

A34 Association between socio-demographic factors, psychological factors and lifestyle factors with sedentary behaviour among staff in Public Work Department (JKR) in Seremban, Negeri Sembilan

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Sedentary behaviour is characterised by activities involves with low energy expenditure including sitting, reclining or lying posture during waking time. This cross-sectional study aimed to determine factors associated with sedentary behaviour among Jabatan Kerja Raya (JKR) staff in Seremban, Negeri Sembilan. A self-administered questionnaire was used for socio-demographics background, Past-Day Adults' Sedentary Time (PAST) questionnaire, Fatigue Symptom Inventory (FSI), Profile of Mood States (POMS-SF), Global Physical Activity Level (GPAQ) and Pittsburgh Sleep Quality (PSQI) questionnaire were used in the study. Chi-square independence test and Pearson product-moment correlation was run for correlation between the categorical and continuous variables ($p < 0.05$). This study included 122 staffs (55.7% males and 44.3% females) from all ten JKR divisions and branches in Seremban, Negeri Sembilan with a mean age of 38.02 ± 8.32 years old. Results showed that majority of the staffs (64.7%) were overweight or obese with mean body mass index (BMI) of 27.23 ± 5.47 kg/m². Almost all (91.8%) of the staffs were classified as having high level of fatigue whereas 86.9% were physically active. Meanwhile the staffs reported to be in positive mood states with mean vigour score of 15.27 ± 4.12 . Sedentary time with average time spent on sedentary activities of 13.04 ± 4.94 hours per day was shown in this study, whereas 89.3 % were found to spent more than seven hours doing sedentary activity. Marital status ($p < 0.05$), severity of fatigue ($r = -0.184$, $p < 0.05$) and interference of fatigue ($r = -0.206$, $p < 0.05$), mood states of anger ($r = 0.185$, $p < 0.05$), fatigue ($r = 0.261$, $p < 0.01$) and total mood disturbance ($r = 0.188$ $p < 0.05$) were associated significantly with sedentary behaviour. In conclusion, the prevalence of sedentary behaviour among JKR staffs was high. Fatigue and mood were associated with sedentary behaviour which both play important role in promoting sedentary behaviour among the working population.