1. **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. Its 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 a daily life.( Affenito & Sandra, 2007). Most of our energy is used in the morning. Thats 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 a breakfast or not. The statistic done in University of Wisconsin-Stout shows that 64.7 % people who take a breakfast everyday will perform in their job (1997). As an example, the student who took their breakfast in the morning will be more concentrate in the class compared to those who is not eat anything in the morning. From a research, it is found that those who had eaten a small breakfast, on average 61 kcal, spent significantly less time attending to their work than those who had eaten larger meals(Benton, David, 2006). Its mean that even though they took a breakfast but in small quantity that are not enough to provide an energy for their body will not do well compared for those who has enough diet for their body.

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

**1.3 RESEARCH OBJECTIVES:**

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

routine.

1.3.2 To find out whether the UMP student knows the consequences of skipping

breakfast.

**1.4 RESEARCH QUESTIONS**:

1.4.1 Do UMP students think breakfast is important?

1.4.2. Are UMP students only skipping breakfast if they at the hostel?

1.4.3. What kind of food do UMP students take for their breakfast?

The questions above will give us the survey on numbers of students that taking breakfast. By answering the questions, we hope that students might realize the consequences of skipping breakfast.

**1.5 DEFINITION OF TERMS.**

It is fundamental to define the terms correctly in order to understand the term more appropriately. In this case, our study is defining the term breakfast. Breakfast can be defined as an early meal in themorning. 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". Thus, 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 we used are distributing questionnaire to 50 people by randomly. The questionnaire will be given to 25 male students and 25 to female students. There will be 17 questions that needs to be answered. The answer will then be analyze to determine the results.

**1.7 ORGANIZATION OF CHAPTERS.**

Basically, this report consists of five chapters which are introduction, review of literature, research methodology, findings and discussion plus the conclusion and recommendation part. As for the introduction, our group has divided it into six subtopics. These includes background of study and problem statement, research objectives, research questions, definition of terms, review of methodology and organization of chapters.

On the other hand, the review of literature consists of all the articles that are relevant to our topic which have been combined and summarized. The third chapter consists the research methodology which contains the introduction, sampling methods, instruments, data analysis and summary. Meanwhile, chapter four is about the data findings. In this chapter, the findings will be discussed in detail and thoroughly according to the research questions. Lastly, is the conclusion and recommendation part that will give suggestions and recommendations to the problems which arises based on the findings

**2.0 REVIEW OF LITERATURE.**

**2.1 IMPORTANCE OF BREAKFAST**

Everybody had learned that one of the basic requirements for human to continue our life is food since we are in primary school. Everybody should know that human can live only seven days maximally if they are not taking any food. From the research that had been carried out by a few researchers, it had been prove that the most important meal for everyday is breakfast. Breakfast has been labeled the most important meal of the day ([Rampersaud](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B758G-4G4KWVJ-V&_user=4406426&_coverDate=05%2F31%2F2005&_alid=1424628938&_rdoc=4&_fmt=high&_orig=search&_cdi=12926&_sort=r&_docanchor=&view=c&_ct=229&_acct=C000063100&_version=1&_urlVersion=0&_userid=4406426&md5=7ad162895a41c3863ee9fb25d525deb4" \l "vt1), Pereira, Girard**,** Adams**,**Metzl, 2005, 10). This statement had been support by other which is breakfast is often referred to as the most important meal of the day (Pearson, Biddle, Gorely, 2009, 1). There should not be any argument why breakfast is so important meal in our daily life. It is a fact that everybody should accept this. It had been prove by the experts. Everybody should have their breakfast for everyday to keep healthy. There should be a reason why breakfast is so important for us. Unfortunately, people always skip the most important meal in their life for everyday especially by young people. They are not realizing why breakfast is so important. In the word of Story, Neumark-Sztainer and French (2002) “Skipping meals is also a concern among adolescents, especially girls.” Pearson, et al (2009) agrees and says that “young people are more likely to skip breakfast than any other meal”. Why the young people reluctant taking their breakfast which is the most important meal? There should be a reason why these phenomena happen to young people and why not to older people.

**2.2 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 that usually skipping breakfast also may gain weight in their adolescence day. This is because, when the children skipping the breakfast, they tends to eat more food intake than normal children due to hunger. Thus, the calories will solidified in artery and causing blockages in the heart and causing heart attack. In the words of Heather M. Niemeier et al (2006), “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 are research that stated skipping breakfast may affect the composition on cognitive processes. When someone skipping breakfast, their attitude will change. They will lose their mood on the day. This will affects their works or losing focus on something. This statement is supported by Caroline R. 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 are shutdown accept brains and our hearts. However, brains and hearts still need 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 Gretchen M. 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 to busy with their homework. Thus, many students work up till late night. This will exhausted 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), “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” .

**2.3 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 can not 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.

**3.0 METHODOLOGY.**

**3.1 INTRODUCTION**

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

**3.2 SAMPLING METHODS**

These questionnaire will be distributed to UMP students. The people that involves 50 students consisting 25 male students and 25 female students. The students that will receive the questionnaire are randomly pick by our group. Besides that, a checklist was prepared to observe whether the students are reading in UMP.

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

Table 3.1: Summary of Participants

|  |  |  |
| --- | --- | --- |
| **GENDER** | | **TOTAL** |
| **MALE** | **FEMALE** |
| 25 | 25 | 50 |

**3.3 INSTRUMENTS**

The researchers proposed to distributed questionaire which there will be certain information of the respondents such as gender, faculty, year and course. There also will be a yes or no questions and certain opinion type of qustions. Besides, the researchers will also do observations on what food UMP students consume for their breakfast.

**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 15.

**Step 2**

Data or answers obtained from the survey questionnaire are 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.

**3.5 SUMMARY**

This research will be focusing on UMP students. The survey area will be conducted around the UMP. The respondents will be selected by random gender and various faculties. Only 10 percent of the respondents from 500 will be analyses for the study.