

## Hubungan antara obesitas dengan gangguan perilaku dan emosional pada anak usia sekolah dasar = The relationship between obesity and behavioral emotional disorders in primary school aged children

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### Abstrak

[Pendahuluan: Obesitas adalah suatu permasalahan pandemik yang ditemukan di negara maju maupun berkembang, dengan peningkatan prevalensi dalam dua dekade terakhir. Obesitas pada anak dapat meningkatkan risiko berbagai penyakit kronik, baik fisik maupun psikis. Gangguan psikososial yang berkaitan dengan obesitas pada anak meliputi: depresi, cemas, rendah diri, gangguan hiperkinetik, serta peningkatan agresivitas. Diperkirakan obesitas berhubungan dengan gangguan perilaku dan emosional akibat ekspresi genetik rentan pada individu obes. Metode: Penelitian potong lintang dilakukan pada anak usia sekolah dasar di SDN 01 Menteng Jakarta untuk mengetahui hubungan tersebut. Penelitian dilakukan dengan membandingkan status gizi anak dengan skrining gangguan perilaku dan emosional melalui kuesioner PSC-17. Hasil: Sebaran anak obes di SDN 01 Menteng Jakarta mencapai 23,18%. Hasil analisis obesitas pada anak terhadap gangguan perilaku secara signifikan bermakna untuk subskala eksternalisasi ( $p = 0,036$ ). Sedangkan obesitas pada anak tidak memiliki hubungan bermakna secara statistik untuk subskala internalisasi ( $p = 0,428$ ), perhatian ( $p = 0,233$ ), dan skor total PSC-17 ( $p = 0,824$ ). Secara umum, obesitas tidak berhubungan dengan gangguan perilaku dan emosional pada anak ( $p = 0,602$ ). Diskusi: Obesitas tidak berhubungan dengan gangguan perilaku dan emosional pada anak secara general menunjukkan bahwa ada faktor-faktor lain yang berperan dalam menimbulkan gangguan psikis pada anak. Namun, penggunaan kuesioner PSC-17 yang singkat dapat menunjukkan adanya kemungkinan negatif palsu, terutama untuk gangguan cemas. Obesitas berhubungan dengan gangguan subskala eksternalisasi (agresivitas, dissosial) yang diduga berhubungan dengan sosial stigma dari peer group; Introduction: Obesity has become a pandemic problem, which is common in both developed and developing countries. The prevalence of obesity in children has increased in the last two decades. Obesity in children can increase the risk of various chronic diseases, both physically and mentally. Psychosocial disorders associated with childhood obesity include: depression, anxiety, low self-esteem, hyperkinetic disorder, as well as increased aggressiveness. It is estimated that obesity is associated with behavioral and emotional disorders are due to vulnerable genetic expression in obese individuals. Method: A cross-sectional study conducted in primary school age children in SDN 01 Menteng Jakarta to determine the relationship. The study was conducted by comparing the nutritional status of children and behavioral/emotional disorders screening through PSC-17

questionnaires. Result: Distribution of obese children in SDN 01 Menteng Jakarta reached 23.18%. Association between childhood obesity and behavioral disorders is significant for externalizing subscale ( $p = 0.036$ ). On the other side, childhood obesity did not have a statistically significant relationship for internalization subscale ( $p = 0.428$ ), attention ( $p = 0.233$ ), and PSC-17 total score ( $p = 0.824$ ). In general, obesity is not associated with behavioral and emotional disorders in children ( $p = 0.602$ ). Discussion: No associations between obesity and behavioral/emotional disorders in children suggest that there are other factors playing a role in causing mental disorders in children. However, the use of brief PSC-17 questionnaires may indicate the possibility of false negatives, especially for anxiety disorders. Association between obesity and externalizing subscale disorders (aggressiveness, dissocial behavior) may be caused by the social stigma of the peer group, Introduction: Obesity has become a pandemic problem, which is common in both developed and developing countries. The prevalence of obesity in children has increased in the last two decades. Obesity in children can increase the risk of various chronic diseases, both physically and mentally. Psychosocial disorders associated with childhood obesity include: depression, anxiety, low self-esteem, hyperkinetic disorder, as well as increased aggressiveness. It is estimated that obesity is associated with behavioral and emotional disorders are due to vulnerable genetic expression in obese individuals. Method: A cross-sectional study conducted in primary school age children in SDN 01 Menteng Jakarta to determine the relationship. The study was conducted by comparing the nutritional status of children and behavioral/emotional disorders screening through PSC-17 questionnaires. Result: Distribution of obese children in SDN 01 Menteng Jakarta reached 23.18%. Association between childhood obesity and behavioral disorders is significant for externalizing subscale ( $p = 0.036$ ). On the other side, childhood obesity did not have a statistically significant relationship for internalization subscale ( $p = 0.428$ ), attention ( $p = 0.233$ ), and PSC-17 total score ( $p = 0.824$ ). In general, obesity is not associated with behavioral and emotional disorders in children ( $p = 0.602$ ). Discussion: No associations between obesity and behavioral/emotional disorders in children suggest that there are other factors playing a role in causing mental disorders in children. However, the use of brief PSC-17 questionnaires may indicate the possibility of false negatives, especially for anxiety disorders. Association between obesity and externalizing subscale disorders (aggressiveness, dissocial behavior) may be caused by the social stigma of the peer group]