



UNIVERSITI TEKNOLOGI MARA
CAWANGAN TERENGGANU
KAMPUS DUNGUN

FACULTY OF HOTEL & TOURISM MANAGEMENT

A SURVEY ON EATING HABITS, LIFESTYLE AND WEIGHT
STATUS OF UNIVERSITI TEKNOLOGI MARA (UTM)
CAWANGAN TERENGGANU KAMPUS DUNGUN STUDENTS

SITI SALMIAH BT CHE HASAN	2016539467
ALIAH BASRI BT BASRI	2016334227

BACHELOR OF SCIENCE (HONS) IN
FOODSERVICE MANAGEMENT HMP42

JULY 2019

ABSTRACT

This research aims to study the eating habits, lifestyle and weight status among students in UiTM *Cawangan Terengganu Kampus Dungun*. This research applied a quantitative method by using a questionnaire survey as a method of data collection. The questionnaire is distributed among the student randomly with total correspondent of 331 out of 346 students and percentage of responded rate is 95.7% that able to complete the questionnaire without error. The findings of the study show that students eating habits in term of drinking soft drinks and eating while watching television or playing gadget lead to weight status of the respondents. Meanwhile, other eating habits such as meal intake, breakfast, fruit and vegetable, fatty food intake, and stress are not associated with students' weight status. For the lifestyle, the involvement in physical activity and types of physical activity involved give an impact to the weight status of respondents regardless with smoking history. There is some limitation in this study which it only involves one university from Terengganu and from previous study, an anthropometric measurement are used to measure the height and weight of respondents to measure their body mass index (BMI). This study provides knowledge and implication to the student of UiTM Dungun to learn on weight status and the importance of knowing BMI as a precaution to practice good lifestyle and eating habits while reducing risk of having a chronic disease. These findings may be used by any other parties as a reference in future.

ACKNOWLEDGMENT

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

“In the name of Allah, the most beneficent and merciful”

We have taken efforts in this study. However, it would not have been possible without the kind support and help of many individuals. We would like to extend our support and help of many individuals. We pay our deep sense of gratitude to our supervisor, Madam Norazlina Rahmat, to provide an opportunity to supervise us in all the knowledge, information, advise, encouragement, patient, cooperation and time given for this study. We would like to extend our sincere thanks to her. We are highly indebted to Universiti Teknologi MARA *Cawangan Terengganu Kampus Dungun* for their guidance and constant supervision as well as for providing necessary information regarding this research and also for their support in completing this study. We also would like to express our gratitude towards our parents and members of our families for their kind cooperation, encouragement, patience, confidence in us and financial support to help us in completion of this study. We are also would like to thanks the person who is directly or indirectly involved in completing this study and the gratitude goes to Sir Abd Razak Bin Abu Kassim, Madam Nur Hafizah Rabi'ah Husin, Madam Asmahani Abdullah, Ahmad Faiz Mohd Lazim. All the colleges that taken this undergraduate study, semester 5, Bachelor of Science (Hons) Foodservice Management (HM242) we would like to express gratitude for the sharing knowledge and support during this study making the process. Last but not least, we also would like to thanks all the students of Universiti Teknologi MARA *Cawangan Terengganu Kampus Dungun* that participate as a correspondent of this study for your time and cooperation answering the questionnaire.

TABLE OF CONTENTS

Sections	Contents	Pages
	DECLARATION.....	i
	ABSTRACT.....	ii
	ACKNOWLEDGMENT.....	iii
	TABLE OF CONTENTS.....	iv
	LIST OF TABLES.....	vii
	LIST OF FIGURES.....	viii
	LIST OF ABBREVIATIONS.....	ix
CHAPTER		
1.0 INTRODUCTION		
1.1	Overview.....	1
1.2	Background of the study.....	1
1.3	Problem Statement.....	2
1.4	Research Objectives.....	3
1.5	Research Questions.....	3
1.6	Research Framework.....	3
1.7	Significance of the Study.....	4
1.8	Limitation of the Study.....	5
1.9	Summary.....	5
2.0 LITERATURE REVIEW		
2.1	Overview.....	6
2.2	Weight Status.....	6

2.2.1	Introduction to weight status	6
2.2.2	Obesity, Overweight and Underweight Worldwide.....	7
2.2.3	Obesity, Overweight and Underweight in Malaysia.....	8
2.3	Eating habits.....	9
2.3.1	Introduction to Eating Habit.....	9
2.3.2	Meal Pattern.....	9
2.3.3	Breakfast Intake.....	10
2.3.4	Vegetable and Fruit Intake.....	11
2.3.5	Fatty food Intake.....	11
2.3.6	Soft drink Intake.....	12
2.3.7	Watching Television.....	13
2.3.8	Stress.....	14
2.4	Lifestyle.....	14
2.4.1	Physical Activity.....	14
2.4.2	Smoking.....	15
2.5	Summary.....	16

3.0 RESEARCH METHODOLOGY

3.1	Overview.....	17
3.2	Research Design.....	17
3.3	Population and Sampling.....	18
3.4	Instrumental Development and Testing.....	18
3.5	Data Collection Procedure.....	19
3.6	Data Analysis.....	20
3.7	Research Ethic Consideration.....	22