



اَبُو سَيِّدِي تَكُونُ لِي مَبَارَا  
UNIVERSITI  
TEKNOLOGI  
MARA

## **BREAKFAST CONSUMPTION AMONG STUDENTS IN UiTM CAWANGAN KELANTAN**

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# CHAPTER 1

## INTRODUCTION

### 1.1 INTRODUCTORY PARAGRAPH

Nowadays, mostly people and especially among students assume that breakfast is not too important for them and this phenomena has been regarded as normal. However, study of Malaysian Malnutrition showed that one over ten Malaysian person did not consume breakfast. Some of the reasons for not taking breakfast are not hungry, not have enough times and has no appetite. Some research show that relation between consuming breakfast and weight management. One of the research by obesity research journal by 2002 reported 3000 volunteer in USA found that 78 percent from them managed to lose weight and maintain weight by daily intake of breakfast. The result found out that consuming breakfast every day is common form for maintaining lose weight.

Experienced consultant, Siew Wei Tee stated, those who leave breakfast are seen tend to choose food that contain high calorie for the next meals. For a long time, it can lead to the formation of chronic disease.

## **1.2 OBJECTIVES**

The objectives in this study are written as below:

- 1) To determine the frequency of taking breakfast per week among students in UiTM Machang.
- 2) To identify the pattern of taking breakfast among students in UiTM Machang.
- 3) To examine the percentage of the numbers of students who take a breakfast as their routine.
- 4) To investigate some dishes that the student prefer the most as a breakfast.
- 5) To study the importance of taking breakfast in student's life style.

## **1.3 SIGNIFICANCE OF THE STUDY**

Our study is very important in order to make sure that our students know more about the importance of taking breakfast or breakfast consumption. A healthy breakfast is important for starting the day off right. The meal is often be explained as the most important meal of the day. However, many people rush through their morning routines and avoid preparing breakfast. Students especially, may want to get a few extra minutes of sleep or prepare for their upcoming classes.

As peoples all know, if the students skip breakfast, they could skip out on important nutrients and benefits that can improve their day. Besides that, skip out their breakfast will also affect their learning chances, poor performance and creates a lasting bad habit.

First of all, if students having their breakfast, they can improve their performance in class. It is because our body become dehydrated after sleeping all night. So, if reenergize with a healthy breakfast, students could see the improved benefits on our performance at college. Students can also see when they take breakfast, they can give more concentration and problem-solving skills. Students can do better in their academic career if they take breakfast in the morning.

In choosing the type of breakfast, focus on a combination of protein and carbohydrates. High carbohydrates will give that more energy to start your day.

## CHAPTER 2

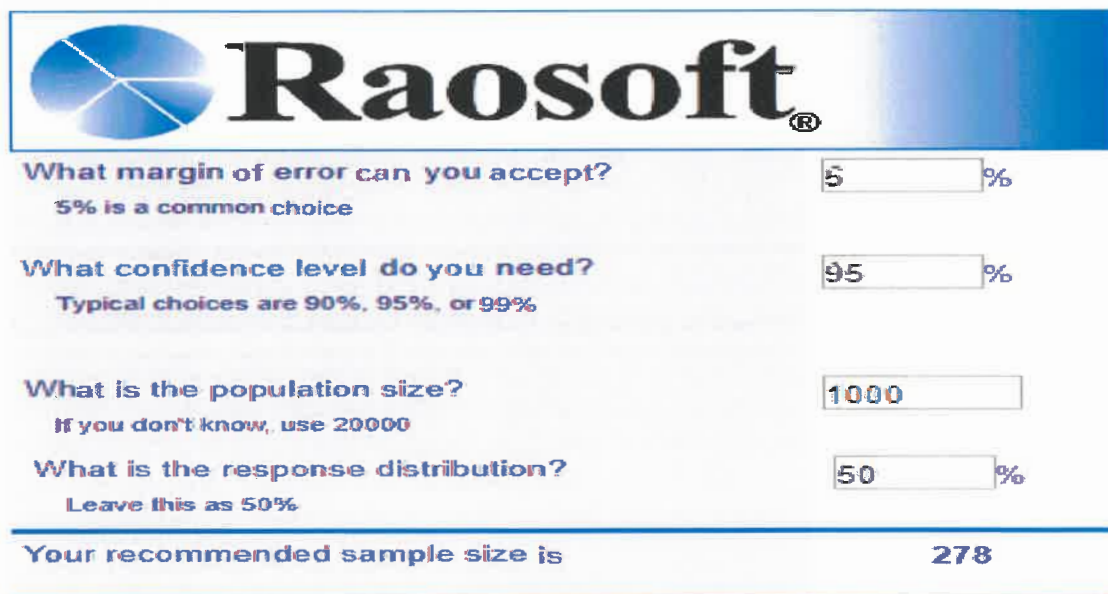
### METHODOLOGY

#### 2.1 TARGET POPULATION

Population of the study can be defined as the all entire group that are being studied. In this study, the target population is all 1000 students in UiTM Machang Cawangan Kelantan.

#### 2.2 SAMPLE

The definition of sample is a group of subjects that selected from a population. The sample of this study was calculated by the Raosoft Calculation. Figure 1.1 below shows the calculation of sample.



The image shows a screenshot of the Raosoft sample size calculator. The interface is titled "Raosoft" with a logo on the left. It contains four input fields with their respective values and a final output field. The input fields are: "What margin of error can you accept?" with a value of 5%, "What confidence level do you need?" with a value of 95%, "What is the population size?" with a value of 1000, and "What is the response distribution?" with a value of 50%. The output field is "Your recommended sample size is" with a value of 278.

Question	Value
What margin of error can you accept? 5% is a common choice	5 %
What confidence level do you need? Typical choices are 90%, 95%, or 99%	95 %
What is the population size? If you don't know, use 20000	1000
What is the response distribution? Leave this as 50%	50 %
<b>Your recommended sample size is</b>	<b>278</b>

**FIGURE 1.1**

According to the Raosoft Calculation, the sample size is 278 students.

However, to facilitate the study, the sample size for this study is only 78 students since this study is a small scale study.

### 2.3 SAMPLING FRAME

Sampling frame is a list of all population elements. The list must contains the information of the population elements. It consists of name, phone number, email address, student ID, and so on.

In this study, the sampling frame is the list of names, student ID, phone number and e-mail address of all 1000 students in UiTM Machang Cawangan Kelantan. Figure 1.2 below shows the sampling frame for this study.

NAME	STUDENT ID	PHONE NUMBER	EMAIL ADDRESS
1)ANIS ATHIRAH BINTI ABDUL RAHIM	2018269396		
2)NURFARAZILA BINTI EFANDI	2018280716		
3)NURUL SYUHADAH ATHIRAH BINTI RUSLAN	2018678922		
4)NUR MAISARAH BINTI MOHD AZHAR	2018800318		

**FIGURE 1.2**