

KNOWLEDGE, ATTITUDE, AND PRACTICE (KAP) TOWARD SEXUAL, AND REPRODUCTIVE HEALTH (SRH) AMONG MALAYSIAN UNDERGRADUATES IN UNIVERSITI KEBANGSAAN MALAYSIA (UKM)

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INTRODUCTION

This study aims to assess the level of knowledge, attitudes, and practices related to sexual and reproductive health (SRH) among Malaysian undergraduate students at UKM. The specific objectives include determining the extend of knowledge, examining attitudes, exploring practices and behaviors, and investigating the relationship between SRH knowledge, attitudes, and practices with socio-demographic characteristics.

METHODS

A structured questionnaire was administered to collect data from Malaysian undergraduate students at UKM. The questionnaire covered demographic information, knowledge-related items, attitude-related items, and practice-related items. A descriptive analysis was conducted to provide an overview of the participants' characteristics, knowledge, attitudes, and practices. Multiple linear regression analysis was then performed to examine the influence of socio-demographic factors on SRH practices.

RESULTS

The study included a diverse sample of participants based on various socio-demographic characteristics. Out of the participants, 83.0% demonstrated a high level of knowledge of SRH. However, certain misconceptions persisted, particularly concerning adolescent pregnancy (71.3%), contraceptive use (4.3%), and HIV transmission (82.6%). Females exhibited significantly more positive attitudes towards SRH compared to males, particularly in the desire to learn more about SRH ($p < 0.001$), regular engagement in exercise or sports ($p = 0.001$), and recognizing masturbation as typical and normal during adolescence ($p < 0.001$).

The study found significant differences in SRH practices across faculties, with students from the Medical and Health Sciences faculty showing higher levels of practice than those from Social-science/Arts-based and Science-based faculties ($p = 0.002$). Regarding menstrual practices, nearly all respondents (98.7%) believed that women should use sanitary pads or napkins during their period. Moreover, 91.7% agreed that women should change a clean pad every 5 to 6 hours during menstruation, and 96.5% agreed that women can engage in daily routine activities during their periods.

DESCRIPTIVE ANALYSIS OF PARTICIPANTS

residence				
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Urban	332	72.2	72.2	72.2
Rural	128	27.8	27.8	100.0
Total	460	100.0	100.0	

ethnicity				
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Malay	364	79.1	79.1	79.1
Chinese	36	7.8	7.8	87.0
Indian	32	7.0	7.0	93.9
Bumiputera Sabah & Sarawak	26	5.7	5.7	99.6
Others	2	.4	.4	100.0
Total	460	100.0	100.0	

religion				
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Islam	382	83.0	83.0	83.0
Christianity	16	3.5	3.5	86.5
Buddhism	34	7.4	7.4	93.9
Hinduism	26	5.7	5.7	99.6
Others	2	.4	.4	100.0
Total	460	100.0	100.0	

range_age				
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 19 - 21 years	212	46.1	46.1	46.1
22 - 24 years	226	49.1	49.1	95.2
25 years and above	22	4.8	4.8	100.0
Total	460	100.0	100.0	

gender				
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Male	102	22.2	22.2	22.2
Female	358	77.8	77.8	100.0
Total	460	100.0	100.0	

faculty				
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Medical & Health Sciences	76	16.5	16.5	16.5
Social-science/Arts based	150	32.6	32.6	49.1
Science-based	234	50.9	50.9	100.0
Total	460	100.0	100.0	

level_study				
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid First year	158	34.3	34.3	34.3
Second year and more	302	65.7	65.7	100.0
Total	460	100.0	100.0	

family_income				
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid < RM2500 per month	140	30.4	30.4	30.4
Between RM2500 to RM5000	92	20.0	20.0	50.4
Between RM 5001 to RM7000	58	12.6	12.6	63.0
Between RM 7001 to RM10000	74	16.1	16.1	79.1
Between RM 10001 to RM15000	50	10.9	10.9	90.0
Above RM15000	46	10.0	10.0	100.0
Total	460	100.0	100.0	

TABLE 1 : SRH KNOWLEDGE

Linear regression analysis reporting factors associated with SRH knowledge

Table X Multiple linear regression analysis showing factors associated with SRH knowledge

Models	β	SE	t	p	95% CI for β
Constant	12.861	1.088	11.824	.000	10.723 14.999
Age	-.083	.222	-.372	.710	-.519 .354
Gender	1.180	.228	5.163	.000	.731 1.629
Faculty	-.343	.129	-2.664	.008	-.596 -.090
Level of study	.086	.267	.321	.748	-.438 .610
Area of residence	-.169	.214	-.790	.430	-.590 .252
Ethnicity	-.170	.140	-1.218	.224	-.445 .105
Religion	.108	.139	.782	.434	-.164 .381
Family size including parents	-.456	.136	-3.342	.001	-.724 -.188
Educational status of father	-.007	.101	-.070	.944	-.205 .191
Father's occupation	.008	.037	.210	.834	-.065 .080
Educational status of mother	-.101	.117	-.861	.390	-.330 .129
Mother's occupation	.061	.036	1.711	.088	-.009 .131
Family income	.176	.076	2.305	.022	.026 .326
Social media use by respondent	.402	.087	4.637	.000	.232 .572
Parent's Social Media Usage	-.109	.322	-3.450	.001	-1.741 -.477
TV viewing (respondent)	-.029	.113	-.260	.795	-.252 .193
Primary Source of SRH Knowledge	.062	.050	1.258	.209	-.035 .160
The person with whom you frequently talk when you have SRH issues	-.169	.091	1.847	.065	-.011 .348

$R^2 = 0.180$
 $F = 5.382^{***}$

TABLE 2 : SRH ATTITUDE

Linear regression analysis reporting factors associated with SRH attitude

Table X Multiple linear regression analysis showing factors associated with SRH attitude

Models	β	SE	t	p	95% CI for β
Constant	7.013	.935	7.498	.000	5.174 8.851
Age	.501	.191	2.626	.009	.126 .876
Gender	.669	.196	3.404	.001	.283 1.055
Faculty	-.109	.111	-.982	.326	-.326 .109
Level of study	-.422	.229	-.184	.856	-.873 .028
Area of residence	.031	.184	.169	.866	-.331 .393
Ethnicity	-.250	.120	-2.079	.038	-.486 -.014
Religion	.435	.119	3.653	.000	.201 .669
Family size including parents	-.018	.117	-.156	.876	-.249 .212
Educational status of father					1.211
Father's occupation	.030	.032	.959	.338	-.032 .092
Educational status of mother	.251	.101	2.498	.013	.054 .449
Mother's occupation	.040	.031	1.308	.191	-.020 .100
Family income	.010	.066	.154	.877	-.119 .139
Social media use by respondent	-.082	.075	-.109	.275	-.228 .065
Parent's Social Media Usage	.500	.276	1.809	.071	-.043 1.044
TV viewing (respondent)	-.076	.097	-.782	.435	-.267 .115
Primary Source of SRH Knowledge	-.057	.043	-1.330	.184	-.140 .027
The person with whom you frequently talk when you have SRH issues	.194	.079	2.475	.014	.040 .349

$R^2 = 0.104$
 $F = 2.858^{***}$

TABLE 3 : SRH PRACTICE

Linear regression analysis reporting factors associated with SRH practice

Table X Multiple linear regression analysis showing factors associated with SRH practice

Models	β	SE	t	p	95% CI for β
Constant	8.109	.810	10.007	.000	6.516 9.702
Age	.032	.165	.195	.845	-.293 .357
Gender	-.010	.170	-.056	.955	-.344 .325
Faculty	-.299	.096	-3.121	.002	-.487 -.111
Level of study	-.084	.199	-.424	.671	-.475 .306
Area of residence	-.052	.160	-.325	.745	-.366 .262
Ethnicity	-.038	.104	-.367	.713	-.243 .166
Religion	.428	.103	4.144	.000	.225 .630
Family size including parents	.000	.102	-.003	.997	-.200 .199
Educational status of father	.090	.075	1.201	.230	-.057 .238
Father's occupation	-.016	.027	-.588	.557	-.070 .038
Educational status of mother	-.137	.087	-1.576	.116	-.309 .034
Mother's occupation	.021	.026	.791	.430	-.031 .073
Family income	.011	.057	.200	.841	-.100 .123
Social media use by respondent	.065	.065	1.013	.312	-.062 .192
Parent's Social Media Usage	-.031	.240	-.128	.898	-.501 .440
TV viewing (respondent)	.028	.084	.333	.740	-.138 .194
Primary Source of SRH Knowledge	.008	.037	.204	.838	-.065 .080
The person with whom you frequently talk when you have SRH issues	-.208	.068	-3.053	.002	-.342 -.074

$R^2 = 0.111$
 $F = 3.073^{***}$

CONCLUSION

This study provides comprehensive insights into the level of knowledge, attitudes, and practices related to SRH among Malaysian undergraduate students at UKM. The findings highlight the importance of addressing gender and faculty differences in promoting positive SRH behaviors. Tailored interventions that take into account these factors can contribute to improved SRH outcomes among university students. Comprehensive SRH education and support should be prioritized to address misconceptions, promote positive attitudes, and encourage healthy SRH practices.

KEYWORDS

sexual and reproductive health, knowledge, attitudes, practices, undergraduate students.

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