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**PERCEPTION OF BODY IMAGE AMONG URBAN AND RURAL SECONDARY
SCHOOL GIRLS IN KUALA TERENGGANU AREA**

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**RESEARCH PROJECT in partial fulfillment of the requirements for the Degree
Bachelor of Food Science
(Food Service and Nutrition)**

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Declaration

I hereby declare that this thesis is based on my original work except for the quotations and citations, which have been duly acknowledge.

25 June 2007



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ABSTRACT

Body image plays an important role in the management of body weight, especially among female adolescent and teenagers. This study were conducted to examine the difference of body image perception among secondary school girls in urban and rural in Kuala Terengganu area and their knowledge about the right body image perception. Body mass index screening and anthropometry measurement was done on 300 secondary school students. A BMI-for-age more than 85 percentile and between above 5th and below 85 percentile were used as identifying suitable subjects of overweight and normal weight, respectively. Body image perception was categorized as good perception in range (80%-100%), middling perception (50%-79%) and negative perception (0%-49%). Subject completed a self administered questionnaire on demographic and Figure Rating Scale Test. The study sample comprised Malays (98.3%), Chinese (1.0%) and Indians (0.67%) with a mean age 15.6 ± 2.32 . Normal category in BMI was higher among students in rural school (52.0%) than urban school (51.3%). Good perception was higher among students in urban school (50.7%) than rural school (45.3%). Correlation between BMI and body image perception reveals a significant correlation coefficient that there was significant correlation between good perception of body image and BMI ($r = -0.381$, $p < 0.01$).

PERSEPSI IMEJ TUBUH DI KALANGAN REMAJA PEREMPUAN SEKOLAH MENENGAH DI KAWASAN BANDAR DAN LUAR BANDAR DI KUALA TEREGGANU

ABSTRAK

Imej tubuh memainkan peranan penting dalam pengurusan berat badan, terutama di kalangan remaja perempuan dan wanita dewasa. Kajian dilakukan bagi mendapatkan perbezaan persepsi imej tubuh di kalangan remaja perempuan di kawasan bandar dan luar bandar di Kuala Terengganu dan pengetahuan mengenai persepsi imej tubuh yang betul. Penentuan Indeks Jisim Tubuh (BMI) dan pengukuran antropometri dilakukan ke atas 300 orang pelajar perempuan sekitar Kuala Terengganu. BMI berdasarkan umur adalah 85 persentil dan julat antara 5 hingga 85 persentil digunakan sebagai nilai potong untuk mengenalpasti responden yang mempunyai berat badan normal dan berat badan berlebihan. Persepsi imej tubuh yang baik dapat dikategorikan baik dalam julat 80%-100%, sederhana (50%-79%) dan persepsi imej tubuh negatif (0%-49%). Responden hendaklah menyelesaikan soalan pengurusan sendiri dan demografik, dan *Figure Rating Scale Test*. Sampel kajian mengandungi 98.3% Melayu, 1% Cina dan 0.67% India dengan purata umur 15.6 ± 2.32 . Kategori normal dalam BMI adalah lebih tinggi di kalangan remaja perempuan sekolah menengah di kawasan luar bandar (52%) berbanding kawasan bandar (51.3%). Persepsi imej tubuh yang baik adalah lebih tinggi di kalangan remaja perempuan sekolah menengah di kawasan bandar (50.7%) berbanding kawasan luar bandar (45.3%). Korelasi antara BMI dan persepsi imej tubuh adalah signifikan ($r = -0.381$, $p < 0.01$).