Factors Affecting the Men’s Health Literacy in Malaysia

Adi Idham
Department of Science, Suami Sihat (M) Sdn Bhd, Selangor, Malaysia
SuamiSihat.com.my
Email: adi@suamisisihat.com

Abstract

Men’s average life expectancy in Malaysia is about 5 years less than women’s. There are certain health hurdles that men encounter more than women. Men often have health issues that go undiagnosed or are ignored. Men in general feel that exhibiting emotion and grief makes them look vulnerable. This socially ingrained worldview has misled males and unconsciously educated them to believe that seeking medical attention demonstrates weakness. This may be an indication of the lack of health knowledge and inadequate use of health care services among male Malaysians. This research is an effort to investigate the factors affecting health literacy among men in Malaysia. Using HLS-M-Q18 and primary data of 251 men, this research applied a multiple regression model to examine the influence of various social and health-related factors. The findings show that education level, income, poor health condition, and regular medical consultancy increase the men’s health literacy in Malaysia. The findings of this study also indicate that BMI and religion, on the other hand, have no impact on health literacy levels in Malaysia. While men are given equal healthcare opportunities, addressing the perceptions, attitudes, and beliefs associated with men's health typically needs more careful consideration. The findings of this study hope to assist the policy formulation regarding men's health awareness in Malaysia.

Copyright: © 2022 Adi Idham The Creative Commons Attribution License authorizes free to use, distribution, and reproduction in any form, as long as the original author and source are acknowledged.

Competing interests: The authors have declared that no competing interests exist.

Keywords: Health literacy, Malaysia, Men's health awareness, Men's health checks
Full article available at https://journals.sagescience.org/index.php/ssret/article/view/4

Read full article

References


https://www.cambridge.org/core/journals/australian-journal-of-environmental-education/article/postsustainability-and-environmental-education-remaking-education-


https://www.tandfonline.com/doi/abs/10.1080/10833196.2018.1452562


https://www.bmj.com/content/323/7320/1058.short
Cleveland Clinic. (2018). *Cleveland Clinic 2018 MENtion It Survey.*


https://doi.org/10.3390/ijerph18115813


https://scholar.google.ca/scholar?cluster=4203241200486241956&hl=en&as_sdt=0,5&sciodt=0,5


https://eprints.whiterose.ac.uk/132270/


