

**KNOWLEDGE, PERCEPTION AND PRACTICE  
OF INSTANT NOODLE CONSUMPTION AMONG  
STUDENTS IN UNIVERSITY OF COMMUNITY  
HEALTH, MAGWAY**

**MAY THU NAING TUN**

**B.Comm.H**

**Master of Public Health (MPH)  
University of Public Health, Yangon**

**2021**

**KNOWLEDGE, PERCEPTION AND PRACTICE  
OF INSTANT NOODLE CONSUMPTION AMONG  
STUDENTS IN UNIVERSITY OF COMMUNITY  
HEALTH, MAGWAY**

**Thesis submitted to  
the Postgraduate Academic Board of Studies,  
University of Public Health, Yangon  
as the partial fulfillment of the requirements  
for the Degree of Master of Public Health (MPH)**

**MAY THU NAING TUN**

**B.Comm.H**

**2021**

## ABSTRACT

Instant noodles' consumption is becoming very popular around the world and recognized as a global food. Although many studies indicated that there are strongly association between instant noodles' consumption and occurrence of metabolic risks, increased risk of NCDs, consumption of instant noodles is continuously rising. Consumption of instant noodles becomes popular in Myanmar due to industrialization and changing lifestyles. Therefore, this study intends to assess knowledge, perception and practice regarding instant noodles' consumption among students in University of Community Health, Magway. A cross sectional descriptive study was done among 214 students and online data collection method was used with google form. In this study, the percentage of instant noodle consumption within three months is 82.7%. Respondents' knowledge about instant noodles and consequent health implication was fairly good; with 59.8% of students having high level of knowledge. Most of the students (90.1%) had knowledge of preservatives being present in instant noodle and (75.2%) of students responded that  $\geq 3$  times per week of taking instant noodle associated with hypertension and hyperglycemia. In bi-variate analysis, there is association between gender and instant noodle consumption with p-value ( $<0.01$ ) and female students are more likely to consuming instant noodle. Consumption of instant noodle was associated with family members and friends' consumption ( $p<0.001$ ) and consumption together with friends ( $p<0.05$ ). Also, association between knowledge and perception of students on instant noodle consumption ( $p$ -value  $<0.001$ ). In this study, demographic characteristics of the students is not associated with their perception level. The main reasons of students for taking instant noodle were being easy to cook, easy accessibility and for the purpose of saving money. According to the findings of this study, it is needed to improve the knowledge and perception of healthy eating habits including instant noodle's consumption among university students to attain healthy-lifestyles. There should be regulations for food industry policy that will control salt content of packaged foods and guideline for labelling information that is simple, consistent and more understandable languages.