

ASSOCIATION BETWEEN BREAKFAST  
CONSUMPTION AND COGNITIVE ACHIEVEMENT  
OF UMT'S UNDERGRADUATES

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MENGABANG TELIPOT  
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ASSOCIATION BETWEEN BREAKFAST CONSUMPTION  
AND COGNITIVE ACHIEVEMENT OF UMT'S  
UNDERGRADUATES.

By

JENNIFER A/P MANIKADASS

RESEARCH PROJECT submitted in partial fulfillment of the  
requirements for the Degree of Bachelor of Food Science  
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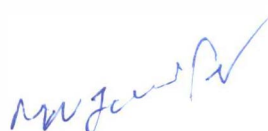
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## DECLARATION

I hereby declare that the thesis is based on my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously or concurrently submitted for any degree at UMT or other institutions.

20<sup>th</sup> June 2007



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JENNIFER A/P MANIKADASS

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Approved by

20<sup>th</sup> June 2007

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(PUAN KHAIRIL SHAZMIN BT KAMARUDIN)

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## ABSTRACT

Cognitive development and physical growth among teenagers and adult depend on their nutritional status which includes the habit of taking breakfast. The purpose of this study was to determine the association of breakfast consumption and cognitive achievement of university students. A cross sectional study was conducted among Universiti Malaysia Terengganu's students. The subjects consisted of 200 multiracial students aged 20 till 23 years old. Two types of subscales from Wechsler Intelligence Scale for Adult – Revised test were used to measure the cognitive stage of the adult, i.e. digit symbol and digit span. Three supplementary memory tests were also included. Results from the independent T-test analysis showed that there is no significant difference between breakfast intake for students who took breakfast and students who did not take breakfast on the tests scores. The category of food expenses did not have any effect on students' cognitive achievement based on result from one way ANOVA analysis. Besides that the common reason cited by 43.5 % subjects for skipping breakfast is no time to eat breakfast. The level of awareness about the importance of having breakfast among the respondents was at good level.

## KAITAN SARAPAN PAGI DENGAN PENCAPAIAN KOGNITIF DI ANTARA PELAJAR UNIVERSITI MALAYSIA TERENGGANU.

### ABSTRAK

Perkembangan kognitif dan pertumbuhan fizikal remaja dan dewasa bergantung kepada status pemakanan mereka, termasuklah tabiat pengambilan sarapan pagi. Objektif kajian ini adalah untuk melihat kaitan pengambilan sarapan pagi sebelum ke kuliah dengan pencapaian kognitif pelajar universiti. Satu kajian hirisan lintang dijalankan di kalangan pelajar Universiti Malaysia Terengganu. Subjek kajian mengandungi 200 pelajar pelbagai bangsa dalam lingkungan umur 20 hingga 23 tahun. Dua jenis subskala daripada ujian *Wechsler Intelligence Scale for Adult – Revised* digunakan untuk mengukur tahap kognitif pelajar tersebut iaitu *digit symbol* dan *digit span*. Tiga lagi ujian sampingan untuk menguji tahap ingatan juga digunakan. Analisis statistik ujian T bebas menunjukkan tiada perbezaan signifikan antara kekerapan bersarapan selama 5 hari dan 0 hari ke atas skor kesemua ujian tersebut. Melalui analisis statistik *one way ANOVA*, didapati kategori perbelanjaan pelajar untuk sarapan pagi tidak juga mempunyai perbezaan signifikan ke atas ujian kognitif. Selain itu alasan yang dikemukakan oleh 43.5 % subjek yang jarang mengambil sarapan ialah tidak ada masa untuk mengambil sarapan. Tahap kefahaman pelajar mengenai kepentingan bersarapan berada pada tahap yang baik.