

# **Perception on obesity among university students: A case study using factor analysis**

## **Abstract**

The purpose of this study was to examine the university students' perceptions on obesity and to compare the difference in mean scores factor based on demographic factors. Data was collected randomly using questionnaires. There were 321 university students participated in this study. Descriptive statistics, factor analysis, normality test, independent t test, one-way ANOVA and non-parametric tests were used in this study. Factor analysis results managed to retrieve three new factors namely impact of the health, impact of the physical appearance and personal factors. The study found that Science students have higher awareness and perceptions than Art students on Factor 1, impact of the health towards overweight problems and obesity. The findings of the study showed students, whose family background has obesity problem have higher awareness and perceptions than students' whose family background has no obesity problem on Factor 1, impact of the health towards overweight problems and obesity. The study also found that students' whose father with primary school level had the lowest awareness and perceptions on Factor 2, impact of the physical appearance towards overweight problems and obesity than other students whose father with higher academic level. © 2014 AIP Publishing LLC.