

UNIVERSITI TEKNOLOGI MARA

**NUTRITIONAL STATUS AND
SEDENTARY LIFESTYLE AMONG
UNDERGRADUATE BUSINESS
STUDENTS IN UNIVERSITI
TEKNOLOGI MARA (UITM)
PUNCAK ALAM**

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AUTHOR'S DECLARATION

We declare that the work on this Final Year Project was carried out in accordance with the regulations of Universiti Teknologi MARA (UiTM) and had followed UiTM guidelines for research writing on final year project 2012. This is our own project and the result of our own findings, unless otherwise indicated or acknowledged as referenced work. This write-up has not been submitted to any other academic institution or non-academic institution for any other academic award.

If our research paper is found to violate the conditions stated above, we voluntarily waive the right of conferment of our degree and agree to be subjected to the disciplinary rules and regulations of Universiti Teknologi MARA.

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ABSTRACT

The problem of overweight and obesity among Malaysian that shows by the majority of young people has been continually increased in this country. Obesity can cause many health problems and risk factors of many diseases such as diabetes and cardiovascular disease and can lead to death. Adult eating behaviour and sedentary behaviour can be a measure to identify this problem. Therefore, the purpose of this study conducted was to evaluate the nutritional status: eating behaviour and sedentary lifestyle among undergraduate business students in Universiti Teknologi MARA (UiTM) Puncak Alam. The study was conducted by using a quantitative method, and the questionnaires were distributed to the selected respondents who fulfil the inclusions criteria. A cross-sectional design was used as study design. Three hundred fifty-seven of undergraduate business students from different centre were involved in this study. The finding of the study found that most of the respondents had normal BMI (44%), followed by obesity (30%), overweight (16%), and the least was underweight (10.1%). Besides, we found out that most of the respondents had the enjoyment of food behaviour as the most determination of the nutritional status while had a higher sedentary lifestyle in the weekend rather than in the weekday. This study also found that gender had a relationship with both nutritional status and sedentary lifestyle. In addition, there was an association of BMI with nutritional status (F -stats = 5.520) but not with a sedentary lifestyle. The result of this study will contribute to the university as well to promote a healthy lifestyle among university students. Thus, it will contribute to future researchers in Malaysia to conduct the other related study.