Eating Habits Among School Students

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Abstract. In this study, schoolchildren's eating behaviors are examined. The purpose of this study is to determine how habits affect student development and how eating patterns affect bmi in the classroom. This study used a quantitative methodology that relied on questionnaires. Google Forms was used to build the survey. 500 respondents representing the population of the study are kids from grades 1 through 5 at SMK Seksyen 18. The study's findings indicate that students' eating habits and BMI have a substantial impact on them.

Key words: body mass index; coronavirus; eating habits

INTRODUCTION

In 2020, a brand-new corona-virus disease called COVID-19 began to spread globally. Government health officials enacted rules that strengthened physical separation and restricted person-to-person contact in order to stop the spread of COVID-19. Schools, community centers, parks, athletic and fitness facilities, and venues for organized sports were all shut down, which can disrupt several industries, including the one of education. Due to this, the student is forced to engage in online distance learning, or ODL. Playing video games for extended periods of time while doing nothing and consuming junk food and other unhealthy foods might cause weight gain. We may observe that when there is a movement control order and we are at home, everyone simply uses an internet store to purchase food, with fast food being the simpler option. This increases the obesity rate in Malaysia.

In addition, another explanation is that they don't know how to workout at home. Before the pandemic, for instance, students would play football after school in the evening to build their endurance and level of fitness, however during the epidemic, after taking an online lesson, they would simply play with their gadgets, which would disrupt their fitness level. According to Malaysian health authorities, socializing with members of the same home or small groups is part of maintaining physical activity while maintaining physical distance. This opportunity will help you fight back and regain your fitness. There are several possibilities for physical activity, including at-home workout routines like yoga, online fitness programs, outdoor activities during off-peak hours, and adequate hand sanitization procedures before and after participation. This study to see if the pandemic can give effect on their fitness level and became of obese.

According to the Cambridge Dictionary (Cambridge Dictionary, 2023), a habit is a behavior that people occasionally engage in without realizing it. The purpose of this study is to examine students' eating and exercise routines to determine how frequently they consume meals and how frequently they exercise. Every student has their own daily diet with varying food intake quantities. Therefore, the researcher wishes to determine whether it is true that they engage in different activities throughout the day while eating the same amount of food. Additionally, because of their own habits, this is also harming the pupils who may resume their daily activities or eat the same amount of food after the epidemic.

METHOD

In order to determine how many persons were impacted and became obese, the quantitative research method was used for this study. It is clear from this design that the data was gathered from students at SMK Seksyen 18. It is true that students' eating habits can have an impact on their academic performance. Therefore, this study will have a quantitative design with interpretable outcomes. About 500 kids from grades 1 through 5 at SMK Seksyen 18 make up the study's population in April 2023. This student will respond to the survey about the impact of student development practices. Additionally, stratified random sampling will be used in this study so that it is possible to show the number of participants.

The data was collected based on the question on that survey using google form by referring the research objectives. The data will be mark on the three section which have section A is demographic information, section B for to see the effect habits towards student development. For section C, use to find out at eating habits towards student can affecting bmi in school. This section was using the same scale from section B.
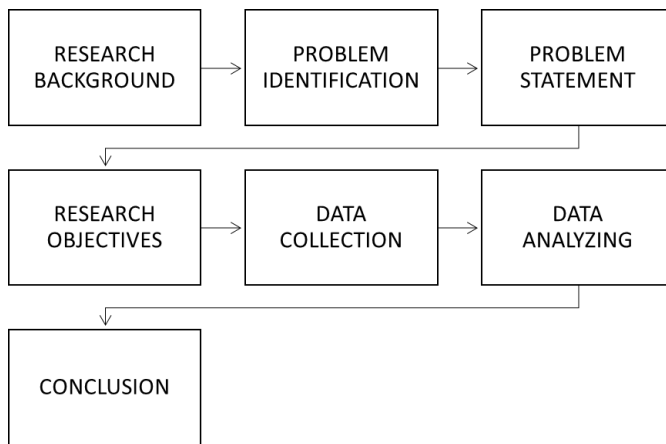

Figure 1. Data Collection Procedures

RESULT AND DISCUSION

GENDER					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	MALE	267	53.4	53.4	53.4
	FEMALE	233	46.6	46.6	100.0
	Total	500	100.0	100.0	

Table 1 Gender

Total of the respondent is enough 500 participants from students SMK Seksyen 18. The data present total male has 267 participants which have (53.4 %) while female have 233 participants which have (46.6%).

FORM					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	FORM 1	100	20.0	20.0	20.0
	FORM 2	99	19.8	19.8	39.8
	FORM 3	95	19.0	19.0	58.8
	FORM 4	87	17.4	17.4	76.2
	FORM 5	119	23.8	23.8	100.0
	Total	500	100.0	100.0	

Table 2 FORM

The data present form 5 have the largest participants which have 119 participants (23.8%). secondly, the data come from form 1 that have number two largest participants which have 100 participants (20%). form 2 have 99 participants (19.8%) and form 3 have 95 participants (19%). the lowest participate the questionnaire came from form 4 there have 87 participants (17.4%).

BMI					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 18.5	98	19.6	19.6	19.6
	18.5 to 24.9	197	39.4	39.4	59.0
	25.0 to 29.9	110	22.0	22.0	81.0
	30.0 and above	95	19.0	19.0	100.0
	Total	500	100.0	100.0	

Table 3 BMI

The data present bmi less than 18.5 have 98 respondents or 19.6% while 18.5 to 24.9 have 197 respondents or 39.4 % that have the large number in this data. Next, 25.0 to 29.9 have 110 respondents or 22.0 % while 30.0 and above have the minimum number in this data 95 respondents about 19.0 %.

RESEARCH QUESTION 3: WHAT IS THE DEVELOPMENT MALE AND FEMALE TOWARDS ON THEIR ACTIVITIES AND BMI?

Independent T-Test Analysis

Independent t-test analysis used to compare to sample means from gender. This test to compare the BMI for male and female among school students of SMK Seksyen 18, Shah Alam. Table 4.2.3.1 specifies the independent t-test statistic of gender and BMI.

Group Statistics						
	GENDER	N	Mean	Std. Deviation	Std. Error Mean	
BMI	MALE	267	2.6030	1.04038	.06367	
	FEMALE	233	2.1760	.91864	.06018	

TABLE 4 RESEARCH QUESTION 3: WHAT IS THE DEVELOPMENT MALE AND FEMALE TOWARDS ON THEIR ACTIVITIES AND BMI?

The next research question BMI and gender have any significant or not. In table 4.2.3.1 was

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means					95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
BMI	Equal variances assumed	17.921	.000	4.833	498	.000	.42703	.08835	.25344	.60062
	Equal variances not assumed			4.874	497.928	.000	.42703	.08761	.25490	.59916

found the t value = 4.874, df = 498, sig. = .000. This result indicates that there have significant on BMI towards gender especially on male.

RESEARCH QUESTION 3: WHAT IS THE DEVELOPMENT MALE AND FEMALE TOWARDS ON THEIR ACTIVITIES AND BMI?

Independent T-Test Analysis

Independent t-test analysis used to compare to sample means from gender. This test to compare the question 1 section B to see their playing outdoor sport for male and female among school students of SMK Seksyen 18, Shah Alam. Table 4.2.3 specifies the independent t-test statistic of gender and BMI.

Group Statistics					
	GENDER	N	Mean	Std. Deviation	Std. Error Mean
B1	MALE	267	2.4757	1.07709	.06592
	FEMALE	233	2.1845	.92164	.06038

Independent Samples Test									
		Levene's Test for Equality of Variances		t-test for Equality of Means					
								95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
B1	Equal variances assumed	23.829	.000	3.222	498	.001	.29111	.09034	.11362	.46859
	Equal variances not assumed			3.257	497.814	.001	.29111	.08939	.11548	.46673

TABLE 5 RESEARCH QUESTION 3: WHAT IS THE DEVELOPMENT MALE AND FEMALE TOWARDS ON THEIR ACTIVITIES AND BMI?

The next research question playing outdoor sport and gender have any significant or not. In table 4.2.3.2 was found the t value = 3.257, df = 498, sig. = .001. This result indicates that there have significant on playing sport outdoor towards gender especially on male.

RESEARCH QUESTION 3: WHAT IS THE DEVELOPMENT MALE AND FEMALE TOWARDS ON THEIR ACTIVITIES AND BMI?

Independent T-Test Analysis

Independent t-test analysis used to compare to sample means from gender. This test to compare the playing sport indoor or at home for male and female among school students of SMK Seksyen 18, Shah Alam. Table 4.2.3 specifies the independent t-test statistic of gender and BMI.

Group Statistics					
	GENDER	N	Mean	Std. Deviation	Std. Error Mean
B2	MALE	267	2.4494	1.11394	.06817
	FEMALE	233	2.2060	1.03414	.06775

Independent Samples Test									
		Levene's Test for Equality of Variances		t-test for Equality of Means					
								95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
B2	Equal variances assumed	7.275	.007	2.520	498	.012	.24343	.09660	.05364	.43322
	Equal variances not assumed			2.533	496.081	.012	.24343	.09611	.05460	.43226

TABLE 5 RESEARCH QUESTION 3: WHAT IS THE DEVELOPMENT MALE AND FEMALE TOWARDS ON THEIR ACTIVITIES AND BMI?

The next research question playing sport indoor or at home and gender have any significant or not. In table 4.2.3 was found the t value = 2.520, df = 498, sig. = .012. This result indicates that there is no significant playing sport indoor at home.

DISCUSSION

500 randomly selected kids from SMK Seksyen 18 in grades 1 through 5 made up the sample for this study. According to the findings in chapter 4, students or respondents exercise one or two times per week and their food intake is unaffected; otherwise, they would exercise less. We can see that the majority of students or respondents consume a typical portion while skipping the main meal. According to the results of the independent T-test, the data show that BMI has a significant relationship with gender because, on average, students or responders spend more time on their gadgets, and because, following the epidemic, children spend more time using their gadgets on average.

In addition, the second T-test revealed that more pupils play outdoor sports than indoor ones. The majority of the students in Chapter 4 have been shown to not participate in any activities at home, and the results of the T-test indicate that participation in sports indoors or at home has no meaningful impact, although participation in sports outdoors does. The demand for outdoor activities has increased since the epidemic, according to the journals (Wagner, 2022). This demonstrates that people prefer playing sports outdoors than playing sports indoors.

> **Commented [A1]:** Please add references regarding your result study and previous study

CONCLUSION

In conclusion, this study has demonstrated that eating habits among students at SMK Seksyen 18 can provide numerous insights into how to help students determine whether their genuine eating habits have a negative impact on their body mass index (BMI). Giving them instruction on how to live a healthy lifestyle and consume wholesome foods can help to overcome this issue. As a prospective teacher, you should use this expertise to ensure that the pupils are healthy and avoid obesity. The teacher must assist the fat kids in changing their unhealthy behaviors to healthy ones.

ACKNOWLEDGEMENT

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> **Commented [A2]:** Please add more references

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