FACULTY OF SCIENCE
CHIANG MAI UNIVERSITY

Title :   Factors Associated with Body Mass Index of Students in the Faculty of Science, Chiang Mai University, Academic Year 2025

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ABSTRACT

This study examined factors associated with body mass index of students in the Faculty of Science, Chiang Mai University, Academic Year 2025 From a population of 2,500 students, a sample of 150 was selected using simple random sampling. Data were collected using a questionnaire comprising four sections: personal factors, lifestyle behavioral factors, knowledge related to body mass index factors and stress factors. Data were analyzed using descriptive statistics including frequency, percentage, mean and standard deviation. Inferential statistics included the Chi-square test and Spearman's Rank Correlation Coefficient and BMI category proportions were estimated using interval estimation.

The results indicated that most of the sample was classified as having normal weight, accounting for 45.33% (95% CI = 37%–53%). The mean BMI of the sample was 22.31, with the minimum BMI of 13.84 and the maximum BMI of 38.28. The analysis of relationships between personal factors, lifestyle behavioral factors, knowledge related to body mass index factors, and stress factors with BMI revealed that only monthly income was significantly associated with BMI at the 0.05 significance level. The sample with higher monthly income tended to have higher BMI, as they had greater access to food and higher levels of food consumption.

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