,618	84.6	80.32	88.10
Female	37	2,061	4.1	3.01	5.55	882	47,656	94.7	93.26	95.89
Form										
Form 1	18	1,216	6.1	3.44	10.59	254	17,468	87.7	79.58	92.88
Form 2	28	1,610	8.2	5.25	12.70	312	16,530	84.6	77.52	89.80
Form 3	21	1,031	5.1	3.30	7.89	371	18,197	90.5	86.08	93.59
Form 4	18	1,083	5.6	3.45	8.96	288	17,834	92.2	87.61	95.13
Form 5	9	713	3.7	1.89	7.03	275	18,244	94.0	89.29	96.76

Table 3.5.2: Prevalence of use of fluoridated toothpaste among Form 1 to Form 5 students in Terengganu, 2017 (cont.)

Socio-demographic characteristics	Yes					No				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
TERENGGANU	971	57,114	58.0	54.31	61.52	197	12,166	12.3	9.02	16.67
Locality of school										
Urban	251	12,474	59.6	55.08	63.96	31	1,504	7.2	5.28	9.70
Rural	720	44,640	57.5	53.08	61.83	166	10,663	13.7	9.89	18.76
Sex										
Male	397	25,694	53.3	48.22	58.24	102	6,889	14.3	10.24	19.56
Female	574	31,420	62.5	57.67	67.00	95	5,277	10.5	7.72	14.11
Form										
Form 1	151	10,216	51.1	42.16	59.89	62	4,335	21.7	13.97	32.02
Form 2	205	11,015	56.6	49.44	63.41	50	2,830	14.5	9.47	21.65
Form 3	237	11,632	57.8	51.19	64.20	41	2,079	10.3	6.32	16.45
Form 4	185	11,456	59.4	50.16	68.04	24	1,606	8.3	5.15	13.19
Form 5	193	12,795	65.1	56.70	72.61	20	1,316	6.7	3.54	12.31

Table 3.5.2: Prevalence of use of fluoridated toothpaste among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	Don't Know				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	499	29,266	29.7	27.16	32.36
Locality of school					
Urban	143	6,953	33.2	30.83	35.70
Rural	356	22,313	28.7	25.87	31.81
Sex					
Male	238	15,654	32.5	29.09	36.00
Female	261	13,612	27.1	23.05	31.47
Form					
Form 1	77	5,459	27.3	20.66	35.09
Form 2	108	5,632	28.9	22.55	36.24
Form 3	133	6,402	31.8	25.03	39.50
Form 4	102	6,221	32.3	25.24	40.18
Form 5	79	5,552	28.2	21.21	36.51

Table 3.5.3: Prevalence of use of dental floss among Form 1 to Form 5 students in Terengganu, 2017.

Socio-demographic characteristics	Yes					No				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
TERENGGANU	312	18,396	18.7	16.29	21.31	1,354	80,118	81.3	78.69	83.71
Locality of school										
Urban	85	4,484	21.42	17.28	26.24	340	16,451	78.58	73.76	82.72
Rural	227	13,912	17.93	15.33	20.87	1,014	63,668	82.07	79.13	84.67
Sex										
Male	147	9,573	19.84	17.36	22.57	590	38,687	80.16	77.43	82.64
Female	165	8,823	17.56	14.22	21.48	764	41,431	82.44	78.52	85.78
Form										
Form 1	71	4,730	23.70	16.67	32.53	218	15,226	76.30	67.47	83.33
Form 2	62	3,331	17.06	13.22	21.73	302	16,198	82.94	78.27	86.78
Form 3	69	3,370	16.84	13.04	21.46	340	16,645	83.16	78.54	86.96
Form 4	57	3,395	17.54	12.43	24.19	255	15,957	82.46	75.81	87.57
Form 5	53	3,570	18.16	14.05	23.14	239	16,093	81.84	76.86	85.95

Table 3.5.4: Timing of last dental visit among Form 1 to Form 5 students in Terengganu, 2017 (cont.)

Socio-demographic characteristics	During past 12 months					Between 12-24 months ago				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
TERENGGANU	715	41,586	42.3	37.08	47.73	144	8,809	9.0	7.17	11.15
Locality of school										
Urban	230	11,159	53.5	43.87	62.95	25	1,263	6.1	4.63	7.90
Rural	485	30,427	39.3	34.60	44.20	119	7,545	9.7	7.72	12.23
Sex										
Male	295	19,156	39.7	35.07	44.56	74	5,056	10.5	7.65	14.21
Female	420	22,431	44.8	38.50	51.31	70	3,753	7.5	6.12	9.15
Form										
Form 1	91	6,026	30.4	22.44	39.77	32	2,110	10.6	6.12	17.88
Form 2	139	7,223	37.1	30.35	44.29	26	1,405	7.2	4.80	10.69
Form 3	191	9,410	47.1	39.34	54.91	40	2,024	10.1	6.98	14.45
Form 4	137	8,456	43.7	36.67	50.98	23	1,485	7.7	5.53	10.55
Form 5	157	10,472	53.4	44.21	62.33	23	1,784	9.1	5.64	14.34

Table 3.5.4: Timing of last dental visit among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	More than 24 months ago					Never				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
TERENGGANU	89	5,523	5.6	4.15	7.56	104	6,615	6.7	5.33	8.47
Locality of school										
Urban	15	755	3.6	3.14	4.18	25	1,364	6.5	3.82	10.98
Rural	74	4,767	6.2	4.42	8.51	79	5,251	6.8	5.23	8.75
Sex										
Male	49	3,246	6.7	4.57	9.80	54	3,677	7.6	5.37	10.73
Female	40	2,277	4.5	2.73	7.49	50	2,938	5.9	3.98	8.58
Form										
Form 1	28	2,027	10.2	5.56	18.07	24	1,783	9.0	6.27	12.76
Form 2	10	571	2.9	1.52	5.57	24	1,369	7.0	3.96	12.14
Form 3	19	913	4.6	2.76	7.46	21	1,058	5.3	3.52	7.87
Form 4	19	1,183	6.1	3.66	10.04	18	1,119	5.8	3.75	8.82
Form 5	13	828	4.2	2.56	6.89	17	1,287	6.6	4.34	9.80

Table 3.5.4: Timing of last dental visit among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	Don't know				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	610	35,745	36.4	32.35	40.59
Locality of school					
Urban	128	6,302	30.2	24.39	36.79
Rural	482	29,443	38.0	33.69	42.55
Sex					
Male	265	17,093	35.4	31.18	39.95
Female	345	18,652	37.3	32.08	42.77
Form					
Form 1	112	7,868	39.7	29.04	51.45
Form 2	164	8,926	45.8	40.06	51.64
Form 3	138	6,595	33.0	27.18	39.34
Form 4	115	7,109	36.7	30.21	43.79
Form 5	81	5,247	26.7	20.70	33.79

Table 3.5.4.1: Prevalence of last dental visit within the last 24 months among Form 1 to Form 5 students in Terengganu, 2017.

Socio-demographic characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	859	50,395	51.3	46.60	55.90
Locality of school					
Urban	255	12,423	59.6	50.40	68.20
Rural	604	37,972	49.0	44.50	53.50
Sex					
Male	369	24,211	50.2	45.60	54.80
Female	490	26,183	52.3	46.20	58.30
Form					
Form 1	123	8,137	41.1	32.40	50.30
Form 2	165	8,628	44.3	37.90	50.80
Form 3	231	11,436	57.2	50.40	63.70
Form 4	160	9,941	51.4	44.30	58.40
Form 5	180	12,256	62.5	54.70	69.60

Table 3.5.5: Prevalence of having missed class due to toothache in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017.

Socio-demographic characteristics	Yes					No				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
TERENGGANU	221	13,972	14.2	10.82	18.35	1,447	84,634	85.8	81.65	89.18
Locality of school										
Urban	36	1,837	8.8	4.70	15.75	390	19,145	91.2	84.25	95.30
Rural	185	12,135	15.6	11.94	20.20	1,057	65,489	84.4	79.80	88.06
Sex										
Male	112	7,840	16.2	12.12	21.35	627	40,519	83.8	78.65	87.88
Female	109	6,132	12.2	8.79	16.70	820	44,115	87.8	83.30	91.21
Form										
Form 1	48	3,482	17.5	12.04	24.61	241	16,467	82.5	75.39	87.96
Form 2	38	2,152	11.0	6.52	18.03	326	17,377	89.0	81.97	93.48
Form 3	51	2,606	13.0	8.37	19.53	360	17,506	87.0	80.47	91.63
Form 4	43	2,627	13.6	8.85	20.26	269	16,725	86.4	79.74	91.15
Form 5	41	3,105	15.8	9.61	24.85	251	16,558	84.2	75.15	90.39

Table 3.5.6: Prevalence of avoidance of smiling or laughing due to the appearance of their teeth among Form 1 to Form 5 students in Terengganu, 2017.

Socio-demographic characteristics	Yes					No				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
TERENGGANU	294	17,561	17.9	15.43	20.61	1,367	80,667	82.1	79.39	84.57
Locality of school										
Urban	78	3,818	18.4	15.02	22.26	344	16,977	81.6	77.74	84.98
Rural	216	13,743	17.7	14.83	21.10	1,023	63,690	82.3	78.90	85.17
Sex										
Male	142	9,230	19.2	16.37	22.34	593	38,896	80.8	77.66	83.63
Female	152	8,331	16.6	13.79	19.92	774	41,771	83.4	80.08	86.21
Form										
Form 1	54	3,832	19.4	15.03	24.57	233	15,964	80.6	75.43	84.97
Form 2	57	3,068	15.8	12.24	20.15	305	16,358	84.2	79.85	87.76
Form 3	78	3,740	18.7	13.56	25.23	330	16,252	81.3	74.77	86.44
Form 4	55	3,492	18.0	13.39	23.88	257	15,860	82.0	76.12	86.61
Form 5	50	3,430	17.4	13.79	21.82	242	16,233	82.6	78.18	86.21

Table 3.5.7: Prevalence of use of soap during hand washing in the past 30 days among Form 1 to Form 5 in Terengganu, 2017 (cont.)

Socio-demographic characteristics	Never or rarely use soap during hand washing					Sometimes				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
TERENGGANU	233	14,018	14.2	11.68	17.20	466	27,302	27.7	24.62	30.99
Locality of school										
Urban	41	1,927	9.2	6.21	13.38	126	6,077	29.0	19.61	40.53
Rural	192	12,091	15.6	12.96	18.61	340	21,226	27.3	24.60	30.27
Sex										
Male	144	9,301	19.2	15.22	24.01	201	13,110	27.1	23.12	31.50
Female	89	4,717	9.4	7.48	11.72	265	14,193	28.2	24.67	32.12
Form										
Form 1	42	2,890	14.5	9.04	22.40	76	5,197	26.0	20.00	33.18
Form 2	60	3,368	17.2	11.73	24.63	116	6,201	31.8	25.89	38.25
Form 3	64	3,124	15.5	11.92	19.99	112	5,477	27.2	22.87	32.08
Form 4	32	2,076	10.7	7.88	14.43	79	4,947	25.6	21.25	30.41
Form 5	35	2,560	13.0	8.85	18.76	83	5,481	27.9	23.35	32.90

Table 3.5.7: Prevalence of use of soap during hand washing in the past 30 days among Form 1 to Form 5 in Terengganu, 2017

Socio-demographic characteristics	Most of the times or Always				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	969	57,285	58.1	54.13	61.96
Locality of school					
Urban	259	12,978	61.9	50.32	72.19
Rural	710	44,307	57.1	53.32	60.76
Sex					
Male	394	25,948	53.7	49.22	58.03
Female	575	31,338	62.4	57.82	66.70
Form					
Form 1	171	11,862	59.5	50.60	67.75
Form 2	188	9,960	51.0	43.46	58.50
Form 3	235	11,512	57.2	51.86	62.45
Form 4	201	12,330	63.7	57.76	69.27
Form 5	174	11,622	59.1	54.08	63.95

Table 3.5.8: Prevalence of handwashing before eating in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017 (cont.)

Socio-demographic characteristics	Never or rarely wash hands before eating					Sometimes				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Populatio	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
TERENGGANU	93	5,757	5.8	4.20	8.07	132	7,744	7.9	6.22	9.87
Locality of school										
Urban	15	721	3.4	1.62	7.14	31	1,552	7.4	5.34	10.16
Rural	78	5,036	6.5	4.64	9.01	101	6,193	8.0	6.03	10.48
Sex										
Male	68	4,460	9.2	6.53	12.88	69	4,473	9.3	7.21	11.79
Female	25	1,297	2.6	1.71	3.88	63	3,271	6.5	4.65	9.04
Form										
Form 1	17	1,248	6.3	2.51	14.75	35	2,467	12.4	7.94	18.76
Form 2	26	1,448	7.4	4.08	13.11	31	1,697	8.7	6.42	11.67
Form 3	28	1,360	6.8	4.69	9.65	31	1,500	7.5	4.76	11.51
Form 4	10	731	3.8	1.98	7.08	20	1,132	5.8	3.74	9.03
Form 5	12	970	4.9	1.69	13.53	15	948	4.8	2.93	7.84

Table 3.5.8: Prevalence of handwashing before eating in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	Most of the times or Always				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	1,443	85,104	86.3	83.20	88.92
Locality of school					
Urban	380	18,709	89.2	84.97	92.30
Rural	1,063	66,395	85.5	81.88	88.56
Sex					
Male	602	39,425	81.5	77.87	84.70
Female	841	45,679	90.9	87.72	93.33
Form					
Form 1	237	16,233	81.4	69.44	89.36
Form 2	307	16,384	83.9	78.23	88.31
Form 3	352	17,253	85.8	80.31	89.92
Form 4	282	17,489	90.4	87.17	92.84
Form 5	265	17,745	90.2	84.19	94.14

Table 3.5.9: Prevalence of handwashing after using the toilet in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017 (cont.)

Socio-demographic characteristics	Never or rarely wash hands after using the toilet					Sometimes				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
TERENGGANU	124	7,422	7.5	5.48	10.31	156	9,384	9.5	8.08	11.24
Locality of school										
Urban	19	901	4.3	3.08	5.99	38	1,869	8.9	7.44	10.68
Rural	105	6,521	8.4	6.04	11.64	118	7,515	9.7	7.93	11.83
Sex										
Male	91	5,739	11.9	8.80	15.99	78	5,322	11.1	8.63	14.09
Female	33	1,683	3.3	2.05	5.43	78	4,062	8.1	6.33	10.27
Form										
Form 1	29	2,099	10.6	6.71	16.25	27	1,857	9.4	5.31	15.95
Form 2	31	1,748	9.0	5.55	14.18	40	2,331	12.0	8.21	17.13
Form 3	42	2,007	10.0	6.67	14.67	37	1,801	9.0	6.41	12.38
Form 4	11	667	3.5	2.13	5.62	28	1,818	9.5	7.23	12.29
Form 5	11	902	4.6	1.77	11.37	24	1,576	8.0	6.08	10.50

Table 3.5.9: Prevalence of handwashing after using the toilet in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	Most of the times or Always				
	Unweighted Count	Estimated Populatio	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	1,384	81,529	82.9	79.99	85.48
Locality of school					
Urban	368	18,158	86.8	83.67	89.35
Rural	1,016	63,370	81.9	78.56	84.76
Sex					
Male	566	37,027	77.0	73.26	80.36
Female	818	44,502	88.6	85.66	90.94
Form					
Form 1	232	15,904	80.1	71.01	86.84
Form 2	292	15,405	79.1	72.39	84.47
Form 3	332	16,305	81.1	77.24	84.38
Form 4	271	16,730	87.1	82.74	90.44
Form 5	257	17,185	87.4	82.85	90.87

3.6 Internet Use and Addiction

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3.6.1 Introduction

Internet use has grown rapidly in Malaysia parallel with an increasing number of households having computers and mobile gadgets that are linked to internet access. It has been reported that the increase in internet use is more pronounced in urban than in rural areas. Major online activities include information seeking for educational, vocational and socializing purposes. Internet usage affects both adult and adolescent age groups equally compared to older age group.¹ Internet usage could be harmful to adolescents when it is not monitored or supervised by an adult. Uncontrolled use of internet has been linked to psychosocial problems such as addiction to online gaming, pornographic websites and social networking sites, not to mention exposing the adolescents to cyber-bullying environments. Excessive internet use and cyber bullying may in turn further worsen the mental health condition of these adolescents and predisposed them to depression, anxiety and stress.²

The terminology of internet addiction to describe excessive internet use has been debated and various tools have been developed to measure the internet addiction. The most widely used tool was the Internet Addiction Test (IAT) developed by Kimberly S. Young.³ The questionnaire consists of 20 items measured using a 5-point Likert scale (1=rarely, 2=occasionally, 3=frequently, 4=often and 5=always) with the highest possible score of 100. Internet addiction is defined as a person scoring 43 points or above. This questionnaire was validated in Bahasa Malaysia by Chong Guan et al in 2012 and was named Malay Version Internet Addiction Test (MVIAT).⁴ The (MVIAT) showed a good internal consistency (Cronbach's $\alpha = 0.91$, $P < 0.001$), parallel reliability (intra-class coefficient correlation=0.88, $P < 0.001$) and concurrent validity with Compulsive Internet Use Scale (Pearson's correlation= 0.84, $P < 0.00$).

3.6.2 Objectives

- i. To identify the prevalence of internet use among adolescents in the past 30 days
- ii. To identify the prevalence of internet addiction among adolescents
- iii. To identify the type of devices used by internet users and addicts

3.6.3 Variable Definitions

- **Internet Use:** Internet access using any internet connecting devices for the past 30 days.
- **Internet Addiction:** Using a self-administered 20-item Malay Version Internet Addiction Test (MVIAT) questionnaire, respondents with a total score of 43 or above (all items answered) were defined as having internet addiction.

3.6.4 Findings

There were 1,668 secondary school students in Terengganu who responded to this module, of which 286 students did not surf the internet for the past 30 days and 1,318 students completed the MVIAT. The overall prevalence of internet use was 82.4% (95% CI: 76.75, 86.83) with an estimated projection to 81,192 school-going adolescents. In terms of school locality, students studying in urban areas (91.9%; 95% CI: 84.85, 95.79) had higher prevalence of internet use compared to students from rural areas (79.8%; 95% CI: 74.34, 84.31). There were 81.6% (95% CI: 76.82, 85.61) male students and 83.1% (95% CI: 75.41, 88.68) female students used internet in the past 30 days in Terengganu. By form, students in higher forms were more likely to use internet in the past 30 days (**Table 3.6.1**). The prevalence of internet addiction among school-going adolescents in Terengganu was 19.8% (95% CI: 16.86, 23.02). In terms of school locality, there was no significant difference in internet addiction between students studying in urban areas (24.8%; 95% CI: 20.98, 29.09) and students from rural areas (18.4%; 95% CI: 15.42, 21.79). There were 20.7% (95% CI: 17.05, 24.87) male students and 18.9% (95% CI: 15.18, 23.21) female students with positive MVIAT (**Table 3.6.2**). Form 5 students were observed as having the highest prevalence of internet addiction in Terengganu. Smartphone was the most prevalent device used by the internet users and addicts followed by the computer, laptop or notebook group and tablet or iPad group (**Table 3.6.3 & Table 3.6.4**).

3.6.5 Discussion/ Conclusion

The prevalence of internet usage did not differ significantly compared to the national prevalence. However, the prevalence of internet addiction in Terengganu was significantly lower than the national prevalence as it was associated with the rate of internet penetration in Terengganu. Urban students and students in higher forms were observed as having a higher prevalence of internet usage, however there was no significant gender difference. There was also no significant difference in the prevalence of internet addiction by school locality and sex of the respondents. However, students in higher form were observed as having higher prevalence of internet addiction. Most of the students used smartphones to surf the internet.

3.6.6 Recommendations

1. The internet addiction problems among Malaysian students is considered as new health risk behaviour that needs further in-depth understanding on internet accessibility, usage, difference in type of content viewed by age, gender and ethnicity, psychosocial factors and role of significant adult supervision, peers and environment to assist in designing specific strategies in prevention program.
2. As internet use and addiction increase with age, it is important that adolescents develop self-awareness on sign of internet addiction and develop self-control against excessive internet usage. It is proposed that the component of self-awareness and control against excessive internet usage is to be integrated into the 'Click Wisely Program' which was introduced by the Malaysian Communication Multimedia Commission (MCMC).
3. Parents should be made aware on dangers of excessive internet usage by secondary students and its detrimental effects on students' health and social development. It is proposed that development of health-related information on the internet addiction should be designed specifically for students and parents. To ensure wide circulation of the messages, it is recommended that the Ministry of Health to collaborate with MCMC in disseminating the information through MCMC social network and Malaysian ICT volunteer (MIV) programs.

4. Smart partnerships with various agencies (governments, NGOs and private sectors) need to be enhanced to disseminate greater awareness on dangers of internet addiction and safe usage of internet to children, adolescents, parents, teachers and the community at large to assist in promotive, preventive and early intervention of internet addiction.

3.6.7 References

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Table 3.6.1: Prevalence of internet use in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	Internet User				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	1,382	81,192	82.4	76.75	86.83
Locality of school					
Urban	393	19,275	91.9	84.85	95.79
Rural	989	61,918	79.8	74.34	84.31
Sex					
Male	604	39,407	81.6	76.82	85.61
Female	778	41,785	83.1	75.41	88.68
Form					
Form 1	206	14,340	71.7	58.21	82.12
Form 2	306	16,345	83.7	70.28	91.76
Form 3	339	16,439	81.7	74.51	87.26
Form 4	266	16,301	84.2	73.14	91.29
Form 5	265	17,768	90.7	82.75	95.20

Table 3.6.2: Prevalence of positive Malay Version Internet Addiction Test (MVIAT) among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	Positive MVIAT				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	334	19,481	19.8	16.86	23.02
Locality of school					
Urban	109	5,207	24.8	20.98	29.09
Rural	225	14,274	18.4	15.42	21.79
Sex					
Male	155	9,988	20.7	17.05	24.87
Female	179	9,494	18.9	15.18	23.21
Form					
Form 1	32	2,355	11.8	7.39	18.23
Form 2	60	3,066	15.7	10.57	22.69
Form 3	88	4,198	20.9	15.22	27.94
Form 4	63	3,809	19.7	15.98	24.00
Form 5	91	6,053	30.9	24.71	37.86

Table 3.6.3: Percentage of reported devices used by internet user among Form 1 to Form 5 students in Terengganu, 2017

Type of Devices	Unweighted Count	Percentage (%)	95% CI	
			Lower	Upper
Smartphone	1,256	90.8	88.23	92.82
Computer, Laptop, Notebook	661	46.7	38.50	55.05
Tablet, Ipad use	255	18.5	15.70	21.67

Table 3.6.4: Percentage of reported devices used by internet addict among Form 1 to Form 5 students in Terengganu, 2017

Type of Devices	Unweighted Count	Percentage (%)	95% CI	
			Lower	Upper
Smartphone	297	87.7	82.07	91.71
Computer, Laptop, Notebook	176	52.1	42.47	61.55
Tablet, Ipad use	79	23.3	18.82	28.50

3.7 Mental Health Problems

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3.7.1 Introduction

The World Health Organisation (WHO) estimates that one in five adolescents and children suffer from mental health problem and half of all mental illnesses begin by the age of 14.¹ In Malaysia, the National Health and Morbidity Survey (NHMS) 2015 reported prevalence of mental health problems among 16 to 19 years old of 34.7%, while among 10-15 years the prevalence was 11.4%.² In particular, WHO reported that suicide is the second leading cause of death among those youth.³ In 2011, NHMS observed that 2.4% of youth 16-24 years reported suicidal ideation.⁴

3.7.2 Objectives

- i. To identify the prevalence of loneliness in the past 12 months
- ii. To identify the prevalence of inability to sleep due to worry in the past 12 months
- iii. To identify the prevalence of suicidal ideation in the past 12 months
- iv. To identify the prevalence of suicidal plan in the past 12 months
- v. To identify the prevalence of suicidal attempt in the past 12 months
- vi. To identify the prevalence of not having close friend

3.7.3 Variable definitions

- **Lonely “most of the time or always”**: Responded either “most of the time” or “always” for felt lonely during past 12 months prior to the survey.
- **Unable to sleep “most of the time or always” due to worry**: Responded either “most of the time” or “always” for being worried about something that he/she could not sleep at night during past 12 months prior to the survey.
- **Suicidal ideation**: ever seriously considered attempting suicide in the past 12 months prior to the survey.
- **Suicidal plan**: made a plan of attempted suicide in the past 12 months prior to the survey.
- **Suicidal attempt**: attempted suicide at least once in the past 12 months prior to the survey.

- **No close friend:** Do not have any close friend

3.7.4 Findings

Overall, 6.8% (95%CI: 5.62, 8.20) of secondary school students in Terengganu reported felt lonely “most of the time or always” (**Table 3.7.1**). A total of 5.1% (95% CI: 4.15, 6.34) reported unable to sleep “most of the time or always” due to worry (**Table 3.7.2**). In the past 12 months prior to the survey, suicidal ideation, plan and attempt, were reported by 7.1% (95% CI: 5.43, 9.20), 6.2% (95% CI: 4.72, 8.06), and 5.6% (95% CI: 3.97, 7.80) students, respectively. Suicidal plan was noted as higher among students from rural areas as compared to those in urban areas (6.8% vs 3.8%), while suicidal attempt was observed as higher among male students as compared to female students (7.8% vs 3.5%). **Table 3.7.6** showed that 3.4% (95% CI: 2.29, 4.93) of the students had no close friend.

3.7.5 Discussion/ Conclusion

The prevalence of being lonely among secondary school students in Terengganu reduced from 8.9% in 2012⁵ to 6.8% in this current survey. However, this survey noted no change in the prevalence of “unable to sleep due to worry”, while slightly more students reported no close friend in the current survey as compared to 2012⁵; 3.4% vs 3.2%. Suicidal behaviours were observed as worsening compared to the prevalence in 2012.⁵ Suicidal ideation, plan and attempts increased from 5.1% to 7.1%, 5.2% to 6.2%, and 5.0% to 5.6%, respectively. The prevalence of suicidal behaviours in 2017 was lower than the national figures.

3.7.6 Recommendations

1. Screening of at-risk students by School Health Teams and referral for further management
2. Holistic intervention programmes targeted to students at risk of suicide
3. Strengthen students coping skills and resilience through interactive health promotion activities

3.7.7 References

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Table 3.7.1: Prevalence of loneliness "most of the time or always" in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	unweighted count	Estimated population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	113	6,676	6.8	5.62	8.20
Locality of school					
Urban	27	1,404	6.7	5.60	8.02
Rural	86	5,272	6.8	5.38	8.60
Sex					
Male	46	3,067	6.4	4.41	9.16
Female	67	3,609	7.2	5.23	9.81
Form					
Form 1	22	1,497	7.6	4.97	11.43
Form 2	27	1,316	6.8	4.11	10.92
Form 3	23	1,160	5.8	3.63	9.03
Form 4	20	1,198	6.2	3.77	10.10
Form 5	21	1,505	7.7	5.10	11.33

Table 3.7.2: Prevalence of inability to sleep "most of time or always" due to worry in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	unweighted count	Estimated population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	86	5,057	5.1	4.15	6.34
Locality of school					
Urban	19	943	4.5	4.01	5.06
Rural	67	4,114	5.3	4.10	6.83
Sex					
Male	39	2,595	5.4	4.17	6.90
Female	47	2,462	4.9	3.50	6.83
Form					
Form 1	19	1,208	6.1	3.08	11.54
Form 2	21	1,041	5.3	3.39	8.34
Form 3	19	967	4.8	2.84	8.03
Form 4	14	843	4.4	2.48	7.60
Form 5	13	998	5.1	2.96	8.58

Table 3.7.3: Prevalence of suicidal ideation in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	unweighted count	Estimated population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	112	6,966	7.1	5.43	9.20
Locality of school					
Urban	24	1,227	5.9	3.10	10.82
Rural	88	5,739	7.4	5.57	9.82
Sex					
Male	69	4,528	9.4	6.62	13.21
Female	43	2,438	4.9	3.07	7.61
Form					
Form 1	24	1,815	9.2	5.76	14.32
Form 2	25	1,393	7.1	4.15	11.99
Form 3	28	1,341	6.7	4.20	10.43
Form 4	16	998	5.2	2.79	9.49
Form 5	19	1,419	7.2	2.77	17.52

Table 3.7.4: Prevalence of suicidal plan in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	unweighted count	Estimated population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	102	6,083	6.2	4.72	8.06
Locality of school					
Urban	16	799	3.8	2.85	5.08
Rural	86	5,283	6.8	5.18	8.93
Sex					
Male	55	3,519	7.3	5.10	10.37
Female	47	2,564	5.1	3.51	7.35
Form					
Form 1	29	2,061	10.3	5.57	18.26
Form 2	20	1,016	5.2	3.08	8.76
Form 3	28	1,359	6.8	4.33	10.39
Form 4	9	590	3.1	1.48	6.23
Form 5	16	1,057	5.4	2.36	11.77

Table 3.7.5: Prevalence of suicidal attempt "at least once" in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	unweighted count	Estimated population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	90	5,493	5.6	3.97	7.80
Locality of school					
Urban	11	571	2.7	1.21	6.00
Rural	79	4,922	6.4	4.61	8.72
Sex					
Male	58	3,747	7.8	5.40	11.07
Female	32	1,747	3.5	2.27	5.31
Form					
Form 1	29	1,958	9.8	5.23	17.57
Form 2	21	1,119	5.8	3.24	10.07
Form 3	24	1,144	5.7	2.91	10.83
Form 4	6	447	2.3	0.79	6.70
Form 5	10	826	4.2	1.53	11.02

Table 3.7.6: Prevalence of not having any close friend among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	unweighted count	Estimated population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	54	3,295	3.4	2.29	4.93
Locality of school					
Urban	10	468	2.2	0.81	6.03
Rural	44	2,827	3.7	2.46	5.45
Sex					
Male	36	2,312	4.8	3.26	7.09
Female	18	983	2.0	1.16	3.32
Form					
Form 1	12	798	4.0	1.81	8.64
Form 2	9	502	2.6	1.11	5.94
Form 3	15	666	3.3	1.61	6.80
Form 4	6	414	2.2	0.90	5.17
Form 5	12	915	4.7	2.53	8.44

3.8 Physical Activity

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3.8.1 Introduction

Physical inactivity is a public health problem worldwide and is the fourth leading cause of death worldwide.¹ It is an important contributor to major non-communicable diseases.^{2,3} Sufficient physical activity has substantial health benefits for children and adolescents in terms of improving cardiovascular health⁴, mental health⁵ and academic performance⁶. Despite these established benefits, a substantial proportion of young people fail to meet physical activity guidelines.

3.8.2 Objectives

1. To identify the prevalence of being physically active for a total of at least 60 minutes daily for five days or more in the past seven days,
2. To identify the prevalence of spending at least three hours in sitting activities in a typical or usual day

3.8.3 Variable Definitions

- **Physical activity:** any activity that increases the heart rate and makes one breathe hard. Examples of physical activities include sports, playing with friends, walking to school, running, fast walking, biking or dancing.
- **Physically active:** physically active for at least 60 minutes per day, for a minimum of five days per week (sum of all the time spent in any kind of physical activity each day).

3.8.4 Findings

There were 1,665 secondary school students who responded to this module. The prevalence of being physically active for a total of at least 60 minutes daily for five days or more in the past seven days was 19.9% (95% CI: 18.01, 21.93), with an estimated projection to 19,579 school-going adolescents. In terms of school locality, it was higher in urban areas [22.5% (95% CI: 18.81, 26.63)] compared to rural areas [19.2% (95% CI: 17.04, 21.56)]. By sex, the prevalence was significantly

higher in males [27.8% (95% CI: 24.64, 31.23)] than in females [12.3% (95% CI: 10.27, 14.63)]. Form 4 had the highest prevalence [24.0% (95% CI: 19.52, 29.19)], followed by Form 3 [21.2% (95% CI: 17.55, 25.33)] and Form 5 [21.1% (95% CI: 16.63, 26.31)] (**Table 3.8.1**).

Regarding sitting activities, the prevalence of spending at least three hours in a typical or usual day in sitting activities was 39.7% (95% CI: 37.37, 42.13). In terms of school locality, it was higher in urban areas [42.8% (95% CI: 38.38, 47.30)] compared to rural areas [38.9% (95% CI: 36.17, 41.71)]. By sex, the prevalence among males [35.1% (95% CI: 31.65, 38.70)] was significantly lower than females [44.2% (95% CI: 41.00, 47.42)]. Form 3 had the highest prevalence [46.2% (95% CI: 41.34, 51.12)], followed by Form 5 [44.6% (95% CI: 38.96, 50.47)] and Form 4 [42.4% (95% CI: 36.90, 48.09)] (**Table 3.8.2**).

3.8.5 Discussion/ Conclusion

The prevalence of school-going adolescents being physically active for a total of at least 60 minutes daily for five days or more in the past seven days in Terengganu [19.9% (95% CI: 18.01, 21.93)] was comparable to the national prevalence [19.8% (95% CI: 19.21, 20.40)] but lower than the previous Terengganu GSHS 2012⁷ [23.2% (95% CI: 20.10, 26.56)]. Male students were more active than female students. However, there were no significant differences in terms of locality and form. The prevalence of students who spent at least three hours in sitting activities in a typical or usual day [39.7% (95% CI: 37.37, 42.13)] was lower than the national prevalence [50.1% (95% CI: 49.38, 50.85)] and the previous Terengganu GSHS 2012⁷ [41.2% (95% CI: 36.51, 46.00)]. It was significantly higher in female students. However, there were no significant differences in terms of locality and form of the students.

3.8.6 Recommendations

Schools represent an important setting for promoting physical activity as the adolescents spend approximately half of their waking day at school. Development of creative and innovative “school-based interventions” such as engaging social media to promote healthy lifestyles particularly on increasing physical activity need to be explored.

3.8.7 References

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Table 3.8.1 : Prevalence of being physically active (60 minutes daily) for a total of at least 5 days or more among Form 1 to Form 5 students in Terengganu 2017

Socio-demographic characteristics	Physically Active for at least 5 days or more				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	323	19,579	19.9	18.01	21.93
Locality of school					
Urban	95	4,716	22.5	18.81	26.63
Rural	228	14,863	19.2	17.04	21.56
Sex					
Male	208	13,412	27.8	24.64	31.23
Female	115	6,168	12.3	10.27	14.63
Form					
Form 1	44	2,975	14.9	11.20	19.61
Form 2	66	3,564	18.4	14.62	22.85
Form 3	88	4,249	21.2	17.55	25.33
Form 4	68	4,649	24.0	19.52	29.19
Form 5	57	4,142	21.1	16.63	26.31

Table 3.8.2: Prevalence of spending at least 3 hours in sitting activities, Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic characteristics	spending at least 3 hours on sedentary activities				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	678	39,097	39.7	37.37	42.13
Locality of school					
Urban	191	8,957	42.8	38.38	47.30
Rural	487	30,140	38.9	36.17	41.71
Sex					
Male	191	8,957	42.8	38.38	47.30
Female	487	30,140	38.9	36.17	41.71
Form					
Form 1	81	5,604	28.1	23.14	33.60
Form 2	137	7,280	37.4	32.52	42.59
Form 3	188	9,250	46.2	41.34	51.12
Form 4	136	8,184	42.4	36.90	48.09
Form 5	136	8,778	44.6	38.96	50.47

3.9. Protective Factors

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3.9.1 Introduction

According to Centre for Disease Control and Prevention (CDC), protective factors are individual or environmental characteristics, conditions, or behaviours that reduce the effects of stressful life events.¹ Important protective factors such as parental attachment and peer support especially for adolescence could influence their attitude and behaviour. Research has shown that adolescent attachment and relationships with parents and peers as well as schools they attend is a predictor of their psychological well-being.² Protective factor could help avoid unhealthy behaviours such as violence, sexual risk behaviours, tobacco use and drug abuse.³ In order to measure the level of protective factors among school students, truancy is seen as an indicator, which is monitored by lower prevalence, as truancy often acts as the initial behaviour that can lead to other risky behaviour.⁴

3.9.2 Objectives

To identify prevalence of:

- i. Truancy in the past 30 days
- ii. Peer support in the past 30 days
- iii. Parental or guardian supervision in the past 30 days
- iv. Parental or guardian connectedness in the past 30 days
- v. Parental or guardian bonding in the past 30 days,
- vi. Parental or guardian respect for privacy in the past 30 days,

3.9.3 Variable Definitions

- **Truancy:** missed class or school without permission for at least one day in the past 30 days. (This variable is monitored with lower prevalence to define as protective factors)
- **Peer support:** students in their school were kind and helpful most of the time or always during the past 30 days.

- **Parental or guardian supervision:** parents or guardians had always or most of the time, checked to see if their homework was done in the past 30 days.
- **Parental or guardian connectedness:** parents or guardians had always or most of the time, understood their problems and worries in the past 30 days.
- **Parental or guardian bonding:** parents or guardians had always or most of the time, really knew what they were doing with their free time in the past 30 days.
- **Parental or guardian respect for privacy:** parents or guardians had never or rarely gone through their things without their approval in the past 30 days.

3.9.4 Findings

In Terengganu, the prevalence of truancy among students in the past 30 days was 35.9% (95% CI: 28.99, 43.40) of which males were 39.6% (95% CI: 33.10, 46.41) and females were 32.3% (95% CI: 24.87, 40.85). Prevalence of truancy according to forms was 34.3% (95% CI: 25.23, 44.59), 30.0% (95% CI: 20.45, 41.73), 30.7% (95% CI: 23.22, 39.34), 43.7% (95% CI: 34.83, 53.04) and 40.9% (95% CI: 28.01, 55.21) from Form 1 to Form 5 respectively. In terms of school locality, prevalence of truancy in rural areas was 38.0% (95% CI: 31.20, 45.25) and urban areas was 28.1% (95% CI: 13.45, 49.68) (**Table 3.9.1**).

Overall, prevalence of having peer support among students in Terengganu was 45.4% (95% CI: 39.69, 51.27); of which 35.5% (95% CI: 29.30, 42.32) in males and 54.9% (95% CI: 49.91, 59.85) in females (**Table 3.9.2**). Total prevalence of having parental or guardian supervision was 14.8% (95% CI: 12.46, 17.49) which was 15.1% (95% CI: 11.88, 18.93) in males, 14.5% (95% CI: 10.82, 19.27) in females (**Table 3.9.3**). The overall prevalence of having parental or guardian connectedness was 34.2% (95% CI: 29.37, 39.41) of which 32.1% (95% CI: 26.71, 38.05) in males and 36.2% (95% CI: 30.87, 41.96) in females. In terms of school locality, prevalence of having parental or guardian connectedness was 42.9% (95% CI: 28.55, 58.50) in urban areas and 31.9% (95% CI: 28.49, 35.48) in rural areas (**Table 3.9.4**). The overall prevalence of having parental or guardian bonding was 38.5% (95% CI: 34.53, 42.72) which was 34.7% (95% CI: 30.04, 39.74) in males, 42.2% (95% CI: 37.68, 46.81) in females (**Table 3.9.5**). A total of 71.0% (95% CI: 67.57, 74.29) students reported having parental or guardian respect for privacy, 69.7% (95% CI: 65.31, 73.81) in males, 72.3% (95% CI: 65.96, 77.86) in females (**Table 3.9.6**).

3.9.5 Discussions/ Conclusion

Prevalence of truancy and protective factors (peer support, parental or guardian supervision, parental or guardian connectedness, parental or guardian bonding and parental or guardian respect for privacy) among students in Terengganu within the past 30 days showed no significant difference from the national prevalence. There were also no significant difference in the prevalence of truancy and protective factors reported between the national AHS 2017 and Terengganu GSHS 2012.⁵

3.9.6 Recommendations

1. Monitoring attendance closely by participation of schools, parent and local organizations through enforcement of mandatory attendance law allows identification of at risk and truancy behaviour among school students.
2. Positive reinforcement which focuses on the positive points of behavior will encourage children to improve peer support, self-control and respect for others.
3. Establishment of school programs that need parent's supervision will help in improving the parenting skills especially in parental attachment.
4. Development of interventions that strengthen the protective factors among school students is important and more effective in reducing risk in order to improve the outcomes experienced by the students

3.9.7 References

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Table 3.9.1 : Prevalence of truancy *(one or more days) in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic Characteristics	Truancy				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	573	35,368	35.9	28.99	43.40
Locality of the school					
Urban	113	5,906	28.1	13.45	49.68
Rural	460	29,462	38.0	31.20	45.25
Sex					
Male	279	19,095	39.6	33.10	46.41
Female	294	16,273	32.3	24.87	40.85
Form					
Form 1	97	6,823	34.3	25.23	44.59
Form 2	105	5,863	30.0	20.45	41.73
Form 3	123	6,174	30.7	23.22	39.34
Form 4	134	8,461	43.7	34.83	53.04
Form 5	114	8,046	40.9	28.01	55.21

Table 3.9.2 : Prevalence of peer support in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic Characteristics	*Most of the time or always				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	785	44,766	45.4	39.69	51.27
Locality of school					
Urban	238	11,491	54.8	39.57	69.12
Rural	547	33,276	42.9	38.09	47.83
Sex					
Male	271	17,188	35.5	29.30	42.32
Female	514	27,579	54.9	49.91	59.85
Form					
Form 1	111	7,375	36.9	28.95	45.53
Form 2	151	7,721	39.8	30.10	50.27
Form 3	214	10,355	51.5	43.61	59.28
Form 4	161	9,635	49.8	42.22	57.37
Form 5	148	9,681	49.2	36.58	61.98

Table 3.9.3 : Prevalence of parental or guardian supervision in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic Characteristics	*Most of the time or always				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	243	14,573	14.8	12.46	17.49
Locality of school					
Urban	59	3,001	14.3	11.51	17.65
Rural	184	11,572	14.9	12.12	18.27
Sex					
Male	110	7,274	15.1	11.88	18.93
Female	133	7,299	14.5	10.82	19.27
Form					
Form 1	66	4,562	22.9	16.66	30.53
Form 2	55	3,034	15.5	10.87	21.71
Form 3	63	3,072	15.3	11.55	20.02
Form 4	39	2,473	12.8	9.90	16.34
Form 5	20	1,433	7.3	4.03	12.94

Table 3.9.4 : Prevalence of parental or guardian connectedness in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic Characteristics	*Most of the time or always				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	584	33,709	34.2	29.37	39.41
Locality of school					
Urban	182	8,954	42.9	28.55	58.50
Rural	402	24,755	31.9	28.49	35.48
Sex					
Male	241	15,516	32.1	26.71	38.05
Female	343	18,194	36.2	30.87	41.96
Form					
Form 1	104	7,028	35.2	27.13	44.23
Form 2	123	6,407	32.9	28.19	37.97
Form 3	142	6,872	34.2	27.05	42.09
Form 4	116	7,149	37.0	31.45	42.99
Form 5	99	6,252	31.8	21.36	44.45

Table 3.9.5 : Prevalence of parental or guardian bonding in the past 30 days among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic Characteristics	*Most of the time or always				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	651	37,829	38.5	34.53	42.72
Locality of school					
Urban	181	8,879	42.6	36.59	48.77
Rural	470	28,950	37.5	32.90	42.25
Sex					
Male	259	16,650	34.7	30.04	39.74
Female	392	21,179	42.2	37.68	46.81
Form					
Form 1	112	7,437	37.5	30.29	45.25
Form 2	135	7,041	36.3	29.70	43.54
Form 3	154	7,634	38.2	29.58	47.69
Form 4	130	7,884	40.7	35.18	46.55
Form 5	120	7,832	40.0	32.56	47.84

Table 3.9.6 : Prevalence of parental or guardian respect for privacy in the past 30 days, students Form 1-5, Terengganu 2017

Socio-demographic Characteristics	Never or rarely				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	1,183	69,821	71.0	67.57	74.29
Locality of the school					
Urban	323	15,636	74.5	73.70	75.32
Rural	860	54,185	70.1	65.91	73.99
Sex					
Male	511	33,482	69.7	65.31	73.81
Female	672	36,339	72.3	65.96	77.86
Form					
Form 1	190	13,283	67.2	61.35	72.49
Form 2	253	13,588	69.8	59.75	78.17
Form 3	292	14,079	70.4	63.66	76.34
Form 4	217	13,332	68.9	62.46	74.67
Form 5	231	15,539	79.0	73.38	83.74

3.10 Sexual Behaviours that contribute to HIV Infection, Other STIs and Unintended Pregnancy

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3.10.1 Introduction

The WHO reported that 10% to 40% of young unmarried girls aged 13 to 19 years to have had an unintended pregnancy.¹ It was also reported that the highest rate of Sexual Transmitted Illness (STI) worldwide are among young people aged 15 to 24 years.² In Malaysia, Ministry of Health revealed that 12,492 teenage pregnancies were recorded in 2016. Therefore, sexual intercourse among school aged students is a public health concern in Malaysia due to the alarming numbers of the teenage unintended pregnancies and Sexual Transmitted Illness (STI) from this age group.^{2,3}

3.10.2 Objectives

To identify prevalence of:

- i. Current sexual intercourse in the past 30 days among Form 1 to Form 5 students in Malaysia.
- ii. Ever having sexual intercourse among Form 1 to Form 5 students in Malaysia.
- iii. First sexual experience before the age 14 years among those who ever had sex.
- iv. Having at least two sexual partners among those who ever had sex.
- v. Condom use during the last sexual intercourse among those who ever had sex.
- vi. Use of "other birth control methods" during the last sexual intercourse among those who ever had sex.

3.10.3 Variable Definitions

- **Sexual intercourse:** sexual acts of penetration of penis into vagina or anus.
- **Safe sexual practice:** sexual contact that doesn't involve the exchange of semen, vaginal fluids or blood between partners.

3.10.4 Findings

Prevalence of ever-had sex among Form 1 to Form 5 students in Terengganu was 7.4% (95% CI: 5.56, 9.78). Prevalence of ever-had sex among male students were 9.7% (95% CI: 7.02, 13.16) while female students were at 5.2% (95% CI: 3.61, 7.50). Form 1 students showed the highest prevalence of 9.8% (95% CI: 5.10, 17.87) (**Table 3.10.1**). The prevalence of Form 1 to Form 5 students that were currently having sexual intercourse in Terengganu was 5.2% (95% CI: 4.09, 6.68). Form 2 students showed the highest prevalence of 7.1% (95% CI:4.23, 11.63) compared to other forms (**Table 3.10.2**).

Of those who ever-had sex, 38.6% (95% CI: 29.25, 48.96) of them had sex before the age of 14 years. Form 1 students showed the highest percentage at 63.5% (95% CI:3.16, 82.46) (**Table 3.10.3**). It was noted that 16.0% (95% CI:9.57, 25.47) of those who were ever-had sex, had at least two sexual partners in which, male students were 19.2% (95% CI: 11.20, 31.05) and females were 10.2% (95% CI: 3.88, 24.18) (**Table 3.10.4**). Only 17.3% (95% CI:12.60 , 23.26) of those who ever-had sex used a condom during their last sexual intercourse while 10.6% (95% CI: 6.79, 16.18) used other birth control methods (**Table 3.10.5 &Table 3.10.6**).

3.10.5 Discussion/ Conclusion

The prevalence of ever-had sexual intercourse in Terengganu AHS 2017 (7.4%) was higher as compared to the national prevalence in 2017 (7.3%) and the previous Terengganu GSHS in 2012 (6.5%).

3.10.6 Recommendations

1. To strengthen sexual health education especially among students and to educate them regarding the complications of unsafe sex.
2. To conduct more studies especially qualitative studies in exploring the sexual orientation of the students, abortion and unintended pregnancy.
3. To strengthen and actively provide services of our adolescent health screening (BSSK) in schools.

3.10.7 References

1. The Lancet's Maternal Survival and Women Deliver Series 2006/2007: 2005 World Health Report
2. Satterwhite CL, Torrone E, Meites E, Dunne EF, Mahajan R, Ocfemia MC, et al. Sexually transmitted infections among US women and men: prevalence and incidence estimates, 2008. *Sex Transm Dis.* 2013;40(3):187-93.
3. Family Health Development Division, Ministry of Health Malaysia, 2016.
4. Institute for Public Health(IPH) 2012.The National Health and Morbidity Survey: Malaysia Global School Based Student Health Survey 2012.Kuala Lumpur: Ministry of Health Malaysia

Table 3.10.1 : Prevalence of ever had sexual intercourse among students Form 1 to Form 5 in Terengganu, 2017

Socio-demographic characteristics	ever had sexual intercourse				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	118	7,281	7.4	5.56	9.78
Locality of school					
Urban	20	1,060	5.1	3.30	7.69
Rural	98	6,221	8.0	5.71	11.17
Sex					
Male	70	4,656	9.7	7.02	13.16
Female	48	2,625	5.2	3.61	7.50
Form					
Form 1	29	1,937	9.8	5.10	17.87
Form 2	32	1,765	9.1	5.73	14.04
Form 3	17	816	4.1	2.10	7.72
Form 4	18	1,066	5.5	3.17	9.40
Form 5	22	1,697	8.6	4.22	16.83

Table 3.10.2 Prevalence of current sexual intercourse in the past 30 days among students Form 1 to Form 5 in Terengganu, 2017

Socio-demographic characteristics	current sexual intercourse				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	87	5,165	5.2	4.09	6.68
Locality of school					
Urban	17	889	4.2	2.57	6.90
Rural	70	4,276	5.5	4.07	7.40
Sex					
Male	48	3,057	6.3	4.67	8.50
Female	39	2,108	4.2	2.93	5.95
Form					
Form 1	16	1,059	5.3	3.00	9.18
Form 2	26	1,384	7.1	4.23	11.63
Form 3	14	691	3.4	1.90	6.15
Form 4	16	943	4.9	2.78	8.41
Form 5	15	1,087	5.5	2.61	11.32

Table 3.10.3 : Percentage of first sex before the age of 14 years among those who ever had sex among students Form 1 to Form 5 in Terengganu, 2017

Socio-demographic characteristics	Percentage of first sex before the age 14 years among those who ever had sex				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	42	2,796	38.6	29.25	48.96
Locality of school					
Urban	5	281	26.5	6.66	64.58
Rural	37	2,515	40.4	30.33	51.40
Sex					
Male	30	2,115	45.4	30.82	60.84
Female	12	681	26.0	15.24	40.58
Form					
Form 1	18	1,230	63.5	39.16	82.46
Form 2	9	542	30.7	13.29	56.16
Form 3	5	233	28.5	14.22	49.02
Form 4	3	181	16.9	5.39	42.20
Form 5	7	610	36.0	9.99	73.97

Table 3.10.4 : Percentage of having at least two sexual partners among students who ever had sex Form 1 to Form 5 in Terengganu, 2017

Socio-demographic characteristics	Percentage of having at least two sexual partners among those who ever had sex				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	19	1,163	16.0	9.57	25.47
Locality of school					
Urban	1	58	5.5	1.07	23.68
Rural	18	1,105	17.8	10.10	29.36
Sex					
Male	14	896	19.2	11.20	31.05
Female	5	267	10.2	3.88	24.18
Form					
Form 1	9	603	31.1	13.71	56.24
Form 2	2	107	6.1	0.83	33.13
Form 3	5	220	27.0	10.35	54.14
Form 4	1	58	5.5	0.51	39.54
Form 5	2	175	10.3	1.07	55.20

Table 3.10.5 : Percentage of reported condom use during the last sexual intercourse among students who ever had sex Form 1 to Form 5 in Terengganu, 2017

Socio-demographic characteristics	condom use				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	19	1,259	17.3	12.60	23.26
Locality of school					
Urban	2	110	10.4	1.94	40.41
Rural	17	1,149	18.5	13.13	25.34
Sex					
Male	11	782	16.8	9.56	27.81
Female	8	477	18.2	10.49	29.58
Form					
Form 1	7	480	24.8	11.19	46.28
Form 2	3	155	8.8	3.50	20.32
Form 3	3	146	17.9	6.33	41.20
Form 4	1	58	5.5	0.51	39.54
Form 5	5	420	24.7	8.37	54.17

Table 3.10.6 : Percentage of reported using "other birth control methods" during the last sexual intercourse among students who ever had sex Form 1 to Form 5 in Terengganu, 2017

Socio-demographic characteristics	other birth control methods				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	12	766	10.6	6.79	16.18
Locality of school					
Urban	2	91	8.6	1.63	34.72
Rural	10	675	10.9	6.94	16.86
Sex					
Male	8	556	11.9	5.99	22.39
Female	4	210	8.2	2.80	21.66
Form					
Form 1	6	413	21.3	12.79	33.38
Form 2	4	213	12.5	3.70	34.53
Form 3	1	37	4.5	0.74	23.20
Form 4	-	-	-	-	-
Form 5	1	103	6.1	1.00	29.30

3.11 Tobacco Use

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3.11.1 Introduction

Most smokers experimented and started smoking during their school aged days. For example, in Malaysian Global Adults Tobacco Survey (GATS) 2011, 51.8% of the smokers started smoking daily before the age of 18.¹ Therefore, monitoring tobacco use among Malaysian adolescents is an important process in tobacco control. Malaysia is committed with the implementation of the WHO Framework Convention on Tobacco Control to achieve targeted lower smoking prevalence and creating smokefree Malaysian generations.

3.11.2 Objectives

To identify the prevalence of:

- i. Current smokers
- ii. Current cigarette smokers
- iii. Current E-cigarette/vape users
- iv. Current any tobacco product users
- v. Current smoke and smokeless tobacco product use by types
- vi. Having tried a cigarette before the age of 14 years, among ever cigarette smokers
- vii. Having tried E-cigarettes or vape before the age of 14 years, among ever E-cigarette or vape users
- viii. Quit smoking attempt in the past 12 months among those who ever smoked cigarettes
- ix. Quit E-cigarettes or vape attempt in the past 12 months among those who ever used E-cigarettes or vape
- x. Having been exposed to people smoking in their presence for at least one day in the past seven days

- xi. Having parents or guardians who used any form of tobacco products
- xii. Having parents or guardians who used E-cigarettes or vape

3.11.3 Variable Definitions

- **Current smoker:** Used any smoked tobacco products in the past 30 days (Manufactured cigarette, Roll-your-own cigarette, Traditional hand-rolled cigarette, Shisha, Cigar, or Pipe).
- **Current cigarette smoker:** smoked manufactured cigarette, rolled-your-own, or traditional hand roll cigarette in the past 30 days.
- **Current E-cigarette/Vape user:** Used E-cigarette/Vape in the past 30 days.
- **Current any tobacco product user:** Used any tobacco products in the past 30 days (Manufactured cigarette, Roll-your-own cigarette, Traditional hand-rolled cigarette, Shisha, Cigar, and Pipe, E-cigarette/Vape, Chewing tobacco or Snuff)

3.11.4 Findings

The prevalence of current smokers was 16.8% (95% CI: 13.30, 21.07) (**Table 3.11.1**). The prevalence was significantly higher among males (27.2%; 95% CI: 21.10, 34.21) as compared to females (6.9%; 95% CI 5.15, 9.18). Form 1 students had the highest prevalence of 23.7% (95% CI: 15.56, 34.25) with no significant difference across all forms.

The prevalence of current cigarettes smokers was 15.0% (95% CI: 11.67, 18.98) (**Table 3.11.2**). The prevalence was significantly higher in males (24.7%; 95% CI: 19.39, 30.91) than females (5.6%; 95% CI: 4.16, 7.49). Form 1 students reported highest prevalence (21.8%; 95% CI 13.90, 32.37) but no significant difference compared to the other forms. Among those who ever smoked cigarettes, 79.2% (95%CI: 68.38, 87.04) had first tried a cigarette before the age of 14 years, with no significant difference by gender (**Table 3.11.6**).

Overall, 22.5% (95% CI: 18.13, 27.51) currently use any tobacco products (**Table 3.11.3**). Males (36.0%; 95% CI: 29.29, 43.34) had significantly higher prevalence compared to females (9.5%; 95% CI: 6.97, 12.70). Form 1 students reported highest prevalence (27.0%; 95% CI 18.90, 36.89) compared to the other forms.

The prevalence of using shisha/hookah in the past 30 days was 7.3% (95% CI: 4.95, 10.52) (**Table 3.11.5**) with no significant difference by gender. The prevalence of traditional rolled cigarette use was 8.8% (95% CI: 6.81, 11.31) (**Table 3.11.5**). Males (13.5%; 95% CI: 10.20, 17.54) had significantly higher prevalence compared to females (4.3%; 95% CI: 3.19, 5.86). The prevalence of rolled your own was 4.6% (95% CI: 3.43, 6.23) (**Table 3.11.5**) with no significant difference by gender. 4.4% (95% CI: 3.29, 5.77) of the students used cigar with no significant difference across gender (**Table 3.11.5**). The prevalence of using pipe was 4.0% (95% CI: 3.12, 5.21) with no significant difference across gender (**Table 3.11.5**).

Among those who smoked cigarettes in the past 12 months, 74.9% (95% CI: 69.95, 79.29) had tried to stop smoking (**Table 3.11.8**). Males (83.9%; 95% CI: 77.80, 88.51) had significantly higher prevalence compared to females (8.0%; 95% CI: 1.77, 29.43). Form 5 students had the highest prevalence (84.1%; 95% CI: 61.43, 94.63) compared to the other forms.

A total of 39.9% (95% CI: 34.28, 45.73) reported having been exposed to people who smoked in their presence in the past 7 days (**Table 3.11.10**). Males (50.4%; 95% CI: 43.09, 57.65) had significantly higher prevalence compared to females (29.8%; 95% CI: 25.26, 34.75). Form 5 students reported highest prevalence (51.3%; 95% CI 39.73, 62.72) compared to other forms.

Overall, 46.8% (95% CI: 41.57, 52.13) of students reported having parents or guardian who used any form of tobacco products with no significant difference across gender (**Table 3.11.11**). Form 1 students had the highest prevalence (54.6%; 95% CI 45.00, 63.85) compared to other forms.

The prevalence of current E-cigarette use was 9.2% (95% CI: 6.29, 13.21) (**Table 3.11.4**). Males reported significantly higher prevalence (17.3%; 95% CI: 12.29, 23.87) compared to females (1.4%; 95% CI: 0.50, 3.71). Form 1 students had the highest prevalence (11.2%; 95% CI 5.63, 21.07) compared to the other forms. Among those who ever smoked e-cigarette/vape, 40.0% (95% CI: 31.44, 49.18) had first tried e-cigarette/vape before the age of 14 years, with no significant difference by gender (**Table 3.11.7**). Among those who used e-cigarette/vape in the past 12 months, 64.3% (95% CI: 53.69, 73.63) had tried to stop using e-cigarette/vape (**Table 3.11.9**). There was no significant difference across gender. Form 4 students had the highest prevalence (65.3%; 95% CI 43.29, 82.25) compared to other forms. Overall, 18.4% (95% CI: 15.17, 22.20) of students reported having parents or guardian who

used e-cigarette/vape with no significant difference across gender (**Table 3.11.12**). Form 1 students had the highest prevalence (23.7%; 95% CI 18.18, 30.18) compared to other forms.

The prevalence of chewing tobacco was 3.7% (95% CI: 2.83, 4.79) with no significant difference across gender (**Table 3.11.5**). The prevalence of snuff use was 6.8% (95% CI: 5.40, 8.53) with no significant difference across gender (**Table 3.11.5**).

3.11.5 Discussion/Conclusion

The prevalence of cigarette smoking in Terengganu was not significantly different compared to the national prevalence. Similarly, the prevalence of having tried a cigarette before the age of 14 among ever smokers and the prevalence of having been exposed to people who smoke in their presence in the past seven days showed no significant difference compared to the national prevalence.

3.11.6 Recommendations

All screening, prevention and intervention programmes among adolescents must be strengthened and delivered in synergy by all governmental and non-governmental agencies. Interventions should also be targeted to higher risk groups such as states with high prevalence, males and Form 1 students. The rise of prevalence of smoking among females should also be a concern for additional interventions to halt this increment. Overall national tobacco control programmes have to be amplified to achieve denormalization of public smoking, and to help reduce exposure to cigarette smoke among our youth. These would help to achieve the medium and long-term targets as stipulated in the National Strategic Plan for Tobacco Control.

3.11.7 References

1. Institute for Public Health (IPH). Report of the Global Adult Tobacco Survey (GATS) Malaysia, 2011, Ministry of Health Malaysia, 2012.

Table 3.11.1: Prevalence of current smoker among students Form 1 to Form 5, Terengganu 2017

Socio-Demographic Characteristics	Current Smokers				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	255	16,605	16.8	13.30	21.07
Locality of school					
Urban	44	2,436	11.6	4.77	25.61
Rural	211	14,169	18.2	14.91	22.12
Sex					
Male	196	13,135	27.2	21.10	34.21
Female	59	3,470	6.9	5.15	9.18
Form					
Form 1	66	4,733	23.7	15.56	34.25
Form 2	41	2,412	12.3	7.69	19.24
Form 3	69	3,466	17.2	12.99	22.50
Form 4	34	2,401	12.4	7.98	18.79
Form 5	45	3,593	18.3	10.33	30.26

Table 3.11.2: Prevalence of current cigarette smokers among students Form 1 to Form 5, Terengganu 2017

Socio-Demographic Characteristics	Current Cigarette Smokers				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	226	14,760	15.0	11.67	18.98
Locality of school					
Urban	41	2,250	10.7	4.36	24.04
Rural	185	12,510	16.1	12.88	19.94
Sex					
Male	177	11,945	24.7	19.39	30.91
Female	49	2,815	5.6	4.16	7.49
Form					
Form 1	61	4,352	21.8	13.90	32.37
Form 2	38	2,244	11.5	7.71	16.79
Form 3	61	3,052	15.2	10.78	20.93
Form 4	27	1,916	9.9	6.56	14.66
Form 5	39	3,196	16.3	8.30	29.39

Table 3.11.3: Prevalence of current any tobacco product use among students Form 1 to Form 5, Terengganu 2017

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	345	22,175	22.5	18.13	27.51
Locality of school					
Urban	64	3,486	16.6	7.92	31.59
Rural	281	18,688	24.1	19.83	28.85
Sex					
Male	262	17,418	36.0	29.29	43.34
Female	83	4,757	9.5	6.97	12.70
Form					
Form 1	75	5,395	27.0	18.90	36.89
Form 2	67	4,009	20.5	12.98	30.91
Form 3	93	4,654	23.1	17.09	30.55
Form 4	48	3,279	16.9	11.19	24.82
Form 5	62	4,837	24.6	16.00	35.85

Table 3.11.4: Prevalence of current E-cigarettes/Vape use among students Form 1 to Form 5, Terengganu 2017

Socio-Demographic Characteristics	Current e-Cigarette Users				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	137	9,046	9.2	6.29	13.21
Locality of school					
Urban	22	1,254	6.0	2.32	14.54
Rural	115	7,791	10.0	6.79	14.63
Sex					
Male	124	8,357	17.3	12.29	23.87
Female	13	689	1.4	0.50	3.71
Form					
Form 1	31	2,227	11.2	5.63	21.07
Form 2	26	1,634	8.4	3.61	18.21
Form 3	34	1,672	8.3	5.09	13.30
Form 4	19	1,371	7.1	3.87	12.62
Form 5	27	2,141	10.9	5.93	19.16

Table 3.11.5: Prevalence of current smoke and smokeless tobacco product use by types (except manufactured cigarette and E-cigarette/Vape) among students Form 1 to Form 5, Terengganu 2017

	Total					Male				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
Shisha Use	114	7,142	7.3	4.95	10.52	73	4,691	9.7	5.60	16.34
Traditional Rolled Cigarette Use	136	8,680	8.8	6.81	11.31	98	6,505	13.5	10.20	17.54
Roll-Your-Own" With Cigarette Paper Use"	75	4,559	4.6	3.43	6.23	42	2,639	5.5	3.16	9.26
Cigar Use	69	4,306	4.4	3.29	5.77	38	2,501	5.2	3.35	7.91
Pipe Smoking Use	66	3,975	4.0	3.12	5.21	30	1,936	4.0	2.58	6.16
Chewing Tobacco Use	61	3,635	3.7	2.83	4.79	28	1,741	3.6	2.31	5.58
Snuff Use	112	6,701	6.8	5.40	8.53	61	3,818	7.9	5.72	10.82

Table 3.11.5: Prevalence of current smoke and smokeless tobacco product use by types (except manufactured cigarette and E-cigarette/Vape) among students Form 1 to Form 5, Terengganu 2017 (Cont.)

	Female				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
Shisha Use	41	2,450	4.9	3.21	7.37
Traditional Rolled Cigarette Use	38	2,175	4.3	3.19	5.86
Roll-Your-Own" With Cigarette Paper Use"	33	1,921	3.8	2.71	5.39
Cigar Use	31	1,805	3.6	2.57	5.01
Pipe Smoking Use	36	2,039	4.1	3.10	5.30
Chewing Tobacco Use	33	1,894	3.8	2.80	5.06
Snuff Use	51	2,883	5.7	4.13	7.95

Table 3.11.6: Prevalence of having tried a cigarette before the age of 14 years among ever smokers among students Form 1 to Form 5, Terengganu 2017

	Total					Male				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
Yes	150	9,942	79.2	68.38	87.04	145	9,650	78.7	67.51	86.81
No	35	2,609	20.8	12.96	31.62	35	2,609	21.3	13.19	32.49

Table 3.11.6: Prevalence of having tried a cigarette before the age of 14 years among ever smokers among students Form 1 to Form 5, Terengganu 2017 (Cont.)

	Female				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
Yes	5	292	100.0	100.00	100.00
No	-	-	-	-	-

Table 3.11.7: Prevalence of having tried a E-cigarette/Vape before the age of 14 years among ever E-cigarette/Vape users among students Form 1 to Form 5, Terengganu 2017

	Total					Male				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
Yes	69	4,261	40.0	31.44	49.18	65	4,059	39.5	30.92	48.87
No	92	6,397	60.0	50.82	68.56	88	6,206	60.5	51.13	69.08

Table 3.11.7: Prevalence of having tried a E-cigarette/Vape before the age of 14 years among ever E-cigarette/Vape users among students Form 1 to Form 5, Terengganu 2017 (Cont.)

	Female				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
Yes	4	202	51.5	10.70	90.40
No	4	190	48.5	9.60	89.30

Table 3.11.8: Prevalence of quit smoking attempt in the past 12 month among those who ever smoked among students Form 1 to Form 5, Terengganu 2017

Socio-Demographic Characteristics	Quit Smoking Attempts In The Past 12 Months Among Those Who Ever Smoked Cigarettes				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	120	8,450	74.9	69.95	79.29
Locality of school					
Urban	23	1,302	79.3	72.20	85.01
Rural	97	7,148	74.2	68.61	79.02
Sex					
Male	118	8,344	83.9	77.80	88.51
Female	2	106	8.0	1.77	29.43
Form					
Form 1	25	1,939	69.0	48.26	84.19
Form 2	22	1,510	75.2	54.58	88.39
Form 3	30	1,533	69.0	50.60	82.91
Form 4	19	1,392	78.5	47.28	93.67
Form 5	24	2,076	84.1	61.43	94.63

Table 3.11.9: Prevalence of quit E-cigarette/ Vape attempt in the past 12 month among those who ever used E-Cigarette/Vape among students Form 1 to Form 5, Terengganu 2017

Socio-Demographic Characteristics	Stop Using e-Cigarettes In The Past 12 Months Among Those Who Ever Smoked e-Cigarettes				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	112	7,264	64.3	53.69	73.63
Locality of school					
Urban	25	1,442	72.5	66.92	77.45
Rural	87	5,822	62.5	50.24	73.37
Sex					
Male	101	6,690	69.7	60.41	77.62
Female	11	574	33.7	11.33	66.91
Form					
Form 1	21	1,514	64.0	46.48	78.50
Form 2	16	1,044	64.5	33.29	86.84
Form 3	33	1,560	64.5	45.36	79.92
Form 4	23	1,642	65.3	43.29	82.25
Form 5	19	1,504	63.1	37.19	83.12

Table 3.11.10: Prevalence of being expose to people smoking in their presence for at least one day in the past 7 days among students Form 1 to Form 5, Terengganu

Socio-Demographic Characteristics	Having Been Exposed To People Smoking In Their Presence For At Least One Days In The Past 7 Days				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	629	39,286	39.9	34.28	45.73
Locality of school					
Urban	131	6,940	33.1	16.78	54.78
Rural	498	32,346	41.7	37.60	45.92
Sex					
Male	361	24,301	50.4	43.09	57.65
Female	268	14,985	29.8	25.26	34.75
Form					
Form 1	94	6,922	34.7	27.65	42.55
Form 2	120	6,603	33.8	27.04	41.32
Form 3	158	7,898	39.3	30.62	48.80
Form 4	118	7,777	40.2	33.72	47.02
Form 5	139	10,086	51.3	39.73	62.72

Table 3.11.11: Prevalence of having father or mother or guardian who used any form of tobacco product among students Form 1 to Form 5, Terengganu 2017

Socio-Demographic Characteristics	Either Father Or Mother Or Guardian				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	706	42,502	46.8	41.57	52.13
Locality of school					
Urban	149	7,553	37.5	24.65	52.32
Rural	557	34,948	49.5	45.65	53.31
Sex					
Male	303	20,198	46.1	38.37	53.93
Female	403	22,304	47.5	42.70	52.38
Form					
Form 1	134	9,568	54.6	45.00	63.85
Form 2	145	7,919	44.1	34.12	54.58
Form 3	173	8,684	44.9	38.93	50.94
Form 4	137	8,513	47.6	41.24	54.04
Form 5	117	7,818	43.3	34.13	52.91

Table 3.11.12: Prevalence of having father or mother or guardian who used E-cigarette/ Vape among students Form 1 to Form 5, Terengganu 2017

Socio-Demographic Characteristics	Either Father Or Mother Or Guardian				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	264	15,832	18.4	15.17	22.20
Locality of school					
Urban	54	2,754	14.0	8.44	22.38
Rural	210	13,078	19.7	16.38	23.57
Sex					
Male	111	7,364	17.5	13.67	22.14
Female	153	8,468	19.3	15.80	23.37
Form					
Form 1	55	3,824	23.7	18.18	30.18
Form 2	42	2,317	13.7	8.03	22.45
Form 3	69	3,471	18.9	13.19	26.38
Form 4	58	3,429	20.6	15.15	27.49
Form 5	40	2,791	15.6	11.47	20.82

3.12 Violence and Unintentional Injury

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3.12.1 Introduction

The World Health Assembly through WHA 49.25 had declared violence to be a public health problem globally. Malaysia is committed towards resolving this issue, covering various aspects of interpersonal violence.¹ The prevalence of bullying varies between 9% to 25% in school-going adolescents in Western countries², and 10.8% to 17.6% locally³, differences largely explained by linguistic and cultural factors.

Injuries are inevitable among anyone, including adolescents. Injuries however, may be due to intentional or unintentional causes. Unintentional injuries are caused by various factors and this leads to health problems and disability in an otherwise healthy population. Conflicts happen due to a wide spectrum ranging from physical fights to bullying. These may affect the mental health, well-being and healthy development of the adolescent.

This survey aims to examine the prevalence and distribution of unintentional injuries, physical attacks, physical fights, bullying, as well as physical and verbal abuse experienced by adolescents in Form 1 to Form 5 in Malaysia.

3.12.2 Objectives

To describe the prevalence of:

- i. Having been physically attacked at least once in the past 12 months
- ii. Involvement in a physical fight at least once in the past 12 months
- iii. Having been bullied at least once in the past 30 days
- iv. Physical abuse at home at least once in the past 30 days
- v. Verbal abuse at home at least once in the past 30 days
- vi. Having had a serious injury at least once in the past 12 months

3.12.3 Variable Definitions

- **Physical attack:** when one or more persons hurt another person with or without a weapon such as sticks or knives in the past 12 months. It is NOT a physical attack when two individuals or students of about the same strength or power choose to fight each other.
- **Physical fight:** when two individuals or students of about the same strength or power choose to fight each other in the past 12 months.
- **Bullying:** when a student or group of students say or do bad and unpleasant things to another student, such as teasing a lot in an unpleasant way or leaving out of things on purpose in the past 30 days. It is NOT bullying when two students of about the same strength or power argue or fight or when teasing is done in a friendly and fun way.
- **Physical abuse at home:** when someone is hit so hard that it left a mark OR caused an injury in the past 30 days
- **Verbal abuse at home:** when someone has had hurtful or insulting things said to them in the past 30 days
- **Unintentional injury:** a serious injury which makes the student miss at least one full day of usual activity (such as school, sports or a job) OR requires treatment by a doctor or a medical personnel in the past 12 months

3.12.4 Findings

Among the adolescents in this survey, 19.2% (95% CI: 15.99, 22.81) of them had been physically attacked, which was significantly higher in males [26.1% (95% CI: 21.87, 30.74)] compared to females [12.5% (95% CI: 9.08, 17.09)]. There was no significant difference found between urban [17.9% (95% CI: 14.28, 22.21)] and rural [19.5% (95% CI: 15.68, 24.02)] localities. Adolescents from Form 1 reported the highest prevalence of having been physically attacked; 23.0% (95% CI: 16.18, 31.58) while adolescents from Form 4 had the lowest prevalence at 15.1% (95% CI: 10.57, 21.23) **(Table 3.12.1)**.

Similarly, 21.2% (95% CI: 18.06, 24.63) of adolescents claimed to have been involved in physical fight(s), with significantly more males [31.2% (95% CI: 27.32, 35.32)] than females [11.5% (95% CI: 8.65, 15.18)] involved. There was no significant difference between urban and rural localities, with reported prevalence of 15.9% (95% CI: 11.59, 21.42) and 22.6% (95% CI: 19.39, 26.13) respectively. Adolescents from Form 1 had the highest prevalence at 31.7 % (95% CI: 21.91, 43.51) **(Table 3.12.1)**.

With regards to bullying, 14.7% (95% CI: 12.00, 17.83) of adolescents reported to have been bullied and this was significantly higher among males [19.7% (95% CI: 15.75, 24.30)] compared to females [9.8% (95% CI: 7.39, 13.01)]. There was no significant difference found between urban [12.9% (95% CI: 7.68, 20.77)] and rural [15.2% (95% CI: 12.24, 18.62)] localities. Adolescents from Form 1 reported the highest prevalence of having been bullied; 21.3% (95% CI: 13.16, 32.65) **(Table 3.12.2)**.

The two most common forms of bullying were 'being made fun of because of how body or face looks' [15.4% (95% CI: 10.03, 22.96)] and 'made fun of with sexual jokes, comments or gestures' [14.5% (95% CI: 11.99, 17.36)]. Bullying in the form of 'being left out of activities on purpose or completely ignored' was the least common at 5.0% (95% CI: 2.63, 9.22) **(Table 3.12.3)**.

Physical abuse at home was reported by 10.5% (95% CI: 7.61, 14.28) of the adolescents. Urban localities reported a prevalence of 7.9% (95% CI: 3.58, 16.46) with rural at 11.2% (95% CI: 7.97, 15.49). There was no significant difference between males and females with a prevalence of 13.5% (95% CI: 9.50, 18.90) and 7.6% (95% CI: 5.40, 10.51) respectively. Form 4 adolescents reported the lowest prevalence at 5.0% (95% CI: 2.82, 8.56) **(Table 3.12.4)**.

It was reported that 38.4% (95% CI: 33.52, 41.31) of adolescents were abused verbally at home. The prevalence of verbal abuse was higher among females [41.3% (95% CI: 36.43, 46.42)] compared to males [35.3% (95% CI: 31.93, 38.77)]. There was no significant difference found between urban [37.1% (95% CI: 32.51, 41.93)] and rural [38.7% (95% CI: 35.36, 42.18)] localities. Adolescents from Form 1 reported the highest prevalence of verbal abuse at home with a prevalence of 44.0% (95% CI: 37.39, 50.78) (**Table 3.12.4**).

It was found that 30.2% of adolescents in Terengganu (95% CI: 27.09, 33.48) had been seriously injured in the past 12 months. There was no significant difference found between urban [27.8% (95% CI: 23.69, 32.40)] and rural [30.8% (95% CI: 27.18, 34.73)] localities. Prevalence of serious injury was significantly higher among males [39.2% (95% CI: 35.22, 43.40)] as compared to females [21.5% (95% CI: 17.29, 26.38)]. Adolescents from Form 1 had the highest prevalence of serious injury at 40.3% (95% CI: 28.68, 53.09) while adolescents from Form 5 had the lowest prevalence at 26.5% (95% CI: 20.26, 33.89) (**Table 3.12.5**). Among those who had been seriously injured, the two most common injuries were 'a cut or stab wound' [21.1% (95% CI: 17.69, 25.07)] and 'a broken bone/dislocated joint' [11.4% (95% CI: 8.40, 15.26)] (**Table 3.12.6**). The two most common causes of serious injury were falls [30.1% (95% CI: 25.75, 34.91)] and motor vehicle accidents [14.2% (95% CI: 10.70, 18.62)] (**Table 3.12.7**).

3.12.5 Discussion / Conclusion

The prevalence of serious injury among school going adolescents in Terengganu was higher than the national prevalence found in this study (30.2% vs. 29.9%) but lower than the prevalence of 38.2% reported in 2012⁴ in Terengganu. The prevalence of being physically attacked and involved in physical fights among adolescents in Terengganu was lower than the national prevalence (19.2% vs 25.3% and 21.2% vs 24.9% respectively) as well as the Terengganu prevalence reported in 2012⁴ (25.6% and 25.2% respectively).

The prevalence of bullying among school going adolescents in Terengganu was lower than the reported national prevalence (14.7% vs 16.2%) but higher than the 13.4% reported in Terengganu in 2012⁴. The prevalence of physical abuse and verbal abuse at home among adolescents was

lower in Terengganu compared to national prevalence (10.5% vs 11.8% and 38.4% vs 43.2% respectively).

Studies have shown that violence related behaviour is associated with other negative factors such as smoking, drug abuse, truancy and physical and mental health problems⁵. Thus, despite the successes achieved by our current programs, the relatively high prevalence found in this study reminds us that we should continue our efforts in addressing this issue.

3.12.6 Recommendations

1. Multiple factors are associated with the perpetuation and the victimization of bullying, violent behaviour and unintentional injuries among school-going adolescents. Although this study identified the prevalence and types of violent behaviour experienced, further studies may be conducted in these areas to better understand this problem. These should include risk factors such as health and sociocultural factors, help seeking behaviour and short and long term effects of engaging or being exposed to these situations.
2. Written policies and laws by themselves alone are not adequate to tackle the problem of physical attacks, physical fights, bullying, physical and verbal abuse experienced by school-going adolescents. Strategies should be developed with the involvement of parents, family, and the community. Support services for both perpetrator and victim at community and school levels should be developed. Increased efforts need to be directed towards male adolescents in the younger age group and within the Indian community. Helping them with counselling rather than punitive measures, besides early detection of underlying factors would aid better prevention strategies. Innovative measures including use of social media, need to be adapted in line with the problems faced by the current generation such as cyberbullying and online forms of abuse. An integrated, multifactorial and multisectoral approach from the family level to school environment is crucial in addressing this problem.
3. Unintentional injuries should be addressed by stepping up safety awareness programs. This should be targeted towards road and traffic safety, starting from the younger age group. This would help reduce the burden of avoidable and unintentional injuries.

Measures to create a safe environment within the school, home and other areas should be implemented by all parties.

3.12.7 References

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Table 3.12.1: Prevalence of involvement in violence and had serious injury at least once in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic Characteristics	Having Been Physically Attacked At Least Once					Involvement In Physical Fight At Least Once				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
TERENGGANU	312	18,885	19.2	15.99	22.81	334	20,866	21.2	18.06	24.63
Locality of school										
Urban	74	3,756	17.9	14.28	22.21	64	3,337	15.9	11.59	21.42
Rural	238	15,129	19.5	15.68	24.02	270	17,530	22.6	19.39	26.13
Sex										
Male	199	12,580	26.1	21.87	30.74	233	15,078	31.2	27.32	35.32
Female	113	6,305	12.5	9.08	17.09	101	5,788	11.5	8.65	15.18
Form										
Form 1	65	4,565	23.0	16.18	31.58	89	6,330	31.7	21.91	43.51
Form 2	68	3,996	20.5	14.94	27.37	82	4,848	24.8	17.45	34.04
Form 3	91	4,361	21.7	15.96	28.75	85	4,176	20.8	16.30	26.06
Form 4	46	2,931	15.1	10.57	21.23	43	2,901	15.0	10.75	20.52
Form 5	42	3,033	15.4	9.63	23.78	35	2,611	13.3	6.70	24.61

Table 3.12.2: Prevalence of being bullied at least once in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic Characteristics	Having Been Bullied At Least Once				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	241	14,451	14.7	12.00	17.83
Locality of school					
Urban	54	2,696	12.9	7.68	20.77
Rural	187	11,755	15.2	12.24	18.62
Sex					
Male	150	9,516	19.7	15.75	24.30
Female	91	4,935	9.8	7.39	13.01
Form					
Form 1	59	4,254	21.3	13.16	32.65
Form 2	73	4,108	21.1	15.05	28.74
Form 3	58	2,761	13.8	10.41	17.95
Form 4	26	1,709	8.8	6.04	12.79
Form 5	25	1,618	8.2	4.62	14.25

Table 3.12.3: Most common ways of being bullied in the past 30 days amongs Form 1 to Form 5 student in Terengganu, 2017

	Unweighted Prevalence		95% CI	
	Count	(%)	Lower	Upper
Hit, kicked, pushed, shoved around or locked indoors	20	8.6	5.63	13.02
Made fun of because of race, nationality or colour	27	11.9	9.19	15.33
Made fun of because of religion	18	8.9	4.72	15.99
Made fun of with sexual jokes, comments or gestures	37	14.5	11.99	17.36
Left out of activities on purpose or completely ignored	11	5.0	2.63	9.22
Made fun of because of how body or face looks	39	15.4	10.03	22.96

Table 3.12.4: Prevalence of being abused at least once in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic Characteristics	Physical Abuse At Home At Least Once					Verbal Abuse At Home At Least Once				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
TERENGGANU	172	10,302	10.5	7.61	14.28	641	37,752	38.4	35.52	41.31
Locality of school										
Urban	33	1,649	7.9	3.58	16.46	158	7,784	37.1	32.51	41.93
Rural	139	8,653	11.2	7.97	15.49	483	29,968	38.7	35.36	42.18
Sex										
Male	101	6,502	13.5	9.50	18.90	259	16,981	35.3	31.93	38.77
Female	71	3,800	7.6	5.40	10.51	382	20,771	41.3	36.43	46.42
Form										
Form 1	49	3,285	16.6	9.19	28.09	128	8,800	44.0	37.39	50.78
Form 2	46	2,511	12.9	7.65	21.06	132	7,024	36.1	30.74	41.79
Form 3	40	1,958	9.7	6.69	13.95	158	7,800	38.9	33.17	44.95
Form 4	14	954	5.0	2.82	8.56	122	7,592	39.3	34.07	44.86
Form 5	23	1,594	8.1	3.39	18.17	101	6,536	33.4	26.03	41.72

Table 3.12.5: Prevalence of had serious injury at least once in the past 12 months among Form 1 to Form 5 students in Terengganu, 2017

Socio-demographic Characteristics	Having Had Serious Injury At Least Once				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
TERENGGANU	481	29,732	30.2	27.09	33.48
Locality of school					
Urban	113	5,841	27.8	23.69	32.40
Rural	368	23,891	30.8	27.18	34.73
Sex					
Male	284	18,947	39.2	35.22	43.40
Female	197	10,784	21.5	17.29	26.38
Form					
Form 1	113	7,984	40.3	28.68	53.09
Form 2	98	5,494	28.1	21.46	35.92
Form 3	114	5,583	27.8	24.05	31.80
Form 4	82	5,456	28.2	22.75	34.36
Form 5	74	5,215	26.5	20.26	33.89

Table 3.12.6: Types of the most serious injury sustained in the past 12 months among those who were injured among Form 1 to Form 5 students in Terengganu, 2017

	Unweighted Count	Prevalence (%)	95% CI	
			Lower	Upper
Broken bone / dislocated Joint	49	11.4	8.40	15.26
A cut or stab wound	101	21.1	17.69	25.07
Concussion / head or neck injury, knocked out or could not breathe	39	7.7	5.19	11.19
Bad burn	21	4.5	2.47	8.10
Poisoned	6	1.4	0.62	3.02

Table 3.12.7: Major cause of the most serious injury sustained in the past 12 months among those who were injured among Form 1 to Form 5 students in Terengganu, 2017

	Unweighted Count	Prevalence (%)	95% CI	
			Lower	Upper
In a motor vehicle accident or hit by a motor vehicle	65	14.2	10.70	18.62
Fell	141	30.1	25.75	34.91
Something fell or hit him/her	38	7.7	5.07	11.41
Attacked or abused or fighting with someone	31	6.7	4.81	9.19
In a fire or too near a flame or something hot	11	2.3	1.00	5.18
Inhaled or swallowed something bad	5	1.0	0.36	2.71

APPENDICES

Appendix 1: Members of Steering Committee NHMS 2015-2018

1. Director General of Health
2. Deputy Director General of Health (Public Health)
3. Deputy Director General of Health (Medical)
4. Deputy Director General of Health (Research & Tech. Support)
5. Director, Oral Health Division
6. Director, Pharmaceutical Services Division
7. Director, Food Safety and Quality Programme Division
8. Director, Medical Development Division
9. Director, Planning Division
10. Director, Health Education Division
11. Director, Disease Control Division
12. Director, Family Health Development Division
13. Director, Nutrition Division
14. Representative of State Directors
15. Director, Institute for Public Health
16. Dean Faculty of Medicine, University of Malaya
17. Dean Faculty of Medicine, National University of Malaysia
18. Principle Investigator, NHMS

Appendix 2: Term of Reference for NHMS 2015-2018 Steering Committee

1. To approve the objectives and scopes of NHMS 2015-2018.
2. To facilitate inter and intra-sectorial collaboration.
3. To monitor the implementation of the NHMS 2015-2018.
4. To facilitate the utilisation of the NHMS 2015-2018 findings.

Appendix 3: List of members of Central Coordinating Committee, NHMS 2017

1. Dr. Hj Tahir bin Aris, Director of Institute for Public Health
2. Dr. Muhammad Fadhli bin Mohd Yusoff, Coordinator of NHMS 2015-2018
3. Dr. S Maria binti Awaluddin, Principal Investigator of Adolescent Health Survey
4. Pn. Ruhaya binti Salleh, Principal Investigator of Adolescent Nutrition Survey
5. En. Mohamad Aznuddin bin Abd Razak, Principal Investigator of Healthy Mind Screening using DASS
6. Dr. Mohd Azahadi bin Omar, Head Data Processing and Data Management
7. Dr. Noor Ani binti Ahmad, Central Field Supervisor of Perlis & Kedah
8. Dr. Nor Asiah binti Mohamad, Central Field Supervisor of Johor, Melaka & Negeri Sembilan
9. Dr. Rajini a/p Sooryanarayana, Data Processing & Quality
- 10.Pn. Tee Guat Hiong, Central Field Supervisor of Sarawak
- 11.Dr. Nur Liana binti Ab. Majid, Central Field Supervisor of WP Kuala Lumpur, WP Putrajaya & Selangor
- 12.Cik Hasimah binti Ismail, Central Field Supervisor of Pahang, Kelantan & Terengganu
- 13.Pn. Norzawati binti Yoep, Central Field Supervisor of Perak & Kedah
- 14.Pn. Norazizah binti Ibrahim Wong, Data Processing & Quality
- 15.En. Mohd Hazrin bin Hasim @ Hashim, Central Field Supervisor of WP Labuan & Sabah
- 16.Pn. Lalitha a/p Palanivello, Person in charge for 24Hour Diet Recall
- 17.Pn. Siti Nor'Ain binti Hashim, Head of ICT Support
- 18.En. Lim Kuang Kuay, Logistic Support
- 19.Pn. Hamizatul Akmal binti Abd. Hamid, Project Manager
- 20.Pn. Wan Shakira binti Rodzlan Hasani, Project Manager
- 21.Pn. Cheong Siew Man, Person in-charge for Food Frequency Questionnaire
- 22.Pn. Nazirah Bt Alias, Data Processing & Quality
- 23.Dr. Fazila Haryati Ahmad, Data Processing &Quality

Appendix 4: Terms of Reference for NHMS 2017 Central Coordinating Team

No	Team	Duties	Officers
1	Project Management and Finance	Work closely with recruitment group for employment of RA Prepare Questionnaires manual, Data collection manual Meeting with Liason Officers Planning for data collection training Prepare security cards/name tags for research team Arrangement for advanced payment for team managers, nurses and drivers Process claims of MOH staff Prepare tickets for travelling Monitor the expenditure/budget	Dr. Muhammad Fadhli bin Mohd Yusoff Dr. S. Maria Binti Awaluddin Pn. Hamizatul Akmal binti Abd Hamid Pn. Wan Shakira binti Rodzlan Hasani Cik Nur Hazwani Binti Mohd Hasri
2	Survey Research Centre	Calculate the sample size Determine the sample distribution by state	Dr. Muhammad Fadhli bin Mohd Yusoff Pn. Norazizah binti Ibrahim Wong Pn. Wan Shakira binti Rodzlan Hasani
3	ICT Unit	Maintenance of the scanning machine Daily back up for databases	Pn. Siti Nor'ain Binti Hashim En. Sulaiman Bin Harun En. Yusmirol Bin Yusop En. Andy Bin Mustaming
4	Central Field Supervisors	<p><u>Before Data Collection</u></p> Central Field Supervisors are expected to prepare for the initiation of data collection. The preparation tasks include:	Dr Nor Asiah Binti Muhamad Dr Nur Liana Binti Ab Majid

		<p>Conduct meeting with State Education Office, School Principals, Teacher in-charged for the selected schools.</p> <p>To ensure adequate logistic support for the data collection and liaise with the District Education Office, District Health Office and other relevant departments to ensure that:</p> <ul style="list-style-type: none"> • Human resources are available: Field Supervisors, Team leaders, Research Assistants and drivers. • Manage transport: Vehicles • Manage survey instruments and relevant form • Manage lodging for data collectors <p><u>During Data Collection</u></p> <p>Gather feedback from the field on the data collection status and problems related to logistics.</p> <p>Visit the field to help data collectors solve the problem if necessary.</p> <p>To ensure all data collection monitoring forms have been received on time.</p> <p>To ensure bundle from field received by the Operation Centre by hand and by post (Sabah, Sarawak, WP Labuan)</p> <p>Updating the monitoring board for state achievement and attending CCT meeting.</p>	<p>Pn. Norzawati Binti Yeop</p> <p>Dr. Noor Ani Binti Ahmad</p> <p>Pn. Hasimah Binti Ismail</p> <p>Pn. Tee Guat Hiong</p> <p>En. Mohd Hazrin Bin Hashim @ Hashim</p>
5	Data Processing and management	<p>Setting up data processing facility</p> <p>Development of directory of variables database</p> <p>Development of quality control (QC) manual for data processing</p>	<p>Dr. Mohd Azahadi bin Omar</p> <p>Dr. Rajini a/p sooryanarayana</p>

		Specify data structure for data processing and data output requirement	Dr. Fazila Haryati Binti Ahmad
		Responsible for data entry and data cleaning	Pn. Nazirah Binti Alias
		Monitoring and evaluation of QC performance for data processing	
6	Operation Centre	<p>Arrange date and place of meeting</p> <p>Prepare and circulate briefing materials</p> <p>Prepare and circulate minutes of CCT meeting</p> <p>Prepare letters of appointment to state liaison officers, nurses, scouts and data collectors</p> <p>Prepare advertisement material for recruitment of data collectors, team leaders, and interviewers,</p> <p>Prepare letters of notifications for data collections</p> <p>Prepare manuals for field Supervisors and data collectors</p> <p>Develop a system/format and monitor the distribution of materials/equipment for field work</p> <p>Arrange transport/drivers for distribution and collection of materials</p>	<p>Pn. Hamizatul Akmal binti Abd Hamid</p> <p>En. Azli bin Baharudin</p> <p>Cik Nur Hazwani Binti Mohd Hasri</p> <p>Pn. Siti Noafika Binti Anwar</p> <p>En. Muhammad Suhaimi Bin Mohamad Idrus</p> <p>Cik Shahibul Bariah binti Mat Ghani</p> <p>Pn. Nur Fadzilla binti Mohd Radzi</p> <p>En. Muhammad Zuhdi Bin Khiruddin</p> <p>Cik Nurbaiti Binti Asmawi</p>

Appendix 5: List of Research Team Members, NHMS 2017

Alcohol Use

1. Dr. Muhammad Fadhli Mohd Yusoff
2. Dr. Tania Gayle Robert
3. Dr. Halizah Mat Rifin
4. Dr. Norli Abdul Jabbar
5. Dr. Rozanim Kamaruddin
6. Dr. Jane Ling Miaw Yn
7. Ms. Hasimah Ismail
8. Ms. Hamizatul Akmal Binti Abd Hamid
9. Mr. Mohd Hatta Mutalip
10. Ms. Wan Shakira Rodzlan Hasani

Dietary Behaviours

1. Ms. Rashidah Ambak
2. Ms. Ruhaya Salleh
3. Ms. Norlida Zulkafly
4. Dr. S. Maria Awaluddin
5. Ms. Rusidah Selamat
6. Ms. Syafinaz Mohd Sallehuddin
7. Mr. Mohd Hasnan Ahmad
8. Ms. Cheong Siew Man

Drug Use

1. Dr. Muhammad Fadhli Mohd Yusof
2. Dr. Rushidi Ramly
3. Dr. Norli Abdul Jabbar
4. Dr. Jane Ling Miaw Yn
5. Dr. Halizah Mat Rifin
6. Dr. Tania Gayle Robert

7. Dr. Thamil Arasu Saminathan
8. Dr. Nur Liana Ab. Majid
9. Ms. Hasimah Ismail
10. Ms. Hamizatul Akmal Abd Hamid
11. Ms. Wan Shakira Rodzlan Hasani

Hygiene (Including Oral Health)

1. Dr. Yaw Siew Lian
2. Dr. Nurrul Ashikin Abdullah
3. Dr. Natifah Che Salleh
4. Ms. Norazizah Ibrahim Wong
5. Mr. Mohamad Fuad Mohamad Anuar
6. Mr. Sayan a/l Pan

Internet Use and Addiction

1. Dr S. Maria Awaluddin
2. Prof Madya Dr. Normala Ibrahim
3. Ms. Chan Ying Ying
4. Dr. Rimah Melati Abd. Ghani
5. Dr. Amal Shamsuddin
6. Prof Madya Dr. Wan Salwina Wan Ismail
7. Dr. Norharlina Bahar
8. Dr. Saidatul Norbaya Binti Buang
9. Dr. Nik Rubiah Nik Abd. Rashid

Mental Health Problems

1. Dr. Noor Ani Ahmad
2. Prof Dr. Sherina Mohd Sidik
3. Dr. Fazly Azry Abdul Aziz
4. Ms. Noraida Mohamad Kasim
5. Mr. Mohammad Aznuddin Abd Razak

6. Ms. Muslimah Yusof

Physical Activity

1. Mr. Lim Kuang Kuay
2. Dr. Hj. Mohd Azahadi Omar
3. Ms. Chan Ying Ying
4. Dr. Chandrika A/p Jeevananthan
5. Mr. Azli Baharudin @Shaharuddin
6. Ms. Nazirah Alias

Protective Factors

1. Pn Norzawati binti Yoep
2. Ms. Faizah Pawai
3. Dr. Noor Aliza Lodz
4. Dr. S. Maria Awaluddin
5. Ms. Azna Ahmad
6. Dr. Nik Rubiah Nik Abd Rashid

Sexual Behaviour that contribute to HIV infection, other STI and unintended pregnancy

1. Dr. Maisarah Omar
2. Dr. Noor Aliza Lodz
3. Dr. S.Maria Awaluddin
4. Dr. Noor Ani Ahmad
5. Dr. Nik Rubiah Nik Abdul Rashid
6. Ms. Noraida Mohamad Kasim

Tobacco Use

1. Dr. Noraryana Hassan
2. Dr. Nizam Baharom
3. Dr. Muhammad Fadhli Mohd Yusoff,
4. Dr. Abdul Aiman Abd Ghani

5. Dr. Nur Liana Ab. Majid
6. Dr. Thamil Arasu Saminathan
7. Dr. Jane Ling Miaw Yn
8. Dr. Tania Gayle Robert
9. Dr. Halizah Mat Rifin
10. Ms. Tee Guat Hiong
11. Ms. Hasimah Ismail
12. Ms. Hamizatul Akmal Abd Hamid
13. Ms. Wan Shakira Rodzlan Hasani

Violence and Unintentional Injury

1. Dr. Rajini Sooryanarayana
2. Dr. Shubash Shander Ganapathy
3. Dr. Muhammad Fadhli Mohd Yusoff
4. Dr. S Maria Awaluddin
5. Dr. Thamil Arasu a/l Saminathan
6. Dr. Azriman Rosman
7. Dr. Fazila Haryati Ahmad
8. Mr. Mohamad Fuad Mohamad Anuar
9. Mr. Mohd Hazrin Bin Hasim@Hashim

Appendix 6: List of Liaison Officer and Data Collection Teams

Liaison Officer

Ms. Noorsyahmun Binti Muhd Noor

Field Supervisor

Mr. Mohd Azza Bin Azlan

Nutritionist

1. Ms. Sam Azura Binti Ahmad
2. Ms. Zamilah Hasniah Binti Abd. Hamid
3. Ms. Nurnadia Binti Abd. Aziz
4. Ms. Nur Ili Binti Mohamad Tarmizi
5. Ms. Noorsyahmun Binti Muhd Noor
6. Ms. Salihah Binti Brahim
7. Ms. Nur Amalina Binti Othman
8. Ms. Nurul Fatimah Hanim Binti Ghani

Research Assistants

1. Ms. Siti Aminah Binti Hamdan
2. Ms. Norfatin Najiehan Binti Kassim
3. Ms. Nur Hazwani Binti Mat Sulong
4. Mr. Muhamad Zawahir Bin Ismail
5. Mr. Ahmad Taufik Bin Yusof
6. Mr. Safrial Bin Ridwan
7. Ms. Nor Shahirrah Binti Ibrahim
8. Ms. Nur Hashima Binti Mat Sulong
9. Ms. Nuraqilah Binti Kamaruddin
10. Mr. Ihsanuddin Bin Adnan

Appendix 7: Questionnaire & OMR



PENGENALAN

Kementerian Kesihatan Malaysia dengan kerjasama Kementerian Pendidikan Malaysia sedang menjalankan tinjauan yang berkaitan kesihatan remaja. Tinjauan ini adalah berkenaan dengan kesihatan anda dan tindakan yang anda ambil yang memberi kesan kepada kesihatan anda.

Terima kasih kerana bersetuju untuk menyertai tinjauan ini. Tiada jawapan yang **BETUL** atau **SALAH**. Markah peperiksaan anda tidak akan terjejas sekiranya anda menjawab atau tidak menjawab soalan dalam tinjauan ini. Setiap jawapan yang anda berikan boleh membantu memantapkan program kesihatan untuk remaja. Oleh itu, sila jawab dengan ikhlas dan tepat.

Segala maklumat individu yang diberikan adalah RAHSIA kerana TIADA MAKLUMAT PENGENALAN DIRI DIAMBIL dan TIDAK AKAN DIDEBAHKAN. Tiada siapa akan tahu jawapan anda. Sila jawab berdasarkan apa yang anda tahu.

INTRODUCTION

The Ministry of Health Malaysia, with the cooperation of the Ministry of Education Malaysia is conducting a survey on adolescent health. This survey is about your health and the things that you do that may affect your health.

*Thank you for agreeing to participate in this survey. There are no **CORRECT** or **WRONG** answers. None of your grades or marks will be affected whether or not you answer the questions. Each answer that you provide will help in the improvisation of health programs for adolescents. Therefore, please answer as honestly and accurately as possible.*

*All individual information given will be kept **SECRET** because **NO IDENTIFIERS ARE TAKEN** nor **WILL BE EXPOSED**. No one will know your answer. Answer the questions based on the best of your knowledge.*

PANDUAN MENGISI BORANG (SILA BACA DENGAN TELITI)

GUIDE ON FILLING THE QUESTIONNAIRE (PLEASE READ CAREFULLY)

a. **JANGAN** tulis **NAMA ANDA** pada kertas soalan mahupun kertas jawapan.

DO NOT write **YOUR NAME** on the questionnaire or the answer sheet.

b. Sila **BACA PERNYATAAN** untuk soalan yang memberikan pernyataan atau definisi sebelum menjawab soalan.

Please **READ STATEMENT** for questions with a preceding statement or definition before answering.

c. Sila **HITAMKAN** jawapan yang bersamaan jawapan anda pada kertas jawapan yang disediakan. Hanya hitamkan **SATU JAWAPAN** bagi setiap soalan. Sila gunakan pensel 2B yang disediakan. Sekiranya telah selesai, ikut arahan pegawai yang melakukan survei di sekolah/kelas anda.

Please **FILL IN THE CIRCLES** on your answer sheet that matches your answer. There can be **ONLY ONE ANSWER** for each question. Use only the provided 2B pencil. When you are done, follow the instructions of the person conducting the survey in your school/class

BERIKUT ADALAH CONTOH BAGAIMANA MENGISI JAWAPAN

HERE IS AN EXAMPLE OF HOW TO FILL IN THE CIRCLE:

ISIKAN BULATAN SEPERTI INI
 FILL IN THE CIRCLES LIKE THIS



BUKAN SEPERTI INI
 NOT LIKE THIS



ATAU
 OR



TINJAUAN/SURVEY

1. Adakah ikan tinggal dalam air?

Do fish live in the water?

A. Ya

Yes

B. Tidak

No

Borang jawapan
 Answer sheet

1. B C D E F G H

BAHAGIAN 1
PART 1

1. Berapakah umur anda?
 How old are you?
 - a. 11 tahun atau ke bawah
11 years old or younger
 - b. 12 tahun
12 years old
 - c. 13 tahun
13 years old
 - d. 14 tahun
14 years old
 - e. 15 tahun
15 years old
 - f. 16 tahun
16 years old
 - g. 17 tahun
17 years old
 - h. 18 tahun atau ke atas
18 years old or older

2. Apakah jantina anda?
 What is your sex?
 - a. Lelaki
Male
 - b. Perempuan
Female

3. Anda belajar di tingkatan/kelas apa?
 In what form/class are you?
 - a. Kelas peralihan
Remove class
 - b. Tingkatan 1
Form 1
 - c. Tingkatan 2
Form 2
 - d. Tingkatan 3
Form 3
 - e. Tingkatan 4
Form 4
 - f. Tingkatan 5
Form 5

4. Apakah etnik anda?
 What is your ethnicity?
 - a. Melayu
Malay
 - b. Cina
Chinese
 - c. India
Indian
 - d. Bumiputera Sabah
Bumiputera Sabah
 - e. Bumiputera Sarawak
Bumiputera Sarawak
 - f. Lain-lain etnik
Some other ethnic

5. Apakah status perkahwinan ibu bapa anda?
 What is the marital status of your parents?
 - a. Berkahwin dan tinggal bersama
Married and living together
 - b. Berkahwin tetapi tidak tinggal bersama atas dasar bekerja di tempat lain
Married but living apart due to working in other place
 - c. Bercerai
Divorced
 - d. Balu (ayah atau ibu telah meninggal)
Widower (my mother or father has died)
 - e. Berpisah (ibu bapa tidak tinggal serumah)
Separated (my parent do not live together)
 - f. Tidak tahu
I do not know

BAHAGIAN 2
PART 2

6. Dalam tempoh 30 hari yang lepas, berapa kerap anda kelaparan kerana tidak cukup makanan di rumah?

During the past 30 days, how often did you go hungry because there was not enough food in your home?

- a. Tidak pernah
Never
- b. Jarang-jarang
Rarely
- c. Kadang-kadang
Sometimes
- d. Kebanyakan masa
Most of the time
- e. Sentiasa
Always

Enam soalan yang berikutnya adalah berkenaan apa yang anda mungkin makan atau minum.

The next six questions ask about what you might eat and drink.

7. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** makan buah?

*During the past 30 days, how many times per day did you **usually** eat fruits?*

- a. Saya tidak makan buah dalam 30 hari yang lepas
I did not eat fruits during the past 30 days
- b. Kurang dari 1 kali sehari
Less than 1 time per day
- c. 1 kali sehari
1 time per day
- d. 2 kali sehari
2 times per day
- e. 3 kali sehari
3 times per day
- f. 4 kali sehari
4 times per day
- g. 5 kali atau lebih sehari
5 or more times per day

8. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** makan sayur?

*During the past 30 days, how many times per day did you **usually** eat vegetables?*

- a. Saya tidak makan sayur dalam 30 hari yang lepas
I did not eat vegetables during the past 30 days
- b. Kurang dari 1 kali sehari
Less than 1 time per day
- c. 1 kali sehari
1 time per day
- d. 2 kali sehari
2 times per day
- e. 3 kali sehari
3 times per day
- f. 4 kali sehari
4 times per day
- g. 5 kali atau lebih sehari
5 or more times per day

9. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** minum air berkarbonat seperti Coca Cola, Sprite, Pepsi dan lain-lain? (Air berkarbonat diet tidak termasuk dalam kumpulan ini)

*During the past 30 days, how many times per day did you **usually** drink carbonated soft drinks such as Coca Cola, Sprite, and Pepsi? (Do not include diet soft drinks)*

- a. Saya tidak minum air berkarbonat dalam 30 hari yang lepas
I did not drink carbonated soft drink during the past 30 days
- b. Kurang dari 1 kali sehari
Less than 1 time per day
- c. 1 kali sehari
1 time per day
- d. 2 kali sehari
2 times per day
- e. 3 kali sehari
3 times per day
- f. 4 kali sehari
4 times per day
- g. 5 kali atau lebih sehari
5 or more times per day

10. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** minum air kosong seperti air mineral, air masak atau air paip?

*During the past 30 days, how many times per day did you **usually** drink plain water such as mineral water, boiled water, or tap water?*

- a. Saya tidak minum air kosong dalam 30 hari yang lepas

I did not drink plain water during the past 30 days

- b. Kurang dari 1 kali sehari

Less than 1 time per day

- c. 1 kali sehari

1 time per day

- d. 2 kali sehari

2 times per day

- e. 3 kali sehari

3 times per day

- f. 4 kali sehari

4 times per day

- g. 5 kali atau lebih sehari

5 or more times per day

11. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** minum susu atau makan produk tenusu seperti susu, keju, yogurt dan lain-lain? (Ini tidak termasuk susu pekat manis)

*During the past 30 days, how many times per day did you **usually** drink milk or eat milk products, such as milk, cheese, and yogurt? (This does not include sweetened condensed milk)*

- a. Saya tidak minum susu atau makan produk tenusu dalam 30 hari yang lepas

I did not drink milk or eat milks products during the past 30 days

- b. Kurang dari 1 kali sehari

Less than 1 time per day

- c. 1 kali sehari

1 time per day

- d. 2 kali sehari

2 times per day

- e. 3 kali sehari

3 times per day

- f. 4 kali sehari

4 times per day

- g. 5 kali atau lebih sehari

5 or more times per day

12. Dalam tempoh 7 hari yang lepas, berapa hari anda makan makanan segera dari restoran **makanan segera** seperti McDonald, KFC, dan Pizza Hut?

*During the past 7 days, how many days did you eat food from a **fast food** restaurant, such as McDonalds, KFC and Pizza Hut?*

- a. 0 hari

0 day

- b. 1 hari

1 day

- c. 2 hari

2 days

- d. 3 hari

3 days

- e. 4 hari

4 days

- f. 5 hari

5 days

- g. 6 hari

6 days

- h. 7 hari

7 days

BAHAGIAN 3
PART 3

6 soalan seterusnya adalah berkenaan amalan pembersihan gigi, lawatan pergigian anda dan juga bagaimana gigi anda memberi kesan kepada aktiviti-aktiviti anda.

The 6 next question are about the cleaning of your teeth, your dental visits and also how your teeth affect your activities.

13. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda membersihkan atau memberus gigi anda?
During the past 30 days, how many times per day did you usually clean or brush your teeth?
- Saya tidak membersihkan atau memberus gigi dalam 30 hari yang lepas
I did not clean or brush my teeth during the past 30 days
 - Kurang dari 1 kali sehari
Less than 1 time per day
 - 1 kali sehari
1 time per day
 - 2 kali sehari
2 times per day
 - 3 kali sehari
3 times per day
 - 4 kali atau lebih dalam sehari
4 or more times per day
14. Adakah anda menggunakan ubat gigi berflourida?
Do you use toothpaste that contain fluoride?
- Ya
Yes
 - Tidak
No
 - Tidak tahu
I do not know
15. Adakah anda menggunakan flos/benang gigi untuk membersihkan gigi anda?
Do you use dental floss to clean your teeth?
- Ya
Yes
 - Tidak
No
16. Bilakah kali terakhir anda berjumpa doktor gigi atau jururawat pergigian untuk pemeriksaan, pembersihan gigi atau rawatan pergigian yang lain?
When was the last time you saw a dentist or dental nurse for a check-up, teeth cleaning, or other dental treatment?
- Dalam tempoh 12 bulan yang lepas
During the past 12 months
 - Di antara 12 hingga 24 bulan yang lepas
Between 12 and 24 months ago
 - Lebih daripada 24 bulan yang lepas
More than 24 months ago
 - Tidak pernah
Never
 - Tidak tahu
I do not know
17. Dalam tempoh 12 bulan yang lepas, adakah sakit gigi menyebabkan anda tidak hadir ke kelas atau sekolah?
During the past 12 months, did a toothache cause you to miss classes or school?
- Ya
Yes
 - Tidak
No
18. Adakah anda mengelak untuk senyum atau ketawa kerana risau dengan rupa gigi anda?
Do you avoid smiling or laughing because how your teeth look?
- Ya
Yes
 - Tidak
No

3 soalan seterusnya adalah berkenaan amalan membasuh tangan.

The next 3 questions are about your hand washing practices.

19. Dalam tempoh 30 hari yang lepas, berapa kerap anda menggunakan sabun semasa membasuh tangan anda?

During the past 30 days, how often did you use soap when washing your hands?

- a. Tidak pernah
Never
- b. Jarang-jarang
Rarely
- c. Kadang-kadang
Sometimes
- d. Kebanyakan masa
Most of the time
- e. Setiap kali
Always

20. Dalam tempoh 30 hari yang lepas, berapa kerap anda membasuh tangan sebelum makan?

During the past 30 days, how often did you wash your hands before eating?

- a. Tidak pernah
Never
- b. Jarang-jarang
Rarely
- c. Kadang-kadang
Sometimes
- d. Kebanyakan masa
Most of the time
- e. Setiap kali
Always

21. Dalam tempoh 30 hari yang lepas, berapa kerap anda membasuh tangan selepas menggunakan tandas?

During the past 30 days, how often did you wash your hands after using the toilet?

- a. Tidak pernah
Never
- b. Jarang-jarang
Rarely
- c. Kadang-kadang
Sometimes
- d. Kebanyakan masa
Most of the time
- e. Setiap kali
Always

**BAHAGIAN 4
 PART 4**

SILA BACA PERNYATAAN DI BAWAH:

Soalan berikutnya adalah berkenaan serangan fizikal. Serangan fizikal berlaku apabila seseorang atau lebih ramai orang menyerang individu lain dengan anggota badan atau senjata seperti kayu dan pisau. Serangan fizikal tidak diambil kira jika dua individu atau pelajar yang sama saiz atau kekuatan bersetuju untuk bergaduh secara fizikal.

PLEASE READ THE STATEMENT BELOW:
The next question asks about physical attacks. A physical attack occurs when one or more people hurt another person with/without a weapon such as sticks and knife. It is not a physical attack when two individuals or students of about the same strength or power choose to fight each other.

22. Dalam tempoh 12 bulan yang lepas, berapa kali anda telah diserang secara fizikal?

During the past 12 months, how many times were you physically attacked?

- a. 0 kali
0 times
- b. 1 kali
1 time
- c. 2 atau 3 kali
2 or 3 times
- d. 4 atau 5 kali
4 or 5 times
- e. 6 atau 7 kali
6 or 7 times
- f. 8 atau 9 kali
8 or 9 times
- g. 10 atau 11 kali
10 or 11 times
- h. 12 kali atau lebih
12 or more times

SILA BACA PERNYATAAN DI BAWAH:

Soalan seterusnya adalah berkaitan pergaduhan fizikal. Pergaduhan fizikal berlaku apabila dua individu atau pelajar yang sama saiz atau kekuatan bersetuju untuk bergaduh secara fizikal.

PLEASE READ THE STATEMENT BELOW:
The next question asks about physical fights. A physical fight occurs when two individuals or students of about the same strength or power choose to fight each other.

23. Dalam tempoh 12 bulan yang lepas, berapa kali anda terlibat dalam pergaduhan secara fizikal?

During the past 12 months, how many times were you in physical fight?

- a. 0 kali
0 times
- b. 1 kali
1 time
- c. 2 atau 3 kali
2 or 3 times
- d. 4 atau 5 kali
4 or 5 times
- e. 6 atau 7 kali
6 or 7 times
- f. 8 atau 9 kali
8 or 9 times
- g. 10 atau 11 kali
10 or 11 times
- h. 12 kali atau lebih
12 or more times

SILA BACA PERNYATAAN DI BAWAH:

3 soalan seterusnya adalah berkenaan kecederaan serius yang pernah anda alami. Kecederaan serius berlaku apabila anda tidak hadir sekurang-kurangnya satu hari aktiviti yang biasa dilakukan (termasuk sekolah, sukan atau kerja) atau kecederaan yang memerlukan rawatan daripada doktor atau anggota kesihatan.

PLEASE READ THE STATEMENT BELOW:

The next 3 questions ask you about serious injuries that happened to you. An injury is serious when it makes you miss at least one full day of usual activities (such as school, sports or a job) or requires treatment by a doctor or medical personnel.

24. Dalam tempoh 12 bulan yang lepas, berapa kali anda mengalami kecederaan serius?

During the past 12 months, how many times were you seriously injured?

- a. 0 kali
0 times
- b. 1 kali
1 time
- c. 2 atau 3 kali
2 or 3 times
- d. 4 atau 5 kali
4 or 5 times
- e. 6 atau 7 kali
6 or 7 times
- f. 8 atau 9 kali
8 or 9 times
- g. 10 atau 11 kali
10 or 11 times
- h. 12 kali atau lebih
12 or more times

25. Dalam tempoh 12 bulan yang lepas, apakah kecederaan yang **paling serius** yang anda pernah alami?

*During the past 12 months, what was the **most serious** injury that happened to you?*

- a. Saya tidak mengalami kecederaan dalam tempoh 12 bulan yang lepas
I was not seriously injured during the past 12 months
- b. Patah tulang atau sendi terkehel/terkeluar
I had a broken bone or a dislocated joint
- c. Luka atau tikaman
I had a cut or stab wound
- d. Gegaran (konkusi) kepala atau kecederaan leher, pengsan atau tidak boleh bernafas
I had a concussion or other head or neck injury, was knocked out or could not breathe
- e. Kebakaran kulit yang serius
I had a bad burn
- f. Diracun atau mengambil ubat berlebihan
I was poisoned or took too much of a drug
- g. Sesuatu yang lain berlaku kepada saya
Something else happened to me

26. Dalam tempoh 12 bulan yang lepas, apakah penyebab utama terhadap kecederaan serius yang anda alami?

During the past 12 months, what was the major cause of the most serious injury that happened to you?

- a. Saya tidak mengalami kecederaan dalam 12 bulan yang lepas
I was not seriously injured during the past 12 months
- b. Saya terlibat dalam kemalangan melibatkan kenderaan
I was in a motor vehicle accident or hit by a motor vehicle
- c. Saya terjatuh
I fell
- d. Sesuatu telah jatuh atau terkena saya
Something fell on me or hit me
- e. Saya telah diserang atau didera atau bergaduh dengan orang lain
I was attacked or abused or was fighting with someone
- f. Saya terlibat dalam kebakaran atau berada terlalu dekat dengan api atau sesuatu yang panas
I was in the fire or too near a flame or something hot
- g. Saya sedut atau telan sesuatu yang membahayakan saya
I inhaled or swallowed something bad for me
- h. Sesuatu yang lain menyebabkan kecederaan saya
Something else caused my injury

SILA BACA PERNYATAAN BI BAWAH:

2 soalan seterusnya adalah berkenaan buli. Buli berlaku apabila seseorang atau sekumpulan pelajar mengata atau melakukan sesuatu yang tidak menyenangkan pelajar lain. Seseorang juga boleh dikatakan dibuli apabila dia diejek secara berterusan atau dipulaukan dengan sengaja. Buli tidak diambil kira apabila dua pelajar yang sama saiz atau kekuatan bergaduh atau ejekan dilakukan secara bergurau atau berseronok bagi kedua-dua pihak.

**PLEASE READ THE STATEMENT BELOW:
 The next 2 questions ask about bullying. Bullying occurs when a student or group of students say or do bad and unpleasant things to another student. It is also bullying when a student is teased a lot in an unpleasant way or when a student is left out of things on purpose. It is not bullying when two students of about the same strength or power argue or fight or when teasing is done in a friendly and fun way.**

27. Dalam tempoh 30 hari yang lepas, berapa hari anda telah dibuli?

During the past 30 days, on how many days were you bullied?

- a. 0 hari
0 days
- b. 1 atau 2 hari
1 or 2 days
- c. 3 hingga 5 hari
3 to 5 days
- d. 6 hingga 9 hari
6 to 9 days
- e. 10 hingga 19 hari
10 to 19 days
- f. 20 hingga 29 hari
20 to 29 days
- g. Kesemua 30 hari
All 30 days

28. Dalam 30 hari yang lepas, apakah perlakuan buli **paling kerap** anda alami?
*During the past 30 days, how were you bullied **most often**?*
- Saya tidak dibuli dalam 30 hari yang lepas
I was not bullied during the past 30 days
 - Saya telah dipukul, ditendang, ditolak atau dikunci dalam suatu tempat
I was hit, kicked, punched, shoved around, or locked indoors
 - Saya telah diejek kerana bangsa, kerakyatan atau warna kulit saya
I was made fun of because of my race, nationality or colour
 - Saya telah diejek kerana agama saya
I was made fun of because of my religion
 - Saya telah diejek dengan ejekan seksual seperti secara komen, perilaku atau gurauan
I was made fun of with sexual jokes, comments or gestures
 - Saya telah dipulau dari apa-apa aktiviti secara sengaja atau langsung tidak dipedulikan
I was left out of activities on purpose or completely ignored
 - Saya diejek kerana bentuk badan atau paras rupa saya
I was made fun of because of how my body or face looks
 - Saya telah dibuli dengan cara lain
I was bullied in some other way

SILA BACA PERNYATAAN BI BAWAH:
 2 soalan berikutnya adalah berkenaan deraan fizikal dan lisan di rumah. Apabila seseorang memukul atau mengatakan ayat yang menyakitkan hati ia diambil kira sebagai deraan fizikal atau lisan.

PLEASE READ THE STATEMENT BELOW:
 The next 2 questions ask about physical and verbal abuse at home. When someone hits you or says hurtful or insulting things to you it is called physical abuse or verbal abuse.

29. Dalam tempoh 30 hari yang lepas, adakah anda telah dipukul di rumah sehingga meninggalkan kesan atau mengalami kecederaan?
During the past 30 days, how many times did someone at home hit you so hard that they left a mark or caused an injury?
- 0 kali
0 times
 - 1 kali
1 time
 - 2 atau 3 kali
2 or 3 times
 - 4 atau 5 kali
4 or 5 times
 - 6 atau 7 kali
6 or 7 times
 - 8 atau 9 kali
8 or 9 times
 - 10 atau 11 kali
10 or 11 times
 - 12 kali atau lebih
12 or more times

30. Dalam tempoh 30 hari yang lepas, berapa kali seseorang di rumah menyatakan sesuatu yang menyakitkan hati atau menghina anda?

During the past 30 days, how many times has someone at home said hurtful or insulting things to you?

- a. 0 kali
0 times
- b. 1 kali
1 time
- c. 2 atau 3 kali
2 or 3 times
- d. 4 atau 5 kali
4 or 5 times
- e. 6 atau 7 kali
6 or 7 times
- f. 8 atau 9 kali
8 or 9 times
- g. 10 atau 11 kali
10 or 11 times
- h. 12 kali atau lebih
12 or more times

BAHAGIAN 5
PART 5

6 soalan seterusnya adalah berkenaan perasaan dan persahabatan anda.
The next 6 questions ask about your feelings and friendships.

31. Dalam tempoh 12 bulan yang lepas, berapa kerap anda merasa kesunyian?
During the past 12 months, how often have you felt lonely?
- Tidak pernah
Never
 - Jarang-jarang
Rarely
 - Kadang-kadang
Sometimes
 - Kebanyakan masa
Most of the time
 - Setiap masa
Always
32. Dalam tempoh 12 bulan yang lepas, berapa kerap anda merasa terlalu risau tentang sesuatu perkara sehingga anda tidak dapat tidur di waktu malam?
During the past 12 months, how often have you been so worried about something that you could not sleep at night?
- Tidak pernah
Never
 - Jarang-jarang
Rarely
 - Kadang-kadang
Sometimes
 - Kebanyakan masa
Most of the time
 - Setiap masa
Always
33. Dalam tempoh 12 bulan yang lepas, pernahkah anda terfikir secara serius untuk membunuh diri?
During the past 12 months, did you ever seriously consider attempting suicide?
- Ya
Yes
 - Tidak
No
34. Dalam tempoh 12 bulan yang lepas, adakah anda membuat perancangan untuk membunuh diri?
During the past 12 months, did you make a plan about how you would attempt suicide?
- Ya
Yes
 - Tidak
No
35. Dalam tempoh 12 bulan yang lepas, berapa kali anda telah cuba untuk membunuh diri?
During the past 12 months, how many times did you actually attempt suicide?
- 0 kali
0 times
 - 1 kali
1 time
 - 2 atau 3 kali
2 or 3 times
 - 4 hingga 5 kali
4 to 5 times
 - 6 kali atau lebih
6 or more times
36. Berapa ramai kawan rapat yang anda ada?
How many close friends do you have?
- 0 kawan
0 friends
 - 1 kawan
1 friend
 - 2 kawan
2 friends
 - 3 atau lebih
3 or more

BAHAGIAN 6
PART 6

Rokok dan produk tembakau yang lain.
Cigarettes and other cigarette products.

37. Berapakah umur anda ketika kali pertama menghisap rokok?
How old were you when you first tried a cigarette?

a. Saya tidak pernah merokok
I have never smoked cigarettes

b. tahun/ *years old*

38. Dalam tempoh 30 hari yang lepas, berapa hari anda merokok?
During the past 30 days, on how many days did you smoke cigarettes?

- a. 0 hari
0 days
- b. 1 atau 2 hari
1 or 2 days
- c. 3 hingga 5 hari
3 to 5 days
- d. 6 hingga 9 hari
6 to 9 days
- e. 10 hingga 19 hari
10 to 19 days
- f. 20 hingga 29 hari
20 to 29 days
- g. Kesemua 30 hari
All 30 days

39. Dalam tempoh 30 hari yang lepas, adakah anda menggunakan mana-mana produk seperti di bawah?
During the past 30 days, did you use any of the products listed below?

39.1 Shisha/*Shisha*

- a. Ya/*Yes*
- b. Tidak/*No*

39.2 Rokok Daun/*Traditional hand-rolled cigarette*

- a. Ya/*Yes*
- b. Tidak/*No*

39.3 Rokok gulung sendiri dengan kertas rokok/*"Roll-your-own" with cigarette paper*

- a. Ya/*Yes*
- b. Tidak/*No*

39.4 Cerut/*Cigar*

- a. Ya/*Yes*
- b. Tidak/*No*

39.5 Hisap paip/*Pipe smoking*

- a. Ya/*Yes*
- b. Tidak/*No*

39.6 Rokok elektronik atau vape/*E-cigarettes or vape*

- a. Ya/*Yes*
- b. Tidak/*No*

39.7 Mengunyah tembakau (Sentil atau songel)/*Chewing tobacco*

- a. Ya/*Yes*
- b. Tidak/*No*

39.8 Menghidu tembakau/*Snuff*

- a. Ya/*Yes*
- b. Tidak/*No*

40. Dalam tempoh 12 bulan yang lepas, adakah anda cuba untuk berhenti merokok?
During the past 12 months, have you ever tried to stop smoking cigarettes?

- a. Saya tidak pernah merokok
I have never smoked cigarettes
- b. Saya tidak pernah merokok dalam tempoh 12 bulan yang lepas
I did not smoke cigarettes during the past 12 months
- c. Ya
Yes
- d. Tidak
No

41. Dalam tempoh 7 hari yang lepas, berapa hari anda bersama dengan perokok yang sedang merokok?
During the past 7 days, on how many days have people smoked in your presence?

- a. 0 hari
0 days
- b. 1 atau 2 hari
1 or 2 days
- c. 3 atau 4 hari
3 or 4 days
- d. 5 atau 6 hari
5 or 6 days
- e. Kesemua 7 hari
All 7 days

42. Siapa antara bapa, ibu atau penjaga yang menggunakan produk tembakau termasuk rokok?
Which of your parents or guardians use any form of tobacco including cigarettes?

- a. Kedua-duanya tidak merokok
Neither
- b. Ayah atau penjaga lelaki
My father or male guardian
- c. Ibu atau penjaga perempuan
My mother or female guardian
- d. Kedua-duanya
Both
- e. Tidak tahu
I do not know

43. Berapakah umur anda ketika mula-mula menggunakan rokok elektronik/vape?
How old were you when you first tried using e-cigarettes/vape?

- a. Saya tidak pernah gunakan rokok elektronik/vape
I have never tried using e-cigarettes/vape
- b. tahun/ years old

44. Dalam tempoh 30 hari yang lepas, berapa hari anda telah menggunakan rokok elektronik/vape?
During the past 30 days, on how many days did you use e-cigarettes/vape?

- a. 0 hari
0 days
- b. 1 atau 2 hari
1 or 2 days
- c. 3 hingga 5 hari
3 to 5 days
- d. 6 hingga 9 hari
6 to 9 days
- e. 10 hingga 19 hari
10 to 19 days
- f. 20 hingga 29 hari
20 to 29 days
- g. Kesemua 30 hari
All 30 days

45. Dalam tempoh 12 bulan yang lepas, adakah anda cuba untuk berhenti menggunakan rokok elektronik/vape?

During the past 12 months, did you ever try to stop using e-cigarettes/vape?

a. Saya tidak pernah menggunakan rokok elektronik/ vape

I have never used e-cigarettes/vape

b. Saya tidak pernah menggunakan rokok elektronik/ vape dalam tempoh 12 bulan yang lepas

I don't use e-cigarettes/vape in the past 12 months

c. Ya

Yes

d. Tidak

No

46. Siapakah antara bapa, ibu atau penjaga anda menggunakan rokok elektronik/vape?

Which of your parents or guardians use e-cigarettes/vape?

a. Kedua-duanya tidak merokok

Neither

b. Ayah atau penjaga lelaki

My father or male guardian

c. Ibu atau penjaga perempuan

My mother or female guardian

d. Kedua-duanya

Both

e. Tidak tahu

I do not know

BAHAGIAN 7
PART 7

SILA BACA PERNYATAAN DI BAWAH:

6 soalan berikutnya adalah berkenaan meminum minuman beralkohol. Satu “minuman merujuk kepada satu gelas wain, tuak, lihing, bahar, ijuk atau todi; sebotol bir, segelas kecil arak, langkau, montoku; atau minuman campuran. Minuman beralkohol tidak termasuk beberapa hirup wain untuk tujuan keagamaan.

PLEASE READ THE STATEMENT BELOW:

The next 6 questions ask about drinking alcohol. A “drink’ is a glass of wine, tuak, lihing, bahar, ijuk or toddy; a bottle of beer, a small glass of liquor’ or mixed drink. Drinking alcohol does not include drinking a few sip of wine for religious purposes.

47. Berapakah umur anda ketika kali pertama anda minum minuman beralkohol?

How old were you when you had your first drink of alcohol?

a. Saya tidak pernah minum minuman beralkohol

I have never had a drink of alcohol

b. 7 tahun atau ke bawah

7 years old or younger

c. 8 atau 9 tahun

8 or 9 years old

d. 10 atau 11 tahun

10 or 11 years old

e. 12 atau 13 tahun

12 or 13 years old

f. 14 atau 15 tahun

14 or 15 years old

g. 16 tahun atau ke atas

16 years old or older

48. Dalam tempoh 30 hari yang lepas, berapa hari anda mengambil sekurang-kurangnya satu minuman mengandungi alkohol?

During the past 30 days, on how many days did you have at least one drink containing alcohol?

a. 0 hari

0 days

b. 1 atau 2 hari

1 or 2 days

c. 3 hingga 5 hari

3 to 5 days

d. 6 hingga 9 hari

6 to 9 days

e. 10 hingga 19 hari

10 to 19 days

f. 20 hingga 29 hari

20 to 29 days

g. Kesemua 30 hari

All 30 days

49. Dalam tempoh 30 hari yang lepas, pada hari anda minum minuman alkohol; berapa banyak minuman yang anda **biasa** ambil dalam sehari?

During the past 30 days, on the day you drank alcohol, how many drinks did you usually drink per day?

- Saya tidak minum minuman beralkohol dalam 30 hari yang lepas
I did not drink alcohol during the past 30 days
- Kurang dari 1 minuman
Less than one drink
- 1 minuman
1 drink
- 2 minuman
2 drinks
- 3 minuman
3 drinks
- 4 minuman
4 drinks
- 5 minuman atau lebih
5 or more drinks

50. Dalam tempoh 30 hari yang lepas, biasanya bagaimana anda mendapatkan minuman beralkohol? **SILA PILIH SATU JAWAPAN SAHAJA**

During the past 30 days, how did you usually get the alcohol you drank? SELECT ONLY ONE RESPONSE

- Saya tidak minum minuman beralkohol dalam 30 hari yang lepas
I did not drink alcohol during the past 30 days
- Saya beli dari kedai atau gerai
I brought it in a store, shop or from a street vendor
- Saya beri duit kepada orang lain untuk membeli
I gave someone else money to buy it for me
- Saya dapat daripada kawan
I got it from my friend
- Saya dapat daripada keluarga saya
I got it from my family
- Saya curi atau ambil tanpa kebenaran
I stole it or got it without permission
- Saya perolehi dari cara lain
I got it some other way

SILA BACA PERNYATAAN DI BAWAH:
 Terhuyung-hayang semasa berjalan, tidak mampu bercakap dengan betul, dan muntah adalah tanda seseorang itu terlalu mabuk.

PLEASE READ THE STATEMENT BELOW?
 Staggering when walking, not being able to speak right, and throwing up are some signs of being really drunk.

51. Sepanjang hidup anda berapa kali anda minum minuman beralkohol berlebihan sehingga betul-betul mabuk?

During your life, how many times did you drink so much alcohol that you were really drunk?

- 0 kali
0 times
- 1 atau 2 kali
1 or 2 times
- 3 hingga 9 kali
3 or 9 times
- 10 kali atau lebih
10 or more times

52. Sepanjang hidup anda, berapa kali anda mendapat masalah dengan ahli keluarga atau kawan, tidak ke sekolah, atau bertumbuk, akibat daripada minum minuman beralkohol?

During your life, how many times have you got into trouble with your family or friends, missed school, or got into fights, as a result of drinking alcohol?

- 0 kali
0 times
- 1 atau 2 kali
1 or 2 times
- 3 hingga 9 kali
3 or 9 times
- 10 kali atau lebih
10 or more times

**BAHAGIAN 8
 PART 8**

SILA BACA PERNYATAAN DI BAWAH:

4 soalan berikutnya adalah berkenaan penggunaan dadah termasuk heroin, morfin, gam, amfitamin, ecstasy, syabu, ice dan ganja. Ini tidak termasuk ubat-ubatan preskripsi.

PLEASE READ THE STATEMENT BELOW:

The next 4 questions ask about drug use. This include heroin, morphine, glue, amphetamine, ecstasy, methamphetamine, ice and marijuana . This does not include prescribed medicine.

53. Berapakah umur anda ketika **pertama kali** anda menggunakan dadah?

*How old were you when you **first** used drugs?*

- a. Saya tidak pernah menggunakan dadah
I have never used drugs
- b. 7 tahun atau ke bawah
7 years old or younger
- c. 8 atau 9 tahun
8 or 9 years old
- d. 10 atau 11 tahun
10 or 11 years old
- e. 12 atau 13 tahun
12 or 13 years old
- f. 14 atau 15 tahun
14 or 15 years old
- g. 16 tahun atau ke atas
16 years old or older

54. Sepanjang hidup anda, berapa kali anda telah menggunakan dadah?

During your life, how many times have you used drugs?

- a. 0 kali
0 times
- b. 1 atau 2 kali
1 or 2 times
- c. 3 hingga 9 kali
3 or 9 times
- d. 10 hingga 19 kali
10 to 19 times
- e. 20 kali atau lebih
20 or more times

55. Dalam tempoh 30 hari yang lepas, berapa kali anda menggunakan dadah?

During the past 30 days, how many times have you used drugs?

- a. 0 kali
0 times
- b. 1 atau 2 kali
1 or 2 times
- c. 3 hingga 9 kali
3 or 9 times
- d. 10 hingga 19 kali
10 to 19 times
- e. 20 kali atau lebih
20 or more times

56. Dalam tempoh 30 hari yang lepas, bagaimana biasanya anda mendapatkan dadah yang anda gunakan? SILA PILIH SATU JAWAPAN SAHAJA

During the past 30 days, how did you usually get the drugs used? SELECT ONLY ONE RESPONSE

- a. Saya tidak menggunakan dadah dalam 30 hari yang lepas
I did not use drugs during the past 30 days
- b. Saya beli dari orang lain
I bought them from someone
- c. Saya beri duit kepada orang lain untuk membeli
I gave someone else money to buy it for me
- d. Saya mencuri atau mengambil tanpa kebenaran
I stole it or got it without permission
- e. Saya mendapatkannya daripada kawan saya
I got it from my friend
- f. Saya mendapatkannya daripada keluarga saya
I got it from my family
- g. Saya memperolehi dari cara lain
I got it some other ways

57. Sepanjang hidup anda, berapa kali anda telah menggunakan ganja?

During your life, how many times have you used marijuana?

- a. 0 kali
0 times
- b. 1 atau 2 kali
1 or 2 times
- c. 3 hingga 9 kali
3 or 9 times
- d. 10 hingga 19 kali
10 to 19 times
- e. 20 kali atau lebih
20 or more times

58. Dalam tempoh 30 hari yang lepas, berapa kali anda menggunakan ganja?

During the past 30 days, how many times have you used marijuana?

- a. 0 kali
0 times
- b. 1 atau 2 kali
1 or 2 times
- c. 3 hingga 9 kali
3 or 9 times
- d. 10 hingga 19 kali
10 to 19 times
- e. 20 kali atau lebih
20 or more times

59. Sepanjang hidup anda, berapa kali anda telah menggunakan amfetamin atau metamfetamin (meth, syabu, ice, chase the dragon)?

During your life, how many times have you used amphetamines or metamphetamines (meth, syabu, ice, chase the dragon)?

- a. 0 kali
0 times
- b. 1 atau 2 kali
1 or 2 times
- c. 3 hingga 9 kali
3 or 9 times
- d. 10 hingga 19 kali
10 to 19 times
- e. 20 kali atau lebih
20 or more times

BAHAGIAN 9
PART 9

SILA BACA PERNYATAAN DI BAWAH:

5 soalan berikutnya adalah berkenaan hubungan seksual. Hubungan seksual adalah perlakuan seks yang melibatkan memasukkan zakar ke dalam faraj atau dubur.

PLEASE READ THE STATEMENT BELOW:

The next 5 questions ask about sexual intercourse. Sexual intercourse is defined as sexual acts of penetration of penis into vagina or anus.

60. Pernahkah anda melakukan hubungan seksual/persetubuhan dalam 30 hari yang lepas ?

Have you ever had sexual intercourse in the past 30 days?

- a. Ya
Yes
- b. No
Tidak

61. Berapa umur anda ketika kali pertama melakukan hubungan seksual/persetubuhan?

How old were you when you had sexual intercourse for the first time?

- a. Saya tidak pernah melakukan hubungan seksual/persetubuhan
I have never had sexual intercourse
- b. 11 tahun atau ke bawah
11 years old or younger
- c. 12 tahun
12 years old
- d. 13 tahun
13 years old
- e. 14 tahun
14 years old
- f. 15 tahun
15 years old
- g. 16 tahun atau ke atas
16 years old or older

62. Sepanjang hidup anda, berapa ramai orang yang telah anda lakukan hubungan seksual/persetubuhan?

During your life, with how many people have you had sexual intercourse?

- a. Saya tidak pernah melakukan hubungan seksual/persetubuhan
I have never had sexual intercourse
- b. 1 orang
1 person
- c. 2 orang
2 people
- d. 3 orang
3 people
- e. 4 orang
4 people
- f. 5 orang
5 people
- g. 6 orang atau lebih
6 or more people

63. Kali terakhir anda melakukan hubungan seksual/persetubuhan; adakah anda atau pasangan anda menggunakan kondom?

The last time you had sexual intercourse; did you or your partner use a condom?

- a. Saya tidak pernah melakukan hubungan seksual/persetubuhan
I have never had sexual intercourse
- b. Ya
Yes
- c. Tidak
No

64. Kali terakhir anda melakukan hubungan seksual/persetubuhan, adakah anda atau pasangan anda menggunakan kaedah pencegahan kehamilan lain seperti teknik pancutan luar, masa selamat, pil pencegah kehamilan, ataupun kaedah lain?

The last time you had sexual intercourse, did you or your partner use any other method of birth control, such as withdrawal, safe time, birth control pills, or any other method to prevent pregnancy?

- a. Saya tidak pernah melakukan hubungan seksual/persetubuhan
I have never had sexual intercourse
- b. Ya
Yes
- c. Tidak
No
- d. Tidak tahu
I do not know

BAHAGIAN 10
PART 10

SILA BACA PERNYATAAN DI BAWAH:

3 soalan seterusnya adalah berkenaan aktiviti fizikal. Aktiviti fizikal adalah apa-apa aktiviti yang meningkatkan kadar denyutan jantung dan menyebabkan kita bernafas dengan kuat. Aktiviti fizikal boleh dilakukan dalam sukan, bermain dengan kawan, atau berjalan ke sekolah. Contoh aktiviti fizikal termasuklah berlari, berjalan pantas, berbasikal, menari, dan bola sepak.

PLEASE READ THE STATEMENT BELOW:

The next 3 questions ask about physical activity. Physical activity is any activity that increases your heart rate and makes you breathe hard. Physical activity can be done in sports, playing with friends, or walking to school. Some examples of physical activity are running, fast walking, biking, dancing, and football.

65. Dalam tempoh 7 hari yang lepas, berapa hari anda melakukan aktiviti fizikal untuk sekurang-kurangnya 60 minit setiap hari? **JUMLAHKAN MASA ANDA MELAKUKAN APA-APA AKTIVITI FIZIKAL SETIAP HARI**

*During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? **ADD UP ALL THE TIME YOU SPENT IN ANY KIND OF PHYSICAL ACTIVITY EACH DAY***

- a. 0 hari
0 days
- b. 1 hari
1 day
- c. 2 hari
2 days
- d. 3 hari
3 days
- e. 4 hari
4 days
- f. 5 hari
5 days
- g. 6 hari
6 days
- h. 7 hari
7 days

66. Dalam tempoh 7 hari yang lepas, berapa hari anda berjalan kaki atau berbasikal ke sekolah atau balik ke rumah?

During the past 7 days, on how many days did you walk or ride a bicycle to or from school?

- a. 0 hari
0 days
- b. 1 hari
1 day
- c. 2 hari
2 days
- d. 3 hari
3 days
- e. 4 hari
4 days
- f. 5 hari
5 days
- g. 6 hari
6 days
- h. 7 hari
7 days

SILA BACA PERNYATAAN DIBAWAH:

Soalan berikutnya adalah berkenaan masa yang anda habiskan dengan duduk semasa tidak di sekolah atau semasa membuat kerja rumah.

PLEASE READ THE STATEMENT BELOW:

The next question asks about the time you spend mostly sitting when you are not in school or doing homework.

67. Biasanya berapa masa yang anda habiskan untuk duduk sama ada untuk menonton televisyen, bermain permainan komputer, berbual dengan kawan atau apa-apa aktiviti yang memerlukan anda duduk?

How much time do you spend during a typical or usual day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities?

- a. Kurang dari 1 jam sehari
Less than 1 hour per day
- b. 1 hingga 2 jam sehari
1 to 2 hours per day
- c. 3 hingga 4 jam sehari
3 to 4 hours per day
- d. 5 hingga 6 jam sehari
5 to 6 hours per day
- e. 7 hingga 8 jam sehari
7 to 8 hours per day
- f. Lebih dari 8 jam sehari
More than 8 hours per day

BAHAGIAN 11
PART 11

6 soalan seterusnya adalah berkenaan pengalaman anda di sekolah dan di rumah.
The next 6 questions ask about your experiences at school and at home.

68. Dalam tempoh 30 hari yang lepas, berapa hari anda tidak hadir ke kelas atau sekolah tanpa kebenaran?

During the past 30 days, on how many days did you miss classes or school without permission?

- a. 0 hari
0 days
- b. 1 atau 2 hari
1 or 2 days
- c. 3 hingga 5 hari
3 to 5 days
- d. 6 hingga 9 hari
6 to 9 days
- e. 10 hari atau lebih
10 or more days

69. Dalam tempoh 30 hari yang lepas, berapa kerap rakan sekolah anda bersikap baik hati dan suka membantu?

During the past 30 days, how often were most of the students in your school kind and helpful?

- a. Tidak pernah
Never
- b. Jarang-jarang
Rarely
- c. Kadang-kadang
Sometimes
- d. Kebanyakan masa
Most of the time
- e. Sentiasa
Always

70. Dalam tempoh 30 hari yang lepas, berapa kerap ibu bapa atau penjaga anda menyemak kerja sekolah anda?

During the past 30 days, how often did your parents or guardians check to see if your homework was done?

- a. Tidak pernah
Never
- b. Jarang-jarang
Rarely
- c. Kadang-kadang
Sometimes
- d. Kebanyakan masa
Most of the time
- e. Sentiasa
Always

71. Dalam tempoh 30 hari yang lepas, berapa kerap ibu bapa atau penjaga anda cuba memahami masalah dan kebimbangan anda?

During the past 30 days, how often did your parents or guardians try to understand your problems and worries?

- a. Tidak pernah
Never
- b. Jarang-jarang
Rarely
- c. Kadang-kadang
Sometimes
- d. Kebanyakan masa
Most of the time
- e. Sentiasa
Always

72. Dalam tempoh 30 hari yang lepas, berapa kerap ibu bapa atau penjaga anda benar-benar tahu apa yang anda lakukan pada masa lapang?

During the past 30 days how often did your parents or guardians really know what you were doing with your free time?

- a. Tidak pernah
Never
- b. Jarang-jarang
Rarely
- c. Kadang-kadang
Sometimes
- d. Kebanyakan masa
Most of the time
- e. Sentiasa
Always

73. Dalam tempoh 30 hari yang lepas, berapa kerap ibu bapa atau penjaga anda memeriksa barangan anda tanpa kebenaran?

During the past 30 days, how often did your parents or guardians go through your things without your approval?

- a. Tidak pernah
Never
- b. Jarang-jarang
Rarely
- c. Kadang-kadang
Sometimes
- d. Kebanyakan masa
Most of the time
- e. Sentiasa
Always

BAHAGIAN 12
PART 12

Penggunaan internet di kalangan remaja.
The use of internet among adolescents.

74. Adakah anda melayari internet dalam 30 hari yang lepas?
Did you surf the internet in the past 30 days?

- a. Ya
Yes
- b. Tidak (**Terus ke BAHAGIAN 13, soalan No. 78**)
No (Go to PART 13, question No. 78)

75. Apakah alat yang anda gunakan bagi melayari internet?

Which devices that you use for surfing internet?

75.1 Telefon pintar/ *smartphone*

- a. Ya/Yes
- b. Tidak/No

75.2 Komputer, Komputer Riba/
Computer, Laptop, Notebook

- a. Ya/Yes
- b. Tidak/No

75.3 Papan Elektronik Mudah Alih/
Tablet, Ipad

- a. Ya/Yes
- b. Tidak/No

76. Pernahkah anda belajar menggunakan internet dengan bijak dari.....?

Have you ever learned how to use the internet wisely from.....?

76.1 Ibubapa/penjaga/ *parents/guardian*

- a. Ya/Yes
- b. Tidak/No

76.2 Guru/ *teacher*

- a. Ya/Yes
- b. Tidak/No

76.3 Kawan/ *friend*

- a. Ya/Yes
- b. Tidak/No

76.4 Lain-lain sumber (cth: melalui pembelajaran sendiri, kempen/iklan)
Other sources (eg: through self-learning, campaign/advertisement)

- a. Ya/Yes
- b. Tidak/No

77. Ujian saringan penggunaan internet.
Internet usage screening test.

Arahan: Sila nilaikan setiap soalan dengan menggunakan pilihan “a” sehingga “e” daripada skala dibawah untuk menilai ketepatan fakta tersebut bagi diri anda dalam tempoh **30 HARI YANG LALU**. Sila bulatkan jawapan anda untuk semua soalan.

		Tidak pernah	Kadang-kadang	Agak Kerap	Sederhana Kerap	Sangat Kerap
77.1	Berapa kerapkah anda mendapati yang anda melayari internet lebih lama dari masa yang dirancang? <i>How often do you find that you stay on-line longer than you intended?</i>	a	b	c	d	e
77.2	Berapa kerapkah anda mengabaikan tugas pelajaran/ kerja rumah anda untuk menghabiskan lebih banyak masa melayari internet? <i>How often do you neglect household chores to spend more time on-line?</i>	a	b	c	d	e
77.3	Berapa kerapkah anda memilih keseronokan internet berbanding hubungan rapat yang terjalin dengan kawan/pasangan anda? <i>How often do you prefer the excitement of the Internet to intimacy with your partner?</i>	a	b	c	d	e
77.4	Berapa kerapkah anda memulakan hubungan baru dengan pengguna internet yang lain? <i>How often do you form new relationships with fellow on-line users?</i>	a	b	c	d	e
77.5	Berapa kerapkah orang-orang didalam hidup anda mengadu kepada anda mengenai jumlah masa yang anda gunakan untuk melayari internet? <i>How often do others in your life complain to you about the amount of time you spend on-line?</i>	a	b	c	d	e
77.6	Berapa kerapkah pelajaran kamu terjejas (cth. ponteng kelas, menangguhkan kerja, tidak menyiapkan tugas tepat pada masa, dll) disebabkan oleh masa yang anda habiskan untuk melayari internet? <i>How often do your grades or school work suffers because of the amount of time you spend on-line?</i>	a	b	c	d	e
77.7	Berapa kerapkah anda memeriksa email anda sebelum anda melakukan perkara lain? <i>How often do you check your email before something else that you need to do?</i>	a	b	c	d	e
77.8	Berapa kerapkah pencapaian akademik atau produktiviti anda terjejas disebabkan oleh penggunaan internet? <i>How often does your job performance or productivity suffer because of the Internet?</i>	a	b	c	d	e
77.9	Berapa kerapkah anda cuba mempertahankan diri atau berahsia apabila seseorang bertanya mengenai aktiviti anda (apa yang anda lakukan) di internet?	a	b	c	d	e

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	<i>How often do you become defensive or secretive when anyone asks you what you do on-line?</i>					
77.10	Berapa kerapkah anda cuba melupakan pemikiran yang mengganggu mengenai kehidupan anda dengan pemikiran yang boleh menenangkan di internet? <i>How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?</i>	a	b	c	d	e
77.11	Berapa kerapkah anda mendapati diri anda tertunggu-tunggu atau mengharapkan untuk segera menggunakan internet lagi apabila anda tidak menggunakannya? <i>How often do you find yourself anticipating when you will go on-line again?</i>	a	b	c	d	e
77.12	Berapa kerapkah anda merasa bimbang apabila memikirkan kehidupan tanpa internet akan menjadi bosan, kosong dan tidak menyeronokkan? <i>How often do you fear that life without the Internet would be boring, empty, and joyless?</i>	a	b	c	d	e
77.13	Berapa kerapkah anda marah, menjerit atau menunjukkan reaksi tidak gembira kepada seseorang yang mengganggu anda ketika anda melayari internet? <i>How often do you snap, yell, or act annoyed if someone bothers you while you are on-line?</i>	a	b	c	d	e
77.14	Berapa kerapkah anda kurang tidur disebabkan melayari internet hingga lewat malam? <i>How often do you lose sleep due to late-night log-ins?</i>	a	b	c	d	e
77.15	Berapa kerapkah anda asyik terfikir tentang internet atau berkhayal melayarinya walaupun anda tidak menggunakan internet pada masa itu? <i>How often do you feel preoccupied with the Internet when off-line, or fantasize about being on-line?</i>	a	b	c	d	e
77.16	Berapa kerapkah anda berkata kepada diri sendiri "sekejap lagi/ beberapa minit lagi" apabila anda melayari internet? <i>How often do you find yourself saying "just a few more minutes" when on-line?</i>	a	b	c	d	e
77.17	Berapa kerapkah anda cuba untuk mengurangkan masa anda melayari internet tetapi tidak berjaya? <i>How often do you try to cut down the amount of time you spend on-line and fail?</i>	a	b	c	d	e
77.18	Berapa kerapkah anda cuba menyorokkan daripada orang lain mengenai jumlah masa yang anda gunakan untuk melayari internet? <i>How often do you try to hide how long you've been on-line?</i>	a	b	c	d	e
77.19	Berapa kerapkah anda memilih untuk menghabiskan lebih banyak masa melayari internet berbanding keluar bersosial dengan rakan-rakan anda?	a	b	c	d	e

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	<i>How often do you choose to spend more time on-line over going out with others?</i>					
77.20	<p>Berapa kerapkah anda merasa sedih, berperasaan tidak menentu dan gementar apabila tidak melayari internet, di mana semua perasaan ini akan hilang sebaik saja anda menggunakan internet semula?</p> <p><i>How often do you feel depressed, moody or nervous when you are off-line, which goes away once you are back on-line?</i></p>	a	b	c	d	e

BAHAGIAN 13
PART 13

78. Saringan Minda Sihat
Healthy Mind Screening

Sila baca setiap kenyataan di bawah dan **HITAMKAN** jawapan anda pada KERTAS JAWAPAN berdasarkan jawapan **a, b, c,** atau **d** bagi menggambarkan keadaan anda sepanjang minggu yang lalu. Tiada jawapan betul atau salah. Jangan mengambil masa yang terlalu lama untuk menjawab mana-mana kenyataan.

*Please read each statement and **SHADE** numbers **a, b, c,** or **d** which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.*

Skala pemarkahan adalah seperti berikut:
The rating scale is as follow:

- a. **Tidak langsung** menggambarkan keadaan saya
Did not apply to me at all
- b. **Sedikit atau jarang-jarang** menggambarkan keadaan saya
*Applied to me to some **degree** or **some of the time***
- c. **Banyak atau kerap kali** menggambarkan keadaan saya
*Applied to me to a **considerable degree** or a **good part of time***
- d. **Sangat banyak atau sangat kerap** menggambarkan keadaan saya
*Applied to me **very much,** or **most of the time***

78.1	Saya dapati diri saya sukar ditenteramkan <i>I found it hard to wind down</i>	a	b	c	d
78.2	Saya sedar mulut saya terasa kering <i>I was aware of dryness of my mouth</i>	a	b	c	d
78.3	Saya tidak dapat mengalami perasaan positif sama sekali <i>I couldn't seem to experience any positive feeling at all</i>	a	b	c	d
78.4	Saya mengalami kesukaran bernafas (contohnya pernafasan yang laju, tercungap-cungap walaupun tidak melakukan senaman fizikal) <i>I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)</i>	a	b	c	d
78.5	Saya sukar untuk mendapatkan semangat bagi melakukan sesuatu perkara <i>I found it difficult to work up the initiative to do things</i>	a	b	c	d

78.6	Saya cenderung untuk bertindak keterlaluan dalam sesuatu keadaan <i>I tended to over-react to situations</i>	a	b	c	d
78.7	Saya rasa mengeletar (contohnya pada tangan) <i>I experience trembling (e.g. in the hands)</i>	a	b	c	d
78.8	Saya rasa saya menggunakan banyak tenaga dalam keadaan cemas <i>I felt that I was using a lot of nervous energy</i>	a	b	c	d
78.9	Saya bimbang keadaan di mana saya mungkin menjadi panik dan melakukan perkara yang membodohkan diri sendiri <i>I was worried about situation in which I might panic and make a fool of myself</i>	a	b	c	d
78.10	Saya rasa saya tidak mempunyai apa-apa untuk diharapkan <i>I felt that I had nothing to look forward to</i>	a	b	c	d
78.11	Saya mendapati diri saya semakin gelisah <i>I found myself getting agitated</i>	a	b	c	d
78.12	Saya rasa sukar untuk relaks <i>I found it difficult to relax</i>	a	b	c	d
78.13	Saya rasa sedih dan murung <i>I felt down-hearted and blue</i>	a	b	c	d
78.14	Saya tidakdapat menahan sabar dengan perkara yang menghalang saya meneruskan apa yang saya lakukan <i>I was intolerant of anything that kept me from getting on with what I was doing</i>	a	b	c	d
78.15	Saya rasa hampir-hampir menjadi panik/cemas <i>I felt I was close to panic</i>	a	b	c	d
78.16	Saya tidak bersemangat dengan apa jua yang saya lakukan <i>I was unable to become enthusiastic about anything</i>	a	b	c	d
78.17	Saya tidak begitu berharga sebagai seorang individu <i>I felt I wasn't worth much as a person</i>	a	b	c	d

78.18	Saya rasa yang saya mudah tersentuh <i>I felt that I was rather touchy</i>	a	b	c	d
78.19	Saya sedar tindakbalas jantung saya walaupun tidak melakukan aktiviti fizikal (contohnya kadar denyutan jantung bertambah, atau denyutan jantung berkurangan) <i>I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)</i>	a	b	c	d
78.20	Saya berasa takut tanpa sebab yang munasabah <i>I felt scared without any good reason</i>	a	b	c	d
78.21	Saya rasa hidup ini tidak bermakna <i>I felt that life was meaningless</i>	a	b	c	d



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TINJAUAN KEBANGSAAN KESIHATAN DAN MORBIDITI 2017
KERTAS JAWAPAN TINJAUAN KESIHATAN REMAJA

ID PELAJAR

NEGERI	STRATA	KATEGORI SEKOLAH	KOD SEKOLAH	KELAS	PELAJAR
0 0 1 1 2 3 4 5 6 7 8 9	1 2	1 2	0 0 1 1 2 2 3 4 5 6 7 8 9	0 0 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9	0 0 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9

1	A B C D E F G H
2	A B
3	A B C D E F
4	A B C D E F
5	A B C D E F
6	A B C D E
7	A B C D E F G
8	A B C D E F G
9	A B C D E F G
10	A B C D E F G
11	A B C D E F G
12	A B C D E F G H
13	A B C D E F
14	A B C
15	A B
16	A B C D E
17	A B
18	A B
19	A B C D E
20	A B C D E
21	A B C D E
22	A B C D E F G H
23	A B C D E F G H
24	A B C D E F G H
25	A B C D E F G
26	A B C D E F G H
27	A B C D E F G
28	A B C D E F G H
29	A B C D E F G H
30	A B C D E F G H
31	A B C D E
32	A B C D E
33	A B
34	A B
35	A B C D E
36	A B C D
37	A B
38	A B C D E F G
39.1	A B
39.2	A B
39.3	A B
39.4	A B
39.5	A B
39.6	A B
39.7	A B
39.8	A B
40	A B C D
41	A B C D E
42	A B C D E
43	A B
44	A B C D E F G
45	A B C D
46	A B C D E
47	A B C D E F G
48	A B C D E F G
49	A B C D E F G
50	A B C D E F G
51	A B C D
52	A B C D
53	A B C D E F G
54	A B C D E
55	A B C D E
56	A B C D E F G
57	A B C D E
58	A B C D E
59	A B C D E
60	A B
61	A B C D E F G
62	A B C D E F G
63	A B C
64	A B C D
65	A B C D E F G H
66	A B C D E F G H
67	A B C D E F
68	A B C D E
69	A B C D E
70	A B C D E
71	A B C D E
72	A B C D E
73	A B C D E
74	A B
75.1	A B
75.2	A B
75.3	A B
76.1	A B
76.2	A B
76.3	A B
76.4	A B
77.1	A B C D E
77.2	A B C D E
77.3	A B C D E
77.4	A B C D E
77.5	A B C D E
77.6	A B C D E
77.7	A B C D E
77.8	A B C D E
77.9	A B C D E
77.10	A B C D E
77.11	A B C D E
77.12	A B C D E
77.13	A B C D E
77.14	A B C D E
77.15	A B C D E
77.16	A B C D E
77.17	A B C D E
77.18	A B C D E
77.19	A B C D E
77.20	A B C D E





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