

**ANALYSIS OF THE RELATIONSHIP BETWEEN NUTRITION  
KNOWLEDGE AND OBESITY THROUGH THE MEDIATION OF EATING  
HABIT**

By

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**STATEMENT BY THE AUTHOR**

I hereby declare that this submission is my own work and to the best of my knowledge, it contains no material previously published or written by another person, nor material which to a substantial extent has been accepted for the award of any other degree or diploma at any educational institution, except where due acknowledgement is made in the thesis.

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## ABSTRACT

### ANALYSIS OF THE RELATIONSHIP BETWEEN NUTRITION KNOWLEDGE AND OBESITY THROUGH THE MEDIATION OF EATING HABIT

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Food is an integral part of daily life. Back in the day, people eat to live. In this modern era, eating is more than just survival as eating now becomes more social and cultural. Some people live to eat, others eat to live. As the purpose of eating changes, the essence of eating changes too. Nowadays, people assume dining-out as a reason for overindulgence. People indulge themselves with foods and drinks without considering the nutrition content within the dish. As the essence of eating changes, problems caused by poor eating habit has now become more apparent. One of the problem that could be caused by poor eating habit is obesity. Hence, the objective of this research is to understand the relationship between nutrition knowledge, eating habit and obesity.

The sample chosen as the subject of the research are 100 college students in BSD. The data was collected through questionnaires distributed to the respondents. The data analysis was done by using SPSS. The research result indicates that there are strong correlation between nutrition knowledge towards eating habit and eating habit towards obesity but there is only a moderate correlation between nutrition knowledge and obesity.

*Keywords: nutrition, nutrition knowledge, eating habit, obesity, SPSS*



## DEDICATION

This thesis is dedicated to the one and only Father in heaven, God the Almighty and to my beloved family and all of my relatives who has been my source of strength to complete this thesis. This thesis is also dedicated to every people in the world whom is attempting to change their lifestyle into a better and healthy life. I wish you all the very best of luck.



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