

## ABSTRACT

**Background:** *Riskesdas 2018 showed that the prevalence of overweight and obesity in adolescents aged 13-15 years about 16.0%, whereas the prevalence of overweight and obesity in adolescents aged 16-18 years was lower than adolescents aged 13-15 years, which is 13,5%. **Objective:** To understand the perceptions of risk factors and consequences of overweight for adolescents. **Method:** This research used descriptive qualitative method. The qualitative data were gathered by questionnaire, participant observation and in-depth interview. In-depth interviews were conducted to 14 students as main informants, 2 parents as key informants and for triangulation of sources. For the validity and reability of the data, Data analysis in this study used data collection, reduction, data presentation and conclusion drawing. **Results:** The subjects in this study were adolescents aged 15-17 years and BMI>+1SD. This study showed that various risk factors in adolescents with more nutritional status include lack of self-awareness of nutritional status, unhealthy eating patterns, lack of physical activity, genetic factors, environmental influences both from family and peer roles, high screen-time duration, bad sleep patterns and the covid-19 pandemic. Adolescents also experienced various consequences, there were from feeling insecure, decreased learning achievement, heavily breath, and easily tired. **Conclusion:** There are various risk factors that are interrelated to the incidence of adolescents with overweight status. Adolescents also feel the consequences of their excess nutritional status including psychosocial disorders, health problems, and cognitive disorders. It is recommended for adolescents to learn and participate in counseling about the danger of excess nutrition and living a healthy lifestyle.*

**KEYWORDS:** *Overweight status; adolescents; risk factors;consequences*