

Level of Knowledge, Attitude, Health Seeking Behaviour and Practice of Rabies Prevention Among Adolescent Students In Sarawak

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ABSTRACT

INTRODUCTION: In Malaysia, rabies had been eradicated since 2012. Since then, the population knowledge of rabies and dangers of rabies had been declined. Rabies was reported to be one of the public health concerns that need formulation of intervention strategy in Malaysia. **METHODS:** A cross-sectional population-based study was done from 1st September 2018 to 31st November 2018 using a new and validated tool to collect data from adolescent age between 10 to 17 years old which involving primary and secondary schools in Sarawak. **RESULTS:** Study reveals, 69.3% (7,629) of respondent own at least a pet at home. From that numbers, 49.7% (3,788) claimed they confined their pets at house compound, 28.2% (2,155) leash their pet during walk it and on 27.1% (2,065) vaccinate their pet routinely. During the study, it showed the average \pm SD of knowledge: 16.00 \pm 2.99, attitude: 54.53 \pm 7.64, practice: 38.41 \pm 5.93, and health seeking behaviour: 1.65 \pm 1.10. There is weak correlation between knowledge with attitude ($r=0.361$), practice ($r=0.429$) and health seeking behaviour ($r=0.150$). Weak correlation also observed between attitude with practice ($r=0.377$) but no correlation observed between attitudes with health seeking behaviour ($r=0.067$). **DISCUSSION** Overall, the level of knowledge, attitude and practice on rabies prevention are good in Sarawak. However, there are more effort need to be done to improve the health seeking behaviour among adolescent in Sarawak.

KEYWORDS: Rabies, Sarawak, Adolescent student, KAP

Lifestyle Affects the Static and Dynamic Balance Among Malaysian Youth Population

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ABSTRACT

INTRODUCTION: A good balance is crucial in falls and injury prevention. Although the ability to maintain balance can be determined by various factors, there are lack of information on the lifestyle in relation to balance which will be the objective of this study. We postulate that lifestyle affects the static and dynamic balance in youth population. **METHODS:** A cross-sectional study where 216 healthy participants age between 15 to 24 years were recruited via convenient sampling. They were interviewed on their lifestyle and their static and dynamic balance were measured using balance error scoring system (BESS) and star excursion balance test (SEBT) respectively. To prevent biasness, interviewer and assessors were blinded from each other. The results were interpreted using Chi-square test with SPSS version 23 software. All significant levels were set at a p-value of less than 0.05. **RESULTS:** Our results reported no significant association between BESS and sedentary lifestyle ($p>0.05$) however, participants who performed ball sports have poorer static balance (OR (crude) =0.55, 95%CI: 0.28, 1.05, $p<0.05$), while those who participates in swimming and cycling have better static balance (OR (crude)=2.55; 95%CI: 1.06, 6.14, $p<0.05$). The relationship between static balance and sports frequency was no significant ($p>0.05$) however sports frequency greatly affects the dynamic balance ($p<0.01$). Also, participants who visits the gym for weight training have superior dynamic balance (OR (crude) =12.12; 95%CI: 1.83, 80.18, $p<0.05$). **DISCUSSION:** Despite our findings, a more detailed study on how our choice of physical activity affects balance should be conducted.

KEYWORDS: sedentary, physical activity, static balance, dynamic balance, lifestyle