



اَوْنِيُوْ سِيْتِي تِيْكَوْلُوْجِيْ مَارَا  
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MARA

**UNIVERSITI TEKNOLOGI MARA, CAWANGAN TERENGGANU, KAMPUS  
DUNGUN**

**FACULTY OF HOTEL AND TOURISM MANAGEMENT**

**HTM 655**

**THE PERCEPTION BETWEEN SECOND YEAR AND LAST YEAR OF DEGREE  
STUDENTS IN UiTM DUNGUN ABOUT HEALTHY LIFESTYLE**

**NORAZIRA BINTI MD ISA (2015250064)**

**NUR ADIBAH BINTI JOHARI (2015274474)**

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## **ABSTRACT**

Physical activities and healthy food intake are essential for daily life. The purpose of the research is to investigate the different perception between second year and last year of degree students in UiTM Dungun about their healthy lifestyle. Others, the researcher wants to study student behavior regarding physical activities, food intake and bad habit between second year and last year student in healthy lifestyle.

The theoretical frameworks of this research are built around healthy lifestyle and consist of physical activity, food intake and bad habit. The way of research done by distributed questionnaires through online. There are 217 students as the respondents. The data analysis we used in this research is interpreted by IBM Statistical Package for the Social Science (SPSS) Statistic.

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