

**A STUDY ON RELATION BETWEEN EATING ATTITUDES AND
BODY IMAGE AMONG FEMALE STUDENTS IN FACULTY OF
EDUCATION, UiTM SHAH ALAM**

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**AN ACADEMIC EXERCISE SUBMITTED IN PARTIAL
FULFILLMENT FOR THE DEGREE OF BACHELOR OF
EDUCATION (Hons) PHYSICAL AND HEALTH EDUCATION**

**FACULTY OF EDUCATION
UNIVERSITI TEKNOLOGI MARA
SHAH ALAM
2014**

UNIVERSITI TEKNOLOGI MARA
FAKULTI PENDIDIKAN

A STUDY ON RELATION BETWEEN EATING ATTITUDES AND
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LATIHAN ILMIAH INI TELAH DIKEMUKAKAN UNTUK MEMENUHI
SEBAHAGIAN DARIPADA SYARAT UNTUK MEMPEROLEH IJAZAH
SARJANA MUDA DALAM PENDIDIKAN JASMANI DAN KESIHATAN



PUAN ZULINDA AYU BINTI ZULKIPLI
(PENYELIA)

10/07/2014

TARIKH



PROF. DR. HAJI MOHD MUSTAFA B. MOHD GHAZALI
(DEKAN FAKULTI PENDIDIKAN)

10.07.2014

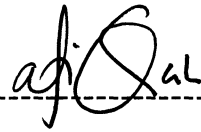
TARIKH

DECLARATION

“I hereby declare that the work of this exercise is mine except for the quotations and summaries that have been duly acknowledged”.

10 JULY 2014

DATE



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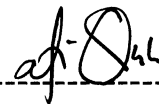
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PENGAKUAN

“Saya akui karya ini adalah hasil karya saya sendiri kecuali nukilan dan ringkasan yang setiap satunya telah saya nyatakan sumbernya”.

10 JULY 2014

TARIKH



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“In the name of God, the Most Gracious and Most Merciful”

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ABSTRAK

Kajian ini menyiasat hubungan antara amalan pemakanan dan imej diri dalam kalangan pelajar perempuan Fakulti Pendidikan, UiTM Shah Alam. Selain dari penyiasatan utama, kajian ini juga bertujuan untuk mengetahui tahap Idex Jisim Badan (BMI) pelajar. Kajian ini dijalankan menggunakan tiga aspek bagi mengetahui jenis amalan pemakanan yang diamalkan oleh pelajar perempuan di Fakulti Pendidikan, UiTM Shah Alam. Tiga aspek yang digunakan di dalam kajian ini ialah kawalan lisan, keasyikan makanan dan diet . Seramai 60 responden telah dipilih dalam kajian ini di kalangan pelajar perempuan Fakulti Pendidikan, UiTM Shah Alam. Dari kajian ini, boleh di simpulkan bahawa aspek diet mempunyai hubungan yang ketara antara imej diri. Sementara itu tiada hubungan yang ketara di antara dua aspek kawalan lisan dan keasyikan makanan terhadap imej diri.