

THE STUDY OF MYSTERY BEHIND AGES AMONG MALAYSIANS

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ABSTRACT

This research was set to discover the mysteries behind ages among Malaysian citizens. Samples were randomized among Malaysians including Malays, Chinese and Indians. The interview has conducted based on the psychology, mental, dietary and nature of skin towards aging. All the interviews sheets were tabulated and proceed with the statistical evaluations. Most respondents focused on middle aged (30-50) due to this age group where they usually have more commitment and able to spend more to look younger even they ages. The mystery behind their attractive appearance shows that personality plays an important role and gives immediate effects in daily lifestyle. Besides interviewing with middle aged people, extra questions such as intake of junk food, stress managing steps and more were included to obtain an appropriate answer. The results shown were causes of important factor which contributes towards aging. Vast percentage of Malaysian citizen believed that an appropriate prevention of aging was based on the food intake as well as personnel psychological. This can be concluded that Malaysians have their own perception in preventing aging as they aged and steps are required from other sources to beautify their daily life routine.

Key words: Aging, Youthful, Malaysians, Antioxidants, Smoking, Lifestyle.

INTRODUCTION

This research able to understand the concept of aging occurs at middle aged people as well as older people looking younger is also studied. Throughout the survey has conducted, the cooperation provided by the respondents is appreciated while they ease our data tabulation.

Aging is a constant, predictable process that involves growth and development of living organisms. Aging depends upon genes, environmental influences, and life style. A person disease marks the changes in the body like wrinkles, loss of muscle tone, hair loss or graying. Aging involves the steady decline of organ function and body systems. Except in times of exertion or stress these changes may or not be noticeable^[1].

Malaysia is a South-east Asian nation which constitutes of two regions, Peninsular Malaysia and Sabah and Sarawak (East Malaysia). The population of Malaysia is multi-racial, made up of several ethnic groups, comprising of Malay (63%), Chinese (24%) Indians (7%) and others (1%)^[2].

Many of the external causes of aging skin are determined by the health and

lifestyle decisions an individual make. Living a sedentary life contributes to aging skin, because exercise helps to tone muscles and get blood flowing. Exercise should be an important part of every anti-aging skin care program^[3]. Making unhealthy choices because prematurely aging skin and makes people look older faster. Smoke or spend time with a smoker will age quicker. This is due to the cigarette smoke, which is damaging and aging to the skin^[4]. Research has shown that exposure to cigarette smoke significantly increases skin wrinkles and dryness. An individual had irregular sleep shows on the face, with dark circles and bags under the eyes, and sagging skin. Lack of sleep is also a major factor in memory loss and symptoms of depression that include low interest in daily activities and negative thinking.

Unprotected skin that is exposed to the sun becomes more mottled in appearance. Freckles turn into brown sun spots, skin takes on a dry leathery appearance and wrinkles and sagging increase^[5]. According to estimation of researchers, damage caused by UV rays of the sun is responsible for up to 80 percent of skin aging.

Stress and worry often, cause frowning and over time the muscles in the face actually conform to that movement causing people look older than actual age^[6]. A good anti-aging skin care program should include meditation, yoga, gentle exercise or other relaxation techniques. This activity helps to reduce stress and prevent development of wrinkles.

Water is the building block of life and a constant infusion of water purifies and feeds cell tissue for optimal skin at any age^[7]. Drinking eight to ten glasses of water a day is essential, especially for older adults. Water hydrates the skin's cells and carries nutrients throughout the body to feed various organs.

The method used to collect data for this research is face to face interview. In face to face interview the interviewer physically travels to the respondent's location to conduct a personal interview face to face. The interviewer arrives at a convenient, pre-arranged time, reads the survey, deals with any questions or problems that arise and record the answers. This ease of response suited for populations that have difficulty answering mail or telephone surveys due to poor reading or writing skills, disability, or infirmity^[8]. It also offers significant advantages in terms of

the amount and complexity of the data that can be collected.

METHODOLOGY

Sample Design

The discussion has been done on how to conduct the interview. The question has prepared accordingly and complies to form an appropriate interview questions. The question has been divided based on food, beauty and psychology and mental health. This method will give a proper statistic as well as conclusion based on the interview. Throughout the preparation of questions, the discussion have been done on how to interview in an appropriate way and note down any remarks during the interview session. The motive of this interview method is in order to obtain depth answers directly from the interviewer by interacting in-person.

Interview Questions

Interviews are conduct for getting more realistic answers. Face to face interview also offers advantages in terms of data quality. More than any other survey delivery mode, face to face interview allows researches high degree control over the data collection process and environment.

Questions are separated into four major category such as, general, food, psychology and health, and nature of skin. The category was separated to identify which category cause major impact on aging.

The following questions are determined to ensure lifestyle influence on aging. Working environment, type of skin, blood group can influence a person skin age. Foods are the major factors which influence a person's lifestyle. Different type of food provides different type of nutrient. Fruits such as blueberry, and drinks such as green tea was provide a lot of antioxidant which can help to prevent aging. Psychology and health provide mind peace which can reduce stress. Meditation can also help to increase brain function, reduce the effects of aging on the brain, and improve concentration and memory. Smoking can accelerate the skin ageing process in the skin.

Aging of the skin means that it droops, develops wrinkles and lines and can become dry and coarse with uneven skin colour and broken blood vessels. There are some other factor can influence aging such consuming alcohol, motivation, sleeping and immune system. Traditional herbs will give positive effect on aging. Supplement

consuming give different positive result towards aging, the supplements are most effective when administered in high doses to combat autoimmune conditions such as arthritis and multiple sclerosis.

The body is designed to heal and repair itself with the aid of proper nutrition. The body requires two vital materials to complete this energy and raw material. These two requirements are needed to maintain the cell's proper functions. The body is made up of cells and all cells are living. All living things need food. Each cell needs the proper food to keep it strong. Cells die and replace themselves at various intervals.

RESULT

Result from present study indicates aging is a syndrome of changes that are deleterious, progressive, universal and thus far irreversible. Aging damage occurs to molecules, cells and to organs when body slows down. This is because as an individual age, the cells tends to multiply or generate new cell slower, causing slower renewal of tissue where the functions will become weak ,bones and muscle become weak and immune system lose its function. Besides that, skin become dry, have wrinkles and

age spot. Aging is inevitable but how one age is a choice.

Different races in Malaysia have different rate of aging, some race seem to age well look younger than their actual birth date while others appear to be a decade older. This may due to lifestyle habit followed by the different ethical group. From the research certain factor contribute to premature aging among the races had been identified.

Smoking is suggested is the major cause of premature aging. Smoking damage the skin by causing wrinkles, small lines around mouth and staining the teeth. The results also show that the intake of tea and coffee significantly provide antioxidant properties which is essential characteristic to prevent aging. Adequate water consumption is an absolute requirement for healthy and younger looking appearance. It is a important nutrient in body system. It helps to carries nutrients throughout the various organs in the body whereas

inadequate water consumption cause older looking appearance which is in the form of dry, flaky, fine lines, and dark circles. From the result meditation had been indentify to help to increase brain function and reduce the effect of aging in the brain. It also improves memory and reduces the level of stress.

Consuming nutritious fruits help to reduce the signs of aging. It also brightens a dull complexion and firm up sagging skin. The essential nutrition in fruit will also help out in the rest of an individual body. Example fruits containing antioxidants such ad grapes, blackberry, and strawberry help to reduce the effect of aging. They also contain beta-carotene, vitamin C, flavonoids, folate, potassium, magnesium and fiber. Vitamin C is vital to the production of collagen, a protein that provides skin with structure and gives it its firmness and strength.

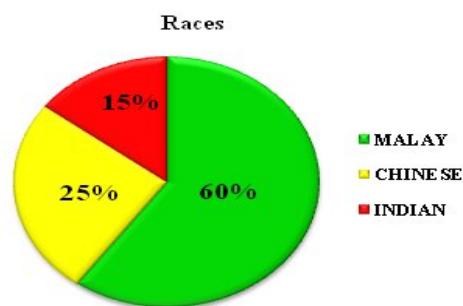


Figure 1: Percentage of respondents according to races in Malaysia

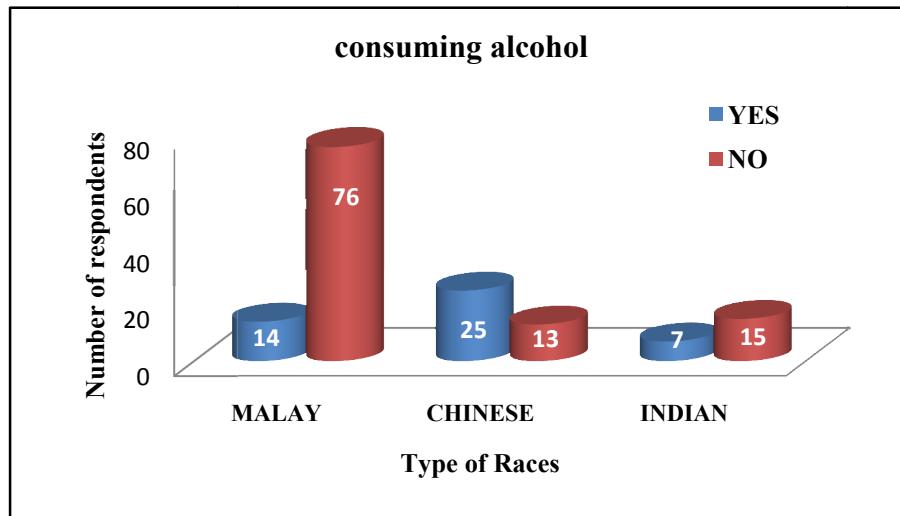


Figure 2: Number of respondents consuming alcohol among Malaysians

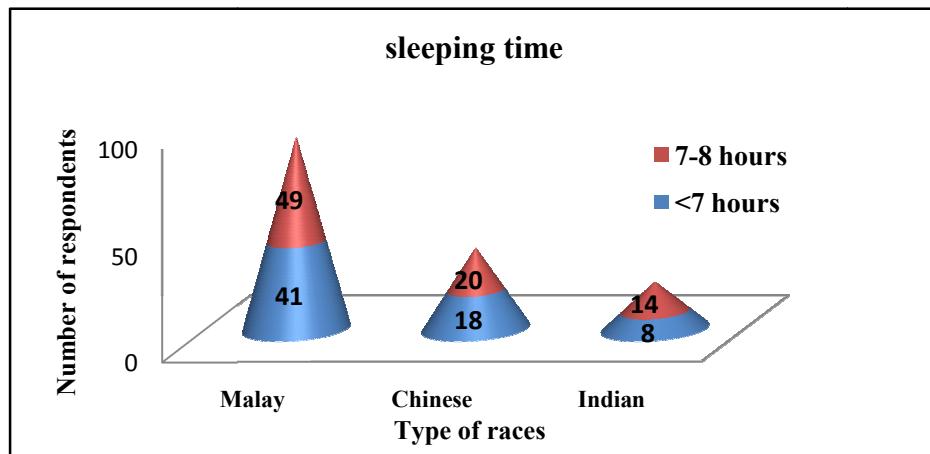


Figure 3: Number of respondents according to sleeping time among Malaysians

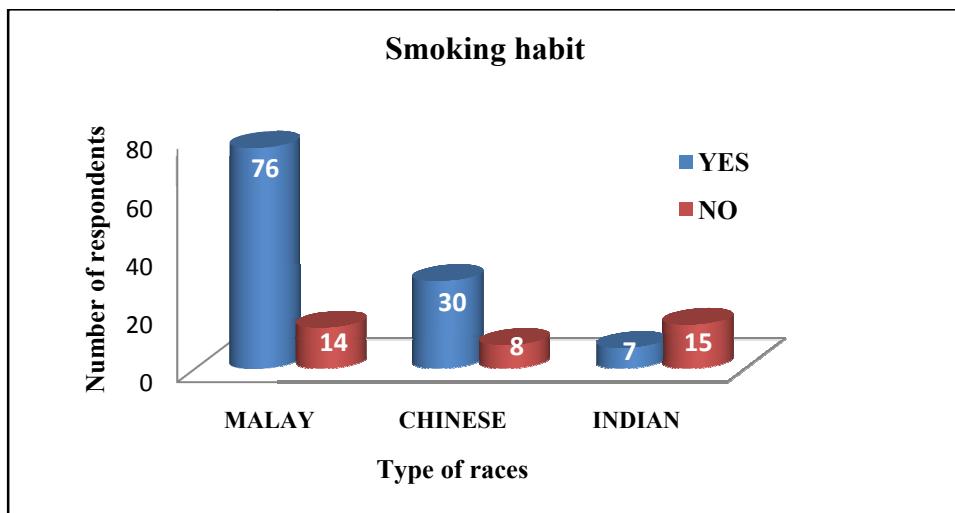


Figure 4: Number of respondents smoking among Malaysians

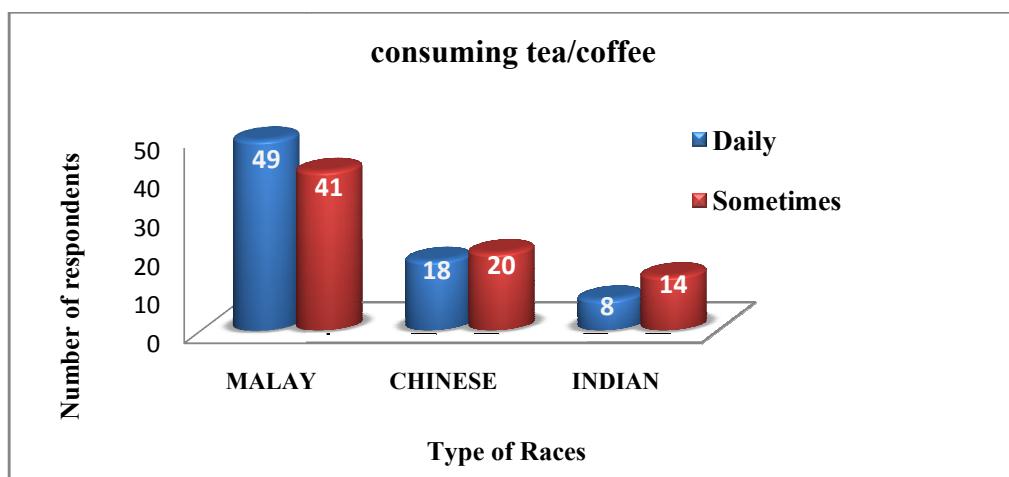


Figure 5: Number of respondents consuming Tea/Coffee among Malaysians

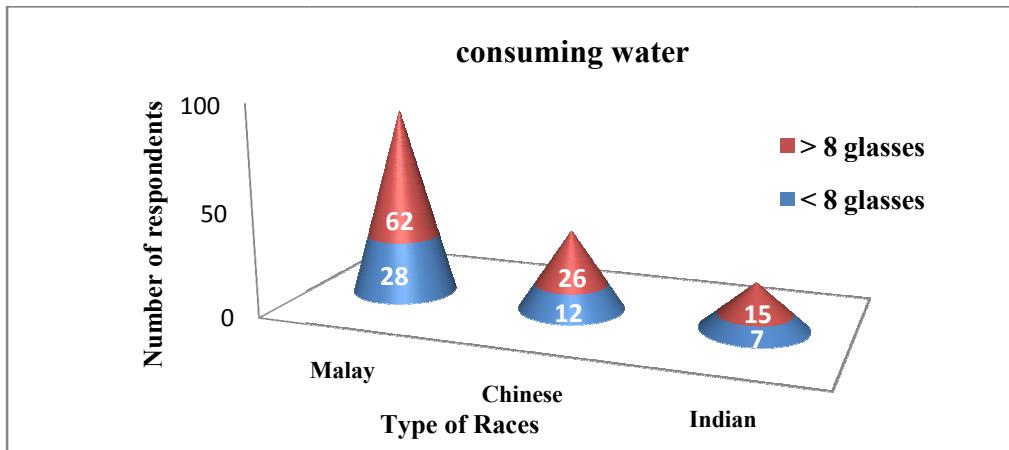


Figure 6: Number of respondents consuming water among Malaysians

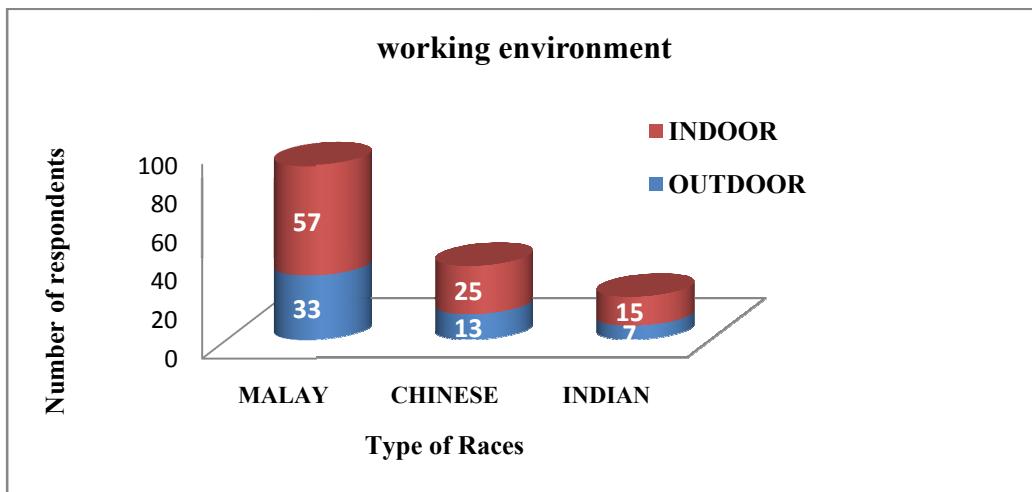


Figure 7: Number of respondents according to working environment among Malaysians.

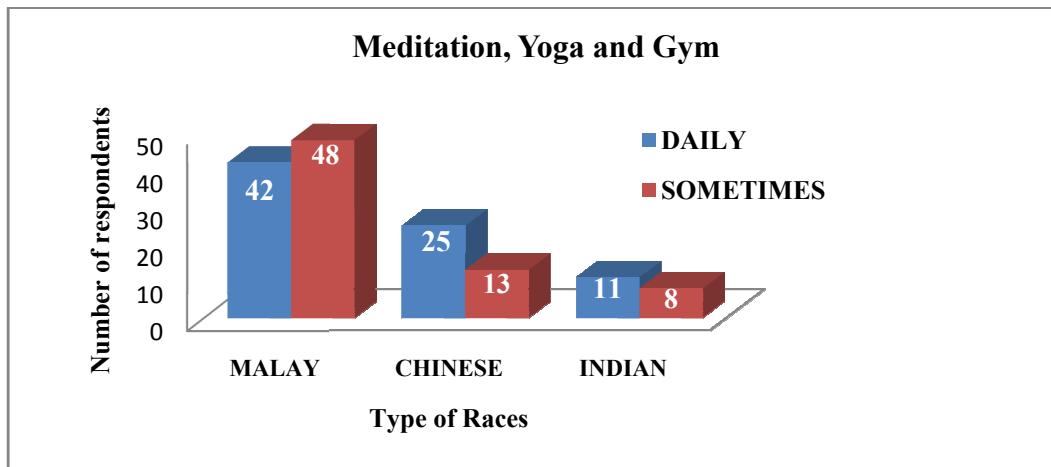


Figure 8: Number of Respondents Doing Meditation, Yoga and Gym among Malaysians.

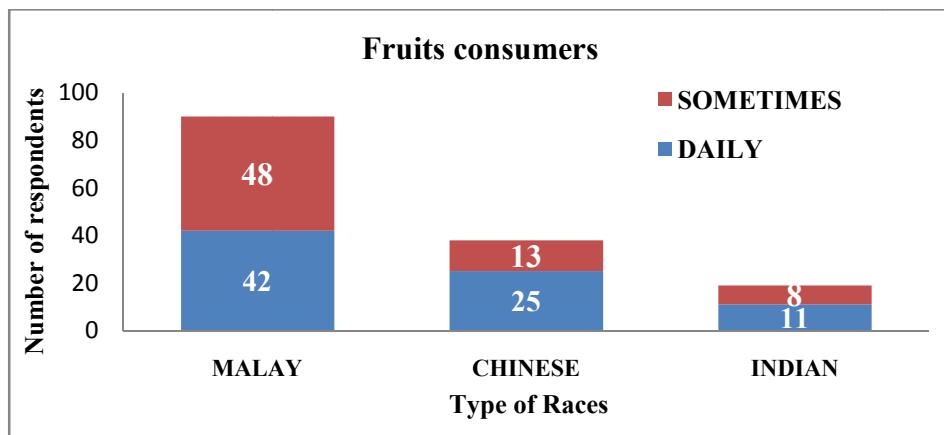


Figure 9: Number of respondents takes fruits among Malaysians

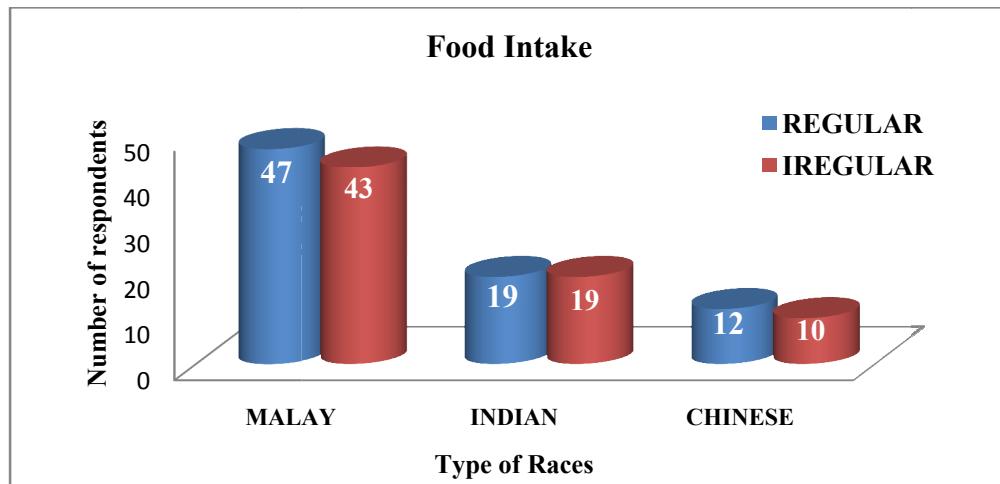


Figure 10: Number of respondents according to correct pattern time among Malaysians

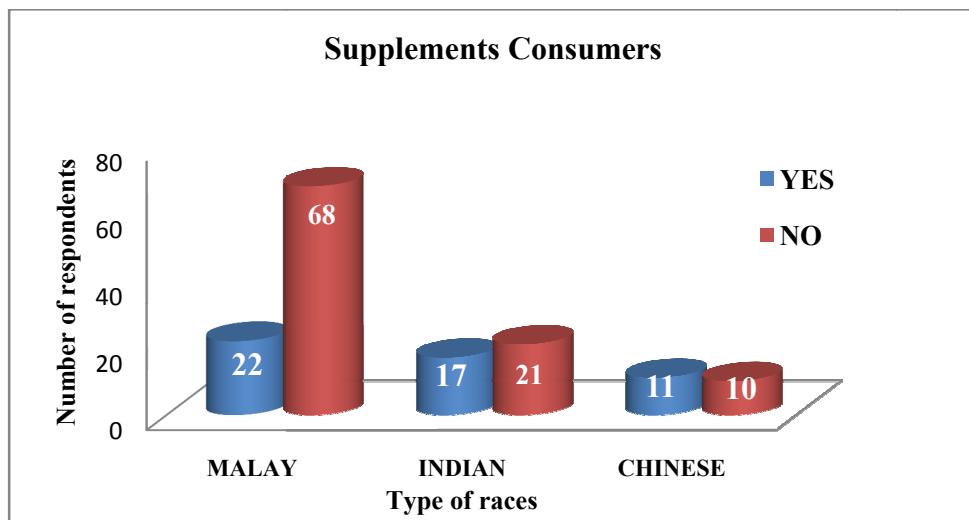


Figure 11: Number of respondents consumes supplements among Malaysians

CONCLUSION

Aging, are process of growing old and are defined as the gradual biological impairment of normal function, probably as a result of changes made to cells such as wrinkles, gray hair, loss of hair, and structural components such as bone and muscle. Study shows that meditation is just one of scores of techniques that bring about a physiologic response. A balanced diet that includes carbohydrates, proteins, fats as well

as fiber to ensure a healthy and long life which can help in preventing cell degeneration. Smoking can accelerate the skin aging process like the skin are droops, develops wrinkles as well as become dry and coarse with uneven skin colouring. It is not certain exactly how smoking causes early ageing of the facial skin. Although commonly it is treated rather trivially, no other nutrient is more essential or needed in as great amounts. These are the major factor which influences aging.

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