

Dietary Behaviors and Lifestyles of Adolescents in Kuala Terengganu Urbanized Area
and Their Relationships with Body Mass Index Status

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ENDORSEMENT

The project report entitled **Dietary Behaviors and Lifestyles of Adolescents in Kuala Terengganu Urbanized Area and Their Relationships with Body Mass Index Status** by **Lee Boon Hong**, Matric No. **UK18129** has been reviewed and corrections have been made according to the recommendations by examiners. This report is submitted to the Department of Food Science in partial fulfillment of the requirement of the degree of Bachelor of Food Science (Food Service and Nutrition), Faculty of Agrotechnology and Food Science, University Malaysia Terengganu.



(Dr. Hayati binti Mohd Yusof)

Main supervisor

Date: 30/1/2012

DECLARATION

I hereby declare that the work in this thesis is my own except for quotations and summaries which have been duly acknowledged.

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ABSTRACT

This study examined eating behaviors and lifestyles among Malay adolescents. A total of 100 students aged between 15-17 years were randomly selected from four secondary schools in Kuala Terengganu urbanized area. All participants were required to complete a self-administered questionnaire and their weight, height and body fat percent were measured. Although majority of both males (72%) and females (78%) have shown normal weight, male adolescents (56%) were found to be more prone to underfat. Adolescent has also shown to have low intake of fat, meat and legumes and dairy product. Although the subjects have skipping meal, they did not skipping meal regularly. 23% of subject skipped breakfast, 25% skipped lunch and 27% of skipped dinner at least 3 to 4 times per week. Adolescent were tend to have sedentary lifestyle as most of them (52%) tend to exercise less than 30 minutes and 52% of them exercise only 1-2 times per week. They were also found to be more common in indoor activities which burnt less calories rather than outdoor activities. Adolescent were shown the concern for body image but they were less likely to dieting. They have an intention to choose healthy food choice and exercise but they have shown inactive lifestyle. Adolescent has a significant different in body fat classification by Mann Whitney ($p < 0.05$). There were significant associations ($p < 0.05$) between binge eating during bored and upset with overweight. Binge eating may cause excessive calories intake and lead to overweight. In conclusion, poor diet, inadequate physical activities, unhealthy eating habits may cause imbalance of weight and further lead to unhealthy status or even chronic diseases. Focusing on promotion of healthy eating that stresses on the importance of variety food and adequate intake is crucial for their current and future health.

ABSTRAK

Kesan Gaya Hidup dan Tabiat Makanan Remaja di Kawasan Perbandaran Kuala Terengganu terhadap Body Mass Index Mereka

Kajian ini meneliti tingkah laku semasa makan dan gaya hidup di kalangan remaja Melayu. Seramai 100 pelajar yang berumur antara 15-17 tahun telah dipilih secara rawak daripada empat buah sekolah menengah di kawasan perbandaran Kuala Terengganu. Semua peserta dikehendaki untuk melengkapkan soal selidik secara sendiri, berat, ketinggian dan peratus lemak badan diukur. Walaupun majoriti lelaki (72%) dan perempuan (78%) telah menunjukkan berat badan yang normal, remaja lelaki (56%) didapati rendah lemak. Remaja juga telah menunjukkan mempunyai pengambilan yang rendah terhadap lemak, daging, kacang dan produk tenusu. Walaupun mereka terlibat pengambilan makanan, mereka tidak mengabaikan makan secara kerap. 23% daripada subjek mengabaikan sarapan pagi, 25% mengabaikan makan tengah hari dan 27% mengabaikan makan malam sekurang-kurangnya 3 hingga 4 kali seminggu. Remaja didapati cenderung kepada gaya hidup yang tidak aktif kerana sebahagian besar daripada mereka (52%) cenderung untuk bersenam kurang dari 30 minit dan 52% daripada mereka bersenam hanya 1-2 kali seminggu. Mereka juga didapati lebih kerap melakukan aktiviti-aktiviti dalam rumah yang membakar kalori yang rendah berbanding dengan aktiviti-aktiviti luar. Remaja telah menunjukkan keprihatinan terhadap imej badan tetapi mereka kurang cenderung untuk berdiet. Mereka mempunyai niat untuk memilih makanan yang sihat dan bersenam tetapi mereka telah menunjukkan gaya hidup yang tidak aktif. Ujian Mann Whitney yang menunjukkan $p < 0.05$ telah membuktikan bahawa terdapat perbezaan lemak badan yang ketara antara jantung. Terdapat hubungan yang signifikan ($p < 0.05$) antara tabiat makanan semasa bosan dan kecewa dengan berat badan yang berlebihan. Pengambilan makanan yang berlebihan boleh menyebabkan pengambilan kalori yang berlebihan dan mengakibatkan berat badan yang berlebihan. Kesimpulannya, pengambilan diet yang tidak seimbang, aktiviti fizikal yang kurang, tabiat makan yang buruk yang boleh menyebabkan ketidakseimbangan berat dan seterusnya menjejaskan kesihatan atau menyebabkan penyakit kronik. Tumpuan kepada penggalakan pemakanan sihat yang menekankan tentang kepentingan makanan yang pelbagai dan pengambilan yang mencukupi adalah penting untuk kesihatan semasa dan masa depan mereka.