

**UNIVERSITI TEKNOLOGI MARA**

**THE FREQUENCY OF BREAKFAST  
CONSUMPTION AMONG  
UNDERGRADUATE STUDENTS OF  
NURSING AND DIETETIC PROGRAMME**

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## ABSTRACT

**Background:** Breakfast skipping is relatively common among students whether primary school students, secondary school students and university students. The common reasons that hindered from taking breakfast are lack of time and lethargy due to lack of sleep because of study. Skipping breakfast also can effect body weight and reduced physical activity.

**Objective:** Aim of this study to determine the frequency of breakfast consumption among undergraduate students of Nursing and Dietetic Programme.

**Method:** Cross-sectional study was conducted at UiTM Puncak Alam. The data were collected using adapted questionnaire on Breakfast Habit, Believes and Measures of Health and Well-being. A total of 171 ( $n_1 = 86$  and  $n_2 = 85$ ) respondents consist of nursing and dietetic students were participated in this study. Participants answered complete set of questionnaire within 15 minutes time. The data was analysed and interpret using Descriptive statistic, Mann Whitney and Pearson Correlation Chi Square.

**Results:** The result shows both courses had always taken of breakfast in a week, with no significant difference between the courses. 70.6% of dietetic students and 64% of nursing students always consumed breakfast ( $> 5$  days in a week), while only 1.2% from both courses never ate breakfast. The relationship between breakfast and physical activities among nursing and dietetic students stated that both courses agree they have to consume breakfast before physical activity. Breakfast frequency was found have no correlation between demographic data except with the residency of the respondents ( $p < 0.05$ ), where students who live inside the campus show less in breakfast skipping.

**Conclusion:** The study showed that both courses always consumed breakfast in a week with majority took breakfast five days in a week. Also, majority of the students from nursing and dietetic courses ate breakfast before physical activity. However, there is less significance difference on demographic data and breakfast frequency between both courses.

**Keywords:** frequency of breakfast consumption, undergraduate students.

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# CHAPTER 1: INTRODUCTION

## 1.0 Background information

Breakfast skipping is relatively common among students whether primary school students, secondary school students as well as university students. According O'Neil, Byrd-Bredbenner, Hayes, Jana, Klinger & Stephenson-Martin (2014), breakfast is defined as the first meal of the day that always happened between 5AM and 10AM on weekdays, and 5AM and 11 AM on weekends. Meanwhile, skipping of breakfast is defined as never or almost never eat breakfast within a week. Breakfast has been seen to give many benefits to us. Apart from providing us with energy, breakfast is good sources of essential nutrients like calcium, iron and vitamin as well as protein and fibre.

Although breakfast makes an essential nutritional impact to overall dietary quality for children and young people, yet breakfast is normally missed than any other meals (Utter, Scragg, Mhurchu & Schaaf, 2007). While, students always skip their breakfast due to the lack of time. This is closely related to lack of sleep due to stay up at midnight for studying. Early in the morning, they feel too exhausted to consume the breakfast (Hullquist, 2010). Also, other studies that have been conducted related lifestyle of students, mainly breakfast consumption reflected to their cognitive capabilities through their academic performances (Ghosh, Rakshit, & Bhattacharya, 2013). In addition, consuming breakfast can increase attention level during classes. Besides, breakfast consumer showed better intellectual performances than breakfast skippers (Dye, Luck, & Blundell, 2000). Another reasons for not taking breakfast or some other meal had related to personal choice and convenience, instead of dieting or worries about body shape. The students also who always skip their breakfast feel tiredness and lazy during classes and study (Arshad & Ahmed, 2014)