

## **THE AWARENESS OF DIABETES IN THE CITY AND VILLAGE (MALAYSIA)**

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**Introduction:** In 2015 the study found that the amount of diabetic people increased to 17.5 % about 3.5 million people, as well as the highest diabetic patient in Southeast Asia. This could be due to several factors, one of them being awareness of diabetes, which could differ due to type of area a person lives in. This potential factor gives reasons to investigate the awareness levels of the disease “diabetes” among Malaysian individuals depending on their demographical area, city and village.

**Methodology:** The research has been done through the two methods of surveying, short interview and online questionnaires. The short interview was targeted to members of the public in the city. Whereas for the online survey was sent members of the public in the villages via social media and messaging platforms.

**Result:** A total of 215 questionnaires were collected. A total of 115 questionnaires were collected via the short interview. An additional 100 questionnaires were collected via online survey. 96.7% of city participant and 96.8% of villager knew about the knowledge of diabetes. 43.4% of the city participant and 64.8% of the villager are aware that diabetes can be inherited. 56.6% of the city participant and 31.9% of the villager do not believe exercise can be an alternative in treating type 2 diabetes. 43.4% of the city population and 77.8% of the villager are aware that diabetes can cause other complications. 43.3% of the city participant and 86.2% of the villager believe that early awareness of diabetes can have an impact on individual life.

**Discussion:** Participants from both areas are aware of what diabetes is. Whereas participants who were unaware of diabetes from both areas it is due to lack of knowledge about diabetes. Participants from the city are not aware that obesity also can cause diabetes because they do not know obesity is related to diabetes. Whereas participants in the village are more aware than the city participant due to the belief that healthy and moderate physical activity can reduce the risk of other complications. Villager has higher belief on early awareness of diabetes can have an impact on an individual's life.

**Conclusion:** In conclusion the villager has more awareness in diabetes than city participant. However it is not guaranteed that awareness will encourage them to adopt a different lifestyle in order to tackle the disease. The limitations of this study is the amount of questionnaire

distributed, in future studies in order to get more accurate result a higher amount would ideal. With the information gathered, several plan of actions can be implemented such as looking into more methods to spread more awareness in across the country.