



**UNIVERSITI TEKNOLOGI MARA
FACULTY OF ADMINISTRATIVE SCIENCE AND POLICY
STUDIES**

**A STUDY OF FACTORS THAT LEAD TO EATING HABITS
AMONG DEGREE STUDENTS IN UiTM KEDAH**

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JANUARY 2017

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THE DECLARATION

Declaration

We hereby declare that the work contained in this research proposal is original and our own except those duly identified and recognized if we are later found to have committed plagiarism or acts of academic dishonesty, action can be taken in accordance with UiTM 's rules and academic regulations.

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THE ABSTRACT

Abstract

The new environment in the university leads to the changes in students eating habits. Eating habits is a typical eating style among the students that involves adoption of weight loss, diet program and reduction in the food intake. This study examines the factors contribute to the degree students in UiTM Kedah eating habits. From the study there are several factors involve such as cost and accessibility of food, education and knowledge, stress, social support and eating patterns. There are three main factors that lead to students eating habits such as stress, social support and eating patterns involve in this study. Besides that, the sampling technique use in this study is cluster sampling technique. A sample of 297 respondents from 1480 of degree students was identified to answer the questionnaire. The five faculties that involve in this study are Faculty of Science Administration and Policy Studies, Faculty of Business and Management, Faculty of Accountancy, Faculty of Information Management and Faculty of Art and Design.