



**Faculty of Administrative Science & Policy Studies
Universiti Teknologi MARA**

**THE LEVEL OF OBESITY AWARENESS
AMONG STUDENTS
AT HIGHER LEARNING INSTITUTIONS**

Naimah Shakirah binti Mohamed

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CLEARANCE FOR SUBMISSION OF THE RESEARCH REPORT BY THE
SUPERVISOR

Name of Supervisor : Madam Khairiyah Binti Hj. Md Shahid

Title of Research : The Level of Obesity Awareness among Students at Higher
Project : Learning Institutions

Name of Students : 1) Naimah Shakirah Binti Mohamed
2) Norhidayu Binti Rahim

I have reviewed the final and complete research proposal and approve the submission of this report for evaluation.

Date:

LETTER OF TRANSMITTAL

Naimah Shakirah Binti Mohamed
Bachelor of Administrative Science (Hons.)
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Madam Khairiyah Binti Hj. Md Shahid
Research Supervisor
Faculty of Administrative Science and Policy Studies
Melaka City Campus

Dear Madam

SUBMISSION OF APPLIED RESEARCH REPORT

Regarding to the above matter, we hereby submit our research with title The Level of Obesity Awareness among Students at Higher Learning Institutions. This final report is requirement for the completion of applied research (ADS 555) course which is require by the faculty.

Thank you.

Yours sincerely,

Naimah Shakirah Binti Mohamed

Norhidayu Binti Rahim

THE DECLARATION

I hereby declare that the work contained in this practical report is original and our own except those duly identified and recognized. If we are later found to have committed plagiarism or acts of academic dishonesty, action can be taken in accordance with UiTM's rules and academic regulations.

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Student ID : 2009377087

Name: Norhidayu Binti Rahim

Student ID: 2009958123

ABSTRACT

University Teknologi Mara (UiTM) and Universiti Teknikal Malaysia (UTeM) are two higher learning institutions that located in Melaka Tengah District, Melaka that offer degree study. Both of the institutions are nearer to each other which they having a quite similar of the location on food consumption. Those students will take their breakfast or lunch or dinner or all of the meals at this area as near to their institution. One of the trends of both of the students of institution that can be observed is food consumption offer along the Jalan Hang Tuah. This area was surrounded with friendly environment that provide students with variety of food to be consume. However, the main purpose of the research paper is to evaluate the level of awareness of the obesity among them as a student. And, indirectly increase their awareness toward this matter concern. The issue of obesity has alarming the health level of Malaysians as ranked is ranked sixth in the Asia-Pacific region and has the highest obesity rates in Southeast Asia (malaysiatoday,2011). In order to answer this study attempts, 200 of questionnaire distributed to the students of each institutions and received all valid respond.