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## Health Behaviours in School-age Children and Quality of Life

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## OUTLINE:

- Introduction
- Methods
- Results
- Discussions
- Conclusions

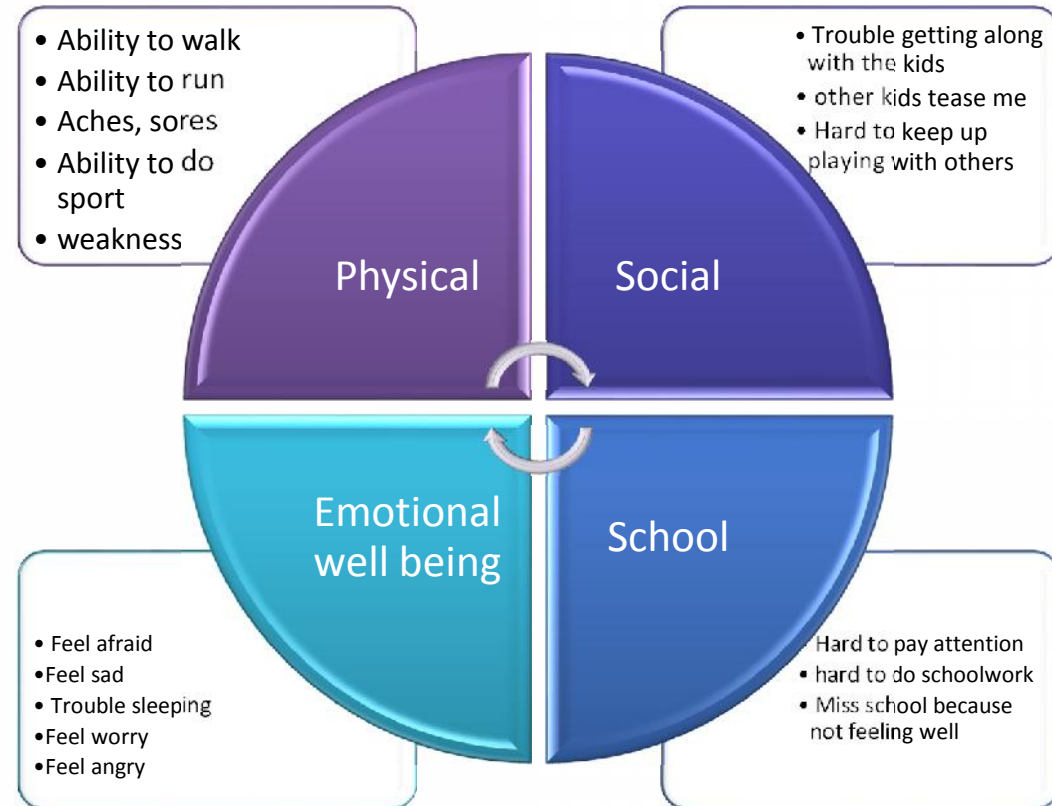
# SDG'S



Quality of Human Being

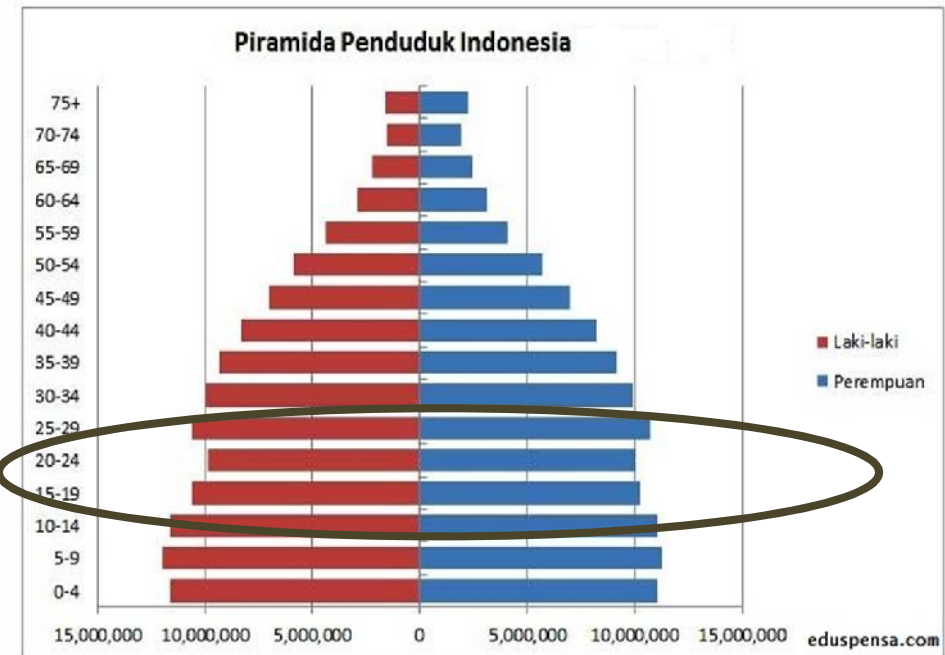
# Quality of Life

- Perceived Quality of Life (QoL) can be defined as a multidimensional construct that includes one's physical health, emotional well-being, independence level, social relationships and school relation



# Introduction

- The number of adolescents reaches more than 63 million or 26.6% percent of 237.6 million population of Indonesia. In Tangerang, 25 % of the population is around the age of 10-18 years old (school age).



# Introduction

- Adolescence is also associated with changes in cognitive and emotional domains, as well as developing interpersonal that may influence the engagement in health-related risk behaviours.
- Health related risk behaviours, is determining the health status that can measured using quality of life

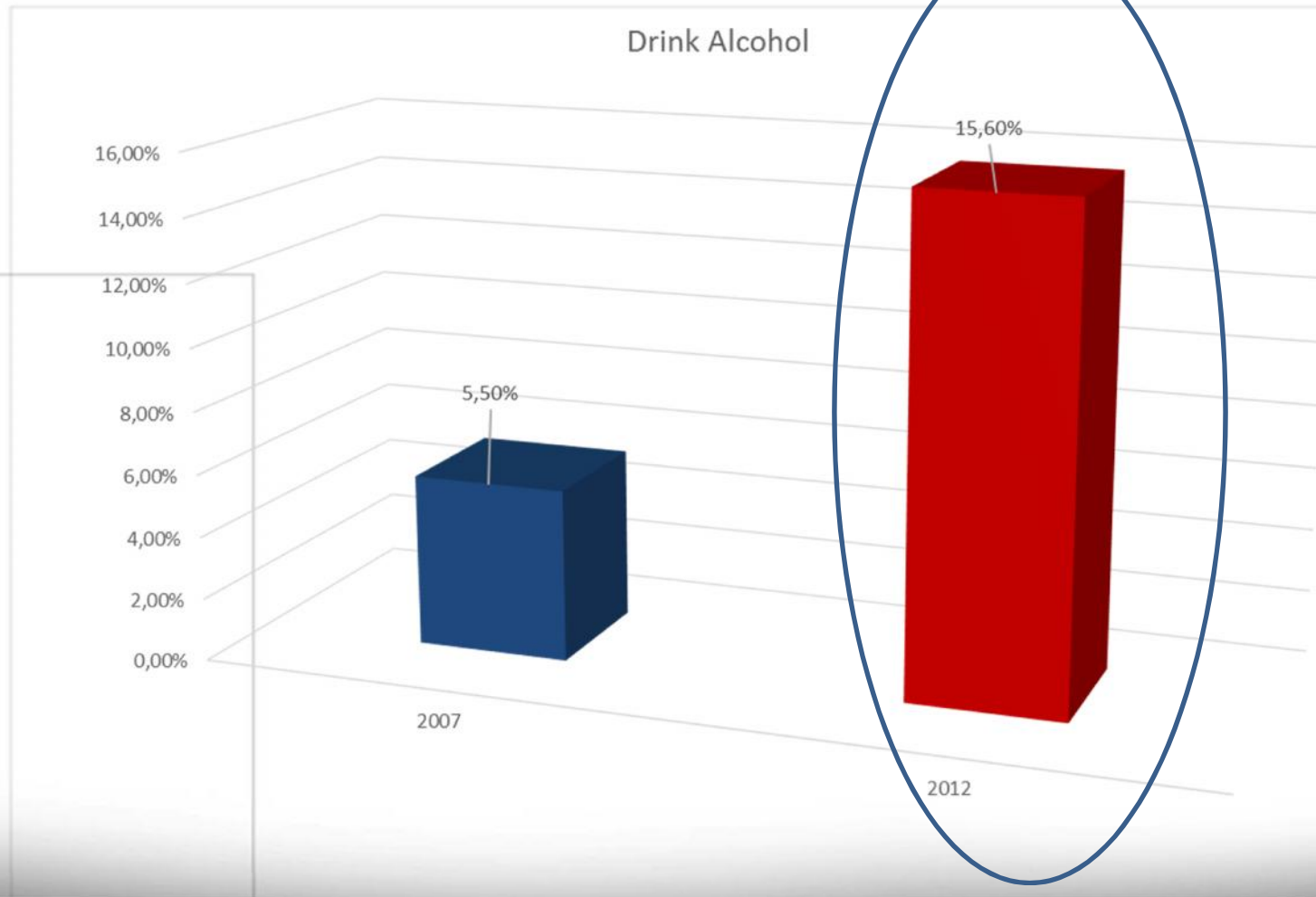


# Smoking??



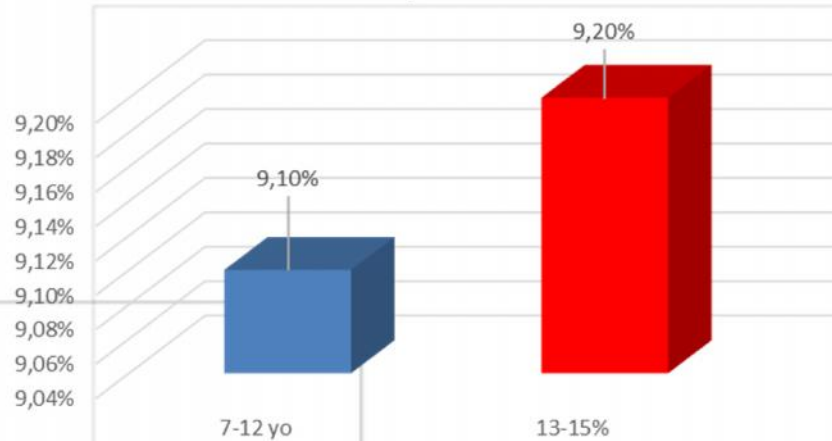


# Alcohol??

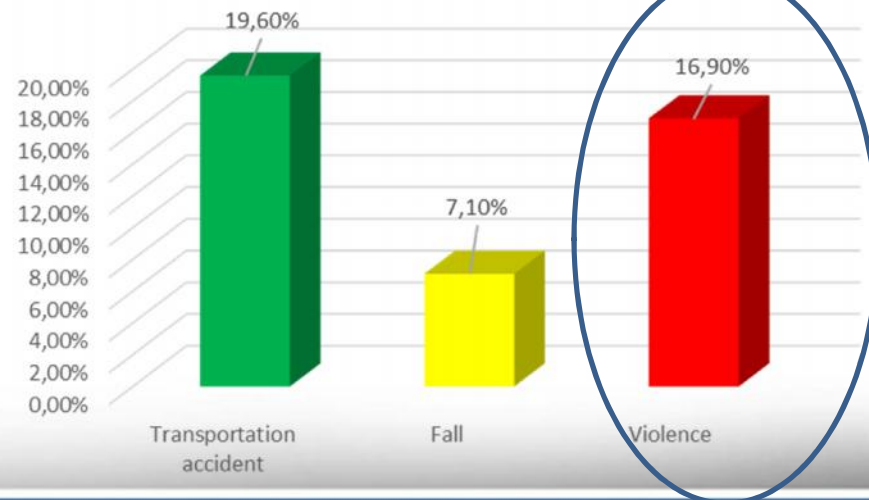


# Violence??

Injured

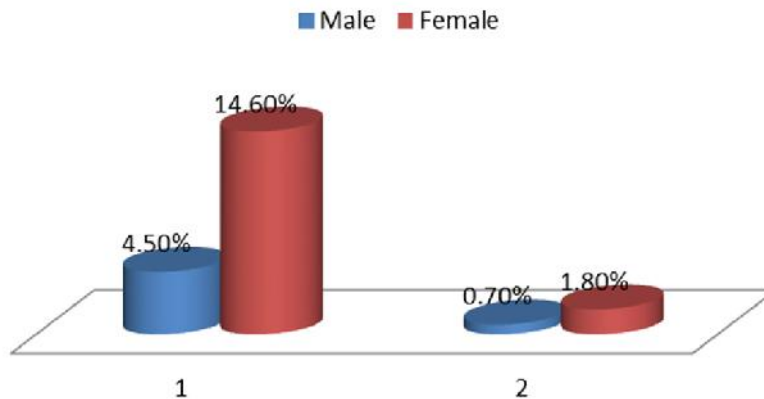


Cause of Injured

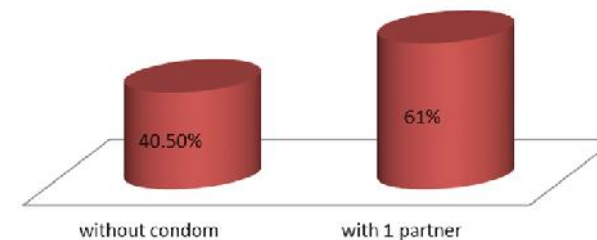


# Sexual Risk Behaviour

**Sexual Risk Behaviour  
for 15-19yrs and 20-24yrs Old**



**Sexual Risk Behaviour  
of female 15-19yrs**



# Eating habit & Physical activity

SUARA.com

NEWS BISNIS BOLA SPORT LIFESTYLE ENTERTAINMENT OTOMOTIF TEKNO HEALTH FOT  
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HEALTH / Women / Men / Parenting / Konsultasi

## Ini Daftar Menu Diet Arya, Si Bocah Obesitas

Pebriansyah Ariefana

Kamis, 21 Juli 2016 | 19:10 WIB



Arya Permana, bocah 10 tahun obesitas. (suara.com/Pebriansyah Ariefana)

Masing-masing menu beratnya tidak lebih dari 100 gram persorsi.

Suara.com - Dalam waktu lama, **Arya Permana** harus diet ketat untuk menurunkan berat badannya yang saat ini 186 kg. Dua bulan lalu berat anak 10 tahun ini sampai 190 kg.

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## Satia Putra, Bocah Obesitas Asal Karawang Ingin Sekolah Tapi Minder

Selasa, 2 Juli 2019 04:04

Reporter : **Bram Salam**



42  
SHARES



Satia Putra Bocah Obesitas Asal Karawang. ©2019 Merdeka.com/Bram Salam

**Merdeka.com** - Satia Putra, bocah berusia 7 tahun anak pasangan Sarli (48) dan Komariah (40) memiliki berat badan berlebih atau obesitas. Bobot warga Tanjungbaru, Desa Pasirjaya, Kecamatan Cilanaya Kulon, Karawang, itu mencapai 97 kilogram.

# Health Risk Behaviour

Junior  
High  
School  
Teluk naga

Public school in  
Tangerang

Several cases of  
health risk behaviour  
(smoking, alcohol,  
and sexual  
behaviour)

## Methods

Health Risk  
Behaviour



QoL

- ❖ QoL : was measured using PedsQL Questionnaire that determine Physical, emotional, social and self efficacy capacity.
- ❖ Health risk behaviour : was measured using Behaviour School Children questionnaire to determine the health risk behavior done by students

Translated  
to Bahasa,  
and  
validated

# Quality of Life

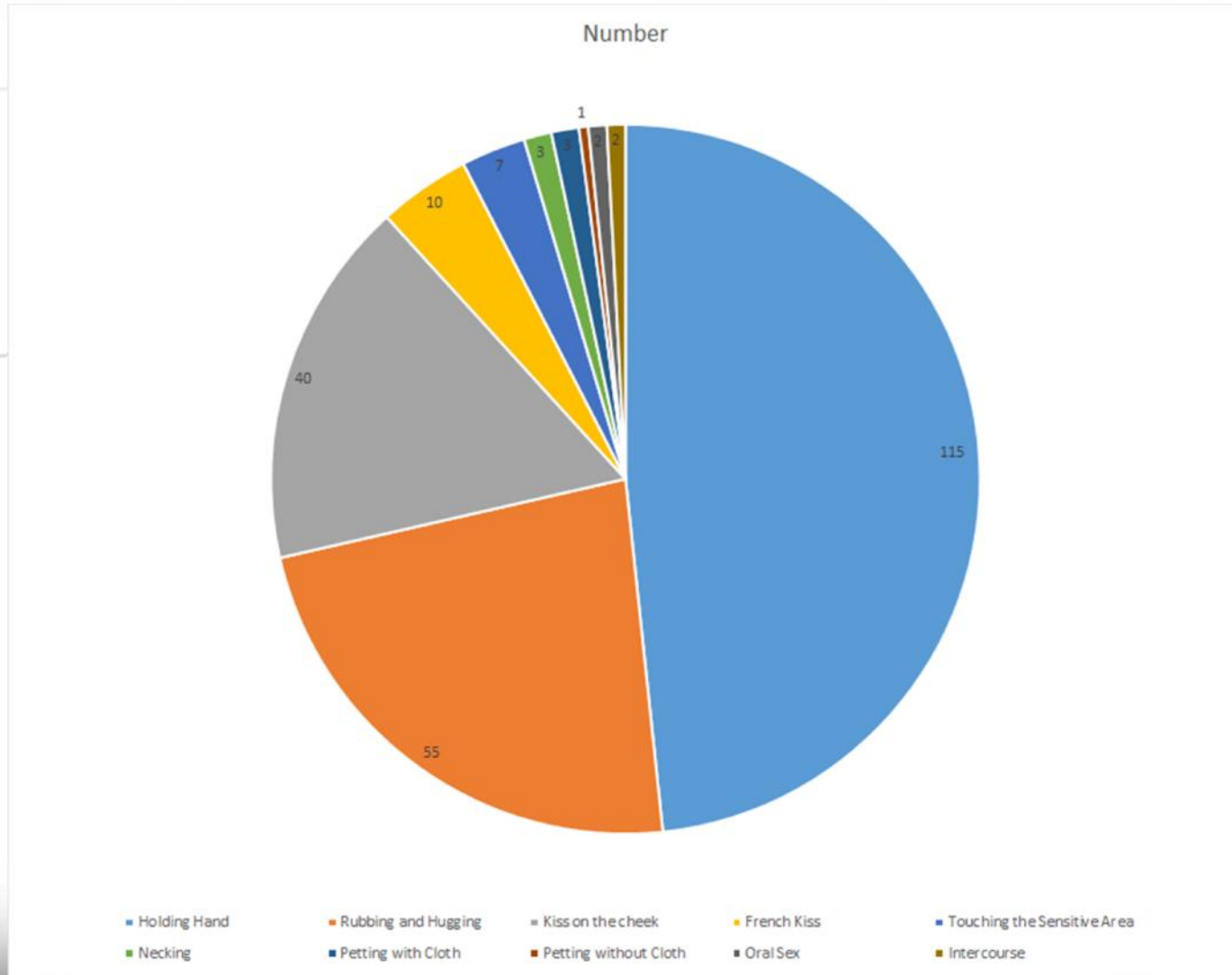
No	Quality of Life	Frequency	Percentage
1	Physical	106	53%
2	Emotional	116	58%
3	Social	84	42%
4	School	113	56.5%

# Quality of Life

No	Quality of Life	Frequency	Percentage
1	High quality of life	114	57%
2	Low quality of life	86	43%
	Total	200	100%



# Sexual Risk Behaviours



# Sexual Risk Behaviours

No	Sexual Risk behaviours	Frequency	Percentage
1	Risk	58	28%
2	Unrisk	144	72%
	Total	200	100%

# Eating Behaviour

No	Eating Behaviour	Frequency	Percentage
1	Risk	143	71.5%
2	Unrisk	57	28.5%
	Total	200	100%

# Physical Activity

No	Physical Activity	Frequency	Percentage
1	Risk	77	38.5%
2	Unrisk	123	61.5%
	Total	200	100%

# School Perception

No	School Perception	Frequency	Percentage
1	Risk	44	22%
2	Unrisk	156	78%
	Total	200	100%

# Smoking

No	Smoking	Frequency	Percentage
1	Risk	36	18%
2	Unrisk	164	82%
	Total	200	100%

# Friends/Influence

No	Friends/Influence	Frequency	Percentage
1	Risk	71	35.5%
2	Unrisk	129	64.5%
	Total	200	100%

# Violence/Injured

No	Violence/Injured	Frequency	Percentage
1	Risk	90	45%
2	Unrisk	110	55%
	Total	200	100%



# Drink alcohol

No	Drink alcohol	Frequency	Percentage
1	Risk	55	27.5%
2	Unrisk	145	72.5%
	Total	200	100%

# Economic Status

No	Economic Status	Frequency	Percentage
1	Low	67	33.5%
2	High	133	66.5%
	Total	200	100%

# Health Risk behaviour and Quality of Life

Variable		Quality of Life				Total	P-Value	OR 95% CI
		Low QoL		High QoL				
		N	%	N	%			
Sexual Risk behaviour	Risk	36	58%	26	42%	62	0.006	1.603
	Unrisk	50	36.20%	88	63.80%	138		
Violence/Injured	Risk	46	51.10%	44	48.90%	90	0.051	1.406
	Unrisk	40	36.40%	70	63.60%	110		
Friends	Risk	42	66.70%	21	33.30%	63	0.001	2.076
	Unrisk	44	32.10%	93	67.90%	137		
School Perception	Risk	31	58.40%	22	41.60%	53	0.013	1.563
	Unrisk	55	37.40%	92	62.60%	147		
Economic status	Low	38	58.40%	27	41.60%	65	0.004	1.644
	high	48	35.50%	87	65.50%	135		
Drink alcohol	Risk	24	43.60%	31	56.40%	55	1	1.021
	Unrisk	62	42.70%	83	57.30%	145		
Smoking	Risk	27	57.40%	20	42.60%	47	0.034	1.49
	Unrisk	59	38.50%	94	61.50%	153		
Physical activity	Risk	42	54.50%	35	45.50%	77	0.014	1.525
	Unrisk	44	35.70%	79	64.30%	123		
Eating behaviour	Risk	63	48.50%	67	51.50%	130	0.048	1.475
	Unrisk	23	32.80%	47	67.20%	70		

# Multivariate Model

Variables Fit  
The Model

	P-Value	OR	95% C.I.for EXP(B)	
			Lower	Upper
<b>Physical activity</b>	0.011	2.328	1.212	4.472
<b>Smoking</b>	0.041	2.188	1.033	4.637
<b>Sexual Behaviour</b>	0.006	2.588	1.307	5.127
<b>Friends</b>	0.001	5.41	2.68	10.924
<b>Violence</b>	0.024	2.123	1.102	4.088

# Discussions

## Physical activity

Lack of physical activity in childhood leads to increased risk of being overweight or obese in adulthood, as well as obesity-related health problems. (Trudeau, F., & Shephard, R. J. (2008)

Help your child to embrace a healthy lifestyle by enrolling them in sports activities that they enjoy, and by pointing out the benefits of physical activity.

Government should develop greater public facility for physical activity for example convenience pedestrian.

## Smoking

- Develop specific programs to assess, manage, and prevent young people engaging in smoking (Kim, Y., Myung, S. K., Jeon, Y. J., Lee, E. H., Park, C. H., Seo, H. G., & Huh, B. Y. (2011))
- These interventions programs need to incorporate more than one strategy, such as school-based health education, human relationships education, and good role model, alongside parental involvement, and with very high risk youth, social welfare support is also needed.

## Sexual Behaviour

- At this time adolescents need to get a proper education about sexuality and begin to learn to be responsible for maintaining health and reproductive health so that any sexual activity done teenagers will not cause harm to themselves and their health.(Rehana A. Salam, 2016).
- In addition, proper and comprehensive education should always be done to adolescents to form positive and risky adolescent sexual behavior
- to improve the positive sexual behavior of families need to instill religious and moral values to adolescents and schools can hold extracurricular activities that can increase the potential of adolescents.

## Friends

Peers may strongly determine preference in the way of dressing, speaking, using illicit substances, sexual behaviour, adopting and accepting violence, adopting criminal and anti-social behaviours and in many other areas of the adolescent's life (Tomé, G., de Matos, M. G., Simões, C., Camacho, I., & AlvesDiniz, J. (2012).

Parental monitoring can be defined as parents' knowledge about their children's activities, who they hang out with and what they do. It has been associated to protection of various risk behaviours throughout adolescence,



# Violence

- Research studies have shown that much violent behavior can be decreased or even prevented if the above risk factors are significantly reduced or eliminated.
- Most importantly, efforts should be directed at dramatically decreasing the exposure of children and adolescents to violence in the home, community, and through the media. Clearly, violence leads to violence (Sousa, S., Correia, T., Ramos, E., Fraga, S., & Barros, H. (2010))

# Conclusions

- Prevention program should be included in the school health program concerning mainly regarding health risk behaviour.
- Health education sessions in schools for teachers and parents about importance of this period.
- This intervention program can be succeeded using the involvement from all the sectors, such as parent, teacher, government and school.

**THANK YOU**