



**Faculty of Administrative Science & Policy Studies  
Universiti Teknologi MARA**

**Bachelor of Administrative Science**

**Title of Research  
Factors that Influence Healthy Lifestyle among Students in Higher  
Education in Kuala Muda, Kedah**

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## CLEARANCE FOR SUBMISSION OF THE RESEARCH REPORT BY THE SUPERVISOR

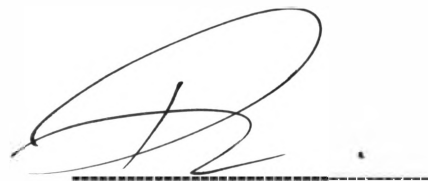
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Title of Research Report : Factors That Influence Healthy Lifestyle among Students in Higher Education in Kuala Muda, Kedah.

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I have received the final and complete research report and approve the submission of this report for evaluation



(Mr. Firdaus bin Ramli)

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## THE ABSTRACT

### Abstract

Healthy lifestyle is very popular topic from previous and current researcher. The research aims to study a factors that influence healthy lifestyle among student in higher education. The researcher makes a case study of this research at UiTM Kedah and AIMST University in Kuala Muda, Kedah. The researcher wants to know the level of healthy lifestyle among students in higher education. 367 sample size has been determined where the total population of both institution is 8,142 students. The stratified sampling and convenience sampling has been used in this study. The researcher finds that knowledge of the students about healthy lifestyle is high and knowledge is the most influential factor rather than attitude and practice.

Keywords: Healthy Lifestyle, Knowledge, Attitude, Practice, KAP Model.