

Screen time sebagai faktor dominan kejadian overweight dan obesitas pada siswa kelas 1 SD di Jakarta Selatan tahun 2016 = Screen time as a dominant factor of overweight and obesity on 1st grade elementary school students at South Jakarta 2016

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Abstrak

Overweight dan obesitas pada anak usia sekolah erat kaitannya dengan risiko obesitas saat dewasa dan berlanjut menjadi penyakit tidak menular, seperti diabetes mellitus tipe 2. Penelitian ini bertujuan untuk mengetahui faktor dominan terhadap overweight dan obesitas pada siswa kelas 1 SD di Jakarta Selatan. Desain studi yang digunakan dalam penelitian ini adalah cross sectional yang melibatkan 153 sampel kelas 1 usia 6-9 tahun di 6 SD di Jakarta Selatan. Pengukuran overweight dan obesitas menggunakan nilai Z-score indeks IMT/U.

Hasil penelitian menunjukkan terdapat 32% siswa mengalami overweight dan obesitas. Dari beberapa variabel yang diteliti, terdapat perbedaan bermakna kejadian overweight dan obesitas berdasarkan frekuensi konsumsi lemak, frekuensi konsumsi serat, aktivitas fisik, screen time, dan pekerjaan ibu. Analisis multivariat dengan menggunakan uji regresi logistik ganda menunjukkan screen time sebagai faktor dominan terhadap kejadian overweight dan obesitas setelah dikontrol dengan variabel frekuensi konsumsi lemak, frekuensi konsumsi serat, aktivitas fisik, pendidikan ibu, dan pekerjaan ibu.

Berdasarkan hasil penelitian, disarankan bagi sekolah untuk memantau status gizi siswa. Orang tua siswa diharapkan untuk membatasi waktu anak untuk menonton TV, bermain games/laptop/komputer di rumah dan mengajak anak untuk melakukan aktivitas di luar rumah.

.....Overweight and obesity on school-age children associated with risk of obesity on adulthood and would be continued become non-communicable disease, such as Diabetes Mellitus type 2. The purpose of this study is to determine the dominant factor of overweight and obesity on 1st grade elementary school students at South Jakarta. This study used cross sectional design with 153 sampels among elementary school students aged 6-9 years old at South Jakarta. In this study, overweight and obesity measured using Z-score index IMT/U.

The result of this study shows that 32% students are overweight and obesity and there were significant differences of overweight and obesity based on fat consumption frequency, fiber consumption frequency, physical activity, screen time, and maternal employment. Multivariate analysis using multiple regression logictic shows that screen time as dominant factor of overweight and obesity after controlled by fat consumption frequency, fiber consumption frequency, physical activity, and maternal education, maternal employment.

According to these result, it was expected for school to monitor nutritional status of their students periodically. Parents are suggested to control children's time for watching TV and playing games/laptop/computer at home and they must consider to take their children for outdoor activities.