**CHAPTER ONE**

**INTRODUCTION**

* 1. **BACKGROUND OF STUDY.**

The first meal of the day has long been promoted as a healthy way to start the day (Lluch, 1999).Some people say that it is a norm not to take breakfast in the morning especially people in the developing country. It is true that maybe some of them could not afford to have breakfast in the morning. But from a research that had been carried out, it shows that breakfast is the most important diet in daily life. (Affenito & Sandra, 2007). Most of our energy is used in the morning. That is why we need to consume food in the morning to provide enough energy for our body to perform a daily routine. Some people may be said that they don't need breakfast to perform their routine life as there is no different whether they took breakfast or not. The research done in University of Wisconsin shows that 64.7 % people who take a breakfast everyday will perform in their job (Stout, 1997). As an example, the student who took their breakfast in the morning will concentrate more in the class compared to those who are not eat anything in the morning. From a research, it were found that those who had eaten a small breakfast, on average 61 kcal, spent significantly less time attending their work than those who had eaten larger meals(Benton, David, 2006). It’s mean that even though they took breakfast but in small quantity that is not enough to provide energy for their body will not do well compared to those who had enough diet for their body.

* 1. **PROBLEM STATEMENT**  
     The study is done to unravel the effects of skipping breakfast among UMP students. The habit of skipping breakfast will gives many negative effects. Thus, the research will help the student on providing them advice and information on breakfast.
  2. **RESEARCH OBJECTIVES:**

This research was done to:

1.3.1 To find out the importance of breakfast towards UMP student for their daily life routine.

1.3.2 To find out whether the UMP students know the consequences of skipping breakfast.

* 1. **RESEARCH QUESTIONS**:

In brief, the study hopes to answer the following questions

1.4.1 Do UMP students aware about the importance of breakfast and the type of food they consume for their breakfast?

1.4.2. Do UMP students have any barriers of having breakfast?

1.4.3. Do UMP students feel any different whether they having breakfast or not?

**1.5 DEFINITION OF TERMS.**

**1.5.1** Breakfast can be defined as an early meal in the morning.

**1.5.2** On the other hand, the ‘breakfast’ word is a compound of "break" and "fast," referring to the conclusion of fasting since the previous day's last meal, hence "breaking the fast".

**1.5.3** Breakfast in the scope of our study can be best defined as an action to discovering and interpretations of breakfast among the UMP students.

**1.6 REVIEW OF METHODOLOGY.**

The method that was used is distributing (randomly) questionnaire to 60 people. The questionnaire was given to 30 male students and 30 to female students. There were 17 questions that need to be answered. The answer was analyzed to determine the results.

**1.7 ORGANIZATION OF CHAPTERS.**

This report consists of five chapters which are introduction, review of literature, research methodology, findings and discussion plus the conclusion and recommendation part. For the introduction, the group member has divided it into six sub-chapter, background of study, problem statement, research objectives, research questions, definition of terms, review of methodology and organization of chapters. The review of literature consists of all the research relevant to the topic. It were then combined and summarized. The third chapter consists the research methodology which contains the introduction, sampling methods, instruments, data analysis and summary. For chapter four, it is about the data findings. The findings were discussed in detail and thoroughly according to the research questions. The conclusion and recommendation part that were give suggestions and recommendations to the problems which arises based on the findings.

**CHAPTER TWO**

**REVIEW OF LITERATURE.**

**2.1 INTRODUCTION**

In this chapter, the literatures that were relevant to this study were organized and cited in order to find the connection between the other articles. This chapter contains information that relevant to each sub headings and directly related to the topic of study.

**2.2 IMPORTANCE OF BREAKFAST**

There is truth to the saying “We are what we eat.” Of course, most of us do not become a banana if we eat a banana, but food is an essential ingredient to life. There is some dispute among friends whether we “eat to live” or “live to eat”. From the research that had been carried out, it has been proven that the most important meal is breakfast. There are reasons why breakfast is so important to us. From the term “breakfast” itself referring to the conclusion of fasting since the previous day’s meal. The last meal that we take since the previous day is supper. Then, we sleep but our organs such as lung and heart are still functioning all the time without any rest and obviously to functioning well, these organs consume an energy. That why when we wake up in the early morning we will feel hungry. Then, it is necessary for us to fill back our stomach to make sure our body can functioning well in the early morning. Unfortunately, adolescents always skip the most important meal in their life every day. They were not realized why breakfast is so important. For them, breakfast just a meal that would increase their weight. For girl, some of them already ‘ban’ breakfast in their daily life. In the word of Story et al (2002) “skipping meals is also a concern among adolescents, especially girls. Adolescents have become more complex about their way of thinking. For them, having breakfast is not important as having a nice sleep. It had been support by Story et al (2002) which said “adolescence is one of the most dynamic and complex transitions in the lifespan.”

As mentioned earlier, the importants meal of the day is breakfast. But some people may think that nothing would happen if they are not consume breakfast and their assumption is totally wrong. Although they feel nothing for right now, but someday their body will be suffer. No one could predict what would be happen in the future. It had been proved as Story et al (2002) said “dietry practice during adolescence also may have long-term health implications.” Many adolescents right now practicing dietry especially girl. They thought when having only small amount of food their body will be maintain or decrease. Unfortunately, when their stomach digests not enough food the acid that digest the food in our stomach will digest our ‘stomach’. That’s why some of us have gastric. In the words of Story et al, (2002) “rapid physical growth creates an increased demand for energy and nutritients.” The normal period for our body to grow rapidly is when we are in adolescent period. To support our rapid growth, we should have enough nutrients in our body. Then obviously the raw material that is nutrient for our body construction must be enough. Thats why breakfast is the most important meal that majorly provide the optimal nutrient intake for adolescences to meet their growth demands.

Story et al, (2002) says that “adolescents consume a large proportion of their total daily energy at school.” During class hours, brain is maximally operating and its operation consumes a lot of energy. Thats why students need to consumes lot of food for their breakfast as to ensure that their brain can operate fluently. The main reason why student fall asleep during their morning class hours is they do not have energy for their brain to operate properly. Rampersaud et al, (2005) agrees and says that “breakfast consumption may positively benefit cognitive function, particularly academic performance and school attendance rates.”Besides that, after adolescents having their breakfast they will be more energetic. Hence, they will be more motivated to go to school unlike those who skip breakfast because they feel tired, weak and not motivated. Thats why they feel sleepy if they go to the class or maybe they skip their class because they think they would not obtain anything even though they attend the class because they sleep during the class.

As a conclusion, breakfast is the most important meal of the day which provides the most nutrient for our body. According to Rampersaud et al, (2005) “children who reported eating breakfast on a consistent basis tended to have superior nutritional profiles than their breakfast skipping peers” Breakfast brings us benefit that we cannot afford from other meals. Thats why breakfast is considered as the important meal, but many people always miss breakfast compared to other meals (Pearson et al, 2009). Besides that, breakfast is very important for students as breakfast could provide majorly the nutrient for students as they need lot of energy for learning. In additional, breakfast would help to maintain the body weight as it could control the appetite for the other meals. From here, it can be said that breakfast is very important towards our life as a human as it brings many implication to our life if we skip breakfast.

**2.3 EFFECTS OF SKIPPING BREAKFAST.**

The researches that have been conducted by many researchers around the world stated that skipping breakfast may lead to heart risks. Children usually skip breakfast may also gain weight in their adolescence. This is because, when the children skip the breakfast, they tends to eat more food intake than normal children due to hunger. Thus, the calories will hardening in blood artery and causing blockages in the heart and causing heart attack. In the words of H. M. Niemeier, et al (2006, 6), “Importantly, greater fast food consumption and breakfast skipping during adolescence and increases in breakfast skipping from adolescence to early adulthood were associated with increased weight gain during this transition”.

Besides that, there was research that state skipping breakfast may affect the composition on cognitive processes. When someone skips breakfast, their attitude will change. They will lose their mood in the day. This will affect their work or losing focus on something. This statement is supported by Mahoney and et al (2005), “This research examined the effects of breakfast composition versus no breakfast on cognitive performance. Results suggest that performance on most measures is enhanced by breakfast consumption and that the composition of breakfast can also influence children’s cognitive performance on some measures, particularly spatial memory, short-term memory, and auditory attention.”.

During sleeping, most of our body system were shutdown accept brains and our hearts. However, brains and hearts still needs energy to function. If the children skipping breakfast, his body can’t operate at its optimum energy. Besides that, our body and brains also needs vitamin to increase the performance to its optimum level. In the words of Hill et al (1995), “This is particularly true for young low income children who never do “catch up” on their nutrients missed at breakfast as shown by 50% of the 1-3 year old low income children not consuming 70% of the RDA for vitamins A,E,C and iron and zinc. RTE cereals are the best source of daily iron and B vitamins regardless of the family’s economic status”.

In addition, students nowadays are too busy with their homework. Thus, many students work up till late night. This will exhausts their own brains and causing them to get tired easily in the morning. They will skip their breakfast and try to sleep more in bedroom. Thus, their brain can’t get enough energy and too tired to focus during learning. According to by Gretchen M. Hill (1995,1), “In the 1962 Iowa Breakfast Studies, the morning meal was defined as a meal that provides one-fourth of the daily calories and the daily protein needs” .

**2.4 SUMMARY.**

In conclusion, we justified that breakfast is important to everyone even for old folks as it gives negatives effect to everyone if we skip breakfast. Based on the research that have done, researcher have found out that during night, our brain and hearts keep working. Much energy have been used during that period. Thus, breakfast is essential to replaced the energy that loss during night. If we skip the breakfast, our body will have to operate at its minimum. That’s why the we cannot focus during learning. There have been a research that a person who skip breakfast have higher chances to gain weight as they will eat more during lunch.

**CHAPTER THREE**

**METHODOLOGY**

**3.1 INTRODUCTION**

This chapter will give information about the method that were used to gather the data and instrument that used during collecting data. After that, data analysis were analyzed to get the results.

**3.2 SAMPLING METHODS**

This questionnaire were distributed to University Malaysia Pahang students. The people that involved 60 students consisting 30 male students and 30 female students. The students would receive the questionnaire were randomly pick by our group.

The summary of participants is provided in Table 1 which includes data such as faculty and gender:

Table 3.1: Summary of Participants

|  |  |  |
| --- | --- | --- |
| **GENDER** | | **TOTAL** |
| **MALE** | **FEMALE** |
| 30 | 30 | 60 |

**3.3 INSTRUMENTS**

The researchers distributed a series questionnaire which there will be certain information of the respondents such as gender, faculty, year and course. There were also questions whether a yes or no and certain opinion type of questions.

**3.4 DATA ANALYSIS**

All the data obtained from the survey questionnaire was analyzed and presented in this part. The analyzed data was presented in statistical. It was analyzed and presented using the following steps and method shown below:

**Step 1**

Each questionnaire in the survey questionnaire was numbered in the following order to make sure that the questionnaire can be identified easily. It was numbered from 1 to 17.

**Step 2**

Data or answers obtained from the survey questionnaire were transferred and arranged into a summary sheet.

**Step 3**

The next process was to count the frequency and calculate the percentage from the data collected.

**Step 4**

Finally, tabulate the information from the calculated data in form of table.

**3.5 SUMMARY**

This research were focusing on UMP students. The survey area were conducted around the UMP. The respondents were selected by random gender and various faculties. Only 10 percent of the respondents from 600 were analyzed to study.

**CHAPTER 4**

**FINDINGS AND DISCUSSIONS**

**4.1 INTRODUCTION**

The research investigates the importance of breakfast among University Malaysia Pahang (UMP) students. In this chapter, the findings from survey question will be analyzed and discussed. Besides that, the implications of the findings will also be determined.

**4.2 Research Question 1: Do UMP students aware about the importance of breakfast and the type of food they consume for their breakfast?**

This survey was done to study the knowledge of UMP students about the importance of having breakfast in their daily life. There are two variables was construct to know about the degree of awareness of UMP students about their nutrition. In section 2, there are 3 variables to study about the type of food consume by the UMP students. From these variables, it can be know whether UMP students practicing the healthy eating habit or not.

**4.2.1 Awareness of UMP students about importance of having breakfast.**

**Figure 4.1: Awareness of UMP students about importance of having breakfast.**

The pie chart (See Figure 4.1) illustrates the awareness of UMP students about the importances of having breakfast in every morning. According to the pie chart, majority of the respondents are aware about the importance of having breakfast in the morning. Only a few of respondent are not aware about having breakfast. It can be concluded that UMP students are already aware about the importance of having breakfast. Majority of UMP students already know the benefits of breakfast for their daily life. Having breakfast will maintain their body weight and also provide an energy for them so they could concentrate on their task or work. That why most of the successful person have a habit of having breakfast in the morning. Besides that, they realize that breakfast would not make them have obesity and it is not an excuse for them to skip their breakfast.

**4.2.2 Type of foods consumes by the UMP students for their breakfast.**

**Figure 4.2: Type of foods consume by the UMP students for their breakfast.**

The pie chart above (See Figure 4.2) indicates the diiferent types of foods which are consumed by UMP students. As illustrated by the chart, breads and cereals has the highest percentage for the UMP students consume for their breakfast. This is followed by cereals which make up 19% (9 respondents)of the foods consumptions. Heavy meals such as rice, noodles and others are the least of foods consumed by the students for their breakfast which is only 15% (7 respondents). It can be concluded that UMP students prefer to have simple food for their breakfast. Although many of them prefer to have a lot of carbohydrate foods for their breakfast, but majority of them are not follow the food pyramid diet which prefer human to have a lot of carbohydrate for their diet. It can be seen as only a minority of them taking a lot of carbohydrate for their breakfast while majority of them only consume a few of carbohydrate which the important nutrient that provide energy for our body. Two slices of breads will be obviously providing not enough energy for the body to ‘survive’ until the noon. Story et al says that “adolescents consume a large proportion of their total daily energy at school.”

**4.3 Research Question 2: Do UMP students had any barriers of having breakfast?**

The aim of this research question is know the barriers of UMP students that prevents them from having breakfast. There are 4 variables that were construct in order to know what are the barriers.

**Figure 4.3 Barriers of UMP Students From Having Breakfast.**

The graph (See Figure 4.3) illustrates the barriers in having breakfast in the University Malaysia Pahang. According to the graph, 60% of the students don’t have any obstacles that preventing them from having breakfast. This reason is the highest rating compared to the other reason, whereas the reason of not enough money and have difficulties to get food shared the same level as they are the lowest rating reason. Thirty-three (60 %) students of University Malaysia Pahang don’t have any difficulties of having breakfast. Meanwhile the reason of not enough time was chosen by 22 (40%) students. As for the reason of not enough money and having difficulties to get food shared the same rating that is 0. It can be concluded that more than half students in University Malaysia Pahang having breakfast before go to class. Only a 40 %(22) of students are having difficulties of having breakfast because they didn’t have enough time. This may due to the time that they having breakfast are overlap with P&P time. This statement is supported by F.J. Elgar and et al (2005), “Obese children tend to complete fewer years of education and earn a lower household income as adults, independent of their families’ socio-economic status”. In addition, in University Malaysia Pahang there are many cafeteria as there is no students having difficulties to get food.

**4.4 Research Question 3: Do UMP students feel any different whether they having breakfast or not?**

There are 3 variables that was construct to know whether the UMP student feels any change in their life as they take the breakfast. Among the variables, it can be know the mentality of UMP students about their eright when they consume breakfast.

**4.4.1 Effect of breakfast on weight increases**.

**Figure 4.4: Effect of breakfast on weight increases.**

The graph (See Figure 4.4) demonstrates the effect of breakfast on the weight of body of the respondent. According to the graph, majority of weight of the respondent which is 54 out of 60 are not increasing as they having breakfast. Only 10% of the respondents agree that their weight was increased as they had breakfast. It can be concluded that breakfast does not increase the weight of the body but having breakfast is one of the way to maintain weight of the body. Heather M. Niemeier (2006) says that “...breakfast skipping during adolescence and increases in breakfast skipping from adolescence to early adulthood were associated with increased weight gain during this transition.” Based on this statement, it prove that breakfast would not increases the weight of the body because they would not feel hungry and would not take excessive food in the noon. Many of UMP students take excessive food in the noon because they feel very hungry as they are not eating any food in the early morning besides they had already uses lot of energy during class hours.

**4.4.2 Effects of breakfast on concentration of UMP students in the class.**

**Figure 4.5: Effects of breakfast on concentration of UMP students in the class.**

The graph (See Figure 4.5) demonstrates the effects of breakfast on concentration of UMP students in the class. Almost all the respondents agree that when they having breakfast in the morning before attend the class, they can concentrate in the class. As mention before, students consume a large proportion of their total daily energy during class hours. Our brains need more energy from usual as it is an organ that most functioning during class. Besides our brain, our hand that is use to write also needs energy to be functioning well. When we total up all the energy consume during the class times, it is greater than we consume energy for playing outdoor game. When the students of University Malaysia Pahang having their breakfast before go to the class, they would have lot of energy to enable them concentrate in the class.

**4.5 CONCLUSION**

In conclusion, we found out that UMP students are already aware about the importance of having breakfast. Majority of UMP students already know the benefits of breakfast for their daily life. They realise that breakfast would not make them have obesity. Besides that, UMP students also prefer to have simple food for their breakfast. Although many of them prefer to have a lot of carbohydrate foods for their breakfast, but majority of them are not follow the food pyramid diet which prefer human to have a lot of carbohydrate for their diet. In addition, more than half students in Universiti Malaysia Pahang having breakfast before go to class. Only a 40 %(22) of students are having difficulties of having breakfast because they didn’t have enough time. This may due to the time that they having breakfast are overlap with P&P time. Besides that, in Universiti Malaysia Pahang there are many cafeterias as there is no students having difficulties to get food. Other than that, breakfast does not increase the weight of the body but having breakfast is one of the ways to maintain weight of the body.

**CHAPTER FIVE**

**CONCLUSION AND RECOMMENDATIONS.**

**5.1 INTRODUCTION.**

This chapter is about the conclusion of finding on the effect of skipping breakfast that were made including the recommendations on how to enlighten and improve the UMP students habits that skipping breakfast. This conclusion were discussed and agreed by the group member.

**5.2 CONCLUSION OF STUDY**

In this subchapter, conclusions were made separately according to the research questions. There are three research questions in the study. Thus, three conclusions have been made.

**5.2.1 Do UMP students aware about the importance of breakfast and the type of food they consume for their breakfast?**

Based on our first research question, majority of UMP students already know the importance for their life. They know that eating breakfast will increase their focus on learning session and will decreasing their risk of getting obesity. Most of the UMP students would prefer to have bread and cookies for their breakfast. This may due to the preparation for the food is the easiest way. However, there are also a small group of student prefer to having a cereals and heavy meal such as ‘nasi lemak’, ‘mee goreng’ and etc as the breakfast. Students who taking heavy meals usually having their breakfast in the time interval of ten to eleven in the morning. Thus, they won’t having their lunch after that.

**5.2.2 Do UMP students had any barriers of having breakfast?**

It can be concluded that more than half students in Universiti Malaysia Pahang having breakfast before go to class. Only minority of students are having difficulties of having breakfast because they didn’t have enough time. This may due to the time that they having breakfast are overlap with P&P time especially the students who are having a class in Pekan campus. They need to go to Pekan campus as early in 6.30 a.m. But for the students who has a class in Gambang campus will not have any problem to have a breakfast. In addition, in Universiti Malaysia Pahang there are many cafeteria as there is no students having difficulties to get food. Besides that, there are variety of menu to be choose for the students and there are no obstacles for the students having a balanced diet unless they are not concern about that.

**5.2.3 Do UMP students feel any different whether they having breakfast or not?**

Only a few of UMP students think that their body weights are increased as they having breakfast in the morning. As mention earlier, the major factors that cause the weight increase is they having a lot of food during their lunch as they are not having their breakfast in the early morning. They misunderstand the factor that cause their body weight increased. Although in a logic, we may think that when we are having more meals obviously our weight will be increasing, but it happened on the other side. When we are having breakfast, it will make us consume less food for other meals especially for lunch. In addition, when having a breakfast students can concentrate in the class because they have more energy and become more energetic when studying.

**5.3 RECOMMENDATIONS**

To increase the level of awareness of UMP students about the importants of having breakfast in the morning is run a campaign in University Malalaysia Pahang (UMP). The campaign that is mention is not only exhibition, but it is a campaign that provide some breakfast food for the UMP st udents. It is not compulsory to provide the food for all of them but only for the needy students that cannot afford to buy a breakfast. When this student having a breakfast in the morning, it will also attract some other students to have breakfast with them or maybe the student that had been provided breakfast will persuade their friend to having breakfast with them but of course that students should buy for their own food. It is not compulsory to having an expensive food but only a food that suitable for students. Then, after some time they will realize the differences between having a breakfast and not or maybe after some time it will be their own habit to have breakfast in the morning. Maybe their habits will influence other people around them such as their family and others. It is useless if campaign that just lecture them all the day and night because tu students had already grow ups and are in pre-adult era. Besides that, UMP students are educated people where they can already think by themselves about this issues but it’s hard for them to prectise it. From the researh, it can be say that many UMP students are not aware about food pyramid. They only consume a food that easy to prepare and easy to eat. It is true that maybe some of UMP students do not have enough time to having breakfast as they have a class start at 8 o’clock. That’s why many of the respondent said that they only having breads and also a cookies as their breakfast. Although it is true that we should have bread and cookies as our diet, but the amount that they consume is too small compared too the actual amount that we should take. Hence, to give information and also guide them about the food pyramid, the campaign is very important at here. Banner should be hang in every cafe in this university as a guide for a students what should they eat most and less. Besides that, flyers about food pyramid also must be distributed to students to give them information. A good balanced diet would not cause any health complication to a student and thier mentality about having breakfast is going to increase their weight will be totally erased. Besides that, they would know how much important of breakfast for them as they are student.

**5.4 CONCLUSION**

In conclusion, the objective of our research is achieved. Majority of UMP students are aware the importance of breakfast in their daily life. UMP students also prefer having breads and cookies compared to heavy meals and cereals. Majority of UMP students didn’t have any barriers of having breakfast. However, some of the student had difficulty of having breakfast due to the time overlap between the learning session.

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**A. Appendices**

**Title : An Investigation on Skipping Breakfast and Its Negative Effects among UMP students.**

**Dear Respondents,**

This survey is to study on the awareness of breakfast among UMP students. We hope that you will answer the questions truthfully. Thank you.

**Instruction**

This questionnaire consists of three parts. Please answer all the questions and please tick (√) only one answer.

**Part A**

Gender : Male Female

Year : .....................

Faculty : ..................................................................................

**Part B**

1. Do you think that breakfast is important to our life?

Yes No

1. Do you follow the food pyramid diet for your breakfast?

Yes No

1. Do you consume breakfast every day before going to class?

Yes No

1. In your opinion, do you think that having breakfast would increase your body weight?

Yes No

1. Do you take any supplement instead of breakfast?

Yes No

1. If yes, please state which supplement do you take:

................................................................................

1. Do you have any difficulty to have breakfast?

Yes No

1. If yes, please tick the reason

Not enough time

Have difficulties to get food

Not enough money to buy food

1. What type of food do you prefer to consume for your breakfast?

Bread / Cookies

Cereals

Instant foods

Heavy meals (*rice, noodles and etc.*)

Other : ..............................................

1. What time do you normally have your breakfast?

6 a.m. – 7 a.m.

8 a.m – 9 a.m.

10 a.m. – 11 a.m.

1. How many times do you eat in a day?

Once a day

2 times

3 times

4 times

Others: .......................................

**PART C**

SD is for strongly disagree, D is for disagree, SA is for strongly agree, and A is for agree.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Questions | SD | D | A | SA |
| 12 | I can concentrate in class if I have my breakfast. |  |  |  |  |
| 13 | I feel hungry if I do not have breakfast. |  |  |  |  |
| 14 | I prefer to have breakfast others. |  |  |  |  |
| 15 | My weight was increased when I’m having breakfast |  |  |  |  |
| 16 | I would have gastric if I’m not taking breakfast. |  |  |  |  |
| 17 | I have obesity problems. |  |  |  |  |

Thank you for your cooperation.

**B. Codebook**

**Title : An Investigation on Skipping Breakfast and Its Negative Effects among UMP students.**

**Dear Respondents,**

This survey is to study on the awareness of breakfast among UMP students. We hope that you will answer the questions truthfully. Thank you.

**Instruction**

This questionnaire consists of three parts. Please answer all the questions and please tick (√) only one answer.

**Part A**

Gender V1 : Male1 Female2

YearV2 : .....................1-4

Faculty V3 : ...............................................................................1-7

**Part B**

1. Do you think that breakfast is important to our life?V4

Yes1 No2

1. Do you follow the food pyramid diet for your breakfast?V5

Yes1 No2

1. Do you consume breakfast every day before going to class?V6

Yes1 No2

1. In your opinion, do you think that having breakfast would increase your body weight?V7

Yes1 No2

1. Do you take any supplement instead of breakfast?V8

Yes1 No2

1. If yes, please state which supplement do you take:V9

................................................................................

1. Do you have any difficulty to have breakfast?V10

Yes1 No2

1. If yes, please tick the reasonV11

Not enough time1

Have difficulties to get food2

Not enough money to buy food3

1. What type of food do you prefer to consume for your breakfast?V12

Bread / Cookies1

Cereals2

Instant foods3

Heavy meals (*rice, noodles and etc.*)4

Other5 : ..............................................

1. What time do you normally have your breakfast?V13

6 a.m. – 7 a.m. 1

8 a.m – 9 a.m. 2

10 a.m. – 11 a.m. 3

1. How many times do you eat in a day?V14

Once a day1

2 times2

3 times3

4 times4

Others5: .......................................

**PART C**

SD is for strongly disagree, D is for disagree, SA is for strongly agree, and A is for agree.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Questions | SD1 | D2 | A3 | SA4 |
| 12 | I can concentrate in class if I have my breakfast.V15 |  |  |  |  |
| 13 | I feel hungry if I do not have breakfast.V16 |  |  |  |  |
| 14 | I prefer to have breakfast with others.V17 |  |  |  |  |
| 15 | My weight was increased when I’m having breakfastV18 |  |  |  |  |
| 16 | I would have gastric if I’m not taking breakfast.V19 |  |  |  |  |
| 17 | I have obesity problems.V20 |  |  |  |  |

Thank you for your cooperation.

**C. Coding Sheets**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | V1 | V2 | V3 | V4 | V5 | V6 | V7 | V8 | V9 | V10 | V11 | V12 | V13 | V14 | V15 | V16 | V17 | V18 | V19 | V20 |
| R 1 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 2 | 0 | 2 | 4 | 1 | 1 | 2 | 3 | 4 | 3 | 2 | 2 | 1 |
| R 2 | 1 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 2 | 4 | 4 | 2 | 3 | 4 | 4 | 3 | 1 | 2 | 1 |
| R 3 | 1 | 2 | 7 | 1 | 1 | 2 | 2 | 2 | 0 | 1 | 1 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 |
| R 4 | 1 | 3 | 1 | 1 | 1 | 1 | 2 | 2 | 0 | 2 | 4 | 1 | 2 | 3 | 4 | 4 | 2 | 2 | 2 | 2 |
| R 5 | 1 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 1 | 1 | 1 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 1 |
| R 6 | 1 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 1 | 1 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 1 |
| R 7 | 1 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 2 | 4 | 1 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 1 |
| R 8 | 2 | 2 | 5 | 1 | 2 | 2 | 2 | 2 | 0 | 1 | 1 | 0 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 1 |
| R 9 | 1 | 3 | 7 | 1 | 1 | 1 | 2 | 2 | 0 | 2 | 4 | 2 | 2 | 2 | 4 | 3 | 3 | 1 | 4 | 3 |
| R 10 | 1 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 2 | 4 | 2 | 2 | 2 | 3 | 4 | 3 | 2 | 3 | 1 |
| R 11 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 0 | 2 | 4 | 4 | 3 | 3 | 2 | 3 | 2 | 1 | 1 | 1 |
| R 12 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 2 | 4 | 4 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 2 |
| R 13 | 1 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 2 | 4 | 2 | 2 | 2 | 3 | 3 | 2 | 1 | 2 | 1 |
| R 14 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 1 | 0 | 0 | 2 | 1 | 4 | 4 | 4 | 2 | 2 | 2 |
| R 15 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 0 | 2 | 4 | 1 | 3 | 2 | 4 | 3 | 2 | 3 | 1 | 1 |
| R 16 | 2 | 2 | 1 | 1 | 1 | 2 | 1 | 2 | 0 | 1 | 1 | 1 | 3 | 1 | 3 | 3 | 3 | 3 | 2 | 1 |
| R 17 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 1 | 1 | 2 | 2 | 2 | 4 | 4 | 3 | 1 | 2 | 1 |
| R 18 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 2 | 0 | 2 | 4 | 2 | 2 | 2 | 3 | 3 | 3 | 1 | 3 | 1 |
| R 19 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 1 | 0 | 0 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 2 |
| R 20 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 2 | 4 | 1 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 1 |
| R 21 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 2 | 4 | 1 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 2 |
| R 22 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 4 | 0 | 3 | 2 | 4 | 4 | 3 | 1 | 3 | 1 |
| R 23 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 2 | 4 | 1 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 1 |
| R 24 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 2 | 0 | 2 | 4 | 1 | 1 | 3 | 3 | 3 | 3 | 2 | 2 | 2 |
| R 25 | 2 | 2 | 1 | 1 | 1 | 2 | 1 | 2 | 0 | 1 | 1 | 1 | 2 | 2 | 3 | 4 | 2 | 2 | 3 | 1 |
| R 26 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 2 | 0 | 2 | 4 | 1 | 2 | 3 | 3 | 3 | 4 | 2 | 3 | 2 |
| R 27 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 1 | 0 | 0 | 0 | 2 | 3 | 3 | 3 | 2 | 3 | 2 |
| R 28 | 1 | 1 | 2 | 1 | 2 | 1 | 2 | 2 | 0 | 2 | 4 | 1 | 1 | 3 | 3 | 3 | 3 | 1 | 2 | 2 |
| R 29 | 1 | 1 | 4 | 2 | 2 | 2 | 2 | 2 | 0 | 1 | 1 | 4 | 2 | 4 | 3 | 2 | 3 | 2 | 2 | 1 |
| R 30 | 1 | 0 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 2 | 4 | 1 | 2 | 3 | 3 | 4 | 3 | 2 | 2 | 1 |
| R 31 | 1 | 3 | 3 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 3 |
| R 32 | 2 | 0 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 1 | 1 | 1 | 3 | 2 | 2 | 2 | 2 | 1 | 2 | 2 |
| R 33 | 2 | 2 | 5 | 1 | 1 | 1 | 2 | 2 | 0 | 1 | 1 | 2 | 1 | 2 | 4 | 4 | 3 | 1 | 2 | 2 |
| R 34 | 1 | 1 | 4 | 1 | 2 | 2 | 2 | 2 | 0 | 1 | 1 | 1 | 2 | 2 | 4 | 4 | 3 | 2 | 3 | 1 |
| R 35 | 2 | 3 | 1 | 1 | 2 | 1 | 2 | 2 | 0 | 2 | 4 | 0 | 0 | 2 | 3 | 3 | 3 | 3 | 1 | 2 |
| R 36 | 2 | 3 | 3 | 1 | 1 | 1 | 2 | 2 | 0 | 2 | 4 | 0 | 2 | 2 | 1 | 3 | 3 | 2 | 1 | 1 |
| R 37 | 2 | 3 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 1 | 1 | 1 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 2 |
| R 38 | 2 | 3 | 1 | 1 | 2 | 1 | 2 | 2 | 0 | 1 | 1 | 0 | 2 | 2 | 4 | 3 | 3 | 1 | 1 | 2 |
| R 39 | 2 | 3 | 1 | 1 | 1 | 1 | 2 | 2 | 0 | 2 | 4 | 0 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 |
| R 40 | 2 | 3 | 3 | 1 | 2 | 1 | 2 | 2 | 0 | 1 | 1 | 1 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 |
| R 41 | 1 | 3 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 2 | 4 | 1 | 3 | 3 | 4 | 3 | 3 | 2 | 1 | 1 |
| R 42 | 1 | 3 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 1 | 1 | 1 | 3 | 3 | 4 | 3 | 2 | 2 | 2 | 2 |
| R 43 | 2 | 3 | 1 | 1 | 2 | 1 | 2 | 2 | 0 | 2 | 4 | 0 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 1 |
| R 44 | 2 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 0 | 1 | 1 | 1 | 3 | 1 | 2 | 2 | 2 | 1 | 3 | 1 |
| R 45 | 2 | 3 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 2 | 4 | 1 | 2 | 2 | 3 | 3 | 3 | 1 | 1 | 1 |
| R 46 | 2 | 3 | 1 | 1 | 2 | 1 | 2 | 2 | 0 | 2 | 4 | 1 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 |
| R 47 | 2 | 3 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 1 | 1 | 1 | 0 | 3 | 3 | 3 | 3 | 1 | 3 | 1 |
| R 48 | 1 | 3 | 1 | 1 | 1 | 1 | 2 | 2 | 0 | 2 | 4 | 0 | 3 | 2 | 3 | 3 | 3 | 4 | 1 | 1 |
| R 49 | 1 | 1 | 5 | 2 | 2 | 1 | 2 | 2 | 0 | 1 | 1 | 1 | 2 | 3 | 3 | 3 | 3 | 2 | 1 | 1 |
| R 50 | 1 | 4 | 5 | 1 | 2 | 2 | 2 | 2 | 0 | 1 | 1 | 2 | 3 | 2 | 4 | 3 | 2 | 2 | 2 | 2 |
| R 51 | 1 | 2 | 4 | 1 | 1 | 2 | 2 | 2 | 0 | 1 | 1 | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 1 |
| R 52 | 1 | 3 | 7 | 1 | 2 | 2 | 2 | 2 | 0 | 2 | 4 | 1 | 3 | 3 | 3 | 3 | 3 | 1 | 2 | 1 |
| R 53 | 1 | 1 | 2 | 1 | 2 | 1 | 2 | 2 | 0 | 2 | 4 | 4 | 0 | 2 | 3 | 4 | 3 | 2 | 1 | 1 |
| R 54 | 1 | 1 | 3 | 2 | 2 | 2 | 1 | 2 | 0 | 2 | 4 | 1 | 3 | 2 | 4 | 3 | 3 | 1 | 1 | 2 |
| R 55 | 1 | 2 | 4 | 1 | 2 | 1 | 2 | 2 | 0 | 1 | 0 | 0 | 3 | 3 | 3 | 3 | 4 | 2 | 2 | 1 |
| R 56 | 1 | 3 | 3 | 1 | 2 | 1 | 2 | 2 | 0 | 2 | 4 | 4 | 0 | 2 | 3 | 4 | 2 | 2 | 3 | 2 |
| R 57 | 1 | 4 | 5 | 1 | 2 | 2 | 2 | 2 | 0 | 1 | 1 | 0 | 2 | 3 | 2 | 3 | 3 | 2 | 1 | 3 |
| R 58 | 1 | 1 | 5 | 1 | 2 | 1 | 2 | 2 | 0 | 2 | 4 | 1 | 3 | 2 | 3 | 3 | 3 | 1 | 2 | 1 |
| R 59 | 1 | 3 | 3 | 2 | 2 | 2 | 1 | 2 | 0 | 1 | 0 | 1 | 2 | 2 | 3 | 4 | 4 | 2 | 2 | 1 |
| R 60 | 1 | 1 | 4 | 1 | 1 | 1 | 2 | 2 | 0 | 2 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 2 | 2 | 2 |

**D. Graphs and** **charts**

1. Frequency of gender of each respondent

**2.** Frequency of year of each respondent.

3. Frequency of year of each respondent.

4. Do you think that breakfast is important to our life?

5. Do you follow the food pyramid diet for your breakfast?

6. Do you consume breakfast every day before going to class?

7. In your opinion, do you think that having breakfast would increase your body weight?

8. Do you take any supplement instead of breakfast?

9. If yes, please state which supplement do you take:

10. Do you have any difficulty to have breakfast?

11. If yes, please tick the reason

12. What type of food do you prefer to consume for your breakfast?

13. What time do you normally have your breakfast?

14. How many times do you eat in a day?

15. I can concentrate in class if I have my breakfast.

16. I feel hungry if I do not have breakfast.

17. I prefer to have breakfast others.

18. My weight was increased when I’m having breakfast

19. I would have gastric if I’m not taking breakfast.

20. Iha**v**e Obesity problems.