ORIGINAL ARTICLE

# THE ASSOCIATION BETWEEN KNOWLEDGE OF DIETARY BENEFITS OF GREEN TEA AND ITS CONSUMPTION ON PERCEPTIONS OF BODY WELL-BEING AMONG NURSING STUDENTS IN UNIKL-RCMP, IPOH, PERAK

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## ABSTRACT

*This study was conducted to determine the level of knowledge of the benefit of green tea consumption and its association with perceptions of body well-being among nursing students in UniKL-RCMP, Ipoh, Perak. A stratified random sampling technique was applied to get samples. The data was collected by using an online survey (Google Forms) which comprises sociodemographic characteristics, knowledge of the beneficial effects of green tea consumption, consumption of green tea intake and perceptions of general well-being. 53.4% of the respondents were found to have high knowledge of the beneficial effects of green tea intake and 85.8% had drunk it. Female nurses significantly consumed more green tea (87.8%) as compared to males (57.1%). There was a significant association between level of knowledge and perception of body well-being. 86.3% of nurses having a high knowledge of the beneficial effects of green tea consumption had a good perception of their body well-being, however, no significant association was found between green tea intake and perception of body wellbeing. In conclusion, most of the nursing students were knowledgeable about the dietary effects of green tea consumption, however, the positive benefits of green tea intake have not yet been seen in the present study.*

***Keywords:*** *Green tea, knowledge, perception of body well-being, nursing students.*

## INTRODUCTION

Green tea is a non-fermented tea, derived from the Camellia sinensis, the small leaf variety of the tea plant which has a sweeter taste[1]. The non-fermentation process of green tea retained the polyphenolic compound that exhibited the protective effects against non-communicable diseases (NCDs) such as cancer[2], overweight and obesity[3], type 2 diabetes mellitus[4], cardiovascular diseases[5] and psychological disorders[6].

The knowledge and intake of green tea intake vary in different populations and cultures. In Nepal, a study shows that teachers and students enjoyed taking green tea more than milk tea, 60.5% and 39.5% respectively[7] (Ahmad and Pandey 2015) whilst a study in Pakistan, milk tea was preferable to drink over green tea (77% versus 23%)[8]. However, both populations believed that green tea is useful in reducing weight and beneficial in fighting against infection and cancer. Among dental students, 66% of the study participants had an intake of green tea intake and 75% are aware of the health effects of green tea consumption[9].

Disordered eating such as chronic restrictive eating, skipping meals, binge eating, dieting, and the use of laxatives and diet pills to control weight has become a lifestyle in some societies, especially among young females and students. A study among university students in Kuala Lumpur and Selangor showed that 20.3% of students experienced disordered eating mainly due to body size dissatisfaction and negative body image, especially among female students[10]. The strong desire for thinness was more among female students due to societal acceptance which was promoted by the media and the fashion industry[10,11]. An intake of a healthy diet is more beneficial in maintaining body wellbeing. Body well-being means the perceptions of a positive state of physical, psychological, emotional, and social health involving the feeling of happiness, satisfaction, strengths, optimism, and positive traits. Whether the intake of green tea can help in improving body wellbeing is a question in this study.

The present study aims to determine the level of knowledge and green tea consumption among nursing students in RCMP, Ipoh, Perak, and its association with their perception of body wellbeing. It was hypothesized that the level of knowledge and consumption of green tea was low among the nursing students and there was no association between the level of knowledge and green tea consumption with sociodemographic factors and perception of body well-being.

## METHODS

The study was a descriptive, cross-sectional design conducted among nursing students at