

**UNIVERSITI TEKNOLOGI MARA  
FACULTY OF ADMINISTRATIVE SCIENCE & POLICY STUDIES**



**FACTORS LEAD TO OBESITY AMONG CHILDREN IN  
MRSM MERBOK, KEDAH**

**ADIBAH BINTI ABD RAHIM**

**2017158715**

**NURUL ZULAIKHA BINTI ABDUL PATAH HASAN**

**2017100425**

**DECEMBER 2019**

## DECLARATION

I hereby declare that the work contained in this research proposal is my own except those which have been duly identified and acknowledged. If I am later found to have plagiarized or to have committed other forms of academic dishonesty, action can be taken against me under the Academic Regulations of UiTM's.

Signed

---

Name: Adibah Binti Abdul Rahim

Matric number: 2017158715

Signed

---

Name: Nurul Zulaikha Binti Abdul Patah Hasan

Matric Number: 2017100425

## THE ABSTRACT

### Abstract

Overweight and obesity as the fifth leading risk for global death causes at least 2.8 million die each year. It was also reported that 65 per cent of the world's population live in countries where this risk kills more people than underweight does. Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016. Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. Due to that, most people that suffering obesity are tend to have several of illness like diabetes. The study examines the factor lead to obesity among children in MRSM Merbok, Kedah. A cross sectional survey among the students in MRSM Merbok, Kedah was applied and used in this study. The numbers of questionnaire distributed are 225. However, only 170 questionnaires are usable. The data obtained were analysed and these following findings were found. The relationship of environmental influence, lifestyle and dietary pattern are found significant. However, family influence is found not significant.

Keywords: *Factor Lead to Obesity among Children, Environmental Influence, Lifestyle, Dietary Pattern and Family Influence*

## TABLE OF CONTENT

<b>Declaration</b>	<b>I</b>
<b>Acknowledgement</b>	<b>II</b>
<b>Abstract</b>	<b>III</b>

### **Chapter 1: Introduction**

1.1 Introduction.....	1
1.2 Problem statement.....	2
1.3 Research questions.....	3
1.4 Research objectives.....	4
1.5 Scope of study.....	
1.5.1 Time.....	4
1.5.2 Territory .....	4
1.5.3 Level .....	4
1.6 Significance of the study.....	
1.6.1 To contribute the knowledge of obesity among children.....	5
1.6.2 To highlight for own understanding or other researcher understanding.....	5
1.6.3 To assist understanding among children.....	5
1.7 Definition of terms or concept .....	
1.7.1 World Health Organization.....	6
1.7.2 Penang Institute.....	6
1.7.3 Ministry of health.....	7
1.8 Conclusion .....	7

### **Chapter 2: Literature Review & Conceptual Framework**

2.1 Introduction.....	8
2.2 Level of obesity among children.....	8
2.3 Factors lead to obesity among children .....	
2.3.1 Region factor.....	9
2.3.2 Genetics.....	10
2.3.3 Socioeconomic factors .....	11
2.4 Variables related to study.....	
2.4.1 Family influence .....	13

2.4.2 Environmental influence .....	15
2.3.3 Lifestyle .....	16
2.3.4 Dietary pattern .....	17
2.5 Conceptual framework.....	18
2.5.1 Family influence .....	19
2.5.2 Environmental influence.....	19
2.5.3 Lifestyle .....	20
2.5.4 Dietary pattern .....	20
2.6 Hypothesis.....	
2.6.1 Relationship between obesity among children and family influence .....	21
2.6.2 Relationship between obesity among children and environmental influence.....	21
2.6.3 Relationship between obesity among children and lifestyle.....	22
2.6.4 Relationship between obesity among children and dietary pattern .....	22
2.7 Conclusion .....	22

### **Chapter 3: Research Method**

3.1 Introduction.....	23
3.2 Research design .....	23
3.3 Level of analysis / Unit of analysis.....	24
3.4 Sample size .....	25
3.5 Sampling technique.....	26
3.6 Measurement.....	26
3.6.1 Nominal.....	27
3.6.2 Ordinal .....	27
3.6.3 Interval .....	27
3.7 Questionnaire development .....	28
3.7.1 Level of obesity among children.....	28
3.7.2 Family influence .....	29
3.7.3 Environmental influence.....	31
3.7.4 Lifestyle .....	32
3.7.5 Dietary pattern .....	33
3.8 Pilot study .....	34
3.8.1 Cronbach's alpha scale measurement.....	35
3.8.2 Result of pilot study .....	36
3.9 Conclusion .....	37