The relationships of Eat Patterns, Nutrition Knowledges, Physical Activity, Sleep Duration with Incidence of Childs Obesity in Elementary School at Public Elementary School (SDN) Kepatihan 01 Sub District Kaliwates Jember City.

Rachel Karina Tarigan
Courses of Clinical Nutrition
The Department Of Health

ABSTRACT

In Indonesia, obesity included nutritional problems that needs serious handling because the prevalence increases annually every year. The prevalence number of obesity in children since 2010 to 2013 increase 0.85%. Obesity is one of the vulnerable nutritional problems experienced by elementary school children. The goal of the research is to knowing the relationship of eat patterns, nutrition knowledges, physical activity, and sleep duration with incidence of childs obesity in elementary school. This type of research using survey method with cross sectional analytic. The population of this research is the childrens grade IV and V in elementary school with a total sample of 90 childrens. Data analysis using the Spearman's Test to bivariate analitic and multivariate analitic using Multiple Logistic Regression Test. Based on bivariat analysis obtained conclusions that there is a relationship between eat patterns (p=0.003), nutrition knowledges (p=0.000), physical activity (p=0.042), and sleep duration (p=0.000) with incidences of obesity. While based on multivariate analysis known that eat patterns (p=0,042; OR=0,289) and sleep duration (p=0,042; OR 0,289), there is the relationship led to the genesis incidence of obesity in elementary school children.

Keywords : Eat Patterns, Nutrition Knowledges, Physical Activity, and Sleep Duration.