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BACHELOR OF ADMINISTRATIVE SCIENCE (HONS)

PERCEPTION TOWARDS CHILD OBESITY: A STUDY IN RANAU  
DISTRICT OFFICE

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## TABLE OF CONTENT

| <u>CONTENT</u>  | <u>PAGE (S)</u> |
|---|-----------------|
| CHAPTER I – INTRODUCTION                              |                 |
| 1.1 INTRODUCTION                                      | 1 – 2           |
| 1.2 PROBLEM STATEMENT                                 | 2 – 3           |
| 1.3 RESEARCH QUESTION                                 | 3 – 4           |
| 1.4 RESEARCH OBJECTIVE                                | 4               |
| 1.5 SCOPE OF STUDY                                    | 4               |
| 1.6 TERMS AND DEFINITION                              | 5               |
| CHAPTER II – LITERATURE REVIEW & CONCEPTUAL FRAMEWORK |                 |
| 2.1 LITERATURE REVIEW                                 |                 |
| 2.1.1 INTRODUCTION                                    | 6               |
| 2.2 DEFINITION OF CHILD OBESITY                       | 6               |
| 2.3 PERCEPTION OF CHILDMOBESITY                       | 6 – 8           |
| 2.3.1 THOUGHTS  | 8 – 9           |
| 2.3.2 WORKING PARENTS                                 | 9 – 10          |
| 2.3.3 ROLES OF MEDIA & TECHNOLOGY                     | 10 – 12         |
| 2.4 CONCEPTUAL FRAMEWORK                              | 13              |
| CHAPTER III – RESEARCH METHODOLOGY                    |                 |
| 3.1 RESEARCH DESIGN                                   | 14              |
| 3.2 POPULATION AND SAMPLING                           | 14              |
| 3.2.1 SAMPLING TECHNIQUE                              | 14              |
| 3.2.2 SAMPLE SIZE                                     | 15              |
| 3.3 INSTRUMENT AND MEASUREMENT                        | 15              |
| 3.4 UNIT OF ANALYSIS                                  | 16              |
| 3.5 DATA COLLECTION                                   | 16              |
| 3.5.1 PRIMARY DATA                                    | 16              |
| 3.5.2 SECONDARY DATA                                  | 17              |
| 3.6 DATA ANALYSIS                                     | 17              |

## CHAPTER IV – DATA ANALYSIS & FINDINGS

|   |         |
|---|---------|
| 4.0 INTRODUCTION  | 18      |
| 4.1 REABILITY TEST  | 19      |
| 4.2 DESCRIPTIVE TABLES  | 19      |
| 4.2.1 PROFILE OF THE RESPONDENTS  | 19 – 20 |
| 4.2.2 THE RESPONSES ON THE THOUGHTS AS<br>THE FACTOR THAT CONTRIBUTE TOWARDS CHILD<br>OBESITY               | 21 – 22 |
| 4.2.3 THE RESPONSES ON WORKING PARENTS AS<br>THE FACTORS CONTRIBUTE TOWARDS CHILD<br>OBESITY                | 23 – 24 |
| 4.2.2 THE RESPONSES ON ROLES OF MEDIA AND<br>TECHNOLOGY AS THE FACTORS CONTRIBUTES<br>TOWARDS CHILD OBESITY | 24 – 26 |
| 4.2.5 RESPONDENTS RESPOND & LEVEL OF<br>THOUGHTS MEAN   | 26 – 27 |
| 4.2.6 RESPONDENTS RESPOND & LEVEL OF<br>WORKING PARENTS MEAN  | 27      |
| 4.2.7 RESPONDENTS RESPOND AND LEVEL OF<br>ROLES OF MEDIA & TECHNOLOGY MEAN                                  | 28      |
| 4.2.8 CROSS-TABULATION OF THE LEVEL OF<br>THOUGHTS AND GENDER   | 29      |
| 4.2.9 CROSS-TABULATION OF THE LEVEL OF<br>WORKING PARENTS AND GENDER  | 30      |
| 4.2.10 CROSS-TABULATION OF THE LEVEL OF<br>ROLES OF MEDIA AND TECHNOLOGY AND<br>GENDER                      | 31      |
| 4.3 INFERENTIAL ANALYSIS  |         |
| 4.3.1 CORRELATION MATRIX OF THE LEVEL OF<br>THOUGHTS, WORKING PARENTS AND ROLES OF MEDIA<br>AND TECHNOLOGY  | 32      |
| 4.3.2 THE CHI-SQUARE CORRELATION TEST OF  |         |

|   |         |
|---|---------|
| RANAU DISTRICT OFFICE'S STAFF & LEVEL<br>OF THOUGHTS  | 33      |
| 4.3.3 THE CHI-SQUARE CORRELATION TEST OF<br>RANAU DISTRICT OFFICE STAFF AND THE LEVEL<br>OF WORKING PARENTS               | 34      |
| 4.3.4 THE CHI-SQUARE CORRELATION TEST OF<br>RANAU DISTRICT OFFICE STAFF AND THE LEVEL<br>OF ROLES OF MEDIA AND TECHNOLOGY | 35      |
| CHAPTER V – DISCUSSION, RECOMMENDATION AND CONCLUSION   |         |
| 5.1 INTRODUCTION  | 36      |
| 5.2 SUMMARY OF MAJOR FINDINGS   | 37- 39  |
| 5.3 LIMITATION OF THE RESEARCH  | 40      |
| 5.4 RECOMMENDATIONS OF THE RESEARCH   | 40      |
| 5.5 CONCLUSION  | 41      |
| REFERENCES  | 42 – 44 |
| APPENDIX  | 45 - 49 |

## CHAPTER I

### INTRODUCTION

#### 1.1 INTRODUCTION

Malaysia already holds the dubious award for the highest rate of obesity in the continent of Asia, according to British medical journal The Lancet. Of note is that the Malaysian Association for the Study of Obesity (MASO) had already published a paper in 2005 that would show the trend of obesity in Malaysia reaching where it is now. Malaysia is ranked sixth in the Asia-Pacific region for obesity and tops the list in South-East Asia for both obesity and diabetes. Nearly 45% of Malaysian men and almost half of women are overweight or obese. Obesity is a condition that related to having an excess of body fat. Obesity is classified as having a body mass index (BMI) of 30 or greater. BMI is a tool used to measure obesity. The situation become more critical, because children are listed to be among those who has contributed to increase this problem. The World Health Organization (WHO) regards childhood obesity as one of the most serious global public health challenges for the 21st century. Dr. Alya Hamzah from The Malaysian Medical Gazette have made estimation of every five school going Malaysian children is obese or overweight. Other than that, In April 2012, a survey by the Ministry of Health revealed that just over a quarter of Malaysian school children were obese or overweight. This indicates that, how serious the problem of obesity among children in Malaysia.

Lifestyle choices, food consumption and lack of health awareness are amongst the known contributors to growing number of obesity and overweight on adult and children. Lifestyle that related to physical activities is one of the key that can help to reduce obesity among the population. The Department of Health Malaysia recommends that children over five years old should involve in at least 60 minutes of moderate to vigorous intensity physical