

Determinants of Health Behaviours in School-age Children and Quality of Life Gisely Vionalita

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Abstract. Backgrounds: Health behaviors currently are associated with better quality of life. School-age children are at risk period to adapt their environment in doing healthy risk behaviors. This observational study is to describe health behaviors. It also examines its associations with quality of life in school-age children. Methods: This study examined health behaviors (i.e., eating habit, physical activity, smoking, drinking alcohol, sexual behavior, violence, school behavior, and social life) of 200 school-age children in a Junior High School in Teluk Naga, Tangerang using Indonesian-Health Behavior School-age Children questionnaire, and PedsQL Questionnaire which measures four domains of quality of life (physical functions, mental status, social and school functions). Results: School-age children showed high prevalence of eating habit (n = 65%), less physical activity (38.5%), smoking (n = 23.5%), drinking alcohol (n = 27.5%), sexual behavior (31.0%), violence (45%), economy status (32.5%), school perception (26.5%), and social life (31.5%). In addition, this study revealed that school-age children have a prevalence in good physical functions (47%), mental status (42%), social (58%), and school functions (43.5%). In a multivariate model, health behaviors (physical activity, smoking, sexual behavior, social activity, and violence) ($P < 0.05$) were dominantly correlated with quality of life. Conclusion: The current study provides beneficial information on how health risk behavior influenced the quality of life. This study has the potential to develop better health education and promotion programs in school-age children.

Keywords: quality of life, health risk behavior, adolescent, school-age children