**4.1 INTRODUCTION**

The research investigates the importance of breakfast among 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 importances of breakfast and the type of food they consume for their brekfast?**

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 this variables, it can be know whether UMP students practising 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. They realise that breakfast would not make them have obesity.

**4.2.2 Type of foods consume 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) indicate 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 which prefer human to have a lot of carbohydrate for their diet.

**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 toknow what are the barriers.

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

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

The graph (See Figure 4.3) illustrates the barriers in having breakfast in the Universiti Malaysia Pahang. According to the graph, 60% of the student 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 Universiti Malaysia Pahang doesn’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 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. 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 Universiti Malaysia Pahang there are many cafeteria as there is no students having difficulties to get food.

**4.4 Research Question3:Do UMP students feel any different whether they having breakfast or not?**

There are 3 variables that was construct to know whether tge 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 brekfast 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 respondent 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.

**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.