

A STUDY TO MEASURE THE READINESS TO THE
ACCEPTANCE OF HEALTHY LIFESTYLE IN BATU
SENTUL REGION
(KL TERRITORY)

BY

VYAS BINNY VINODCHANDRA

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ABSTRACT

A healthy eating lead to a healthy lifestyle and it has been a major concern of the people and has been researched for many past years. This study is determined to identify the critical success factors through a thorough literature review and measure the readiness of people living in Batu Sentul to adopt the healthy lifestyle. A research methodology is developed by the researcher to conduct this study with justification. A quantitative approach is selected to conduct this research. A successful participation of the respondents in this research will contribute to the measurement of the readiness level among the people living in Batu Sentul area and help to raise awareness of the factors in the long run. This study will critically run an analysis using SPSS system, and conduct tests to test the relationships among the variables and factors as a part of data analysis. Finally, this research will contribute the successful factors in promoting healthy lifestyle impact.

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