

Evaluating the Relationship between Diet Quality, Quality of Life (QoL), and Reproductive Health of Male Biology Students in UiTM Shah Alam, Selangor

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Structured Abstract

Background: Reproductive health issues, including hormonal imbalances and declining sperm quality, are increasingly reported among young men, particularly male college students. These issues not only affect fertility and physical well-being but also have implications for overall quality of life, as sexual and urological problems can lead to emotional stress and social difficulties. Lifestyle and dietary habits are known to affect reproductive health. Many college students struggle to maintain healthy diets due to academic pressures, limited access to nutritious foods, and social influences. Diets high in processed foods and low in essential nutrients may exacerbate reproductive health problems. Therefore, this research seeks to fill this gap by exploring the impact of diet quality on reproductive health indicators in male college students using validated questionnaires.

Methods: The survey was conducted using validated questionnaires. The Malaysian Diet Quality Questionnaire (MDQQ) was used to evaluate the quality of diet, the World Health Organization Quality of Life Questionnaires (WHOQoLQ) to evaluate the overall health status of a person, and the Sexual Health Inventory Questionnaire (SHIMQ) to evaluate the effect on quality of life of male participants on urological symptoms and their overall sexual health.

Results: This study found that diet quality among male Biology students was moderate based on the MDQQ scores, as most students reported lower intake of fruits and vegetables. Based on findings from SHIM questionnaire, no lower urinary tract symptoms (LUTS) which could jeopardise reproductive health were reported. This suggested good bladder health with no significant relationship between diet and reproductive health. However, sexual function showed a weak relationship but measurable impact on overall quality of life.

Conclusion: This study suggests that diet is not a major factor affecting sexual health in this group. Based on this, it is recommended to carry out a health campaign and to promote self-care among male students. They should be more responsible in checking their reproductive and urinary health and seek medical help when needed, using the university health services available, such as the UiTM Shah Alam Health Centre.

Keywords: Diet Quality, Reproductive Health, Quality of Life, Male University Students, Urological Health, Sexual Function

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