

## CHAPTER V

### CONCLUSIONS AND RECOMMENDATIONS

#### 5.0 INTRODUCTION

Previous studies have reported that the dietary changes among immigrants in other parts of the world could be related to the length of stay in the new place and degree of acculturation or social contacts with people in the new culture. Besides, younger immigrant groups are discovered to have a tendency to change their food habits more easily and often than the older immigrant groups (Gordon et al, 2000). However, this chapter highlights the main points of the findings such as summarizing of demographic profiles and highlights the outcomes of the data analysis pertaining to the research objectives. This chapter also provides some implications and recommendations particularly for theoretical perspectives and future research.

#### 5.1 CONCLUSION

The purpose of the study was to examine the socio-cultural impact of food choice and preferences among Libyan residents in the Klang Valley to maintain good health. From the respondents' demographic profiles, the majority of the respondents were male who comprised 58.3% and the remaining 41.7% of the respondents were female. Majority of the respondents were between the ages of 30-40 years while a few of the respondents were aged 51 years and above as well as 18 years and below. As for the marital status,

the majority of the respondents were married (89.7%) while the remaining 10.3 % were single. For income level, the majority of the respondents' had monthly incomes of RM3000 and below and RM7001-RM9000, with both categories making up a similar 24.6 % each while 11.9 % out of the respondents earned a monthly income of RM5001-RM7000.

Unpredictably, with regard to weight change, the majority (57.1 %) of Libyan residents in the Klang Valley area of Malaysia gained weight while, the remaining respondents (42.9 %) lost while staying in Malaysia. Also, with regard to BMI, the majority of the respondents based on their BMI showed overweight and were obese while a few were within the normal range. Besides, the majority (43.3 %) of the respondents loved to eat out once a week but, 8.7 % of the respondents did not specify their attitude toward eating out. Moreover, the majority of respondents or 64.7 % agreed that their eating habits were changing while the remaining 55.3 % did not change their pattern of eating habit when staying in the Klang Valley in Malaysia. Nevertheless, the majority of the respondents or 92.1 % did not have chronic disease while, the remaining 7.9 % of the populations had chronic disease like high blood pressure and diabetics.

Generally, the objective of this study was to explore the impact of socio-cultural adaptation to food choice and preferences among Libyan residents in the Klang Valley area of Malaysia. This study sought to observe whether Libyan residents in Malaysia changed their food choice and preferences in relation to maintaining good health. The specific objectives of this study were the following.

### Research Objective 1

To determine the best rated food choice among Libyan residents.

Based on the result, the researcher determined that most of the Libyan residents in the Klang Valley decided to choose *Halal* and environmentally friendly food as the highest rated food choice. This was signified by the score of the item '*I eat food that is Halal and is environmentally friendly*' which was agreed to by most of the respondents. Thus, the best food choice that was most rated by Libyan living in Malaysia was *Halal* and environmentally friendly food.

### Research Question 2

To ascertain the most popular food preferences among Libyan residents.

From the findings, the researcher ascertained that the most popular food preferences by item preferred among Libyan residents in the Klang Valley was grapes as the score for the item '*I like to eat grapes*' was the most agreed to by the respondents. In addition, this result was equivalent to the categories of food preferences which proved that the respondents prefer the energy dilute food to which category grapes belong. Therefore, the food most preferred by Libyan residents in Malaysia was grapes by individual item and energy dilute food for the category of food.

### Research Question 3

To evaluate the level of socio-cultural adaptation among Libyan residents.

Pertaining to the result in Table 4.10, the researcher discovered that Libyans love to make friends when staying in the Klang Valley area of Malaysia. This practice offers a high level of socio-cultural perception by Libyans and they were able to understand the requirements of their workplace and universities as well as the cultural differences in Malaysia. Besides, the researcher found that most of the items in sociocultural adaptation in Malaysia were agreed to by Libyans which indicates that Libyans have no problems with socio-cultural adaptation in Malaysia.

### Research Question 4

To investigate the relationship between food choice and preferences and sociocultural adaptation among Libyan residents in Malaysia.

Referring to the findings, the result shows that there is a significant relationship between the food choice and socio-cultural adaptation among Libyan residents in Klang Valley. Both findings in the correlation and regression analysis show that food choice has positive relationship with socio-cultural adaptation. Similarly, the result also shows that there is a significant relationship between food preferences and socio-cultural adoption among Libyan residents in Klang Valley. It is supported based on the findings in both correlation and regression analysis which shows that food preferences have a positive relationship with socio-cultural adaptation. The food choice indicates ( $\beta=0.217$ ,  $p= .000$

< 0.05), which means that 21.7 % of the variance can be explained in the relationship and there is positive significant relationship between food choice and the socio-cultural variable. Moreover, food preferences signify ( $\beta=0.230$ ,  $p= .000 < 0.05$ ) which constitutes 23 % explaining the variance and there is positive significant relationship between food preferences and socio-cultural variable in the study. Besides, the  $R^2$  of the relationship was 0.122 and the significant F change shows .000, which signifies a very high confidence level. At the same time, the Durbin Watson indicates 1.774 which means there is a positive correlation in the mentioned relationship. For that reason, the researcher concluded that there is a significant positive relationship between food choice and preferences as well as socio-cultural adaptation among Libyan residents in the Klang Valley area of Malaysia. Nonetheless, there is limited empirical evidence on dietary habits and the impact of dietary choice on the socio-cultural lives of Arabs particularly Libyans resident in Malaysia. Therefore, the result of this study could bring significant impact to their culture and social life and enhance the understanding of Libyan food habits and their acclimatization when living in another country.

## 5.2 RECOMMENDATIONS

Theoretically, the emerging importance of food choice and preferences in relation to socio-cultural studies can be used to extend the relevant literature and theories that are related to the socio-cultural perspective. Moreover, this study explains the food habit understand to determine food choice and food preferences especially among Arabs living abroad. Consequently, the ability to measure the level of food choice and preferences among Arabs living abroad could benefit the scholastic mediations in food to evaluate the effect of socio-cultural adaptation on the food choice and preferences among people who

love to travel and plan to stay overseas. Furthermore, some methods can be developed as useful instruments for evaluating if willingness to consume specific foods and beverages is impacted by nutrition teaching programs. Lastly, the benefit of the study is that it will assist the food nutritionist to properly educate people on moderate food intake and monitor their BMI to be able to maintain a healthy living and worthy lifestyle.

### 5.3 LIMITATIONS AND SUGGESTIONS FOR FUTURE RESEARCH

The study is designed to elicit the impact of food choice and preferences on socio-cultural adaptation among Libyans who reside in Malaysia. This study is not restricted only to that but also investigated the pattern of eating habits among Libyans when they live in the Klang Valley area of Malaysia. However, future research should explore more predictors relating to food habit that influence the acculturation among Arabs living abroad. It is important to enlarge the diversity of food bio-technology in upgrading the information and research pertaining to the changing pattern of eating habits among Arabs.

Inability to conduct a qualitative study is another limitation for this study. To understand people's behavior and attitudes, some interview should be conducted in order to feel the real reason behind their responses to the questions asked. Lacking this particular method of data collection could produce inaccurate results in interpreting the information given by the respondents. Perhaps, future research could be conducted using mix-mode method (Quantitative and Qualitative) for better results. Also, future study can include laboratory test analysis of the calorie composition of each food choice, preference and intake among Arab immigrants or immigrants in general.

Furthermore, future research could add more variables such as social class, personality, attitude, and emotions in predicting the outcome of the socio-cultural adaptation. Besides acculturation, future researchers could extend the result of the study by investigating their behavioral intention as the outcomes of the study. This is relevant to study because social-cultural adaptation is a process of changing attitude which can lead to change in future behavior or habit.

Lastly, the retrieved number of questionnaires for this study was 252 out of 400 questionnaire, distributed, which therefore means a return rate 63% of the population. So, subsequent study should increase the size of the questionnaire and make an effort to achieve 80% - 90% survey return rate or a more desirable outcome.

