

UNIVERSITI TEKNOLOGI MARA

**A STUDY ON THE RELATIONSHIP
BETWEEN EATING BEHAVIOR AND
OBESITY AMONGST MALE TEENAGERS
AT NATIONAL SCHOOLS IN
SHAH ALAM**

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ABSTRACT

Over the years, obesity in teenagers has become an epidemic throughout the world in many affluent societies where they consumed unhealthy foods, snacks or beverages every day. Obesity is frequently defined as an excess of body fat, which, results in significant impairment health. Although in nature, male teenagers are active individuals, however, there still an increasing numbers of obese male teenagers associated with several factors or influences. Therefore, this study empirically investigates the obesity level and eating behavior amongst obese male teenagers at national schools in Shah Alam, Selangor. In other words, the obese male teenagers' eating behavior was examined by their daily meal patterns, snacking frequency, meal skipping habits and patronizing food outlets. In addition to strengthen the study, an equal number of normal weight respondents were added. A sample population was selected after BMI test was undertaken at each national schools in Shah Alam. The data of the study was predominantly on self-completed questionnaires. Series of statistical analysis were employed looking at frequencies and non-parametric statistics (chi-square test) were undertaken. It was apparent that majority of them were the Malays, followed by Chinese and Indians. Apart from that, majority of respondents were found eating more food at home and consumed more than three meals per day. In addition, skipping meals were also found during breakfast at most and highly frequent on snacking especially during respondents' leisure time. This is further supported by the consumption on high in fat and carbohydrate in their food intake and lack of physical activity. Using non-parametric (chi-square test), the findings clearly showed no significant between eating behavior and male teenagers could influence the obese and normal weight male teenagers. This result on the other hand can be further analyzed from a different perspective.

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