

# THE DEVELOPMENT OF FELT KEYCHAINS FOR RAISING AWARENESS ABOUT FOOD ALLERGIES AMONG UNIVERSITY STUDENTS AGED 22 AND BELOW

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## ABSTRACT

This study evaluates the effectiveness of felt keychains as educational tools for raising awareness about food allergies among university students aged 22 and below. Food allergies are a growing public health concern, particularly among young adults, and inadequate awareness can lead to severe health risks. The study involved 32 participants who were tested in four rounds using keychains representing eight common allergens (milk, eggs, nuts, seafood, wheat, rice, chocolate, and shrimp). Data were collected through pre-test and post-test questionnaires, satisfaction surveys, and semi-structured interviews.

The results revealed a significant improvement in participants' knowledge, with scores increasing from an average of 6.5 (Pre-Test) to 8.8 (Post-Test) ( $t = 6.23$ ,  $p < 0.001$ ). Confidence and attitudes also showed positive shifts, while 87.5% of participants expressed high levels of satisfaction with the clarity, usability, and practicality of the keychains. Qualitative feedback further emphasized the tool's ability to improve preparedness, with participants highlighting its ease of use and helpful visual design. Suggestions for improvements included enhancing material durability and adding customizable features.

In conclusion, the study demonstrates that portable tools like felt keychains are effective in raising awareness about food allergies. The significant improvements in knowledge, positive attitude changes, and high satisfaction levels among participants highlight the potential for such tools to contribute to health education in university settings. Further research is recommended to explore the long-term impact and scalability of similar educational tools.

**Keywords:** Food Allergy, Awareness, Educational Tools, Felt Keychains, University Students, Health Communication

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