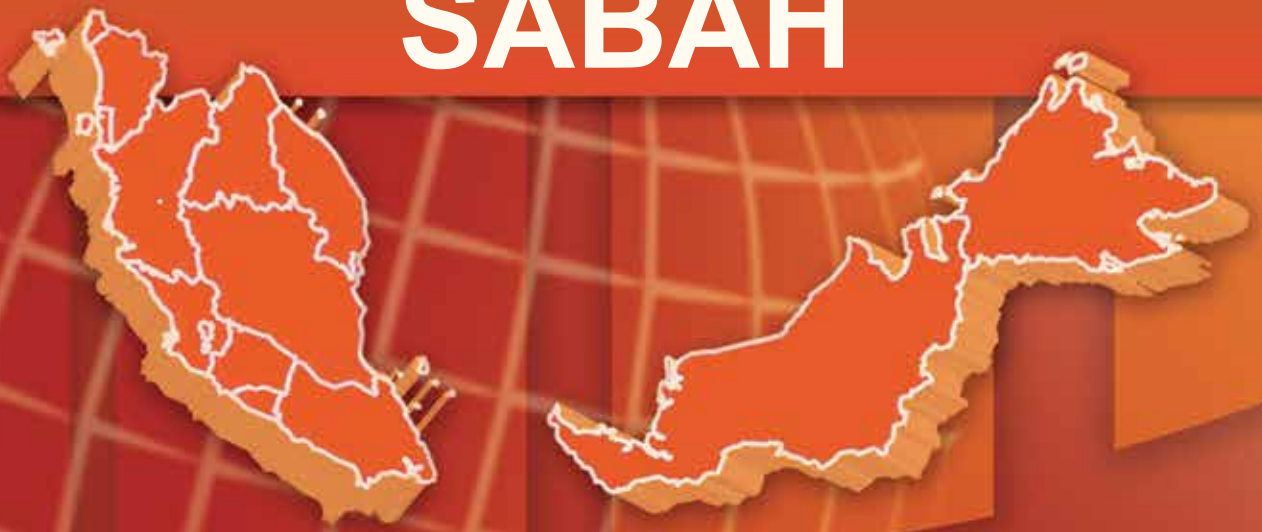


# NATIONAL HEALTH AND MORBIDITY SURVEY 2017

# ADOLESCENT HEALTH SURVEY 2017

## SABAH



**NATIONAL HEALTH AND MORBIDITY  
SURVEY 2017**

**(NMRR-16-698-30042)**

**ADOLESCENT HEALTH SURVEY 2017**

**SABAH**

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The views expressed in this report are those of the authors alone and do not necessarily represent the opinions of the other investigators participating in the survey, nor the view or policy of the Ministry of Health.

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## **LIST OF ABBREVIATIONS**

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

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## **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 26<sup>th</sup> March and 3<sup>rd</sup> 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 Sabah of which 1,686 students completed the survey out of 1,965 eligible respondents with response rate of 85.8%.

## **Sabah Key Findings**

The study observed that the prevalence of current cigarette smokers in Sabah school-going adolescents was 18.8%. Amongst those who ever smoked cigarettes, 65.1% had tried cigarettes before the of age 14 years and 83.5% had attempted to quit smoking in the past 12 months. The prevalence of current e-cigarette/vape use in Sabah school-going adolescents was 13.8%. Among those who ever smoked e-cigarette/vape, 43.8% had first tried e-cigarette/vape before age 14 years and 68.6% had tried to stop using e-cigarette/vape in the past 12 months. Overall, 16.4% of students reported having parents or guardians who used e-cigarette/vape, 43.5% of students reported having parents or guardians who used any form of tobacco products and 48.1% 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 Sabah was 13.3%. Among students who had ever consumed alcohol (25.5%), 35.9% reported ever drunkenness in their lifetime. With regards to drug use, 3.8% of students in Sabah reported had ever used drugs and the prevalence of current drug users was 2.9%. Prevalence of ever using marijuana in their lifetime was 2.1% and current use of marijuana was 1.8%, while 2.6% 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 Sabah was 7.5% and the prevalence of having had sex in the past 30 days was 5.0%. Of those who ever had sex, 33.4% of them had their first sexual experience before age 14 years, and 21.9% had at least two sexual partners. It was found that 15.9% of students reported they, or their partners had used condoms whilst 16.6% used other birth control methods. A total of 32.6% students had been seriously injured in the past 12 months. Among the respondents, 27.2% claimed to have been physically attacked in the past 12 months, while 27.2% of adolescents claimed to have been involved in physical fights. With regards to bullying, 18.3% reported to have ever been bullied in the past 30 days. Physical abuse at home was reported by 15.1% of students while 50.1% of reported verbal abuse at home in the past 30 days.

The overall prevalence of internet use among school-going adolescents in Sabah was 75.9% and the prevalence of internet addiction was 29.2%. Smartphones were the most prevalent device used. A total of 10.1% school-going adolescents in Sabah reported feeling lonely and 2.4% reported that they had no close friend. A total of 8.0% 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 9.8%, 7.3%, and 6.3% respectively. Prevalence of truancy amongst students in the past 30 days was 35.6% while only 44.5% 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 15.0%, 32.4%, 37.3% and 72.1% respectively.

Overall, 90.6% of students reported having cleaned or brushed their teeth at least twice daily while 0.4% of students reported that they had never cleaned or brushed their teeth in the past 30 days. A total of 65.2% students reported use of fluoridated toothpaste, while only 22.7% used dental floss. In the past 30 days, 11.5% never or rarely used soap when washing their hands, 5.8% never or rarely washed their hands before eating and 4.6% reported that they had never or rarely washed their hands after using the toilet. In relation to dietary behaviours, 4.0% 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 48.6% and consumption of vegetables at least thrice daily was 43.6% in the past 30 days. Only 27.3% 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 46.9% and 12.5% 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 28.4% while 61.3% 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 18.4% whereas 43.1% 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 7 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.<sup>1</sup> Adolescence sub-categories used in Malaysia consists of early adolescence (10-14 years), middle adolescence (15-17 years) and late adolescence (18-19 years).<sup>2</sup> Total population of adolescents in Malaysia is around 18% out of 31 million population.<sup>3</sup> 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.<sup>4</sup> 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.<sup>5</sup> 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.<sup>6</sup> 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.<sup>5</sup> 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.<sup>7</sup> 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.<sup>3</sup> 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.<sup>8</sup> Following that, the Global Youth Tobacco Surveys were conducted in 2003 and 2009 to identify tobacco consumption among youth.<sup>9,10</sup> 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.<sup>11</sup> 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.<sup>12</sup>

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).<sup>13</sup>

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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**

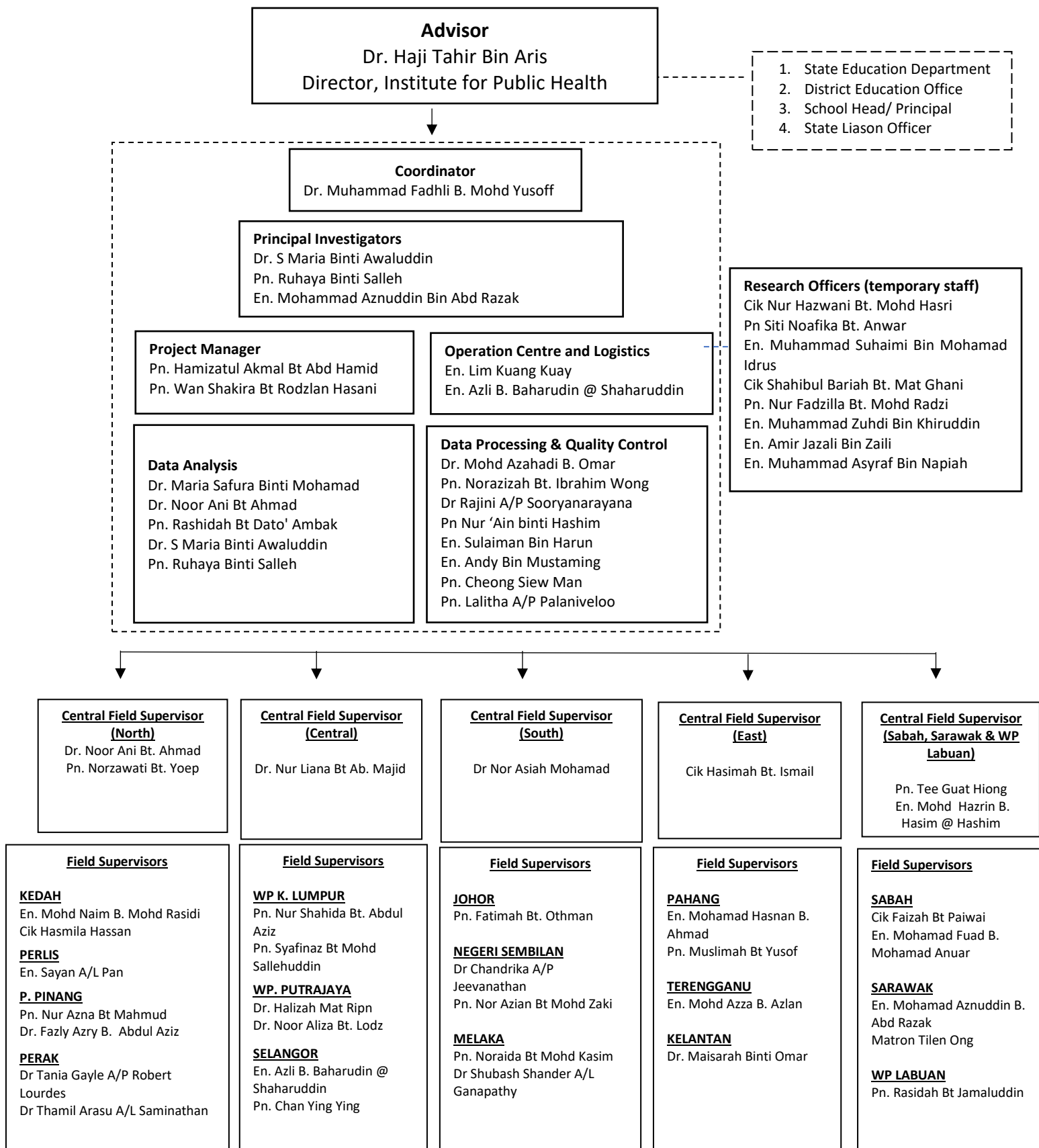
Research team members for each sub-scope were established and headed by a key-person (among IPH officers) together with the relevant stakeholders. Research team members were responsible for the technical input in development of the questionnaire manual, variable definition, data analysis and writing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

<b>No.</b>	<b>State / Federal Territories</b>	<b>Total Number of Schools</b>	<b>Number of Schools Sampled</b>	<b>Number of students sampled</b>
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
<b>Total</b>		<b>2,738</b>	<b>212</b>	<b>30,496</b>



## **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**

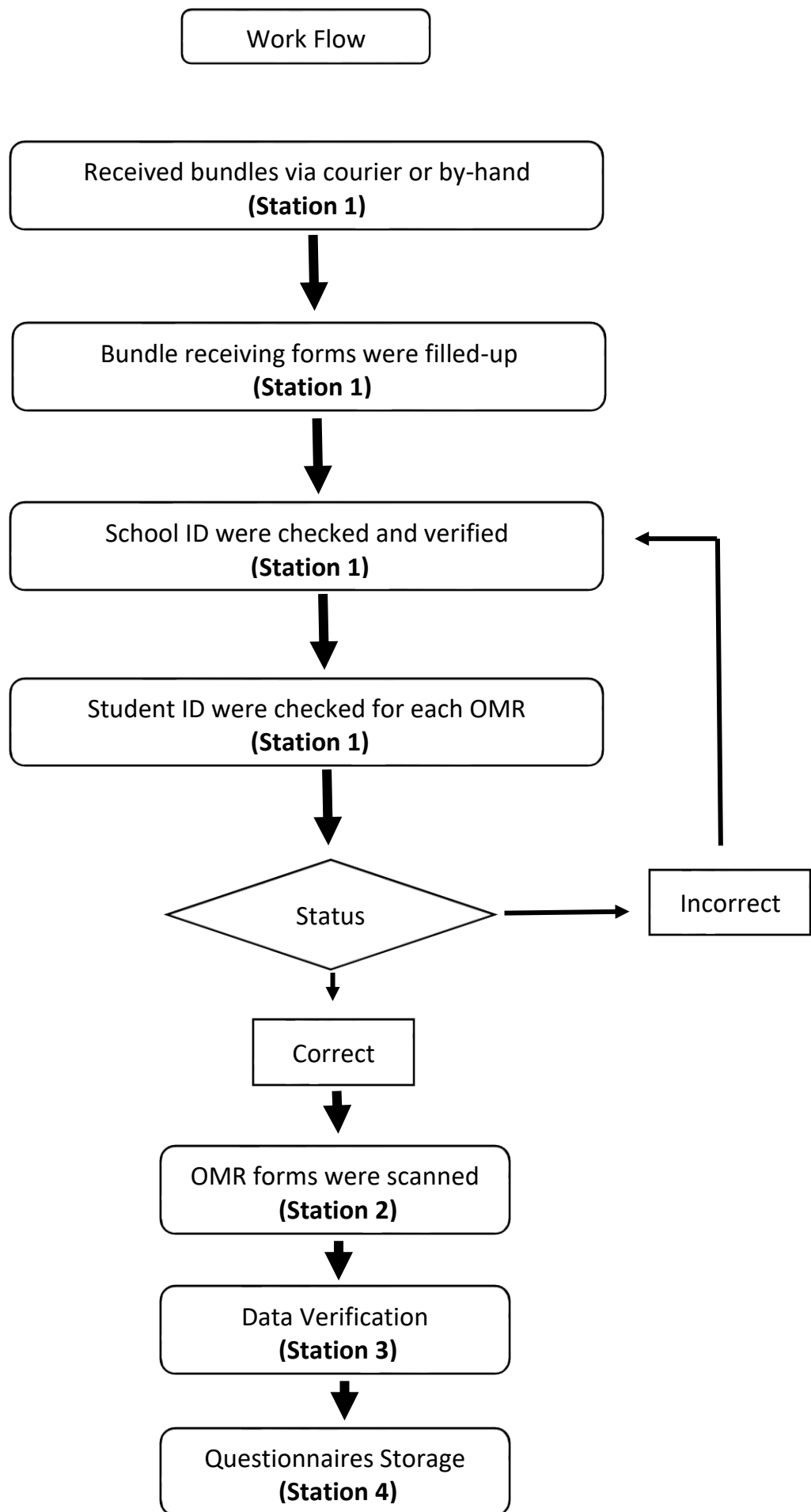
An operation centre with several stations was set up to receive data “bundles” from the field:

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**).

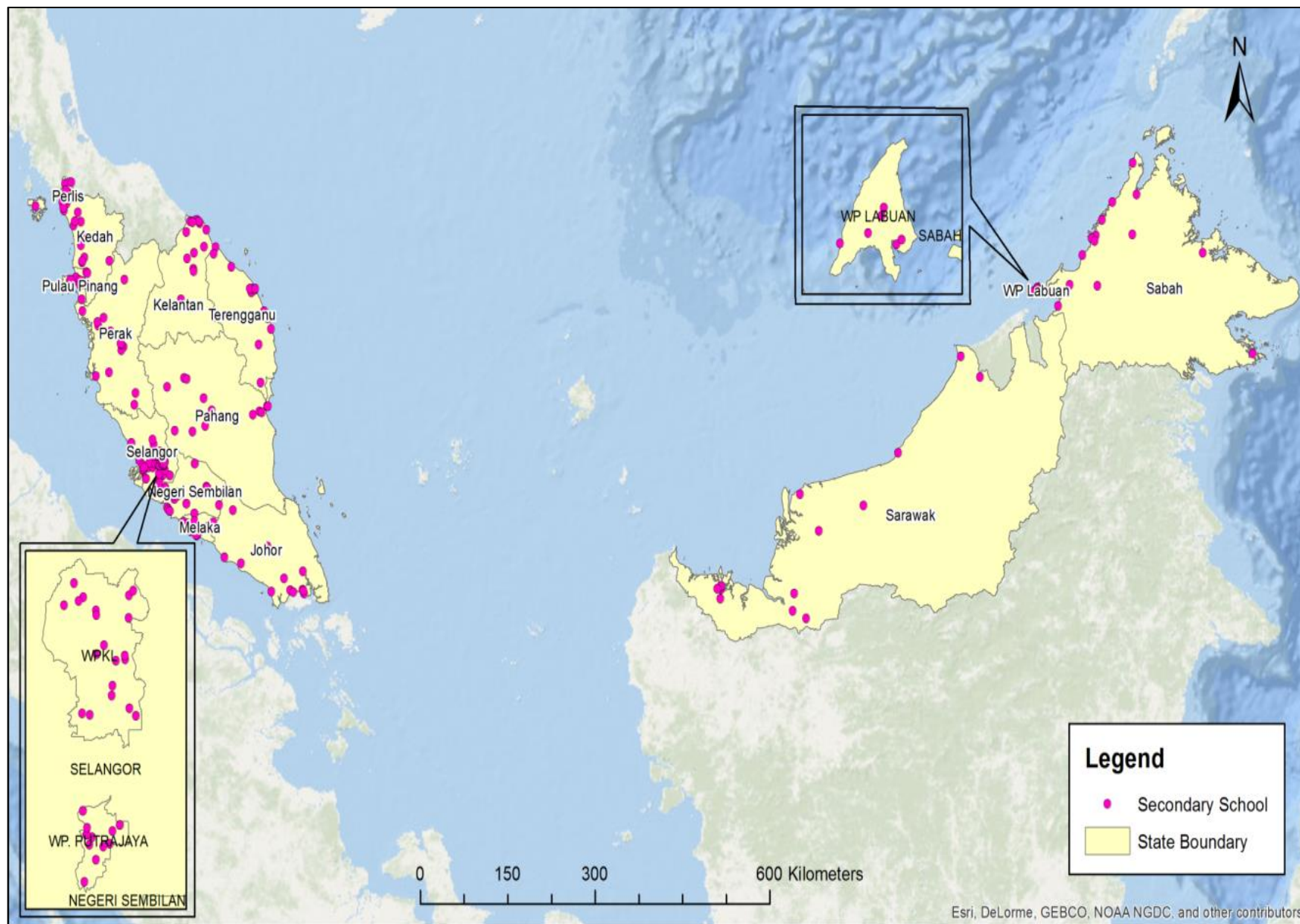
**Table 3.1.1: Response Rate at Student Level by State, NHMS 2017**

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
<b>Total</b>	<b>212</b>	<b>30,823</b>	<b>27,497</b>	<b>89.2</b>

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 49.4% (833) males and 50.6% (853) females in Sabah. In terms of school locality; 35.8% (603) and 64.2% (1,083) 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 (%)
<b>Malaysia</b>	27,497	2,146,447	100.0	2,146,509	100.0
<b>State</b>					
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
<b>Sex</b>					
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
<b>Form</b>					
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.<sup>1</sup> The South East Asian region contributed to 4.6% of alcohol-attributable deaths and 4.0% burden of disease and injury.<sup>1</sup> People consuming alcohol are prone to more than 200 diseases and injuries as well as social consequences due to its harmful effects.<sup>1</sup> 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.<sup>2</sup> Alarmingly, about 33% of teens (by age 15) have had at least 1 drink of an alcoholic beverage.<sup>3</sup> Evidently, individuals who started drinking before the age of 15 are five times more likely to have alcohol-related problems later in life.<sup>4</sup> The consequence of early alcohol drinking could lead to memory impairment, thus causing low educational achievement and high absenteeism rates.<sup>5,6</sup>

### **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 Sabah was 25.5% (95% CI: 16.59, 37.13). 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 13.1% (95% CI: 9.07, 18.50) (**Table 3.2.2**). Among ever alcohol drinkers, 35.9% (95% CI: 28.53, 44.05) reported drunkeness (**Table 3.2.3**) and 36.9% (95% CI: 30.16, 44.09) had their first alcoholic beverage at the age of 12 or 13 years old (**Table 3.2.4**).

Among current alcohol drinkers, they obtained their alcoholic beverages from their families (31.9%, 95% CI: 22.66, 42.89); buying from stores (28.4%, 95% CI: 16.49, 44.23); from friends (23.5% CI: 15.42, 34.14) (**Table 3.2.5**). Overall, 6.6% (95% CI: 4.93, 8.84) 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**

For current alcohol drinkers, the prevalence among students from Form 1 to Form 5 in Sabah was 13.1% (95% CI: 9.07, 18.50), whereas the national prevalence was 10.2% (95% CI: 9.00, 11.60). Among current alcohol drinkers, most students obtained their alcoholic beverages from their family, buying them from stores and from their friends, coinciding with the national findings. About 36.9% (95% CI: 30.16, 44.09) of students who ever consumed alcohol in Sabah had their first drink at the age of 12 or 13 years, similar to the national findings (33.28%, 95% CI: 31.02, 35.62).

### **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**

1. World Health Organization, Global status report on alcohol and health 2014. Geneva: World Health Organization

2. National Institute on Alcohol Abuse and Alcoholism (NIAAA), Underage Drinking. February 2017.  
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3. National Institute on Alcohol Abuse and Alcoholism (NIAAA). Underage Drinking: Why Do Adolescents Drink, What are the Risks, and How Can Underage Drinking Be Prevented?. November 2006. Alcohol Alert. Number 67.
4. World Health Organization, Evidence for the Effectiveness and Cost-Effectiveness of Interventions to Reduce Alcohol-Related Harm, Copenhagen, Regional Office for Europe. 2009
5. Carson A. Alcohol and the developing adolescent brain: evidence review. *J R Coll Physicians Edinb.* 2015 Mar;45(1):12-4. doi: 10.4997/JRCPE.2015.103.
6. Mohd Ramlan Mohd Arshad, Munirah Omar, and Nurul Afiqah Shahdan, "Alcoholism among Youth: A Case Study in Kuala Lumpur, Malaysia," *International Journal of Culture and History* vol. 1, no. 1, pp. 21-28, 2015.

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

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	429	50,793	25.5	16.59	37.13
<b>Locality of school</b>					
Urban	228	27,437	38.4	19.64	61.41
Rural	201	23,356	18.3	13.54	24.30
<b>Sex</b>					
Male	235	28,237	28.5	19.84	39.09
Female	194	22,555	22.6	12.63	37.05
<b>Form</b>					
Form 1	70	7,740	18.1	10.78	28.81
Form 2	81	9,146	22.5	14.93	32.56
Form 3	99	12,130	29.8	17.39	46.18
Form 4	72	11,035	28.8	14.65	48.89
Form 5	107	10,743	29.3	17.38	44.84

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

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	214	26,025	13.1	9.07	18.50
<b>Locality of school</b>					
Urban	104	12,771	17.9	9.53	31.04
Rural	110	13,253	10.4	8.02	13.37
<b>Sex</b>					
Male	140	16,946	17.1	12.82	22.45
Female	74	9,078	9.1	4.74	16.73
<b>Form</b>					
Form 1	48	5,242	12.3	6.40	22.24
Form 2	42	4,852	12.0	7.16	19.31
Form 3	51	6,346	15.6	8.12	27.89
Form 4	40	6,088	15.9	8.18	28.67
Form 5	33	3,496	9.5	5.15	16.94

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

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	154	18,246	35.9	28.53	44.05
<b>Locality of school</b>					
Urban	68	8,131	29.6	23.12	37.10
Rural	86	10,115	43.3	34.35	52.73
<b>Sex</b>					
Male	106	12,610	44.7	32.64	57.33
Female	48	5,636	25.0	18.52	32.81
<b>Form</b>					
Form 1	27	2,897	37.4	24.44	52.53
Form 2	21	2,420	26.5	18.01	37.07
Form 3	35	4,280	35.3	19.44	55.20
Form 4	29	4,273	38.7	21.86	58.79
Form 5	42	4,377	40.7	28.54	54.21

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

	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
7 years old or younger	29	3,380	6.7	3.77	11.53
8 or 9 years old	25	3,017	6.0	3.13	11.04
10 or 11 years old	41	4,841	9.6	5.66	15.67
12 or 13 years old	162	18,675	36.9	30.16	44.09
14 or 15 years old	97	12,125	23.9	17.16	32.33
16 years old or older	-	-	-	-	-
Unknown	74	8,637	17.0	9.95	27.64

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

	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
I bought in a store	51	6,173	28.4	16.49	44.23
I gave someone money to buy	13	1,564	7.2	3.87	12.96
I got it from my friends	42	5,119	23.5	15.42	34.14
I got it from my family	56	6,952	31.9	22.66	42.89
I stole it	5	613	2.8	1.20	6.47
I got it some other way	12	1,351	6.2	4.25	8.97

**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 Sabah, 2017**

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	110	13,138	6.6	4.93	8.84
<b>Locality of school</b>					
Urban	42	4,961	6.9	4.24	11.18
Rural	68	8,177	6.4	4.45	9.22
<b>Sex</b>					
Male	64	7,615	7.7	5.70	10.38
Female	46	5,523	5.5	3.75	8.08

### 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 was 4.0% (95% CI: 2.68, 5.93) with an estimated projection to 7,952 school-going adolescents. Students studying in urban and rural areas reported a similar prevalence of being hungry. There was no significant difference in prevalence by 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 48.6% (95% CI: 42.59, 54.71), with an estimated projection to 96,704 school-going adolescents. Urban school-going adolescents reported a lower fruits intake 40.1% (95% CI: 35.66, 44.73) as compared to the students in the rural areas 53.4% (95% CI: 46.49, 60.18). There was no significant difference in the prevalence of consuming fruits at least twice daily by sex. Form 4 students showed the lowest prevalence of consuming fruits at least twice daily (**Table 3.3.2**).

#### Vegetables intake

The overall prevalence of consuming vegetables at least three times daily in the past 30 days was 43.6% (95%CI: 36.10, 51.44), with an estimated projection to 86,504 school-going adolescents. Urban school-going adolescents showed vegetables intake at least three times daily at 34.7% (95% CI: 24.17, 47.00) as compared to the students in the rural areas at 48.6% (95% CI: 40.70, 56.59). There was no significant difference in the frequency of consuming vegetables at least three times daily by sex. Form 3 students showed the lowest prevalence in consuming vegetables 34.0% (95% CI: 27.60, 40.98) (**Table 3.3.3**).

### **Fruits and vegetables intake at least five times daily**

The overall prevalence of consuming fruits and vegetables at least five times daily in the past 30 days was 27.3% (95% CI: 21.12, 34.40) with an estimated projection to 54,144 school-going adolescents. There was no difference in fruits and vegetables intake at least five times daily by school locality and sex. Form 3 students reported the lowest prevalence [18.5% (95% CI: 13.34, 25.08)] of consuming fruits and vegetables at least five times daily as compared to other forms (**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 46.9 % (95%CI: 40.79, 53.11) with an estimated projection to 93,310 school-going adolescents. There was no significant difference in the frequency of carbonated drink consumption by school locality. The male students reported a higher frequency in consuming carbonated drinks 49.40% (95% CI: 45.26, 53.54), as compared to the females 44.4% (95% CI: 35.72, 53.47). By forms, the Form 1 students, 53.7% (95% CI: 44.58, 62.52) and Form 2 students 52.0% (95% CI: 42.60, 61.26) 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 61.3% (95%CI: 57.39, 65.02) with an estimated projection to 121,596 school-going adolescents. There was no significant difference in drinking plain water 5 times or more daily by school location, sex and forms (**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 28.4% (95%CI: 25.81, 31.14), with an estimated projection to 56,435 school-going adolescents. There was no significant difference in taking milk or milk products by sex and location. The Form 5 students, 21.9% (95% CI: 17.73, 26.62) significantly had the lowest frequency of milk or milk products intake compared to Form 1 students, 32.8% (95% CI: 28.08, 38.98) (**Table 3.3.7**).

### **Fast food intake**

The overall prevalence of consuming food from a fast food restaurant of at least three days in the past seven days was 12.5% (95%CI: 10.18, 15.38) with an estimated projection to 24,925 school-going adolescents. There was no significant difference in the frequency of drinking plain water by school location and sex. By forms, the Form 2 students, 16.7% (95% CI: 11.45, 23.66) showed the highest frequency of consuming food from a fast food restaurants (**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 Sabah was 4.0% (95% CI: 2.68, 5.93) which showed no significant difference with the national prevalence [3.9% (95% CI: 3.53, 4.24)] and with the previous Sabah and WP Labuan GSHS 2012<sup>1</sup> [3.84% (95% CI: 2.80, 5.24)]. Students in Sabah reported higher prevalence of consuming fruits at least twice daily in 2017 [48.6% (95% CI: 42.59, 54.71)] compared to Sabah and WP Labuan GSHS 2012<sup>1</sup> [23.60% (95% CI: 18.51, 29.58)], also higher to national prevalence [46.8% (95% CI: 45.09, 48.53)] in 2017. For vegetables intake at least three times per day, the prevalence was higher [43.60% (95% CI: 36.10, 51.44)] than Sabah and WP Labuan GSHS 2012<sup>1</sup> [18.53% (95% CI: 15.98, 21.38)] and the 2017 national prevalence [36.0% (95% CI: 34.45, 37.52)]. For consumption of carbonated drinks once daily, it was significantly increased from the prevalence of Sabah and WP Labuan GSHS 2012<sup>1</sup> [21.30% (95% CI: 17.72, 25.38)] to prevalence of Sabah 2017 [46.9% (95% CI: 40.79, 53.11)], which also significantly higher when compared to the national prevalence [36.9% (95% CI: 0.95, 35.04)]. There were no significant changes for drinking plain water five times or more daily in the past 30 days. As for consumption of food from fast food restaurants of at least three days in the past seven days, the prevalence for Sabah and WP Labuan GSHS 2012<sup>1</sup> [3.8% (95% CI: 2.65, 5.29)] was lower than the year of 2017 [12.5% (95% CI: 10.18, 15.38)], which also was lower than the national prevalence [11.1% (95% CI: 10.24, 12.01)]<sup>1</sup>.

*\*Note: During GSHS 2012, sampling for Sabah and WP Labuan was conducted together in the sampling frame, however schools from WP labuan were not selected for data collection.*

### **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**

1. Institute for Public Health (IPH). 2012. National Health and Morbidity Survey, NHMS 2012: Malaysia Global School-based Student Health Survey 2012. Kuala Lumpur Ministry of Health Malaysia.

**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 Sabah, 2017**

Socio-demographic characteristics	*Most of the time or always				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	68	7,952	4.0	2.68	5.93
<b>Locality of school</b>					
Urban	25	2,882	4.0	2.38	6.75
Rural	43	5,070	4.0	2.29	6.84
<b>Sex</b>					
Male	36	4,165	4.2	2.48	7.03
Female	32	3,787	3.8	2.26	6.33
<b>School level</b>					
Lower secondary	41	4,685	3.8	2.25	6.27
Upper secondary	27	3,266	4.4	2.56	7.36
<b>Form</b>					
Form 1	21	2,268	5.3	2.97	9.31
Form 2	6	662	1.6	0.63	4.16
Form 3	14	1,756	4.3	1.95	9.31
Form 4	12	1,838	4.8	2.90	7.94
Form 5	15	1,428	3.9	1.62	9.06

**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 Sabah, 2017**

Socio-demographic characteristics	Yes (at least twice daily)				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	829	96,704	48.6	42.59	54.71
<b>Locality of school</b>					
Urban	244	28,609	40.1	35.66	44.73
Rural	585	68,095	53.4	46.49	60.18
<b>Sex</b>					
Male	416	48,905	49.4	43.30	55.44
Female	413	47,799	47.9	40.60	55.30
<b>School level</b>					
Lower secondary	539	62,896	50.8	45.12	56.41
Upper secondary	290	33,809	45.1	33.07	57.71
<b>Form</b>					
Form 1	209	23,989	56.1	49.00	63.02
Form 2	182	21,144	52.1	43.21	60.89
Form 3	148	17,763	43.8	35.70	52.23
Form 4	113	16,416	42.9	29.49	57.44
Form 5	177	17,393	47.4	36.08	58.93

**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 Sabah, 2017**

Socio-demographic characteristics	Yes (at least three times daily)				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	740	86,504	43.6	36.10	51.44
<b>Locality of school</b>					
Urban	211	24,751	34.7	24.17	47.00
Rural	529	61,754	48.6	40.70	56.59
<b>Sex</b>					
Male	374	43,958	44.5	37.73	51.58
Female	366	42,546	42.7	34.14	51.70
<b>School level</b>					
Lower secondary	483	56,468	45.6	38.36	53.02
Upper secondary	257	30,036	40.3	29.79	51.83
<b>Form</b>					
Form 1	193	22,309	52.4	41.02	63.46
Form 2	176	20,343	50.1	40.39	59.89
Form 3	114	13,815	34.0	27.60	40.98
Form 4	98	13,998	36.7	23.08	52.86
Form 5	159	16,039	44.1	33.72	55.05

**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 Sabah, 2017**

Socio-demographic characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
	<b>SABAH</b>	469	54,144	27.3	21.12
<b>Locality of school</b>					
Urban	119	13,527	19.0	13.75	25.57
Rural	350	40,617	31.9	24.55	40.29
<b>Sex</b>					
Male	236	27,610	27.9	21.82	34.94
Female	233	26,534	26.6	19.99	34.50
<b>School level</b>					
Lower secondary	307	35,683	28.8	23.12	35.25
Upper secondary	162	18,462	24.7	14.41	38.99
<b>Form</b>					
Form 1	132	15,185	35.5	26.37	45.89
Form 2	112	12,993	32.0	24.02	41.25
Form 3	63	7,504	18.5	13.34	25.08
Form 4	64	8,830	23.2	10.52	43.57
Form 5	98	9,631	26.3	18.20	36.41

**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 Sabah, 2017**

Socio-demographic characteristics	Yes (at least once a day)				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	785	93,310	46.9	40.79	53.11
<b>Locality of school</b>					
Urban	238	28,288	39.6	28.96	51.32
Rural	211	65,023	51.0	45.71	56.25
<b>Sex</b>					
Male	410	48,940	49.4	45.26	53.54
Female	375	44,370	44.4	35.72	53.47
<b>School level</b>					
Lower secondary	526	61,990	50.0	43.83	56.18
Upper secondary	259	31,321	41.8	33.56	50.46
<b>Form</b>					
Form 1	198	22,934	53.7	44.58	62.52
Form 2	181	21,096	52.0	42.60	61.26
Form 3	147	17,960	44.2	37.80	50.73
Form 4	118	17,189	44.9	34.66	55.63
Form 5	141	14,132	38.5	28.64	49.36

**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 Sabah, 2017**

Socio-demographic characteristics	Yes (at least 5 times daily)				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	1,038	121,596	61.3	57.39	65.02
<b>Locality of school</b>					
Urban	380	44,793	62.7	53.94	70.71
Rural	658	76,803	60.5	56.93	63.90
<b>Sex</b>					
Male	505	60,047	60.8	56.58	64.88
Female	533	61,549	61.7	56.18	67.00
<b>School level</b>					
Lower secondary	626	72,914	59.0	54.61	63.20
Upper secondary	412	48,682	65.1	59.91	69.93
<b>Form</b>					
Form 1	217	25,099	59.0	52.59	65.14
Form 2	212	23,978	59.3	48.21	69.50
Form 3	197	23,837	58.6	52.84	64.17
Form 4	159	23,412	61.2	55.19	66.85
Form 5	253	25,270	69.2	62.14	75.42

**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 Sabah, 2017**

Socio-demographic characteristics	Unweighted Count	Estimated Population	Prevalence %	95% CI	
				Lower	Upper
<b>SABAH</b>	474	56,436	28.4	25.81	31.14
<b>Locality of school</b>					
Urban	163	19,537	27.4	23.10	32.16
Rural	311	36,899	29.0	25.85	32.28
<b>Sex</b>					
Male	237	28,211	28.5	24.93	32.30
Female	237	28,225	28.3	25.00	31.91
<b>School level</b>					
Lower secondary	319	37,456	30.3	26.24	34.63
Upper secondary	155	18,980	25.3	21.21	29.90
<b>Form</b>					
Form 1	122	14,034	32.8	28.08	37.98
Form 2	113	13,243	32.7	26.57	39.57
Form 3	84	10,179	25.1	19.46	31.75
Form 4	75	10,955	28.6	22.46	35.71
Form 5	80	8,024	21.9	17.73	26.62

**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 Sabah, 2017**

Socio-demographic characteristics	Yes (at least three days)				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	204	24,925	12.5	10.18	15.38
<b>Locality of school</b>					
Urban	71	8,400	11.8	9.65	14.31
Rural	133	16,525	13.0	9.63	17.26
<b>Sex</b>					
Male	102	12,358	12.5	9.70	15.89
Female	102	12,568	12.6	9.60	16.42
<b>School level</b>					
Lower secondary	138	16,233	13.1	10.32	16.51
Upper secondary	66	8,692	11.6	7.85	16.87
<b>Form</b>					
Form 1	50	5,708	13.4	9.80	17.94
Form 2	57	6,749	16.7	11.45	23.66
Form 3	31	3,777	9.3	6.32	13.45
Form 4	37	5,718	15.0	10.09	21.75
Form 5	29	2,975	8.1	4.99	12.88



### **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.<sup>1</sup> 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.<sup>2</sup> 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 Sabah was 3.8% (95% CI: 2.38, 6.01) with an estimated population of 7,560 students. The prevalence of ever drug use was higher among males [6.4% (95% CI: 4.30, 9.40)] as compared to females [1.2% (95%CI: 0.44, 3.38)]. The prevalence of ever drug use was higher among those who studying in rural areas [4.3% (95% CI: 2.50, 7.31)] and among Form 1 students [7.6% (95% CI: 3.63, 15.21)] (**Table 3.4.1**). The prevalence of current drug use in the past 30 days among Form 1 to form 5 students in Sabah was 2.9% (95%CI: 1.85, 4.63). The prevalence of current drug use was significantly higher among males [5.2% (95% CI: 3.54, 7.49)] as compared to females [0.7% (95%CI: 0.25, 2.02)]. The prevalence of current drug use in the past 30 days was higher among those who studying in rural areas [3.5% (95% CI: 2.12, 5.74)] and among Form 1 students [6.6% (95% CI: 3.21, 13.14)] although there was no significant difference noted (**Table 3.4.2**). The prevalence of ever used marijuana in lifetime was 2.1% (95% CI: 1.31, 3.20) among Form 1 to Form 5 students in Sabah (**Table 3.4.3**) while 1.8% (95% CI: 1.11, 3.02) of the students were current marijuana users in the past 30 days The prevalence of current marijuana use also was significantly higher among males [3.1% (95% CI: 1.95, 4.80)] as compared to females [0.6% (95%CI: 0.22, 1.74)] (**Table 3.4.4**). About 2.6% (95% CI: 1.46, 4.50) of the students reported that they had ever used amphetamines or methamphetamines during lifetime (**Table 3.4.5**).

Among current drug users, most of the students obtained their drug by buying them from someone [23.8% (95% CI: 13.97, 37.49)]. Other than that, they gave someone else money to buy it [17.5% CI: 8.42, 32.96) or stole it or got it without permission [17.4% (95%CI: 7.55, 35.34)] (**Table 3.4.6**). Among the ever drug users, about 0.5% (95% CI: 0.28, 0.98) had initiated drug use at the age of seven years and younger with percentage of rural areas was 0.7% (95% CI: 0.40, 1.25) and urban areas was 0.2% (95% CI: 0.02, 1.34) (**Table 3.4.7**).

### 3.4.5 Discussion/ Conclusion

The prevalence of ever drug use, current drug use, ever marijuana use, current marijuana use and ever use of amphetamines or methamphetamine in Sabah were not significantly different

with the national prevalence. However, the prevalence of current drug use and current marijuana were significantly the highest in male students. 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 currently using drug obtained their drug 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 Sabah, 2017**

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	66	7,560	3.8	2.38	6.01
<b>Locality of school</b>					
Urban	20	2,071	2.9	1.26	6.54
Rural	46	5,489	4.3	2.50	7.31
<b>Sex</b>					
Male	56	6,334	6.4	4.30	9.40
Female	10	1,226	1.2	0.44	3.38
<b>Form</b>					
Form 1	31	3,245	7.6	3.63	15.21
Form 2	9	1,094	2.7	1.57	4.60
Form 3	12	1,550	3.8	1.05	12.92
Form 4	4	608	1.6	0.56	4.42
Form 5	10	1,064	2.9	0.97	8.33

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

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	51	5,840	2.9	1.85	4.63
<b>Locality of school</b>					
Urban	13	1,364	1.9	0.80	4.49
Rural	38	4,475	3.5	2.12	5.74
<b>Sex</b>					
Male	45	5,123	5.2	3.54	7.49
Female	6	716	0.7	0.25	2.02
<b>Form</b>					
Form 1	27	2,829	6.6	3.21	13.14
Form 2	5	592	1.5	0.65	3.27
Form 3	10	1,297	3.2	0.87	10.98
Form 4	3	481	1.3	0.38	4.11
Form 5	6	641	1.7	0.70	4.27

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

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	36	4,088	2.1	1.31	3.20
<b>Locality of school</b>					
Urban	12	1,297	1.8	0.89	3.67
Rural	24	2,790	2.2	1.25	3.81
<b>Sex</b>					
Male	32	3,597	3.6	2.41	5.43
Female	4	491	0.5	0.14	1.68
<b>Form</b>					
Form 1	16	1,664	3.9	1.87	7.92
Form 2	4	475	1.2	0.45	2.99
Form 3	6	774	1.9	0.53	6.66
Form 4	2	315	0.8	0.18	3.76
Form 5	8	860	2.3	0.60	8.68

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

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	32	3,652	1.8	1.11	3.02
<b>Locality of school</b>					
Urban	9	950	1.3	0.55	3.17
Rural	23	2,702	2.1	1.19	3.76
<b>Sex</b>					
Male	27	3,039	3.1	1.95	4.80
Female	5	614	0.6	0.22	1.74
<b>Form</b>					
Form 1	19	2,008	4.7	2.33	9.27
Form 2	3	356	0.9	0.28	2.69
Form 3	6	771	1.9	0.58	6.05
Form 4	2	315	0.8	0.18	3.76
Form 5	2	203	0.6	0.13	2.31

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

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	45	5,109	2.6	1.46	4.50
<b>Locality of school</b>					
Urban	15	1,589	2.2	1.01	4.84
Rural	30	3,521	2.8	1.32	5.69
<b>Sex</b>					
Male	39	4,393	4.4	2.68	7.25
Female	6	717	0.7	0.19	2.68
<b>Form</b>					
Form 1	24	2,534	5.9	2.92	11.72
Form 2	6	720	1.8	0.91	3.45
Form 3	12	1,550	3.8	1.05	12.92
Form 4	-	-	-	-	-
Form 5	3	305	0.8	0.10	6.64

**Table 3.4.6 : Source of getting drugs in the past 30 days among current drug users among Form 1 to Form 5 students in Sabah, 2017**

	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
I bought them from someone	12	1,365	23.8	13.97	37.49
I gave someone else money to buy it for me	8	1,006	17.5	8.42	32.96
I stole it or got it without permission	8	1,001	17.4	7.55	35.34
I got it from my friend	3	287	5.0	1.15	19.27
I got it from my family	1	93	1.6	0.19	12.30
I got it some other ways	6	640	11.2	5.47	21.41

**Table 3.4.7 : Age of initiation of first used drugs among ever drug user in students Form 1 to Form 5, Sabah 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	9	1,034	0.5	0.28	0.98	1	126	0.2	0.02	1.34
8 or 9 years old	6	742	0.4	0.13	1.08	-	-	-	-	-
10 or 11 years old	4	446	0.2	0.08	0.59	1	93	0.1	0.02	0.99
12 or 13 years old	7	912	0.5	0.19	1.09	-	-	-	-	-
14 or 15 years old	3	321	0.2	0.04	0.73	2	203	0.3	0.04	2.07
16 years old or older	6	683	0.3	0.17	0.70	2	195	0.3	0.08	0.94

**Table 3.4.7 : Age of initiation of first used drugs among ever drug user in students Form 1 to Form 5, Sabah 2017 (Cont.)**

	Rural				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
7 years old or younger	8	908	0.7	0.40	1.25
8 or 9 years old	6	742	0.6	0.22	1.52
10 or 11 years old	3	353	0.3	0.09	0.81
12 or 13 years old	7	912	0.7	0.34	1.51
14 or 15 years old	1	117	0.1	0.01	0.75
16 years old or older	4	488	0.4	0.16	0.89



### **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.<sup>1</sup> 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.<sup>2,3</sup>

#### **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, only 0.4% (95%CI: 0.20, 0.97) of students reported they had never cleaned or brushed their teeth during the past 30 days. About 2.6% (95%CI: 1.65, 3.96) reported they had cleaned or brushed their teeth less than once daily, 6.4% (95%CI: 4.61, 8.81) had cleaned or brushed their teeth once daily and 90.6% (95%CI: 87.09, 93.23) at least twice daily (**Table 3.5.1**).

#### Use of fluoridated toothpaste

Overall, only 65.2% (95%CI: 58.55, 71.29) of students reported use of fluoridated toothpaste and 10.3% (95%CI: 7.02, 14.80) claimed that they were not using fluoridated toothpaste. About 24.5% (95%CI: 20.81, 28.68) of students reported not knowing whether their toothpaste contained fluoride (**Table 3.5.2**).

#### Use of dental floss for cleaning teeth

Overall, only 22.7% (95%CI: 19.30, 26.44) of students reported that they use dental floss for cleaning their teeth while 77.3% (95%CI: 73.56, 80.70) claimed that they did not use dental floss to clean their teeth (**Table 3.5.3**). The prevalence of students who reported that they did not use dental floss to clean their teeth was significantly higher among Form 5 [84.0% (95%CI: 78.92, 88.07)] as compared to Form 1 [73.2% (95%CI: 68.33, 77.60)] students.

#### Last dental visit

Overall, only 36.2% (95%CI: 30.33, 42.55) 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 8.4% (95%CI: 6.90, 10.08) while those with last dental visit more than 24 months was 6.3% (95%CI:

4.14, 9.39). About 8.4% (95%CI: 5.88, 11.77) of students had never ever had a dental visit while a substantial proportion [40.8% (95%CI: 35.86, 45.91)] did not know when was their last dental visit (**Table 3.5.4**).

#### **Missing class or school due to toothache**

Overall, 12.9% (95%CI: 9.42, 17.30) 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, 17.5% (95%CI: 13.97, 21.58) 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 11.5% (95%CI: 9.03, 14.48) of students had never or rarely used soap when washing their hands, 25.3% (95%CI: 23.09, 27.64) reported they had only used soap sometimes when washing their hands, while a fairly high proportion of 63.2% (95%CI: 59.32, 66.96) reported they had always used soap when washing their hands (**Table 3.5.7**). Prevalence of students who had never or rarely used soap when washing their hands was significantly higher among males [14.7% (95%CI: 11.60, 18.38)] than females [8.3% (95%CI: 6.16, 11.09)].

#### **Washing hand before eating during the past 30 days**

Overall in the past 30 days, about 5.8% (95%CI: 4.23, 7.87) of students reported never or rarely washed their hands before eating, 12.1% (95%CI: 10.03, 14.44) reported they had sometimes washed their hands before eating while a high proportion of 82.2% (95%CI: 78.74, 85.13) reported they 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 4.6% (95%CI: 3.37, 6.28) of students reported they had never or rarely washed their hands after using the toilet, 7.5% (95%CI: 6.11, 9.20) reported they had only washed their hands sometimes after using the toilet while 87.9% (95%CI: 85.70, 89.77) of students claimed that they had always or most of the times washed their hands after using the toilet (**Table 3.5.9**).

### **3.5.5 Discussion/Conclusion**

The above findings related to the hand hygiene and oral hygiene practices in the age group of 13-17 years in Sabah. In this survey, the data for Sabah and WP Labuan were analysed separately, while in the first similar survey in 2012, the data for Sabah was combined with the data for WP Labuan as Sabah/WP Labuan. As such, comparison on the findings between the two GSHS surveys for the state of Sabah could not be compared in this report.

Overall, the prevalence of students who had cleaned or brushed their teeth less than once per day during the past 30 days (2.6%) was almost similar to the national prevalence (2.4%). This survey found that the prevalence of students who used fluoridated toothpaste (65.2%) was higher than the national prevalence (58.3%). The prevalence of students who did not know whether their toothpaste contained fluoride (24.5%) was significantly lower than the national prevalence (31.8%). The survey findings showed that the prevalence of students who use dental floss (22.7%) was higher than the national prevalence (19.3%).

Our findings on the proportion of students who never or rarely use soap when washing their hands during the past 30 days (11.5%) was almost similar to the national prevalence (11.6%). This study also found that the prevalence of students who never or rarely washed their hands before eating (5.8%) was lower than the national prevalence (6.1%). The prevalence of students who had never or rarely washed their hands after going to the toilet (4.6%) was similar to the national prevalence (4.8%).

Overall, the findings in relation to hand hygiene and oral hygiene practises of students in the age group of 13-17 years showed that there is still room for further improvement. In terms of oral hygiene, about 3 in 100 students had cleaned/brushed their teeth less than one time per day during the past 30 days, slightly higher than the proportion at national level (2 in 100).

Other areas of concern were the low proportion of students (about 6 in 10 students) reported using fluoridated toothpaste and the low proportion (about 2 in 10) of students who reported use of dental floss to clean their teeth. In terms of hand hygiene, about 1 in 10 students reported that they had never or rarely used soap when washing their hands, and 6 in 100 students reported they had never or rarely washed their hands before eating. In addition, the proportion of students who never or rarely washed their hands after going to the toilet was about 5 in 100.

### **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 Sabah, 2017.**

Socio-demographic characteristics	Never clean or brush teeth					Less than 1 day				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
<b>SABAH</b>	7	874	0.4	0.20	0.97	45	5,103	2.6	1.65	3.96
<b>Locality of school</b>										
Urban						11	1,176	1.6	0.84	3.19
Rural	7	874	0.7	0.35	1.35	34	3,927	3.1	1.87	5.05
<b>Sex</b>										
Male	5	647	0.7	0.27	1.56	36	4,059	4.1	2.53	6.58
Female	2	228	0.2	0.06	0.89	9	1,044	1.0	0.51	2.13
<b>Form</b>										
Form 1	1	97	0.2	0.03	1.57	18	1,924	4.5	2.73	7.33
Form 2	2	234	0.6	0.15	2.20	7	832	2.1	0.92	4.53
Form 3	1	123	0.9	0.25	2.86	10	1,263	2.9	1.73	4.94
Form 4	2	293	0.8	0.19	3.07	2	286	0.7	0.23	2.43
Form 5	1	128	1.4	0.52	3.98	8	797	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 Sabah, 2017.**

Socio-demographic characteristics	Once per day					2 times or more per day				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
<b>SABAH</b>	104	12,711	6.4	4.61	8.81	1,529	180,134	90.6	87.09	93.23
<b>Locality of school</b>										
Urban	43	5,317	7.4	5.29	10.38	549	64,938	90.9	87.50	93.46
Rural	61	7,393	5.8	3.55	9.36	980	115,196	90.4	84.97	94.04
<b>Sex</b>										
Male	73	8,987	9.1	6.51	12.54	718	85,244	86.2	81.46	89.82
Female	31	3,723	3.7	2.20	6.25	811	94,890	95.0	92.03	96.90
<b>Form</b>										
Form 1	23	2,610	6.1	3.91	9.41	330	38,104	89.2	83.70	92.95
Form 2	27	3,124	7.7	4.84	12.04	316	36,380	89.7	82.99	93.92
Form 3	20	2,520	9.5	5.86	15.16	305	36,759	90.4	82.17	95.05
Form 4	19	2,857	7.5	3.95	13.75	234	34,694	91.0	85.47	94.55
Form 5	15	1,600	3.7	1.89	7.03	344	34,197	93.1	90.35	95.14

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

Socio-demographic characteristics	Yes					No				
	Unweighted Count	Estimated Populatio	Prevalence (%)	95% CI		Unweighted Count	Estimated Populatio	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
<b>SABAH</b>	1,100	129,241	65.2	58.55	71.29	170	20,372	10.3	7.02	14.80
<b>Locality of school</b>										
Urban	368	44,087	61.9	45.60	75.84	76	8,918	12.5	5.62	25.56
Rural	732	85,153	67.1	62.61	71.22	94	11,454	9.0	7.07	11.44
<b>Sex</b>										
Male	514	61,065	61.8	56.29	67.07	92	10,732	10.9	7.66	15.19
Female	586	68,176	68.5	59.93	76.02	78	9,640	9.7	5.92	15.46
<b>Form</b>										
Form 1	196	22,579	53.0	36.78	68.57	80	9,286	21.8	9.65	42.08
Form 2	213	24,559	60.8	49.20	71.21	35	4,185	10.4	5.34	19.13
Form 3	223	27,057	66.5	54.98	76.40	24	2,863	7.0	3.61	13.28
Form 4	179	26,311	69.4	59.55	77.74	18	2,748	7.2	4.06	12.61
Form 5	289	28,735	78.5	72.64	83.34	13	1,290	3.5	1.65	7.37

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

Socio-demographic characteristics	Don't Know				
	Unweighted Count	Estimated Populatio	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	411	48,636	24.5	20.81	28.68
<b>Locality of school</b>					
Urban	158	18,260	25.6	17.90	35.25
Rural	253	30,376	23.9	20.45	27.78
<b>Sex</b>					
Male	225	26,968	27.3	24.35	30.47
Female	186	21,668	21.8	16.32	28.45
<b>Form</b>					
Form 1	95	10,755	25.2	18.37	33.61
Form 2	103	11,682	28.9	20.11	39.62
Form 3	89	10,746	26.4	18.52	36.21
Form 4	59	8,856	23.4	17.27	30.79
Form 5	65	6,597	18.0	14.15	22.65



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

Socio-demographic characteristics	Yes					No				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
<b>SABAH</b>	379	45,028	22.7	19.30	26.44	1,304	153,591	77.3	73.56	80.70
<b>Locality of school</b>										
Urban	149	17,608	24.7	20.48	29.45	453	53,708	75.3	70.55	79.52
Rural	230	27,420	21.5	17.13	26.71	851	99,883	78.5	73.29	82.87
<b>Sex</b>										
Male	191	22,928	23.2	20.47	26.13	641	76,004	76.8	73.87	79.53
Female	188	22,100	22.2	17.50	27.67	663	77,587	77.8	72.33	82.50
<b>Form</b>										
Form 1	100	11,412	26.8	22.40	31.67	271	31,207	73.2	68.33	77.60
Form 2	91	10,358	25.6	20.11	32.04	260	30,069	74.4	67.96	79.89
Form 3	68	8,122	20.0	14.74	26.48	268	32,544	80.0	73.52	85.26
Form 4	62	9,279	24.2	19.15	30.19	196	28,989	75.8	69.81	80.85
Form 5	58	5,857	16.0	11.93	21.08	309	30,783	84.0	78.92	88.07

**Table 3.5.4: Timing of last dental visit among Form 1 to Form 5 students in Sabah, 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
<b>SABAH</b>	611	71,938	36.2	30.33	42.55	139	16,593	8.4	6.90	10.08
<b>Locality of school</b>										
Urban	244	29,202	40.9	27.49	55.89	48	5,687	8.0	5.72	11.01
Rural	367	42,736	33.6	29.71	37.67	91	10,906	8.6	6.80	10.75
<b>Sex</b>										
Male	274	33,157	33.5	27.30	40.26	74	8,828	8.9	6.99	11.29
Female	337	38,782	39.0	31.67	46.78	65	7,765	7.8	6.20	9.78
<b>Form</b>										
Form 1	113	13,209	31.1	25.49	37.28	28	3,192	7.5	4.84	11.47
Form 2	115	13,251	32.7	24.63	41.86	21	2,235	5.5	2.94	10.10
Form 3	125	15,171	37.3	25.80	50.46	27	3,295	8.1	5.67	11.46
Form 4	99	14,771	38.6	28.67	49.57	32	4,794	12.5	8.20	18.66
Form 5	159	15,537	42.4	36.33	48.76	31	3,077	8.4	4.25	15.92

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

Socio-demographic characteristics	More than 24 months ago					Never				
	Unweighted Count	Estimated Populatio	Prevalence (%)	95% CI		Unweighted Count	Estimated Populatio	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
<b>SABAH</b>	109	12,456	6.3	4.14	9.39	138	16,617	8.4	5.88	11.77
<b>Locality of school</b>										
Urban	49	5,457	7.7	3.34	16.59	37	4,685	6.6	2.58	15.72
Rural	60	6,998	5.5	3.93	7.63	101	11,932	9.4	6.87	12.66
<b>Sex</b>										
Male	59	6,758	6.8	4.41	10.41	80	9,418	9.5	6.90	12.95
Female	50	5,698	5.7	3.46	9.33	58	7,199	7.2	4.45	11.55
<b>Form</b>										
Form 1	36	4,061	9.6	5.50	16.11	36	4,154	9.8	7.97	11.94
Form 2	20	2,228	5.5	2.93	10.06	37	4,359	10.7	6.37	17.56
Form 3	21	2,466	6.1	2.80	12.65	32	3,716	9.1	4.89	16.43
Form 4	12	1,810	4.7	2.50	8.76	17	2,612	6.8	2.57	16.89
Form 5	20	1,890	5.2	2.46	10.49	16	1,776	4.8	2.56	8.99

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

Socio-demographic characteristics	Don't know				
	Unweighted Count	Estimated Populatio	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	686	81,020	40.8	35.86	45.91
<b>Locality of school</b>					
Urban	224	26,303	36.9	27.05	47.92
Rural	462	54,717	43.0	38.54	47.55
<b>Sex</b>					
Male	346	40,914	41.3	35.78	47.04
Female	340	40,106	40.3	33.45	47.52
<b>Form</b>					
Form 1	157	17,881	42.1	37.05	47.27
Form 2	159	18,498	45.6	37.35	54.09
Form 3	131	16,017	39.4	28.97	50.87
Form 4	98	14,281	37.3	29.70	45.62
Form 5	141	14,344	39.2	31.42	47.50

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

Socio-demographic characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>Sabah</b>	750	88,532	44.6	38.40	50.90
<b>Locality of school</b>					
Urban	292	34,889	48.9	34.30	63.70
Rural	458	53,643	42.1	38.00	46.40
<b>Sex</b>					
Male	348	41,985	42.4	36.50	48.40
Female	402	46,547	46.8	38.60	55.10
<b>Form</b>					
Form 1	141	16,400	38.6	32.10	45.50
Form 2	136	15,486	38.2	28.60	48.70
Form 3	152	18,466	45.4	33.90	57.40
Form 4	131	19,565	51.1	40.10	62.00
Form 5	190	18,614	50.8	42.70	58.90

**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 Sabah, 2017**

Socio-demographic characteristics	Yes					No				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
<b>SABAH</b>	212	25,543	12.9	9.42	17.30	1,472	173,107	87.1	82.70	90.58
<b>Locality of school</b>										
Urban	43	5,234	7.3	4.08	12.81	560	66,197	92.7	87.19	95.92
Rural	169	20,308	16.0	12.00	20.92	912	106,910	84.0	79.08	88.00
<b>Sex</b>										
Male	121	14,605	14.7	11.12	19.28	712	84,470	85.3	80.72	88.88
Female	91	10,938	11.0	7.60	15.63	760	88,638	89.0	84.37	92.40
<b>Form</b>										
Form 1	55	6,295	14.8	9.33	22.60	316	36,316	85.2	77.40	90.67
Form 2	45	5,378	13.3	8.73	19.63	307	35,192	86.7	80.37	91.27
Form 3	43	5,351	13.2	7.30	22.58	293	35,314	86.8	77.42	92.70
Form 4	30	4,635	12.2	6.43	21.85	227	33,447	87.8	78.15	93.57
Form 5	39	3,884	10.6	5.97	18.05	329	32,838	89.4	81.95	94.03

**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 Sabah, 2017**

Socio-demographic characteristics	Yes					No				
	Unweighted Count	Estimated Populatio	Prevalence (%)	95% CI		Unweighted Count	Estimated Populatio	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
<b>SABAH</b>	290	34,600	17.5	13.97	21.58	1,391	163,669	82.5	78.42	86.03
<b>Locality of school</b>										
Urban	92	10,831	15.3	13.48	17.21	508	60,186	84.7	82.79	86.52
Rural	198	23,769	18.7	13.66	25.01	883	103,482	81.3	74.99	86.34
<b>Sex</b>										
Male	145	17,119	17.3	12.98	22.79	685	81,566	82.7	77.21	87.02
Female	145	17,481	17.6	14.73	20.79	706	82,103	82.4	79.21	85.27
<b>Form</b>										
Form 1	75	8,586	20.1	13.35	29.24	296	34,033	79.9	70.76	86.65
Form 2	52	6,091	15.1	10.62	20.92	299	34,350	84.9	79.08	89.38
Form 3	66	7,889	19.5	14.49	25.77	268	32,516	80.5	74.23	85.51
Form 4	43	6,556	17.2	11.27	25.40	214	31,525	82.8	74.60	88.73
Form 5	54	5,477	14.9	11.83	18.64	314	31,244	85.1	81.36	88.17

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

Socio-demographic characteristics	Never or rarely use soap during hand washing					Sometimes				
	Unweighted Count	Estimated Populatio	Prevalence (%)	95% CI		Unweighted Count	Estimated Populatio	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
<b>SABAH</b>	194	22,800	11.5	9.03	14.48	428	50,264	25.3	23.09	27.64
<b>Locality of school</b>										
Urban	56	6,252	8.8	5.87	12.86	152	17,811	24.9	22.24	27.84
Rural	138	16,549	13.0	10.02	16.72	276	32,453	25.5	22.46	28.80
<b>Sex</b>										
Male	124	14,533	14.7	11.60	18.38	206	24,247	24.5	21.05	28.25
Female	70	8,267	8.3	6.16	11.09	222	26,017	26.1	23.40	29.03
<b>Form</b>										
Form 1	52	5,758	13.5	8.32	21.08	87	10,063	23.5	19.91	27.62
Form 2	42	4,986	12.3	7.54	19.40	81	9,339	23.0	18.83	27.82
Form 3	42	5,283	13.0	7.75	20.96	91	10,946	26.9	23.48	30.66
Form 4	23	3,287	8.6	5.40	13.51	65	9,683	25.4	22.72	28.34
Form 5	35	3,487	9.5	6.59	13.56	104	10,233	27.9	21.43	35.51

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

Socio-demographic characteristics	Most of the time or Always				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	1,062	125,623	63.2	59.32	66.96
<b>Locality of school</b>					
Urban	395	47,368	66.3	59.91	72.17
Rural	667	78,255	61.5	57.00	65.80
<b>Sex</b>					
Male	503	60,295	60.9	56.40	65.14
Female	559	65,328	65.6	60.77	70.10
<b>Form</b>					
Form 1	233	26,914	63.0	56.02	69.44
Form 2	229	26,246	64.7	57.64	71.15
Form 3	203	24,437	60.1	54.02	65.87
Form 4	169	25,112	65.9	60.53	70.97
Form 5	228	22,915	62.5	52.39	71.71

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

Socio-demographic characteristics	Never or rarely wash hands before eating					Sometimes				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
<b>SABAH</b>	97	11,501	5.8	4.23	7.87	202	23,964	12.1	10.03	14.44
<b>Locality of school</b>										
Urban	45	4,983	7.0	3.98	11.97	81	9,808	13.7	9.51	19.47
Rural	52	6,517	5.1	3.71	7.02	121	14,156	11.1	9.51	12.94
<b>Sex</b>										
Male	54	6,196	6.3	4.37	8.91	115	13,658	13.8	11.91	15.97
Female	43	5,305	5.3	3.62	7.74	87	10,305	10.3	7.63	13.81
<b>Form</b>										
Form 1	34	3,699	8.7	3.94	18.03	43	4,792	11.2	7.29	16.93
Form 2	14	1,699	4.2	1.73	9.87	52	5,994	14.8	11.32	19.18
Form 3	20	2,509	6.2	4.06	9.28	48	5,895	14.5	9.70	21.11
Form 4	14	2,092	5.5	3.20	9.19	27	4,039	10.6	7.91	13.96
Form 5	15	1,503	4.1	2.45	6.75	32	3,244	8.8	6.68	11.59

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

Socio-demographic characteristics	Most of the time or Always				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	1,385	163,268	82.2	78.74	85.13
<b>Locality of school</b>					
Urban	476	56,542	79.3	71.23	85.51
Rural	909	106,726	83.8	81.29	85.98
<b>Sex</b>					
Male	662	78,994	79.9	76.21	83.17
Female	723	84,274	84.4	80.12	87.85
<b>Form</b>					
Form 1	294	34,146	80.1	71.19	86.75
Form 2	285	32,748	81.0	74.55	86.08
Form 3	268	32,262	79.3	71.14	85.67
Form 4	217	32,136	84.0	79.84	87.40
Form 5	321	31,976	87.1	82.59	90.54

**Table 3.5.9: Prevalence of handwashing after using the toilet in the past 30 days among Form 1 to Form 5 students in Sabah, 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
<b>SABAH</b>	76	9,158	4.6	3.37	6.28	125	14,925	7.5	6.11	9.20
<b>Locality of school</b>										
Urban	24	2,687	3.8	2.16	6.49	43	5,281	7.4	5.27	10.30
Rural	52	6,471	5.1	3.53	7.26	82	9,644	7.6	5.84	9.76
<b>Sex</b>										
Male	52	6,077	6.1	4.70	7.96	70	8,312	8.4	6.91	10.15
Female	24	3,082	3.1	1.69	5.58	55	6,613	6.6	4.66	9.36
<b>Form</b>										
Form 1	23	2,468	5.8	3.63	9.07	34	3,779	8.8	5.72	13.43
Form 2	14	1,689	4.2	1.88	9.00	22	2,532	6.3	4.13	9.38
Form 3	16	2,101	5.2	2.53	10.31	26	3,196	7.9	5.22	11.71
Form 4	14	1,996	5.2	2.44	10.81	21	3,150	8.2	6.56	10.29
Form 5	9	905	2.5	1.41	4.29	22	2,268	6.2	4.24	8.93

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

Socio-demographic characteristics	Most of the time or Always				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	1,483	174,650	87.9	85.70	89.77
<b>Locality of school</b>					
Urban	535	63,364	88.8	87.44	90.08
Rural	948	111,286	87.4	84.00	90.08
<b>Sex</b>					
Male	711	84,687	85.5	83.46	87.29
Female	722	89,964	90.3	86.57	93.03
<b>Form</b>					
Form 1	315	34,487	85.4	79.08	90.02
Form 2	315	36,222	89.6	84.05	93.33
Form 3	293	35,271	86.9	81.05	91.20
Form 4	223	33,121	86.6	82.46	89.81
Form 5	337	33,548	91.4	87.57	94.07

### **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.<sup>1</sup> 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.<sup>2</sup>

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.<sup>3</sup> 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.<sup>4</sup> This questionnaire was validated in Bahasa Malaysia by Chong Guan et al in 2012 and was named Malay Version Internet Addiction Test (MVIAT).<sup>4</sup> 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 1678 secondary school students in Sabah who responded to this module, of which 404 students did not surf the internet for the past 30 days and 1,229 students completed the MVIAT. The overall prevalence of internet use was 75.9% (95% CI: 68.78, 81.89) with an estimated projection to 150,314 school-going adolescents. In terms of school locality, there was no significant difference in internet usage between students studying in urban areas (77.5%; 95% CI: 59.12, 89.09) and students from rural areas (75.1%; 95% CI: 69.03, 80.30). There were 74.6% (95% CI: 66.82, 81.00) male students and 77.3% (95% CI: 69.85, 83.38) female students used internet in the past 30 days in Sabah. 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 Sabah was 29.2% (95% CI: 24.01, 35.05). In terms of school locality, there was no significant difference in internet addiction between students studying in urban areas (32.8%; 95% CI: 21.36, 46.75) and students from rural areas (27.2%; 95% CI: 23.43, 31.36). There were 28.3% (95% CI: 22.91, 34.46) male students and 30.1% (95% CI: 23.86, 37.22) female students with positive MVIAT (**Table 3.3.2**). Form 5 students were observed as having the highest prevalence of internet addiction in Sabah. 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 in Sabah was significantly lower than the national prevalence while the prevalence of internet addiction did not differ significantly compared to the national prevalence. Students in higher forms were observed as having higher prevalence of internet usage, however there were no significant differences in terms of school locality and sex of the respondents. There was also no significant difference in the prevalence of internet addiction by school locality and sex of the respondents. However, students in higher forms 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 Sabah, 2017**

Socio-demographic characteristics	Internet Users				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	1,274	150,314	75.9	68.78	81.89
<b>Locality of school</b>					
Urban	461	55,148	77.5	59.12	89.09
Rural	813	95,166	75.1	69.03	80.30
<b>Sex</b>					
Male	612	73,554	74.6	66.82	81.00
Female	662	76,759	77.3	69.85	83.38
<b>Form</b>					
Form 1	191	22,094	52.3	38.17	66.06
Form 2	258	29,587	73.1	60.77	82.69
Form 3	263	31,786	78.4	65.65	87.34
Form 4	225	33,481	88.2	80.90	92.95
Form 5	337	33,365	90.9	81.42	95.75

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

Socio-demographic characteristics	Positive MVIAT				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	490	57,849	29.2	24.01	35.05
<b>Locality of school</b>					
Urban	196	23,361	32.8	21.36	46.75
Rural	294	34,488	27.2	23.43	31.36
<b>Sex</b>					
Male	231	27,949	28.3	22.91	34.46
Female	259	29,900	30.1	23.86	37.22
<b>Form</b>					
Form 1	40	4,421	10.5	6.99	15.38
Form 2	83	9,600	23.7	16.30	33.19
Form 3	109	13,194	32.5	22.28	44.82
Form 4	100	14,960	39.4	30.51	49.07
Form 5	158	15,674	42.7	34.69	51.08

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

Type of Devices	Unweighted Percentage		95% CI	
	Count	(%)	Lower	Upper
Smartphone	1,213	95.2	92.83	96.84
Computer, Laptop, Notebook	692	53.8	45.34	62.05
Tablet, Ipad use	314	24.7	20.12	30.00

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

Type of Devices	Unweighted Percentage		95% CI	
	Count	(%)	Lower	Upper
Smartphone	469	95.6	93.00	97.21
Computer, Laptop, Notebook	293	59.7	49.32	69.23
Tablet, Ipad use	138	28.72	24.21	33.71

### 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.<sup>1</sup> 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%.<sup>2</sup> In particular, WHO reported that suicide is the second leading cause of death among those youth.<sup>3</sup> In 2011, NHMS observed that 2.4% of youth 16-24 years reported suicidal ideation.<sup>4</sup>

#### 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, 10.1% (95% CI: 8.67, 11.73) of secondary school students in Sabah reported felt lonely “most of the time or always” (**Table 3.7.1**). A total of 8.0% (95% CI: 6.24, 10.30) 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 9.8% (95%CI: 8.62, 11.19), 7.3% (95% CI: 6.12, 8.75), and 6.3% (95% CI: 4.44, 8.79) students, respectively (**Table 3.7.3, Table 3.7.4 &Table 3.7.5**). Suicidal ideation was observed as higher among female students as compared to male students (12.6% vs 7.0%). **Table 3.7.6** showed that 2.4% (95% CI: 1.38, 4.30) of the students had no close friend.

### 3.7.5 Discussion/ Conclusion

The prevalence of lonely and inability to sleep due to worry among secondary school students in Sabah increased from 8.8% and 6.9% in 2012<sup>5</sup> to 10.1% and 8.0% in this current survey. However, this survey noted reduced prevalence of ““has no close friend”” from 3.2% in 2012<sup>5</sup> to 2.4%. Suicidal ideation was noted as increased from 8.8% in 2012<sup>5</sup> to 9.8% in this current survey, while suicidal plan and attempts reduced from 7.9% to 7.3%, and 7.2% to 6.3%, respectively. The prevalence of suicidal behaviours in 2017 was lower than the national figures. However, this data should be interpreted with caution as the 2012 prevalence was inclusive of Sabah and WP Labuan and not only Sabah as in the current survey.

### 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 Sabah, 2017**

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	168	20,085	10.1	8.67	11.73
<b>Locality of school</b>					
Urban	65	7,736	10.8	7.77	14.90
Rural	103	12,349	9.7	8.50	11.01
<b>Sex</b>					
Male	68	8,106	8.2	6.51	10.23
Female	100	11,979	12.0	9.40	15.18
<b>Form</b>					
Form 1	34	3,766	8.8	5.20	14.55
Form 2	30	3,420	8.4	5.68	12.33
Form 3	37	4,504	11.1	8.43	14.42
Form 4	35	5,188	13.6	9.93	18.25
Form 5	32	3,206	8.7	5.80	12.94

**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 Sabah, 2017**

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	133	15,974	8.0	6.24	10.30
<b>Locality of school</b>					
Urban	50	5,979	8.4	4.46	15.19
Rural	83	9,996	7.8	6.69	9.17
<b>Sex</b>					
Male	50	5,965	6.0	4.41	8.21
Female	83	10,010	10.0	7.24	13.72
<b>Form</b>					
Form 1	23	2,680	6.3	4.72	8.32
Form 2	22	2,645	6.5	3.77	11.11
Form 3	38	4,510	11.1	6.73	17.74
Form 4	20	3,153	8.2	4.52	14.55
Form 5	30	2,986	8.1	5.71	11.45

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	162	19,522	9.8	8.62	11.19
<b>Locality of school</b>					
Urban	64	7,680	10.8	9.42	12.27
Rural	98	11,842	9.3	7.72	11.19
<b>Sex</b>					
Male	58	6,905	7.0	4.94	9.81
Female	104	12,618	12.6	10.82	14.73
<b>Form</b>					
Form 1	40	4,615	10.8	5.82	19.24
Form 2	29	3,304	8.1	5.88	11.18
Form 3	35	4,359	10.7	7.20	15.68
Form 4	30	4,422	11.6	8.59	15.37
Form 5	28	2,823	7.8	4.64	12.71

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	120	14,558	7.3	6.12	8.75
<b>Locality of school</b>					
Urban	43	5,249	7.4	6.09	8.86
Rural	77	9,309	7.3	5.62	9.44
<b>Sex</b>					
Male	44	5,453	5.5	3.57	8.43
Female	76	9,105	9.1	7.40	11.19
<b>Form/ Class</b>					
Form 1	24	2,868	6.74	3.92	11.35
Form 2	23	2,644	6.52	4.34	9.67
Form 3	35	4,347	10.69	6.94	16.12
Form 4	20	2,942	7.69	4.91	11.83
Form 5	18	1,757	4.78	2.39	9.33

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	103	12,454	6.3	4.44	8.79
<b>Locality of school</b>					
Urban	27	3,220	4.5	3.07	6.62
Rural	76	9,234	7.3	4.79	10.84
<b>Sex</b>					
Male	53	6,290	6.4	3.69	10.73
Female	50	6,164	6.2	5.06	7.56
<b>Form</b>					
Form 1	39	4,437	10.4	6.29	16.83
Form 2	16	1,966	4.8	2.48	9.26
Form 3	23	2,913	7.2	3.13	15.74
Form 4	13	1,927	5.0	3.16	7.93
Form 5	12	1,210	3.3	1.25	8.42

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	42	4,848	2.4	1.38	4.30
<b>Locality of school</b>					
Urban	13	1,249	1.8	0.33	8.78
Rural	29	3,599	2.8	1.75	4.54
<b>Sex</b>					
Male	29	3,306	3.4	1.58	6.95
Female	13	1,542	1.6	0.81	2.97
<b>Form</b>					
Form 1	21	2,179	5.2	1.96	12.94
Form 2	4	481	1.2	0.50	2.79
Form 3	10	1,203	3.0	1.24	6.94
Form 4	6	884	2.3	1.11	4.82
Form 5	1	100	0.3	0.03	2.59

### 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.<sup>1</sup> It is an important contributor to major non-communicable diseases.<sup>2,3</sup> Sufficient physical activity has substantial health benefits for children and adolescents in terms of improving cardiovascular health<sup>4</sup>, mental health<sup>5</sup> and academic performance<sup>6</sup>. 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 1680 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 18.4% (95% CI: 16.65, 20.35), with an estimated projection to 36,521 school-going adolescents. In terms of school locality, it was higher in urban areas [19.2% (95% CI: 16.20, 22.50)] compared to rural areas [18.0% (95% CI: 15.85, 20.41)]. By sex, the prevalence was significantly

higher in males [23.5% (95% CI: 20.77, 26.56)] than in females [13.4% (95% CI: 11.21, 15.82)]. Form 5 had the highest prevalence [22.7% (95% CI: 18.75, 27.28)], followed by Form 4 [21.8% (95% CI: 17.34, 27.10)] and Form 3 [17.9% (95% CI: 14.19, 22.35)] (**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 43.1% (95% CI: 40.78, 45.42). In terms of school locality, it was significantly higher in urban areas [53.4% (95% CI: 49.47, 57.23)] compared to rural areas [37.3% (95% CI: 34.49, 40.26)]. By sex, the prevalence among males [41.4% (95% CI: 38.17, 44.77)] was lower than females [44.7% (95% CI: 41.50, 48.01)]. Form 5 had the highest prevalence [53.6% (95% CI: 48.47, 58.71)], followed by Form 4 [53.1% (95% CI: 47.15, 59.03)] and Form 3 [47.1% (95% CI: 41.90, 52.28)] (**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 Sabah [18.4% (95% CI: 16.65, 20.35)] was lower than the national prevalence [19.8% (95% CI: 19.21, 20.40)] and the previous Sabah GSHS 2012<sup>7</sup> [21.0% (95% CI: 17.22, 25.41)]. Male students were more active than female students. However, there were no significant differences in terms of school locality and form. The prevalence of students who spent at least three hours in sitting activities in a typical or usual day [43.1% (95% CI: 40.78, 45.42)] was lower than the national prevalence [50.1% (95% CI: 49.38, 50.85)] but higher than the previous Sabah GSHS 2012<sup>7</sup> [42.3% (95% CI: 34.01, 51.03)]. It was significantly higher in urban areas. However, there were no significant differences in terms of sex 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 Sabah 2017**

Socio-demographic characteristics	Physically Active for at least 5 days or more				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	308	36,521	18.4	16.65	20.35
<b>Locality of school</b>					
Urban	111	13,613	19.2	16.20	22.50
Rural	197	22,909	18.0	15.85	20.41
<b>Sex</b>					
Male	193	23,233	23.5	20.77	26.56
Female	115	13,288	13.4	11.21	15.82
<b>Form</b>					
Form 1	55	6,457	15.1	11.82	19.21
Form 2	54	6,176	15.3	11.84	19.49
Form 3	58	7,239	17.9	14.19	22.35
Form 4	59	8,323	21.8	17.34	27.10
Form 5	82	8,326	22.7	18.75	27.28

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

Socio-demographic characteristics	spending at least 3 hours on sedentary activities				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	726	85,398	43.1	40.78	45.42
<b>Locality of school</b>					
Urban	319	37,967	53.4	49.47	57.23
Rural	407	47,431	37.3	34.49	40.26
<b>Sex</b>					
Male	345	40,895	41.4	38.17	44.77
Female	381	44,503	44.7	41.50	48.01
<b>Form</b>					
Form 1	105	11,869	27.8	23.50	32.65
Form 2	128	14,646	36.2	31.29	41.43
Form 3	159	19,083	47.1	41.90	52.28
Form 4	134	20,162	53.1	47.15	59.03
Form 5	200	19,638	53.6	48.47	58.71

### 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.<sup>1</sup> 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.<sup>2</sup> Protective factor could help avoid unhealthy behaviours such as violence, sexual risk behaviours, tobacco use and drug abuse.<sup>3</sup> 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.<sup>4</sup>

#### 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 Sabah, the prevalence of truancy among students in the past 30 days was 35.6% (95% CI: 28.13, 43.91) of which males was 39.5% (95% CI: 31.43, 48.10) and females was 31.8% (95% CI: 24.26, 40.50). Prevalence of truancy according to forms was 38.7% (95% CI: 30.37, 47.69), 31.0% (95% CI: 21.40, 42.69), 36.3% (95% CI: 25.79, 48.38), 39.6% (95% CI: 22.17, 60.25) and 32.2% (95% CI: 22.03, 44.39) from Form 1 to Form 5 respectively (**Table 3.9.1**).

Overall, prevalence of having peer support among students in Sabah was 44.5% (95% CI: 40.25, 48.88); of which 35.8% (95% CI: 30.44, 41.61) in males and 53.1% (95% CI: 48.40, 57.83) in females (**Table 3.9.2**). Total prevalence of having parental or guardian supervision was 15.0% (95% CI: 11.90, 18.63) which was 17.9% (95% CI: 14.28, 22.11) in males and 12.1% (95% CI: 8.61, 16.67) in females (**Table 3.9.3**). The overall prevalence of having parental or guardian connectedness was 32.4% (95% CI: 29.09, 35.93) of which 32.3% (95% CI: 28.02, 36.91) in males and 32.5% (95% CI: 28.60, 36.72) in females (**Table 3.9.4**). The overall prevalence of having parental or guardian bonding was 37.3% (95% CI: 33.86, 40.77) which was 35.4% (95% CI: 31.48, 39.60) in males and 39.0% (95% CI: 35.06, 43.19) in females (**Table 3.9.5**). A total of 72.1% (95% CI: 68.85, 75.15) students reported having parental or guardian respect for privacy, 69.4% (95% CI: 64.39, 74.07) in males and 74.8% (95% CI: 72.58, 76.82) in females (**Table 3.9.6**).

### 3.9.5 Discussions/ Conclusion

Prevalence for parental bonding for the past 30 days in Sabah showed significantly lower compared to the national prevalence. However, prevalence of truancy and other protective factors (peer support, parental or guardian supervision, parental or guardian connectedness and

parental or guardian respect for privacy) among students in Sabah within the past 30 days shows 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 Sabah GSHS 2012.<sup>5</sup>

### **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 Sabah, 2017**

Socio-demographic Characteristics	Truancy				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	591	70,853	35.6	28.13	43.91
<b>Locality of school</b>					
Urban	185	21,623	30.3	18.66	45.22
Rural	406	49,231	38.6	29.96	48.04
<b>Sex</b>					
Male	326	39,093	39.5	31.43	48.10
Female	265	31,760	31.8	24.26	40.50
<b>Form</b>					
Form 1	145	16,485	38.7	30.37	47.69
Form 2	106	12,597	31.0	21.40	42.69
Form 3	121	14,775	36.3	25.79	48.38
Form 4	102	15,172	39.6	22.17	60.25
Form 5	117	11,824	32.2	22.03	44.39

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

Socio-demographic Characteristics	*Most of the time or always				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	755	88,381	44.5	40.25	48.88
<b>Locality of school</b>					
Urban	271	32,566	45.7	42.13	49.24
Rural	484	55,814	43.9	37.61	50.35
<b>Sex</b>					
Male	298	35,418	35.8	30.44	41.61
Female	457	52,963	53.1	48.40	57.83
<b>Form</b>					
Form 1	146	17,290	40.7	31.94	50.03
Form 2	156	17,752	43.9	32.57	55.87
Form 3	147	17,612	43.3	33.35	53.83
Form 4	112	16,771	43.8	34.59	53.51
Form 5	194	18,956	51.8	46.58	56.94

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

Socio-demographic Characteristics	*Most of the time or always				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	247	29,700	15.0	11.90	18.63
<b>Locality of school</b>					
Urban	78	9,204	12.9	8.70	18.79
Rural	169	20,496	16.1	12.33	20.72
<b>Sex</b>					
Male	145	17,675	17.9	14.28	22.11
Female	102	12,025	12.1	8.61	16.67
<b>Form</b>					
Form 1	69	7,831	18.4	14.24	23.50
Form 2	65	7,319	18.0	13.97	22.98
Form 3	48	6,073	15.0	9.70	22.42
Form 4	35	5,299	13.8	9.02	20.66
Form 5	30	3,178	8.7	4.93	14.75

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

Socio-demographic Characteristics	*Most of the time or always				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	548	64,211	32.4	29.09	35.93
<b>Locality of school</b>					
Urban	178	20,815	29.3	25.05	33.87
Rural	370	43,397	34.2	30.17	38.44
<b>Sex</b>					
Male	267	31,839	32.3	28.02	36.91
Female	281	32,373	32.5	28.60	36.72
<b>Form</b>					
Form 1	115	13,270	31.3	24.71	38.75
Form 2	138	15,710	39.2	32.80	45.90
Form 3	98	11,777	29.0	23.71	34.84
Form 4	88	12,832	33.5	25.94	42.08
Form 5	109	10,623	29.0	21.55	37.80

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

Socio-demographic Characteristics	*Most of the time or always				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	625	73,677	37.3	33.86	40.77
<b>Locality of school</b>					
Urban	234	28,025	39.5	33.96	45.26
Rural	391	45,652	36.0	32.03	40.19
<b>Sex</b>					
Male	291	34,908	35.4	31.48	39.60
Female	334	38,769	39.0	35.06	43.19
<b>Form</b>					
Form 1	121	14,018	33.0	26.32	40.42
Form 2	128	14,453	36.1	28.33	44.77
Form 3	112	13,446	33.1	27.10	39.62
Form 4	119	17,549	46.0	40.68	51.46
Form 5	145	14,212	38.9	32.28	45.99

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

Socio-demographic Characteristics	Never or rarely				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	1,214	142,381	72.1	68.85	75.15
<b>Locality of school</b>					
Urban	451	53,154	75.3	71.96	78.45
Rural	763	89,227	70.3	66.22	74.09
<b>Sex</b>					
Male	577	68,387	69.4	64.39	74.07
Female	637	73,995	74.8	72.58	76.82
<b>Form</b>					
Form 1	257	29,446	69.4	65.10	73.48
Form 2	256	29,526	73.5	68.34	78.16
Form 3	255	30,747	76.1	66.45	83.59
Form 4	173	25,720	67.7	59.59	74.84
Form 5	273	26,943	73.8	67.39	79.40

### **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.<sup>1</sup> It was also reported that the highest rate of Sexual Transmitted Illness (STI) worldwide are among young people aged 15 to 24 years.<sup>2</sup> 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.<sup>2,3</sup>

#### **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 Sabah was 7.5% (95% CI: 6.20, 8.96). Prevalence of ever-had sex among male students were 8.6% (95% CI: 6.38, 11.47) while female students were at 6.3% (95% CI: 4.96, 8.08). Form 1 students showed the highest prevalence of 11.5% (95% CI: 7.12, 18.13) (**Table 3.10.1**). The prevalence of Form 1 to Form 5 students that were currently having sexual intercourse in Sabah was 5.0% (95% CI: 3.87, 6.46). Form 1 students showed the highest prevalence of 6.4% (95% CI: 3.91, 10.40) compared to other forms (**Table 3.10.2**).

Of those who ever-had sex, 33.4% (95% CI: 22.84, 45.87) of them had sex before the age of 14 years. Form 3 students showed the highest percentage at 47.3% (95% CI: 24.14, 71.72) (**Table 3.10.3**). It was noted that 21.9% (95% CI: 15.59, 29.79) of those who were ever-had sex, had at least two sexual partners in which, male students were 32.7% (95% CI: 22.34, 45.15) and females were 7.3% (95% CI: 2.74, 18.23) (**Table 3.10.4**). Only 15.9% (95% CI: 9.82, 24.77) of those who ever-had sex used a condom during their last sexual intercourse while 16.6% (95% CI: 10.04, 26.24) 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 Sabah AHS 2017 (7.5%) was higher as compared to the national prevalence in 2017 (7.3%) and not comparable with the previous GSHS in 2012<sup>4</sup> as the respondents from WP Labuan were included in the samples.

### **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

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

Socio-demographic characteristics	ever had sexual intercourse				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	126	14,813	7.5	6.20	8.96
<b>Locality of school</b>					
Urban	56	6,634	9.3	7.17	12.04
Rural	70	8,179	6.4	5.11	8.04
<b>Sex</b>					
Male	74	8,474	8.6	6.38	11.47
Female	52	6,339	6.3	4.96	8.08
<b>Form</b>					
Form 1	45	4,894	11.5	7.12	18.13
Form 2	21	2,427	6.0	4.37	8.14
Form 3	15	1,879	4.6	1.87	10.95
Form 4	17	2,610	6.8	4.62	10.01
Form 5	28	3,003	8.2	4.63	14.03

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

Socio-demographic characteristics	current sexual intercourse				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	84	9,963	5.0	3.87	6.46
<b>Locality of school</b>					
Urban	40	4,839	6.8	4.87	9.35
Rural	44	5,123	4.0	2.87	5.61
<b>Sex</b>					
Male	45	5,266	5.3	4.06	6.95
Female	39	4,696	4.7	3.15	6.97
<b>Form</b>					
Form 1	25	2,749	6.4	3.91	10.40
Form 2	16	1,840	4.5	3.16	6.47
Form 3	10	1,249	3.1	1.01	9.01
Form 4	13	2,024	5.3	3.32	8.37
Form 5	20	2,101	5.7	2.80	11.34

**Table 3.10.3 : Percentage of first sex before the age of 14 years among those who ever had sex in students Form 1 to Form 5, Sabah 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
<b>SABAH</b>	42	4,912	33.4	22.84	45.87
<b>Locality of school</b>					
Urban	12	1,363	20.6	11.55	33.88
Rural	30	3,548	43.4	27.56	60.69
<b>Sex</b>					
Male	30	3,450	40.7	27.77	55.08
Female	12	1,462	23.1	10.08	44.50
<b>Form</b>					
Form 1	20	2,180	44.5	24.25	66.84
Form 2	6	699	28.8	15.74	46.69
Form 3	7	889	47.3	24.14	71.72
Form 4	3	417	16.0	3.23	52.08
Form 5	6	726	24.2	10.10	47.47

**Table 3.10.4 : Percentage of having at least two sexual partners among student who ever had sex Form 1 to Form 5, Sabah 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
<b>SABAH</b>	29	3,239	21.9	15.59	29.79
<b>Locality of school</b>					
Urban	12	1,260	19.0	10.76	31.31
Rural	17	1,980	24.2	14.94	36.73
<b>Sex</b>					
Male	25	2,774	32.7	22.34	45.15
Female	4	465	7.3	2.74	18.23
<b>Form</b>					
Form 1	11	1,103	22.5	9.67	44.15
Form 2	3	338	13.9	4.15	37.66
Form 3	5	638	33.9	18.44	53.86
Form 4	2	270	10.4	2.21	37.14
Form 5	8	891	29.7	12.68	55.05

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, Sabah 2017

Socio-demographic characteristics	condom use				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	21	2,342	15.9	9.82	24.77
<b>Locality of school</b>					
Urban	7	749	11.3	5.90	20.51
Rural	14	1,593	19.7	10.16	34.78
<b>Sex</b>					
Male	15	1,584	18.9	9.90	33.10
Female	6	758	12.0	4.43	28.51
<b>Form</b>					
Form 1	11	1,215	25.3	10.80	48.74
Form 2	2	220	9.0	2.19	30.59
Form 3	1	131	7.0	0.83	40.10
Form 4	1	169	6.5	0.97	32.67
Form 5	6	608	20.2	7.17	45.45

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, Sabah 2017

Socio-demographic characteristics	other birth control methods				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	21	2,461	16.6	10.04	26.24
<b>Locality of school</b>					
Urban	10	1,107	16.7	11.81	23.04
Rural	11	1,354	16.6	6.81	35.03
<b>Sex</b>					
Male	15	1,675	19.8	11.58	31.66
Female	6	786	12.4	4.90	28.02
<b>Form</b>					
Form 1	9	998	20.4	8.44	41.55
Form 2	2	256	10.6	2.89	31.88
Form 3	3	386	20.5	7.51	45.18
Form 4	2	302	11.6	3.43	32.60
Form 5	5	519	17.3	7.46	35.15

### **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.<sup>1</sup> 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 20.5% (95% CI: 16.72, 24.88) (**Table 3.11.1**). The prevalence was significantly higher among males (33.0%; 95% CI: 26.16, 40.68) as compared to females (8.1%; 95% CI 6.00, 10.81). Form 4 students had the highest prevalence of 23.0% (95% CI: 12.82, 37.74) with no significant difference across all forms.

The prevalence of current cigarettes smokers was 18.8% (95% CI: 15.03, 23.19) (**Table 3.11.2**). The prevalence was significantly higher in males (30.9%; 95% CI: 23.89, 38.82) than females (6.8%; 95% CI: 4.93, 9.27). Form 4 students reported highest prevalence (21.4%; 95% CI 11.20, 36.90) but no significant difference compared to the other forms. Among those who ever smoked cigarettes, 65.1% (95%CI: 56.06, 73.17) had first tried a cigarette before the age of 14 years, with no significant difference by gender (**Table 3.11.6**).

Overall, 29.1% (95% CI: 24.38, 34.37) currently use any tobacco products (**Table 3.11.3**). Males (45.1%; 95% CI: 36.52, 53.95) had significantly higher prevalence compared to females (13.3%; 95% CI: 10.84, 16.19). Form 3 students reported highest prevalence (31.7%; 95% CI 21.99, 43.33) compared to the other forms.

The prevalence of using shisha/hookah in the past 30 days was 5.0% (95% CI: 3.66, 6.69) (**Table 3.11.5**). Males (6.9%; 95% CI: 4.77, 9.88) had significantly higher prevalence compared to females (3.0%; 95% CI: 2.06, 4.43). The prevalence of traditional rolled cigarette use was 6.0% (95% CI: 3.83, 9.14) (**Table 3.11.5**). Males (8.8%; 95% CI: 5.25, 14.49) had significantly higher prevalence compared to females (3.1%; 95% CI: 1.94, 4.87). The prevalence of rolled your own was 5.0% (95% CI: 3.78, 6.68) (**Table 3.11.5**). Males (7.6%; 95% CI: 5.54, 10.23) had significantly higher prevalence compared to females (2.5%; 95% CI: 1.58, 4.06). 2.8% (95% CI: 2.16, 3.76) of the students used cigar and there was no significant difference across gender (**Table 3.11.5**). The prevalence of using pipe was 2.7% (95% CI: 1.87, 3.77) with no significant difference across gender (**Table 3.11.5**).

Among those who smoked cigarettes in the past 12 months, 83.5% (95% CI: 75.76, 89.12) had tried to stop smoking with no significant difference across gender (**Table 3.11.8**). Form 4 students had the highest prevalence (91.8%; 95% CI 70.50, 98.11) compared to the other forms.

A total of 48.1% (95% CI: 42.43, 53.73) reported having been exposed to people who smoked in their presence in the past 7 days (**Table 3.11.10**). Males (56.8%; 95% CI: 49.99, 63.44) had significantly higher prevalence compared to females (39.4%; 95% CI: 33.34, 45.71). Form 5 students reported highest prevalence (61.7%; 95% CI 52.86, 69.90) compared to other forms.

Overall, 43.5% (95% CI: 40.16, 47.00) 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 3 students had the highest prevalence (48.1%; 95% CI 41.18, 55.01) compared to other forms.

The prevalence of current E-cigarette use was 13.8% (95% CI: 10.87, 17.44) (**Table 3.11.4**). Males reported significantly higher prevalence 23.1% (95% CI: 17.71, 29.45) compared to females 4.7% (95% CI: 3.28, 6.63). Form 4 students had the highest prevalence (14.9%; 95% CI 7.85, 26.57) compared to the other forms. Among those who ever smoked e-cigarette/vape, 43.8% (95%CI: 33.15, 55.08) 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, 68.6% (95% CI: 61.36, 75.04) had tried to stop using e-cigarette/vape (**Table 3.11.9**). There was no significant difference across gender. Form 5 students had the highest prevalence (75.7%; 95% CI 58.41, 87.39) compared to other forms.

Overall, 16.4% (95% CI: 13.16, 20.36) 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 (19.3%; 95% CI 13.66, 26.60) compared to other form.

The prevalence of chewing tobacco was 3.7% (95% CI: 2.43, 5.66) with no significant difference across gender (**Table 3.11.5**). The prevalence of snuff use was 8.3% (95% CI: 6.26, 10.82) (**Table 3.11.5**). Males (11.5%; 95% CI: 8.52, 15.45) had significantly higher prevalence compared to females (5.0%; 95% CI: 3.45, 7.21).

### **3.11.5 Discussion/Conclusion**

The prevalence of cigarette smoking in Sabah was significantly higher compared to the national prevalence. However, 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 7 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 Form 1 to Form 5 students in Sabah, 2017**

Socio-Demographic Characteristics	Current Smokers				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	337	40,784	20.5	16.72	24.88
<b>Locality of school</b>					
Urban	111	13,019	18.2	12.94	25.06
Rural	226	27,765	21.8	17.08	27.33
<b>Sex</b>					
Male	273	32,710	33.0	26.16	40.68
Female	64	8,075	8.1	6.00	10.81
<b>Form</b>					
Form 1	77	8,446	19.8	13.55	27.91
Form 2	58	7,064	17.4	9.93	28.72
Form 3	74	9,169	22.5	12.73	36.75
Form 4	60	8,798	23.0	12.82	37.74
Form 5	68	7,308	19.9	12.70	29.80

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

Socio-Demographic Characteristics	Current Cigarette Smokers				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	307	37,346	18.8	15.03	23.19
<b>Locality of school</b>					
Urban	102	12,079	16.9	11.18	24.77
Rural	205	25,267	19.8	15.33	25.21
<b>Sex</b>					
Male	254	30,570	30.9	23.89	38.82
Female	53	6,776	6.8	4.93	9.27
<b>Form</b>					
Form 1	68	7,544	17.7	12.56	24.25
Form 2	53	6,485	16.0	8.89	27.05
Form 3	65	8,137	20.0	11.15	33.27
Form 4	56	8,172	21.4	11.20	36.90
Form 5	65	7,009	19.1	12.25	28.51

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

Socio-Demographic Characteristics	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	477	57,936	29.1	24.38	34.37
<b>Locality of school</b>					
Urban	165	19,715	27.6	19.64	37.29
Rural	312	38,221	30.0	24.39	36.21
<b>Sex</b>					
Male	370	44,664	45.1	36.52	53.95
Female	107	13,271	13.3	10.84	16.19
<b>Form</b>					
Form 1	103	11,435	26.8	19.69	35.25
Form 2	102	12,409	30.6	18.31	46.41
Form 3	104	12,894	31.7	21.99	43.33
Form 4	80	11,796	30.8	19.90	44.43
Form 5	88	9,402	25.6	17.73	35.46

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

Socio-Demographic Characteristics	Current e-Cigarette Users				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	225	27,522	13.8	10.87	17.44
<b>Locality of school</b>					
Urban	75	8,921	12.5	8.00	18.97
Rural	150	18,601	14.6	11.02	19.06
<b>Sex</b>					
Male	188	22,847	23.1	17.71	29.45
Female	37	4,675	4.7	3.28	6.63
<b>Form</b>					
Form 1	54	5,992	14.0	10.16	19.04
Form 2	47	5,790	14.3	8.27	23.50
Form 3	40	5,144	12.6	6.42	23.40
Form 4	39	5,717	14.9	7.85	26.57
Form 5	45	4,879	13.3	6.98	23.82

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

	Total					Male				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
Shisha Use	81	9,812	5.0	3.66	6.69	56	6,812	6.9	4.77	9.88
Traditional Rolled Cigarette Use	97	11,778	6.0	3.83	9.14	73	8,717	8.8	5.25	14.49
Roll-Your-Own" With Cigarette Paper Use"	84	9,973	5.0	3.78	6.68	63	7,444	7.6	5.54	10.23
Cigar Use	46	5,642	2.8	2.16	3.76	29	3,532	3.6	2.40	5.31
Pipe Smoking Use	43	5,271	2.7	1.87	3.77	27	3,244	3.3	1.90	5.64
Chewing Tobacco Use	59	7,364	3.7	2.43	5.66	44	5,501	5.6	3.28	9.33
Snuff Use	133	16,320	8.3	6.26	10.82	92	11,344	11.5	8.52	15.45

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

	Female				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
Shisha Use	25	3,000	3.0	2.06	4.43
Traditional Rolled Cigarette Use	24	3,061	3.1	1.94	4.87
Roll-Your-Own" With Cigarette Paper Use"	21	2,529	2.5	1.58	4.06
Cigar Use	17	2,110	2.1	1.22	3.66
Pipe Smoking Use	16	2,027	2.0	1.10	3.76
Chewing Tobacco Use	15	1,863	1.9	0.96	3.64
Snuff Use	41	4,976	5.0	3.45	7.21

**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 Sabah, 2017**

	Total					Male				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
Yes	224	27,438	65.1	56.06	73.17	185	22514	65.5	57.34	72.84
No	122	14,710	34.9	26.83	43.94	99	11858	34.5	27.16	42.66

**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 Sabah, 2017 (Cont.)**

	Female				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
Yes	39	4,924	63.3	41.81	80.59
No	23	2,852	36.7	19.41	58.19

**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 Form 1 to Form 5 students in Sabah, 2017**

	Total					Male				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI		Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper
Yes	141	17,151	43.8	33.15	55.08	116	13,998	45.7	34.18	57.69
No	178	21,994	56.2	44.92	66.85	135	16,636	54.3	42.31	65.82

**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 Form 1 to Form 5 students in Sabah, 2017 (Cont.)**

	Female				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
Yes	25	3,153	37.0	24	52.33
No	43	5,358	63.0	48	76.02

**Table 3.11.8: Prevalence of quit smoking attempt in the past 12 month among those who ever smoked among Form 1 to Form 5 students in Sabah, 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
<b>SABAH</b>	250	30,204	83.5	75.76	89.12
<b>Locality of school</b>					
Urban	73	8,653	80.2	58.06	92.26
Rural	177	21,550	84.9	77.85	89.96
<b>Sex</b>					
Male	214	25,697	85.6	78.59	90.66
Female	36	4,507	73.0	53.11	86.63
<b>Form</b>					
Form 1	46	5,097	74.2	49.22	89.54
Form 2	53	6,499	88.6	81.24	93.29
Form 3	45	5,632	78.0	63.47	87.81
Form 4	42	6,020	91.8	70.50	98.11
Form 5	64	6,956	85.0	73.98	91.83

**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 Form 1 to Form 5 students in Sabah, 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
<b>SABAH</b>	183	22,059	68.6	61.36	75.04
<b>Locality of school</b>					
Urban	61	7,311	67.6	55.08	77.98
Rural	122	14,748	69.1	59.98	76.98
<b>Sex</b>					
Male	156	18,876	72.7	64.39	79.70
Female	27	3,183	51.4	32.52	69.88
<b>Form</b>					
Form 1	43	4,738	63.3	42.46	80.19
Form 2	40	4,932	73.8	62.93	82.34
Form 3	28	3,492	64.5	43.49	81.14
Form 4	30	4,299	66.1	55.63	75.15
Form 5	42	4,597	75.7	58.41	87.39

**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 Form 1 to Form 5 students in Sabah, 2017**

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
<b>SABAH</b>	795	95,362	48.1	42.43	53.73
<b>Locality of school</b>					
Urban	302	36,745	51.4	40.50	62.24
Rural	493	58,617	46.1	40.37	52.03
<b>Sex</b>					
Male	460	56,109	56.8	49.99	63.44
Female	335	39,253	39.4	33.34	45.71
<b>Form</b>					
Form 1	106	12,206	28.6	20.35	38.49
Form 2	142	16,917	41.8	32.00	52.31
Form 3	173	21,397	53.0	45.20	60.57
Form 4	150	22,169	58.1	46.36	69.07
Form 5	224	22,673	61.7	52.86	69.90

**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 Sabah, 2017**

Socio-Demographic Characteristics	Either Father Or Mother Or Guardian				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	656	77,346	43.5	40.16	47.00
<b>Locality of school</b>					
Urban	214	25,205	39.7	34.10	45.65
Rural	442	52,141	45.7	42.44	48.93
<b>Sex</b>					
Male	324	38,932	44.9	40.21	49.62
Female	332	38,414	42.3	37.28	47.45
<b>Form</b>					
Form 1	124	14,101	39.6	30.63	49.29
Form 2	130	15,221	42.3	33.62	51.49
Form 3	144	17,438	48.1	41.18	55.01
Form 4	105	15,315	44.3	34.79	54.23
Form 5	153	15,271	43.4	37.49	49.60

**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 Sabah, 2017**

Socio-Demographic Characteristics	Either Father Or Mother Or Guardian				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	236	28,077	16.4	13.16	20.36
<b>Locality of school</b>					
Urban	72	8,466	13.8	9.13	20.31
Rural	164	19,610	17.9	14.05	22.61
<b>Sex</b>					
Male	112	13,458	16.0	12.50	20.22
Female	124	14,618	16.9	12.40	22.59
<b>Form</b>					
Form 1	59	6,711	19.3	13.66	26.60
Form 2	45	5,304	15.2	8.60	25.59
Form 3	53	6,354	18.4	12.29	26.75
Form 4	40	5,880	17.2	12.66	22.97
Form 5	39	3,828	11.7	8.31	16.33



### **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.<sup>1</sup> The prevalence of bullying varies between 9% to 25% in school-going adolescents in Western countries<sup>2</sup>, and 10.8% to 17.6% locally<sup>3</sup>, 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, 27.2% (95% CI: 22.17, 32.90) of them had been physically attacked, which was significantly higher in males [33.1% (95% CI: 27.72, 38.99)] compared to females [21.3% (95% CI: 16.24, 27.46)]. There was no significant difference found between urban [24.7% (95% CI: 18.51, 32.25)] and rural [28.6% (95% CI: 21.91, 36.31)] localities. Adolescents from Form 1 reported the highest prevalence of having been physically attacked; 30.8% (95% CI: 21.63, 41.87) while adolescents from Form 5 had the lowest prevalence at 21.9% (95% CI: 15.35, 30.26) (**Table 3.12.1**).

Similarly, 27.2% (95% CI: 22.20, 32.85) of adolescents claimed to have been involved in physical fight(s), with significantly more males [35.2% (95% CI: 28.78, 42.12)] than females [19.3% (95% CI: 15.08, 24.31)] involved. There was no significant difference between urban and rural localities, with a reported prevalence of 23.3% (95% CI: 17.66, 29.97) and 29.4% (95% CI: 22.89, 36.87) respectively. Adolescents from Form 1 had the highest prevalence at 35.3% (95% CI: 27.65, 43.85) (**Table 3.12.1**).

With regards to bullying, 18.3% (95% CI: 15.34, 21.74) of adolescents reported to have been bullied and this was higher among males [20.6% (95% CI: 15.73, 26.53)] compared to females [16.0% (95% CI: 13.71, 18.70)]. There was no significant difference found between urban [16.6% (95% CI: 12.97, 20.99)] and rural [19.3% (95% CI: 15.36, 23.93)] localities. Adolescents from Form 1 reported the highest prevalence of having been bullied; 22.4% (95% CI: 17.45, 28.26) (**Table 3.12.2**).

The two most common forms of bullying were 'made fun of with sexual jokes, comments or gestures' [13.0% (95% CI: 8.69, 18.90)] and 'being made fun of because of how body or face looks' [11.8% (95% CI: 7.55, 18.07)]. Bullying in the form of 'being made fun of because of religion' was the least common at 5.7% (95% CI: 3.07, 10.34) (**Table 3.12.3**).

Physical abuse at home was reported by 15.1% (95% CI: 11.50, 19.46) of the adolescents. Urban localities reported a prevalence of 13.0% (95% CI: 10.02, 16.81) with rural at 16.2% (95% CI: 11.22, 22.75). There was no significant difference between males and females with a prevalence of 15.9% (95% CI: 10.43, 23.61) and 14.2% (95% CI: 11.04, 17.99) respectively.

Form 5 adolescents reported the lowest prevalence at 8.4% (95% CI: 4.78, 14.51) (**Table 3.12.4**).

It was reported that 50.1% (95% CI: 46.33, 53.97) of adolescents were abused verbally at home. The prevalence of verbal abuse was significantly higher among females [60.1% (95% CI: 54.88, 65.11)] compared to males [40.1% (95% CI: 35.58, 44.82)]. There was no significant difference found between urban [50.4% (95% CI: 41.46, 59.38)] and rural [50.0% (95% CI: 46.85, 53.13)] localities. Adolescents from Form 3 had the highest prevalence of verbal abuse at home with a prevalence of 53.5% (95% CI: 45.51, 61.23) (**Table 3.12.4**).

It was found that 32.6% of adolescents (95% CI: 27.67, 37.98) had been seriously injured in the past 12 months. There was no significant difference found between urban [29.2% (95% CI: 23.31, 35.81)] and rural [34.5% (95% CI: 28.04, 41.67)] localities. Prevalence of serious injury was higher among males [37.7% (95% CI: 31.57, 44.18)] as compared to females [27.6% (95% CI: 22.44, 33.42)]. Adolescents from Form 1 had the highest prevalence of serious injury at 39.5% (95% CI: 33.01, 46.42) meanwhile adolescents from Form 5 had the lowest prevalence at 26.1% (95% CI: 18.80, 35.00) (**Table 3.12.5**).

Among those who had been seriously injured, the two most common injuries were 'a cut or stab wound' [20.9% (95% CI: 17.77, 24.34)] and 'a broken bone/dislocated joint' [9.1% (95% CI: 6.56, 12.57)] (**Table 3.12.6**). The two most common causes of serious injury were falls [33.5% (95% CI: 29.40, 37.94)] and motor vehicle accidents [8.4% (95% CI: 5.65, 12.30)] (**Table 3.12.7**).

### **3.12.5 Discussion / Conclusion**

The prevalence of serious injury among school-going adolescents in Sabah was higher than the national prevalence found in this study (32.6% vs. 29.9%) but lower than the 34.8% reported in Sabah in 2012<sup>4</sup>. The prevalence of being physically attacked and involved in physical fights among adolescents in Sabah was higher than the national prevalence (27.2% vs 25.3% and 27.2% vs 24.9% respectively) but lower than that reported in Sabah in 2012<sup>4</sup> (31.9% and 29.3% respectively).

The prevalence of bullying among school-going adolescents in Sabah was higher than the reported national prevalence (18.3% vs 16.2%) but lower than the 19.0% reported in 2012<sup>4</sup> in Sabah. The prevalence of physical abuse and verbal abuse at home among adolescents was higher in Sabah compared to national prevalence (15.1% vs 11.8% and 50.1% vs 43.2% respectively) as well as prevalence reported in Sabah in 2012<sup>4</sup> (12.8% and 49.4% 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 problems<sup>5</sup>. 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**

1. World Health Organization. Fact Sheet: Violence prevention in the South-East Asia Region. 2015.
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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 Sabah, 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
<b>SABAH</b>	453	53,958	27.2	22.17	32.90	448	54,009	27.2	22.20	32.85
<b>Locality of school</b>										
Urban	148	17,555	24.7	18.51	32.25	140	16,516	23.3	17.66	29.97
Rural	305	36,403	28.6	21.91	36.31	308	37,493	29.4	22.89	36.87
<b>Sex</b>										
Male	273	32,776	33.1	27.72	38.99	290	34,833	35.2	28.78	42.12
Female	180	21,182	21.3	16.24	27.46	158	19,176	19.3	15.08	24.31
<b>Form</b>										
Form 1	118	13,178	30.8	21.63	41.87	133	15,099	35.3	27.65	43.85
Form 2	101	11,964	29.6	22.11	38.30	98	11,524	28.4	19.90	38.78
Form 3	85	10,339	25.7	15.91	38.67	87	10,897	27.1	17.73	38.98
Form 4	70	10,456	27.3	21.95	33.45	64	9,600	25.1	16.64	35.98
Form 5	79	8,021	21.9	15.35	30.26	66	6,888	18.8	12.46	27.24

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

Socio-demographic Characteristics	Having Been Bullied At Least Once				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	306	36,423	18.3	15.34	21.74
<b>Locality of school</b>					
Urban	101	11,830	16.6	12.97	20.99
Rural	205	24,593	19.3	15.36	23.93
<b>Sex</b>					
Male	169	20,419	20.6	15.73	26.53
Female	137	16,004	16.0	13.71	18.70
<b>Form</b>					
Form 1	85	9,571	22.4	17.45	28.26
Form 2	72	8,341	20.6	13.95	29.24
Form 3	65	7,910	19.5	12.18	29.59
Form 4	44	6,562	17.2	9.97	28.11
Form 5	40	4,039	11.0	6.49	18.03

**Table 3.12.3: Most common ways of being bullied in the past 30 days among Form 1 to Form 5 students in Sabah, 2017**

	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
Hit, kicked, pushed, shoved around or locked indoors	31		10.7	5.37	20.26
Made fun of because of race, nationality or colour	26		8.8	6.48	11.95
Made fun of because of religion	17		5.7	3.07	10.34
Made fun of with sexual jokes, comments or gestures	40		13.0	8.69	18.90
Left out of activities on purpose or completely ignored	11		3.2	1.35	7.30
Made fun of because of how body or face looks	37		11.8	7.55	18.07

**Table 3.12.4: Prevalence of being abused at least once in the past 12 months among Form 1 to Form 5 students in Sabah, 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
<b>SABAH</b>	246	29,926	15.1	11.50	19.46	835	99,551	50.1	46.33	53.97
<b>Locality of school</b>										
Urban	78	9,299	13.0	10.02	16.81	294	35,865	50.4	41.46	59.38
Rural	168	20,627	16.2	11.22	22.75	541	63,687	50.0	46.85	53.13
<b>Sex</b>										
Male	130	15,779	15.9	10.43	23.61	329	39,649	40.1	35.58	44.82
Female	116	14,147	14.2	11.04	17.99	506	59,903	60.1	54.88	65.11
<b>Form</b>										
Form 1	83	9,515	22.3	17.01	28.73	176	20,604	48.2	40.52	56.00
Form 2	53	6,258	15.4	9.92	23.19	173	19,999	49.6	44.06	55.08
Form 3	49	6,210	15.3	6.85	30.63	180	21,669	53.5	45.51	61.23
Form 4	31	4,841	12.6	7.59	20.34	130	19,696	51.5	43.38	59.49
Form 5	30	3,102	8.4	4.78	14.51	176	17,583	48.0	38.05	58.13



**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 Sabah, 2017**

Socio-demographic Characteristics	Having Had Serious Injury At Least Once				
	Unweighted Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
<b>SABAH</b>	545	64,852	32.6	27.67	37.98
<b>Locality of school</b>					
Urban	177	20,806	29.2	23.31	35.81
Rural	368	44,046	34.5	28.04	41.67
<b>Sex</b>					
Male	311	37,318	37.7	31.57	44.18
Female	234	27,534	27.6	22.44	33.42
<b>Form</b>					
Form 1	149	16,889	39.5	33.01	46.42
Form 2	112	13,002	32.0	24.62	40.51
Form 3	113	13,657	33.7	23.99	44.93
Form 4	78	11,722	30.6	21.42	41.69
Form 5	93	9,583	26.1	18.80	35.00

**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 Sabah, 2017**

	Unweighted Count	Prevalence (%)	95% CI	
			Lower	Upper
Broken bone / dislocated Joint	50	9.1	6.56	12.57
A cut or stab wound	110	20.9	17.77	24.34
Concussion / head or neck injury, knocked out or could not breathe	34	6.1	4.12	8.89
Bad burn	16	3.0	1.48	5.89
Poisoned	5	0.9	0.39	1.93

**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 Sabah, 2017**

	Unweighted Count	Prevalence (%)	95% CI	
			Lower	Upper
In a motor vehicle accident or hit by a motor vehicle	46	8.4	5.65	12.30
Fell	181	33.5	29.40	37.94
Something fell or hit him/her	34	6.5	4.46	9.35
Attacked or abused or fighting with someone	22	4.0	2.68	5.83
In a fire or too near a flame or something hot	9	1.6	0.78	3.31
Inhaled or swallowed something bad	5	1.1	0.46	2.50

## **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><b><u>Before Data Collection</u></b></p> <p>Central Field Supervisors are expected to prepare for the initiation of data collection. The preparation tasks include: 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"> <li>• Human resources are available: Field Supervisors, Team leaders, Research Assistants and drivers.</li> <li>• Manage transport: Vehicles</li> <li>• Manage survey instruments and relevant form</li> <li>• Manage lodging for data collectors</li> </ul> <p><b><u>During Data Collection</u></b></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>Dr Nor Asiah Binti Muhamad</p> <p>Dr Nur Liana Binti Ab Majid</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 Hasim @ Hashim</p>
5	Data Processing and management	<p>Setting up data processing facility</p> <p>Development of directory of variables database</p>	<p>Dr. Mohd Azahadi bin Omar</p>

		<p>Development of quality control (QC) manual for data processing</p> <p>Specify data structure for data processing and data output requirement</p> <p>Responsible for data entry and data cleaning</p> <p>Monitoring and evaluation of QC performance for data processing</p>	<p>Dr. Rajini a/p sooryanarayana</p> <p>Dr. Fazila Haryati Binti Ahmad</p> <p>Pn. Nazirah Binti Alias</p>
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 Paiwai
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**

### **SABAH**

#### **Liaison Officer**

Ms. Jenny Jouti

#### **Field Supervisors**

1. Ms. Faizah Binti Paiwai
2. Mr. Mohamad Fuad Bin Mohamad Anuar

#### **Nutritionist**

1. Mr. Alvez Manuel
2. Ms. Nurul Ashiella Binti Hassan
3. Ms. Chin Kim Ling
4. Ms. Maslia Naim
5. Ms. Noranisah Binti Amat
6. Ms. Nur Aisyah Binti Amu @ Abu
7. Ms. Mac Donna Matheus
8. Ms. Ling Swee Nian

#### **Research Assistants**

1. Ms. Roshelva Salimun
2. Mr. Ajun Chin
3. Ms. Christabella Sandra Juslim
4. Mr. Awangku Mohd Shahfarol Bin Pg' Kamal
5. Mr. Zainal Abidin Bin Diding
6. Ms. Joan Sonny Limbowoi Binti Saimin
7. Ms. Nurul Afifah Binti Jamlin
8. Mr. Mohd Afrizan Sahran
9. Mr. Ianddrian Charles Taimin

10. Mr. Mazlan Bin Hj Abdul Halim Chin
11. Ms. Rasyidah Fathin Rahban
12. Ms. Faradillah Binti Dahalan
13. Ms. Diana Guriana
14. Mr. Steve Glantdenventur E Benjamin
15. Mr. Maxwell Guriana
16. Ms. Norsazweena Binti Jerain
17. Ms. Siti Ayuni Binti Saplie
18. Ms. Frial Misuellyn Benjamin
19. Mr. Paul Beatrix Pernando Oppei

Appendix 7: Questionnaire & OMR

**iku**  
INSTITUTE FOR PUBLIC HEALTH

**KEMENTERIAN  
PENDIDIKAN  
MALAYSIA**

**TINJAUAN KEBANGSAAN  
KESIHATAN DAN MORBIDITI  
NATIONAL HEALTH AND  
MORBIDITY SURVEY**

**NHMS  
2017**

**TINJAUAN KESIHATAN REMAJA  
BORANG SOAL SELIDIK**

**SILA KEMBALIKAN  
BORANG SOAL SELIDIK INI  
SELEPAS MENJAWAB**

**JANGAN CONTENG  
BORANG SOAL SELIDIK INI**

## 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 DIDEHAHKAN. 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





**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?*

- a. Saya tidak membersihkan atau memberus gigi dalam 30 hari yang lepas  
*I did not clean or brush my teeth 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 atau lebih dalam sehari  
*4 or more times per day*

14. Adakah anda menggunakan ubat gigi berflourida?

*Do you use toothpaste that contain fluoride?*

- a. Ya  
*Yes*
- b. Tidak  
*No*
- c. 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?*

- a. Ya  
*Yes*
- b. 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?*

- a. Dalam tempoh 12 bulan yang lepas  
*During the past 12 months*
- b. Di antara 12 hingga 24 bulan yang lepas  
*Between 12 and 24 months ago*
- c. Lebih daripada 24 bulan yang lepas  
*More than 24 months ago*
- d. Tidak pernah  
*Never*
- e. 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?*

- a. Ya  
*Yes*
- b. 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?*

- a. Ya  
*Yes*
- b. 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 bertanyakan 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

**TINJAUAN KESIHATAN REMAJA | NHMS 2017**  
**ADOLESCENT HEALTH SURVEY**

	<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 1 2 3 4 5 6 7 8 9	1 2	1 2	0 1 2 3 4 5 6 7 8 9	0 1 2 3 4 5 6 7 8 9	0 1 2 3 4 5 6 7 8 9

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