



**Faculty of Administrative Science
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Bachelor of Administrative Science and Policy Studies

Research Title:

**STUDENTS' LIFESTYLE LEAD TO OBESITY: A STUDY ON OBESITY AMONG
UITM STUDENTS IN SEREMBAN**

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ABSTRACT

Obesity is one of the major issues that has been discussed around the world with the highest rate of obesity and overweight. It also is a fat accumulation that is irregular and can cause a health risk. In Malaysia, obesity and overweight have arisen in the past few years among teenagers, kids and also students. So, this paper examines the student's lifestyle that leads to obesity which is a study on obesity among UiTM students in Seremban. The researchers are using qualitative data in collecting the respondents from Universiti Teknologi Mara (UiTM) Campus Seremban 3 on their perception and also their lifestyle as a student during Covid19 Pandemic and Online Distance Learning that can cause obesity among the students. These research papers provide further study by using specific analysis which is the Statistical Package for the Social Sciences (SPSS) tools. Lastly, this research paper found that Food Intake, Exercising and also Sleep Duration are one of the elements of obesity among UiTM Students in Seremban.

Keyword: Obesity, Factor, UiTM Students

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