

ABSTRACT

CHILDHOOD OBESITY; ASSOCIATED FACTORS AND ITS RELATIONSHIP WITH HEALTH RELATED QUALITY OF LIFE AMONG PRIMARY SCHOOL CHILDREN IN KUCHING, SARAWAK

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(The main objective of the study was to determine the factors associated with childhood obesity and the relationship between BMI and HRQOL. It was a cross sectional study conducted among primary school children aged 10 to 12 years old in Kuching, Sarawak. Height and weight of 380 school children were measured to determine BMI. Children were assessed using self reported questionnaire on socio demography and lifestyle pattern) PedsQL™ 4.0 generic core scale inventory was administered to assess children's HRQOL by self report and parent-proxy report. The prevalence of overweight and obesity were 15.8% and 7.9% respectively. In the final logistic regression model there were four significant predictor variables; male, household income more than RM3000 and duration of sedentary activity more than 2 hours a week. Obese children reported having lower HRQOL compared to normal weight and overweight children for total scales, psychosocial scales, emotional and school functioning subscales. Meanwhile, parents did not perceive any difference of children's HRQOL score for all BMI categories. These findings are a call for the development and implementation of national policies and programmes for the prevention of childhood obesity and weight reduction programmes.

ABSTRAK

OBESITI DI KALANGAN KANAK-KANAK; FAKTOR-FAKTOR BERKAITAN SERTA KESANNYA TERHADAP KUALITI KEHIDUPAN YANG BERKAITAN DENGAN KESIHATAN DI KALANGAN KANAK-KANAK SEKOLAH DI KUCHING, SARAWAK

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Objektif utama kajian ini untuk mengenalpasti faktor-faktor yang berkaitan dengan obesiti di kalangan kanak-kanak serta kesannya terhadap kualiti kehidupan yang berkaitan dengan kesihatan (KKBK). Kajian hirisan lintang dijalankan terhadap kanak-kanak berusia 10 hingga 12 tahun di Kuching, Sarawak. Tinggi dan berat badan diukur terhadap 380 orang kanak-kanak bagi menentukan indeks jisim tubuh. Kanak-kanak serta ibu bapa menjawab soalan berkaitan faktor-faktor sosio demografi dan gaya kehidupan. KKBK kanak-kanak dinilai menggunakan senarai semak PedsQL™ 4.0. Kadar berlebihan berat badan adalah 15.8% manakala obesiti 7.9%. Analisis logistik regresi mendapati hanya tiga faktor merupakan prediktor yang signifikan; kanak-kanak lelaki, pendapatan keluarga melebihi RM3000 dan aktiviti sedantari melebihi 2 jam seminggu. Kanak-kanak obes mempunyai KKBK yang rendah berbanding mereka yang normal dan berlebihan berat badan merangkumi skala keseluruhan, skala psikososial termasuk emosi dan kebolehan di sekolah. Walaubagaimanapun, persepsi ibu bapa tidak menunjukkan sebarang perbezaan yang signifikan terhadap KKBK kanak-kanak semua kategori BMI. Hasil kajian mengesyorkan pembentukan polisi kebangsaan yang berkaitan serta program-program pencegahan dan penurunan berat badan di kalangan kanak-kanak.