

UNIVERSITI TEKNOLOGI MARA

**NUTRITIONAL STATUS AND
SEDENTARY LIFESTYLE AMONG
UNDERGRADUATE BUSINESS
STUDENTS IN UNIVERSITI
TEKNOLOGI MARA (UITM)
PUNCAK ALAM**

**FARAH DIYANA BINTI MUSTAFA
AINIL NABILAH BINTI MOHAMAD TANURI**

Final Year Project submitted in fulfillment
of the requirements for the degree of
Bachelor of Nursing (Hons)

Faculty of Health Sciences

JUNE 2019

AUTHOR'S DECLARATION

We declare that the work on this Final Year Project was carried out in accordance with the regulations of Universiti Teknologi MARA (UiTM) and had followed UiTM guidelines for research writing on final year project 2012. This is our own project and the result of our own findings, unless otherwise indicated or acknowledged as referenced work. This write-up has not been submitted to any other academic institution or non-academic institution for any other academic award.

If our research paper is found to violate the conditions stated above, we voluntarily waive the right of conferment of our degree and agree to be subjected to the disciplinary rules and regulations of Universiti Teknologi MARA.

Name of Student : Farah Diyana binti Mustafa

Student I.D. No. : 2015250596

Programme : Bachelor of Nursing (Hons) – HS240

Faculty : Faculty of Health Sciences

Final Year Project Title : Nutritional Status and Sedentary Lifestyle among Undergraduate Business Students in Universiti Teknologi MARA (UiTM) Puncak Alam

Signature of Student :

Date : June 2019

ACKNOWLEDGEMENT

First of all, we would like to express our highest gratitude to the Almighty of Allah S.W.T for giving us as much as necessary time, strength, patient and health in order to complete this research.

Besides, we would like to express our deepest appreciation to Madam Norimah binti Said, our respected and supportive supervisor, who had kindly spend her time, energy and her willingness to offer valuable guidance to help us in accomplishing this research.

Special thanks to the Department of Nursing and the ethics committee of Faculty of Health Sciences, Universiti Teknologi MARA (UiTM) Puncak Alam for the recognition and endorsement permission for this research to be conducted within the period without facing any ethical issues. Millions thanks to Faculty of Business Management, Universiti Teknologi MARA (UiTM) Puncak Alam for allowing us to undergo this research among business students regarding 'Nutritional Status and Sedentary Lifestyle among Undergraduate Business Students in UiTM Puncak Alam'.

We also would like to thank all lecturers, friends and anyone who are either directly or indirectly involved in accomplishing this research.

Last but not least, we would like to thank our beloved family for their understanding, support, and endless love through the duration of our studies.

May "Allah" bless all of you. Thank you.

TABLE OF CONTENTS

	Page
AUTHOR'S DECLARATION	ii
AUTHOR'S DECLARATION	iii
INTELLECTUAL PROPERTIES	iv
ACKNOWLEDGEMENT	vii
TABLE OF CONTENTS	viii
LIST OF TABLES	xii
LIST OF FIGURES	xiii
LIST OF ABBREVIATIONS	xiv
ABSTRACT	xv
CHAPTER ONE INTRODUCTION	1
1.1 Introduction	1
1.2 Research Background	1
1.3 Problem Statement	2
1.4 Significance of the Study	4
1.4.1 Participants	4
1.4.2 Research	4
1.4.3 University	4
1.5 Research Questions	5
1.6 Objectives	5
1.6.1 General Objective	5
1.6.2 Specific Objectives	5
1.7 Hypothesis	5
1.7.1 Null Hypothesis	5
1.8 Definition of Terms	6
1.8.1 Conceptual Definitions	6
1.8.2 Operational Definitions	7
1.9 Summary	8

ABSTRACT

The problem of overweight and obesity among Malaysian that shows by the majority of young people has been continually increased in this country. Obesity can cause many health problems and risk factors of many diseases such as diabetes and cardiovascular disease and can lead to death. Adult eating behaviour and sedentary behaviour can be a measure to identify this problem. Therefore, the purpose of this study conducted was to evaluate the nutritional status: eating behaviour and sedentary lifestyle among undergraduate business students in Universiti Teknologi MARA (UiTM) Puncak Alam. The study was conducted by using a quantitative method, and the questionnaires were distributed to the selected respondents who fulfil the inclusions criteria. A cross-sectional design was used as study design. Three hundred fifty-seven of undergraduate business students from different centre were involved in this study. The finding of the study found that most of the respondents had normal BMI (44%), followed by obesity (30%), overweight (16%), and the least was underweight (10.1%). Besides, we found out that most of the respondents had the enjoyment of food behaviour as the most determination of the nutritional status while had a higher sedentary lifestyle in the weekend rather than in the weekday. This study also found that gender had a relationship with both nutritional status and sedentary lifestyle. In addition, there was an association of BMI with nutritional status ($F\text{-stats} = 5.520$) but not with a sedentary lifestyle. The result of this study will contribute to the university as well to promote a healthy lifestyle among university students. Thus, it will contribute to future researchers in Malaysia to conduct the other related study.