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FOOD CHOICE AND PREFERENCES AMONG LIBYAN RESIDENTS IN
THE KLANG VALLEY, MALAYSIA

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**FOOD CHOICE AND PREFERENCES AMONG LIBYAN RESIDENTS IN
THE KLANG VALLEY, MALAYSIA**

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AUTHOR DECLARATION

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

I hereby declare that the work in this thesis is my own except for quotations, abbreviations, phrases, paraphrases and summaries which have been duly acknowledged.

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ABSTRAK

Kajian ini adalah penting disebabkan ia memberi penekanan yang berterusan ke atas kepentingan makanan yang menjadi asas untuk hidup bagi setiap individu. Pilihan makanan dan citarasa kumpulan pendatang yang berbeza di kalangan pelbagai penduduk di serata dunia telah dipengaruhi oleh beberapa faktor seperti harga, rasa, alam sekitar dan pembudayaan. Pilihan makanan juga telah dilaporkan mempunyai pengaruh yang berbeza pada kehidupan sosio budaya di bahagian yang berlainan di dunia. Penghijrahan manusia daripada satu tempat ke tempat yang lain mula berlaku sejak lahirnya sejarah manusia. Libya adalah salah satu daripada negara-negara Arab di Afrika Utara dan dijangka mempamerkan budaya Arab. Manakala, Malaysia adalah sebuah negara Timur Selatan yang mempunyai warisan budaya unik yang telah menarik ramai orang daripada seluruh pelusuk dunia, ini termasuklah Libya. Matlamat kajian ini adalah untuk menentukan kesan pilihan dan keutamaan pemakanan dalam kalangan penduduk Libya di Lembah Klang Malaysia bagi mengekalkan kesihatan yang baik. Soal selidik swaisi tentang pilihan dan keutamaan pemakanan warga Libya dan serta pengambilan kalori setiap hari dan analisis BMI adalah pembolehubah yang telah digunakan untuk menganalisis hasil kajian ini. Daripada keputusan 252 borang soal selidik telah dikembalikan daripada jumlah 400 borang soal selidik yang telah diedarkan (63%) kepada penduduk Libya di kawasan Lembah Klang Malaysia. Nilai purata daripada keputusan statistik perihalan menunjukkan bahawa warga Libya yang tinggal di kawasan Lembah Klang suka makan makanan yang Halal dan mesra alam sekitar lebih mengutamakan makanan rendah tenaga dan juga bersosial dan berkenalan. Selain itu, hasil analisis regresi berganda menunjukkan bahawa terdapat hubungan positif yang signifikan di antara pilihan dan keutamaan pemakanan dan latar belakang sosio-budaya dalam kalangan penduduk Libya di kawasan Lembah Klang Malaysia. Kajian ini menunjukkan bahawa nilai-p bagi pilihan makanan adalah ($.000 < 0.05$), yang bermaksud bahawa terdapat hubungan yang signifikan positif antara pilihan makanan dan sosio-budaya. Selain itu, pilihan citarasa makanan menunjukkan bahawa nilai-p adalah ($.000 < 0.05$) yang bermaksud bahawa terdapat hubungan yang signifikan positif antara pengutamaan makanan dan pengekalan kesihatan tubuh badan.

Kata Kunci: Pilihan makanan, keutamaan pemakanan, kesihatan, kalori makanan dan Indeks Jisim Tubuh (BMI)

ABSTRACT

This study emphasizes the importance of food as the basis of survival for every individual. Food choice and preference of different immigrant groups in various parts of the world have been known to be affected by various factors ranging from price and taste, to environment and acculturation. The choice of food has also been reported to have a different influence on the socio-cultural life in different parts of the world. Human migration from one place to another has been going on throughout human history. Libya is an Arab country in North Africa and its people are expected to exhibit Arab culture. Malaysia, on the other hand, is a South-east Asian country with a unique socio-cultural heritage that has attracted people from various parts of the world, Libya included. This research is aimed to determine the impact of food choice and preferences among Libyans resident in the Klang Valley in Malaysia on maintaining good health. A self-administered questionnaire of Libyan food choices and preferences and daily calorie intake as well as BMI were the variables employed to analyze the result of this study. From the result 252 questionnaires returned from 400 questionnaires distributed (63%) to Libyan residents in the Klang Valley in Malaysia. The mean value of the result of the descriptive statistics shows that Libyans who live in the Klang Valley prefer to eat Halal and environmentally friendly place, prefer energy diluted food as well as socialize and make friends. Also, the outcome of the multiple regression analysis shows that there is significant positive relationship between food choice and preferences and socio-cultural background among Libyan residents in the Klang Valley in Malaysia. The study shows that the food choice p -value = (.000 < 0.05), which means that there is positive significant relationship between food choice and maintaining good health. Moreover, food preference outcomes signify that p -value = (.000 < 0.05) which means that there is positive significant relationship between food preferences and the maintenance of good health.

Keywords: *food choice, food preference, good health, food calorie and body Mass Index (BMI)*

الملخص

شدت هذه الدراسة على أهمية الغذاء كأساس معيشي لكل فرد. ويتأثر اختيار وتفضيل مختلف شرائح المهاجرين في مختلف أنحاء العالم بعوامل متنوعة تتداخل فيها أسعار المأكولات والذوق والبيئة والتفاعل الثقافي. كما أن لاختيار الغذاء تأثير مختلف على الحياة الاجتماعية الثقافية في مختلف بقاع العالم. لقد توصلت هجرة الإنسان من مكان إلى آخر عبر مسار التاريخ البشري. وبما أن ليبيا بلد عربي في شمال إفريقيا فإنه من البديهي أن يجسد شعبها الثقافة العربية. بالمقابل، فإن ماليزيا، كبلد جنوب شرق آسيوي بتراث اجتماعي-ثقافي متفرد، جذبت مهاجرين من مختلف دول العالم، منها ليبيا. هدفت هذه الدراسة إلى تحديد أثر اختيار الغذاء وتفضيلات الليبيين المقيمين بكلانغ فالي في الحفاظ على صحة جيدة. اعتمد الباحث استبانة حول اختيار غذاء الليبيين وتفضيلاتهم والسعرات الحرارية المستهلكة يوميا إضافة إلى مؤشر كتلة الجسم كمتغيرات مستخدمة في تحليل نتائج هذه الدراسة. وأظهرت نتائج 252 استبانة (من أصل 400 استبانة موزعة على الليبيين المقيمين في كلانغ فالي بماليزيا) أن الليبيين يتناولون الأكل الحلال والصديق للبيئة، ويفضلون الأغذية ذات السعرات الحرارية المنخفضة. كما أكدت التحليلات الإحصائية وجود علاقة إيجابية قوية تجمع بين اختيارات الغذاء والتفضيلات والخلفية الاجتماعية-ثقافية في أوساط الليبيين المقيمين في كلانغ فالي بماليزيا، وفي نفس الوقت أثبتت التحليلات الإحصائية وجود علاقة إيجابية قوية بين اختيار الغذاء والحفاظ على صحة جيدة بمعدل انحراف لا يتجاوز 5%، ونفس الشيء ينطبق على العلاقة بين تفضيلات الغذاء والحفاظ على صحة جيدة من حيث قوة العلاقة ونسبة معدل الانحراف (5%).

الكلمات المفتاحية

اختيار الغذاء، تفضيل الغذاء، صحة جيدة، السعرات الحرارية للغذاء، مؤشر كتلة الجسم.

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LIST OF ABBREVIATIONS

BMI: Body Mass Index

FCQM: Food Choice Questionnaire Model

FPM: Food Preference Model

OZ: Ounce

RDA: Recommended Dietary Allowance

SCAS: Socio-cultural Adaptation Scale

SPSS: Statistical Package for the Social Sciences

SRRA: Survey Return Rate Analysis

SSQ: Social Situations Questionnaire

TPBC: Theory of Private Body Consciousness

WIC: Women, Infants and Children

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