The Relationship between the Use of Social Media Technology and Healthy Life Style Practice among Undergraduate Students.

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Abstract. This study was conducted to identify factors of social media use as a healthy lifestyle practice among Universiti Malaysia Perlis (UniMAP) students’. This study used a quantitative approach. About 100 UniMAP students’ were involved in answering the research questionnaire. The results show that WhatsApp is the most commonly used by UniMAP students. The findings of this study shows that there is a significant relationship between interaction factors with healthy lifestyle practices among UniMAP students. The findings of this study also shows that there is a significant relationship between information factors with healthy lifestyle practices among UniMAP students. Based on the result in this study, its shows that social media is not only used for entertainment or social purposes but also for healthy lifestyle practice.

Keywords: Healthy Lifestyle, Social Media, Online Sport Activity.

1. Introduction
In this era of globalization, technological advances have been growing and advancing so that the way we communicate is also changing dramatically. This is because information and communication technologies are increasing with the availability of various internet-based applications (Siti Ezaleila Mustafa & Azizah Hamzah, 2010). With the advent of social media, today's society is able to communicate online and access information quickly and easily. According to Siti Ezaleila Mustafa & Azizah Hamzah (2010), it is argued that this new media technology is not just a "Library of Information" to facilitate the dissemination of information to a global audience, but even more. This medium is not only a tool for distribution, archiving and text-based, but is now a tool or medium for social media capable of delivering media content and facilitating social media users (Siti Ezaleila Mustafa, 2013). This is because social media continues to receive overwhelming response from the public today because of its...
interactivity and convergence features at any time, making this new media a worldwide choice (Siti Ezaleila Mustafa & Azizah Hamzah, 2010). Therefore, this study will identify how social media technology is affecting society in obtaining information mainly related to healthy lifestyle practices.

1.1 Research Objective
The objectives of this study are to:
1. Identify the types of social media that students use for healthy lifestyles.
2. Identify the relationship between interaction factors and healthy lifestyle practices among students.
3. Identify the relationship between information factors and healthy lifestyle practices among students.

1.2 Hypothesis
Based on the objective of the study, several research hypotheses were developed to achieve scientific research. Among the hypotheses of the research are:

Ho1: There is a significant relationship between interaction factors and healthy lifestyle practices.
Ho2: There is a significant relationship between information factor and practice healthy lifestyle.

2. Healthy Lifestyle
According to a study by Liette Lapointe, Jui Ramaprasad & Isabelle Vedel (2013) entitled “Creating Health Awareness: A Social Media Enabled Collaboration” found that social media can be used to provide health awareness to social media users. They also stated that 89% of health information awareness is conveyed to social media users through Facebook and Youtube channels. Whereas, Facebook and Youtube channels are the medium used by most health centers to disseminate health information to social media users and more interestingly, it can be done in a video that can understand social media users and not be boring.

Another study conducted by R. Craig Lefebvre & Alexandra S. Bronkessel (2013) found that some social media users create or open their own social media accounts to discuss and share their opinions on health and lifestyle. Facebook and Twitter has its own account or group of breast cancer patients and diabetic patients, making social media a platform for information on illness and sharing experiences among them (R. Craig Lefebvre & Alexandra S. Bronkessel, 2013). In addition, the study also found that the use of social media influenced them to make decisions about their health care. The results of the survey found that 45% said finding information through social media would lead them to find opinions or other information while 41% percent said social media sites would influence them to choose a specific hospital, physician or facility and 40% percent say social media is a guide for them to manage their diet, exercise, and healthy living (R. Craig Lefebvre & Alexandra S. Bronkessel, 2013).

2.1 Social Media Use and Healthy Lifestyle Practice
According to Sohana Abdul Hamid (2016) the influence of mass media varies on individuals. Mass media is one form of advancement in information and communication technologies where through the growing mass media enables information or information to be disseminated easily and quickly to the public. Today, social media such as the internet is the most widely used channel for the public to convey or receive information on an issue as the internet is faster and faster to provide or receive information (Sohana Abdul Hamid, 2016).

The use of social media among youth or students today is gaining popularity as it is accessible on the Internet through smartphones, tablets and laptops anytime. According to statistics from the Malaysian Institute for Youth Development Research (2016), about 63% of today's students or youth use social media in their leisure time. According to the Malaysian Communications and Multimedia Commission (2017), the main purpose of students or youth is to use social media to interact and
communicate online. According to a study conducted by Liliana Laranjo & Annie Lau (2015), states that the use of social media has a positive impact on a healthy lifestyle which is that social media provides health information facilities, provides additional knowledge and opportunities for consumers to make decisions and promote a positive and healthy lifestyle. In addition, the power of social media is to provide physicians or health professionals the opportunity to communicate with their patients through social media sites such as WhatsApp, Facebook, Twitter, and Instagram to directly answer any questions and solve problems faced by them. Users thus save time (Dr. Liliana Laranjo & Dr. Annie Lau, 2015).

According to Lizzie Archer, Ann Pegoraro, & Gary Watters (2016) social media is one of the revolutionary forms of communication in social activities and is no exception to the practice of healthy lifestyle and sports development. In addition, the latest information or news about sports or athletes can be accessed on existing social media sites as each sports association or sports agency has their own social media account where content is up-to-date on the sports and athletes they are interested in (Lizzie Archer, Ann Pegoraro, & Gary Watters, 2016).

3. Methods
This study uses a quantitative approach. Quantitative studies refer to scientific method or finding of data for the purpose of using specific data (Sugiyono, 2015). Furthermore, quantitative is a method of research used to study on a particular sample or population, sampling techniques are generally performed randomly (Sugiyono, 2015). In this study, the sampling method used was simple random sampling. This study involved undergraduate students at Universiti Malaysia Perlis (UniMAP). The total respondents in this study were 100 respondents ranging age from 19 to 24 years.

This study used the questionnaire as a research instrument to gather information from the sample. In this regard, the researchers adapted the questionnaire from the study 'The Health-Related Uses and Gratifications of Youtube: Motive, Cognitive Involvement, Online Activity, and Sense of Empowerment' (2016) in formulating the questionnaire and distributed it to the respondents involved in this study.

4. Findings
4.1 The Most Common Type of Social Media Used by UniMAP Students.
Based on the analysis conducted, the study found that the most commonly used type of social media is WhatsApp where 45 respondents out of 100 respondents chose WhatsApp as the most used social media.

According to the 'Digital News Report' (2017), it was found that internet users in Malaysia recorded the largest use of WhatsApp in the world at 51% percent for the purpose of obtaining information and sharing stories. According to Maged, Steve Wheeler, & Dean Giustini (2016), WhatsApp app has a positive impact on its users in adopting a healthier lifestyle especially in personal and patient care and in clinical decision making. In this regard, they use WhatsApp to get information from healthcare professionals whether the information is presented in text, picture, audio, or document. As a result, the WhatsApp app is a fast, inexpensive technology that facilitates communication, enhances knowledge, and maintains good privacy and relationships among other users through the establishment of the 'WhatsApp Group'.

According to a study conducted by Naveen Kumar and Sudhansh Sharma (2017) one of the main reasons why people today choose WhatsApp as a medium for communicating and share information is because of its free use, user friendly, and fast. Therefore, it is in line with this study that today's students make WhatsApp a great medium for sharing information and interacting with other users especially in the practice of healthy lifestyles.
4.2 There Is a Relationship Between Interaction Factors With Healthy Lifestyle Practices Among UniMAP Students.

The findings of this study show that there is a relationship between interaction factors and healthy lifestyle practices among UniMAP students. In this regard, researchers want to see whether UniMAP students use social media to engage in healthy lifestyles. The results of this study show that there is a significant relationship between interaction factors and healthy lifestyle practices.

Accordingly, according to a study conducted by R. Craig Lefebvre and Alexandra S. Bronkessel (2013) stated that 40% percent said social media is a guide for social media users in managing their diet, personal health, and healthy lifestyle practices. His study has shown that social media provides the opportunity to interact with other users through the establishment of 'WhatsApp Group' which users can share ideas and information on healthy lifestyle practices.

In addition, respondents also agreed that they could interact by following the 'Live' exercise videos on social media by fitness trainers where they did not have to spend time and money going to fitness centers simply by going through video in the media social can do exercise at home thus saving you time and they can also get health tips or nutrition tips just by watching 'Live' videos on social media. As such, it shows that today's administrators and students can use social media to adopt a healthy lifestyle by interacting with other users for free and fast.

4.3 There Is a Relationship Between Information Factors With Healthy Lifestyle Practices Among UniMAP Students.

The findings of this study found that there is a relationship between information factors and healthy lifestyle practices among UniMAP students. The findings of the study show that students prefer to find information on social media. According to Liette Lapointe, Jui Ramaprasad, & Isabelle Vedel (2013) states that 89% of awareness about health information is conveyed to social media users through Facebook and Youtube channels. In this regard, the rapid development of information and communication technology has led to greater use of internet channels in everyday communication. Wakefield and Rice (2008) state that online communication provides new opportunities and experiences for its users especially in the sharing of information and interactions. According to Fariza Khalid, Aidah Abdul Karim, & Md Yusoff David (2015) stated that social media facilitates the sharing of information quickly and saves time and social media users can also access not only on smartphones but also on tablets. Therefore, sharing this information can be done anywhere with good internet facilities.

5. Conclusion

Based on this study, its shows that social media is not only used for entertainment or social purposes but also for healthy lifestyle practice. The findings of this study shows that there is a significant relationship between interaction factors with healthy lifestyle practices among UniMAP students. The findings of this study also shows that there is a relationship between information factors with healthy lifestyle practices among UniMAP students.

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