

Impact of Dietary Intake on Female Quality of Life (QoL) and Reproductive Health

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Structured Abstract

Background: Assessing the diet pattern of young females particularly among university female students is an important insight into their lifestyle choices which has an impact on health. They often chose convenience of food compared to nutritional value due to different life schedules, environment and surroundings. This could lead to overconsumption of unhealthy foods. The objectives of this study were to ascertain the dietary pattern of female students by examining the correlation between the diet pattern with quality of life and reproductive health by using several validated questionnaires.

Methods: The survey was conducted on female students from Biology programme in the Faculty of Applied Sciences, UiTM Shah Alam. The validated surveys consisted of Malaysian Diet Quality Questionnaire (MDDQ), Quality of Life (QoL) measuring the self-perception and satisfaction towards life within the last two-weeks and Women Health Questionnaires (WHQ) that examined the emotional, psychological and menstrual symptoms of the female students.

Results: The findings from the study revealed that, most of the female students were categorized in low diet score because of higher consumption of sweet dessert and beverages. Very weak correlations were identified from the diet scores with QoL domains indicating that their overall well-being did not rely solely on dietary intake. Next, the diet score was in weak correlation with WHQ scores and demonstrated that low diet scores did not influence on their reproductive health. This small scale study found that the female reproductive health of students were in good health despite having poor dietary habits.

Conclusion: In conclusion, the findings of this study demonstrate that dietary intake was not closely related to reproductive health and quality of life of female students. However, it was recommended to increase their awareness on practicing a healthier diet habit through institution's health campaigns and consultations to prevent from reproductive health implications in the future.

Keywords: Dietary Intake, Reproductive Health, Quality of Life, Female Biology Students

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