ABSTRACT

RIKSA ADITYA PRAMUDITA. Risk Factor of Obesity at Elementary School Children in Bogor. Supervised by FAISAL ANWAR and SRI ANNA MARLIYATI.

The purpose of this study was to find out the influence of food consumption pattern, physical activity, heredity, infant feeding history, and dominant risk factors on obesity in elementary school children in Bogor. The observation was held between May and September 2011 at Insan Kamil Elementary School. The samples for this study were 80 students of 9 – 11 years old (40 obese students and 40 normal students) selected from grades IV and V by random sampling technique. Food consumption pattern, physical activity, parents nutritional status, and infant feeding history of the students were identified and measured by using questionnaire and interview technique. The obtained data then was analyzed by using bivariate and multivariate (logistic regression) statistics tests. The results of study showed that there were significant influences of birth weight (r = 0.253, p = 0.023), father nutritional status (r = 0.408, p = 0.000), energy adequacy level (r = 0.557, p = 0.000), fat consumption (r = 0.458, p = 0.000), soft drink consumption frequency (r = 0.314, p = 0.005), fast food consumption frequency (r = 0.311, p = 0.005), fatty food consumption frequency (r = 0.469, p = 0.000), playing time (r = -0.271, p = 0.015), on obesity of children. The result of logistic regression test showed that dominant and influential variables on the obesity were father nutritional status (OR = 1.494), mother nutritional status (OR = 1.446), energy adequacy level (OR = 1.073), fast food consumption frequency (OR = 4.028), and fatty food consumption frequency (OR = 9.071).

Keywords: risk factor, obesity, elementary school children