

UNIVERSITI TEKNOLOGI MARA

**FACTORS INFLUENCING ON BODY MASS INDEX(BMI) LEVEL
AMONG UITM SEREMBAN 3 STUDENTS**

NURAKMA NABILA BINTI MUHAMAD MAHIYUDDIN (2019728377)
MUHAMMAD ANIQ HERMAN BIN MOHD SALIM (2019314515)
NURAIN BINTI ABU BAKAR (2019542307)

Final Year Project Submitted in Partial Fulfillment of the Requirements for
the Degree of
BACHELOR OF SCIENCE (HONS.) STATISTICS

FACULTY OF COMPUTER AND MATHEMATICAL SCIENCES

JANUARY 2021

ABSTRACT

Obesity is increasing at an alarming rate throughout the world, it is declared as a global problem. A person with a body mass index (BMI) of 30 or more is generally considered obese and a person with a BMI equal to or more than 25 is considered overweight. Studies have also shown that the prevalence of obesity among women was higher than men. Hence it is necessary to know about the factors that may contribute to body mass index (BMI) level and the level of knowledge regarding body mass index (BMI). The objectives of this study are to determine the level of knowledge regarding BMI among UiTM Seremban 3 students and to determine the significant factors that contributed to BMI among UiTM Seremban 3 students. A cross-sectional survey was conducted on a sample of 400 students out of which 379 students participated (response rate: 94.75 percent) using a direct questionnaire with information related to socio-demographic details, level of knowledge regarding body mass index (BMI), and perceived barriers to engaging in physical activity. Descriptive statistics and multinomial logistic regression were done using IBM SPSS Statistics 20. The level of knowledge regarding BMI among UiTM Seremban 3 students is high, with the total score of Yes for all questions 84.3 percent while the total score of No for all questions is 15.7 percent. It was found that gender, lack of enjoyment and lack of energy were factors significantly associated with body mass index (BMI). Though factors like gender, age, ethnicity cannot be altered, the factors that influence body mass index (BMI) level can be changed by early intervention so that comprise on normal categories to achieve a healthy and long life.

ACKNOWLEDGEMENT

IN THE NAME OF ALLAH, THE MOST GRACIOUS, THE MOST MERCIFUL

All praises to Allah and His blessing for the completion of this final year project. We thank God for all the opportunities, trials, and strength that have been showered on us to finish writing the final year project thesis. We experienced so much during this process, not only from the academic aspect but also from the aspect of personality. Our humblest gratitude to the Holy Prophet Muhammad (Peace be upon him) whose way of life has been continuous guidance for us.

First and foremost, I would like to sincerely thank our supervisor Madam Az'lina Binti Abdul Hadi for her guidance, understanding, patience and most importantly, she has provided positive encouragement and a warm spirit to finish this thesis. It has been a great pleasure and honor to have her as our supervisor. We also would like to thank Madam Nurul Nisa' Khairol Azmi, our final year project lecturer, Madam Noorezzaty Mohd Yusof, and Madam Noor Aisyah binti Idris for their assistance.

I also want to extend my thanks to the staff of Bahagian Hal Ehwal Akademik (BHEA) UiTM Seremban 3 Negeri Sembilan especially, Nor Zakiahanim Zakaria and Norhamimi Othman for their help and support in the administrative works. Also, our English editor Datin Aniza Binti Wamin for helping us throughout the process of writing the thesis.

Last but not least, our deepest gratitude goes to all of our family members. It would not be possible to write this thesis without support from them. We would sincerely like to thank all our beloved friends who were with us and support us through thick and thin.

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