

**Pervasiveness of Breakfast Skipping and Its Associated Factors:
A Study of Undergraduates in State Universities in Colombo District**

T. D. Weerasinghe and C. K. Batagoda
Department of Human Resource Management, University of Sri Jayewardenepura
TDTMDananjaya@gmail.com

A cross sectional field study was conducted among a sample of 502 undergraduates in state universities in Colombo district. The purpose was to study the pervasiveness of breakfast skipping and its associated factors among undergraduates. Convenience sampling was applied to select the sample and investigation was carried out in all the faculties of four state universities in Colombo. Data collection was done via a self administered pre tested questionnaire, and it met the acceptable standards of validity and reliability. It was found that pervasiveness of breakfast skipping is moderately high in the tested domain though breakfast affects undergraduates' health status and ultimately the academic performance. Findings revealed that accommodation, frequency of skipping the dinner, fast food habits, academic year, daily academic time table, smoking and financial reasons significantly contribute to breakfast skipping. Undergraduates staying in own houses are less likely to skip breakfast in comparison to those who stay in hostels and boarding places. Third years and final years are more likely to skip breakfast while smokers are less likely to skip. No significant relationship is found between gender, consumption of nutritional supplements, time taken for traveling and ethnic group with pervasiveness of breakfast skipping. Health awareness programs or education of healthy eating guidelines must be initiated for both undergraduates and food caterers in universities. The quality and price of supplied foods in universities must also be reviewed.

Key words: *Pervasiveness of breakfast skipping, Undergraduates, Food habits*