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CORRELATION BETWEEN LEVEL OF OVERWEIGHT-OBESITY AND DEPRESSION SYMPTOMS IN HIGH SCHOOL TEENAGER IN SURABAYA

HUBUNGAN ANTARA TINGKAT OVERWEIGHT-OBESITAS DAN GEJALA DEPRESI PADA REMAJA SMA SWASTA DI SURABAYA

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Abstract

Background: Obesity starts to become health problem around the world. WHO has claimed obesity as a global epidemi, which causes the decrease of life quality. During the last 30 years, there has been a significant increase of obesity in kids and teenagers that triggers medical and psychological consequences. The psychological consequences are among others, low self esteem, depression, anxiety and increased eating disorder which affect the quality of life.

Objective: To identify the depression prevalence and to analyze the relation between overweight-obesity levels and depression symptoms in teenagers of a private highschool in Surabaya.

Methods: This research is an analytical observational research with cross sectional form using statistical correlational analysis method towards teenagers with light overweight-obesity who experience depression symptoms in a private highschool in Surabaya. Samples were taken using a simple random sampling technique. Body Mass Index (BMI) and Children Depression Inventory (CDI) were used as research instruments.

Result: 181 respondents meet inclusion and exclusion criteria. Based on BMI category, 141 respondents (77,9%) fall into overweight category, 35 respondents (19,3%) are categorized as light obese and 5 respondents (2,8%) as moderate obese. Based on score category of Children Depression Inventory (CDI), there are 139 respondents (76,8%) with CDI score 0-12 which means no depression symptoms and 42 respondents (23,2%) with CDI score 13 which means depression symptoms are found. In correlation analysis test there is no connection between overweight-obesity levels and depression symptoms, with score p=0,891.

Conclusion: Depression prevalence in teenagers with overweight-obesity is found as average with 23%. There is no relation between overweight-obese levels and depression symptoms in private high school in Surabaya, nevertheless there is a link between temperament and depression symptoms.

Keyword : overweight-obese, depression, symptoms,

Daftar Pustaka: