

## **A05 Factors associated with sedentary behaviour among university students**

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A past study has claimed that a high prevalence of sedentary time was found among young people especially university students and this issue becomes more concerning when further studies have proved that engaging too much time in sedentary behaviour can adversely affect health. The objective of this study is to determine the factors associated with sedentary behaviour among students in the Faculty of Engineering, Universiti Putra Malaysia. The questionnaires were distributed online by using google form. A socio-demographic questionnaire, Past-Day Adults' Sedentary time (PAST-U) questionnaire, Global Physical Activity Level (GPAQ), Pittsburgh Sleep Quality Index (PSQI) and Depression, Anxiety, and Stress Scale (DASS-21) questionnaire were used in the study. A total of 122 respondents were included in this study by using simple random sampling. The finding highlighted that 54.1% of the respondents were women and 45.9% were men with mean age of  $22.02 \pm 1.10$  years. Majority of the respondents were Malay (80.5%), and fourth-year students (42.6%) of the Aerospace Engineering program (33.6%). Most of their mother and father have tertiary education levels with 57.4% and 65.6% respectively. Around 41.0% of them were from B40 families with an average family income of  $RM10221.18 \pm 1.75$  monthly. Majority of respondents (96.7%) were reported living in an urban area with  $3.65 \pm 1.75$  siblings. A total of 34.4% respondents were having a moderate level of depression, while 43.3% were found dealing with extremely severe anxiety. The body mass index (BMI) indicates more than half of the respondents (69.7%) had a normal body weight and only a few respondents (19.7%) were reported to have a good quality of sleep. Meanwhile, 36.1% of the respondents were practicing a moderate physical activity level. A high prevalence of sedentary time was shown in this study whereas 89.3% of the respondents were reported to engage with sedentary activity for more than 7 hours per day. Overall, the finding indicates that time spend on sedentary activity was  $12.45 \pm 4.721$  hours a day. Age ( $r=0.347$ ;  $p<0.008$ ), family income ( $r=0.293$ ;  $p<0.028$ ), depression ( $p<0.003$ ), and physical activity level ( $p<0.039$ ) were associated significantly with sedentary behaviour. In conclusion, the prevalence of sedentary behaviours among engineering students in this study was high and factors such as age, family income, depression, and physical activity were related to sedentary behaviour. Thus, this situation urged for appropriate intervention programs as well as the nutritional approach in order to reduce the risk of certain avoidable diseases and at the same time improving the quality of life among youth.