



THE HEALTH AWARENESS AMONG STUDENTS OF BACHELOR IN OFFICE  
SYSTEM MANAGEMENT IN UiTM PERAK

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## ABSTRACT

The purpose of this study is to analyze the factors that contribute to the increasing number of unhealthy students Bachelor in Office System Management, Faculty of Business Management, UiTM Perak. The objectives of this study were to measure student lifestyle, environment and stress that affect student health.

The methodology approach on this research paper is based on student awareness on their health. This study is limited to 100 students of Bachelor in Office System Management UiTM Perak from semester 3 until semester 6. One hundred (100) questionnaires were distributed to all respondents and all of them are returned. These findings were analyzed using SPSS 20.

The finding of this study is to identify the students' demographic profile, lifestyle, environment, and stress that affect the health of the students. These factors are very significantly influence to determine the health awareness.

The last section of this study discussed about the conclusion and recommendation in order to maintain a healthy life. Students need to be extra concerns about their health in order to maintain a healthy balance lifestyle.

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## CHAPTER 1

### INTRODUCTION

#### 1.1 Background of the Study

Over the years, the numbers of students with health problems has been increased. More and more students are not aware about their health. A recent report from “Unit Kesihatan” UiTM, Perak on 2010, about 1398 students from Office System Management came to “Unit Kesihatan” for seek medical treatment. On 2011 however, the total number of students who seek medical treatment is 1764 which is the increased about 366 students.

#### 1.2 Statement of the Problem

The number of students who have health problem has increased. The purpose of this research is to determine the factors that contribute to the health awareness among students. The respondents of the research will be the students of Bachelor in Office System Management, Faculty of Business Management UiTM, Perak from semester 3 until semester 6. Semester 1 and semester 2 students are not involved with this study. This is because there is no intake on semester 1 and semester 2 students, 2011 because they are new and not familiar with Unit Kesihatan UiTM Perak services.