

**UNIVERSITI TEKNOLOGI MARA**

**THE RELATIONSHIP OF STRESS ON  
THE EATING BEHAVIOR AMONG  
SECONDARY SCHOOL TEACHERS IN  
SELANGOR**

**MAIZATUL FARHANA BINTI JAAFAR @ MAT  
ZIN**

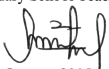
**Thesis submitted in fulfillment  
of the requirements for the degree of  
Bachelor (Hons.) of Nutrition and Dietetics**

**Faculty of Health Sciences**

**January 2016**

## **AUTHOR'S DECLARATION**

I'm Maizatul Farhana Binti Jaafar @ Mat Zin, hereby declare that this completion of thesis entitled "The Relationship of Stress on the Eating Behavior among Secondary School Teachers in Selangor" was prepared completely by my own effort. There was no material that had been published or written included in this thesis except as cited in the references. The thesis has not been established for any degree and at the same time it also does not used by others candidates of any other degree.

Name	:	Maizatul Farhana Binti Jaafar @ Mat Zin
Student I.D.	:	2012801574
Programme	:	Bachelor (Hons.) Of Nutrition and Dietetics
Faculty	:	Health Sciences
Thesis title	:	The Relationship of Stress on the Eating Behavior among Secondary School Teachers n Selangor
Signature	:	
Date	:	January 2015

## **ABSTRACT**

Nowadays, one of factor that can contribute to stress in daily life occur due to occupational for example working as a teachers. Stress occur among individual itself in order to accomplish own satisfaction level and also occurs due environmental working condition that become more adventures. When individual experience on high stress level, this can effect on the hormone production and continuously lead to alterations of eating behavior. Thus, eating behavior continuously can effect on the nutritional status of the individual. This research was conducted generally to identify the relationship of stress on eating behavior among secondary school teachers in Selangor. This cross sectional study included on secondary school teachers in SMK Puncak Alam, SMK Puncak Alam 3 and SMK Saujana Utama. The total subjects participated in this research were 105 secondary school teachers aged between 25 to 58 years old that selected by using convenience sampling method. The data clearly stated that majority of the secondary school teachers' represents higher value of BMI level, waist hip ratio, body fat percentage and blood pressure when comparing to the normal range. Stress level among secondary school teachers in Selangor showed that majority of the teachers had normal level of stress based on the score from the DASS-42 presented depression score (90.5%), anxiety score (66.7%) and stress score (86.7%). Meanwhile for TFEQ-R18, the data stated that most of the subject had low cognitive restraint (88.6%) and emotional eating was 55.2%. However, the data differ for uncontrolled scores as subjects tend to have moderate level score (63.8%). In addition, it also indicated that only uncontrolled eating shows significant value for depression, anxiety and stress for negative correlation. The nutritional status for the teachers need to be taking into consideration and some strategies must be planned in ordered to improve on the nutritional status. As the level of depression increase, this will contribute to increase severity of uncontrolled eating. With that, this factor should be considered during the development of strategies to improve on overall nutritional status of secondary school teachers.

### **Keywords**

Anxiety, Depression, Eating Behavior, Stress, Secondary School Teachers

## TABLE OF CONTENTS

	<b>Page</b>
<b>AUTHOR'S DECLARATION</b>	ii
<b>ABSTRACT</b>	iii
<b>ACKNOWLEDGEMENT</b>	iv
<b>TABLE OF CONTENTS</b>	v
<b>LIST OF TABLES</b>	viii
<b>LIST OF FIGURE</b>	ix
<b>LIST OF ABBREVIATION</b>	x
<b>CHAPTER ONE: INTRODUCTION</b>	<b>1</b>
1.1 Background Of Study	1
1.2 Problem Statement	2
1.3 Objectives	2
1.4 Hypothesis	2
1.5 Research Questions	3
1.6 Significance Of The Research	3
1.7 Limitations	4
1.8 Scope Of Study	4
<b>CHAPTER TWO: LITERATURE REVIEW</b>	<b>5</b>
2.1 Definition Of Stress	5
2.2 Stress And Secondary School Teachers	5
2.3 Stress And Eating Behavior	6
2.4 Three-Factor Eating Questionnaire-Revised 18 Item Version (Tfeq-R18)	7
2.5 Depression Anxiety Stress Scales 42 Item (Dass-42)	8
2.6 24-Hour Diet Recall	9

# **CHAPTER ONE**

## **INTRODUCTION**

### **1.1 BACKGROUND OF STUDY**

Nowadays, occupational are one of the factors that can contribute to stress in daily life. Stress occur among individual itself in order to accomplish own satisfaction level and also occurs due to an environmental working condition that become more adventures. Klassen (2010) stipulated that one of the professions that contribute to high stress level is as a teacher and this high demand and hectic working condition influence on the outcome as a teacher, job choices, health status and also generally on work fulfillment. Many factors can contribute to high stress level as teachers especially due to high demand of challenges to face on during teaching process and also the high expectation from other people that rely on teachers to produce on impressive candidates or students. Fussangel and Dizinger (2014) stated that, to accomplish on special potentials of globalization, it is important of an organization to face the alteration and possibly contributed to new challenge responsibilities of job condition especially to the teachers.

By considering that condition, it is important to know on the level of stress by the teacher and also investigate how it can influence the daily life. Part of that, health condition is the focus point in order to improve the quality of life. Health condition, prevention of many chronic and related diseases can be further improved based on the nutritional status. So, it is essential to know the nutritional status and developed the strategies to enhance on further improvement. With that, the investigation of stress level and the relationship of stress and eating behavior are important in order to promote better quality of life in the future. Although there are much previous researches had shown on the relationship of stress and eating behavior, but the findings on this area had not conclusive yet. In addition, there are no data of this research conducted among secondary school teachers in Selangor that assess the prevalence of stress and its relationship on the eating behavior. With that, this research is important in order to evaluate the relationship