

# ASSOCIATION BETWEEN SOCIO-DEMOGRAPHIC FACTORS, PSYCHOLOGICAL FACTORS, LIFESTYLE FACTORS AND SEDENTARY BEHAVIOUR AMONG STAFF IN MALAYSIAN PUBLIC WORK DEPARTMENT (JKR) IN SEREMBAN, NEGERI SEMBILAN



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## Introduction

- Sedentary behaviour is characterised by a low energy expenditure (lower than 1.5 MET) and a sitting, reclining, or lying posture during waking time.<sup>1</sup>
- According to the new WHO 2020 guidelines, sedentary behaviour is correlated with adverse health effects in adults, including all-cause death, coronary disease mortality, and cancer mortality, as well as the prevalence of cardiovascular disease, type 2 diabetes, and cancer.<sup>2</sup>
- The increasing recognition of a high amount of sedentary time or prolonged sitting in workplace environments has become one of the potential occupational hazards.
- Work contribute one-third of the overall sitting time that can be considered to be the significant cause of sedentary behaviour.<sup>3</sup>
- Limited studies on determining the factors associated with sedentary behaviour among the working population in Malaysia.

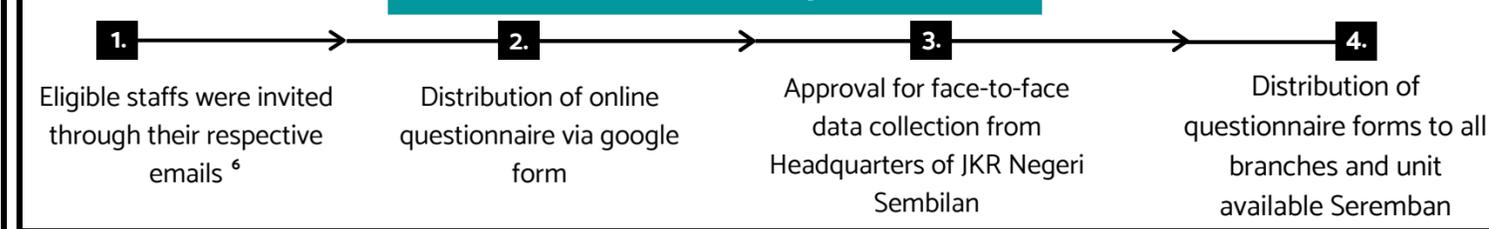
## Objectives

- To determine the socio-demographic factors, psychological factors, lifestyle factors with sedentary behaviour among staff in Malaysian Public Work Department (JKR) in Seremban, Negeri Sembilan.

## Methodology

<b>Study Design</b>	Cross-sectional study
<b>Study Location</b>	Malaysian Public Work Department (JKR) in Seremban, Negeri Sembilan
<b>Study Size</b>	120 JKR staffs
<b>Sampling Design</b>	Purposive Sampling
<b>Study Instruments</b>	Self-administered questionnaire (Socio-demographic factors) Fatigue Symptom Inventory (FSI) Profile Mood States (POMS-SF) Global Physical Activity Questionnaire (GPAQ) Pittsburgh Sleep Quality Index (PSQI)
<b>Reference Number</b>	JKEUPM-2021-332 (11 September 2021)

## Recruitment of Respondents



## Conclusion

- The present study found that 89.3% of the JKR staffs were involved in SB for more than 7 hours daily.
- Workers have a higher tendency to be involved in sedentary behaviour.
- Mood and fatigue are significant determinants in the involvement of sedentary activities among the workers.

## Findings

1

Socio-demographic factors of the JKR staffs (n=122)

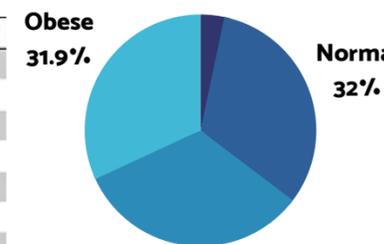
Socio-demographic characteristics	Mean ± SD/ n (%)
<b>Age</b>	38.02 ± 8.32
<40 years old	72 (59.0)
≥40 years old	50 (41.0)
<b>Gender</b>	
Male	54 (44.3)
Female	68 (55.7)
<b>Marital Status</b>	
Single	25 (20.5)
Married	93 (76.2)
Divorced	3 (2.5)
Widowed	1 (0.8)
<b>Level of education</b>	
Secondary education	24 (19.7)
Tertiary education	98 (80.3)
<b>Household Monthly Income</b>	
<RM 4,850	65 (53.3)
RM 4,851- RM10,970	42 (34.4)
RM 10,971	15 (12.3)
<b>Occupation</b>	
Support Staff	26 (21.3)
Management/Professional group category	96 (78.7)

Mood States Score	Mean ± SD
<b>Vigour (Positive Mood)</b>	15.27 ± 4.12
<b>Total Mood Disturbance (TMD)*</b>	10.91 ± 24.34

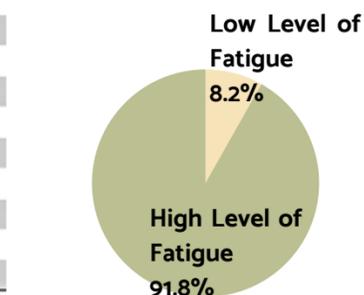
Range score of each component: 0-20 \*TMD range: 0-100

- Positive mood was influenced by their working environment that is conducive and comfortable to providing good experience and motivation as well as increase productivity.<sup>5</sup>

**Underweight**  
3.3%



**Overweight**  
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**Low Level of Fatigue**  
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