



# 7<sup>TH</sup> INTERNATIONAL CONFERENCE ON PUBLIC HEALTH 2021



"DRIVING INNOVATIONS IN HEALTHCARE, STRENGTHENING  
HEALTH SYSTEMS: ADDRESSING COVID 19 PANDEMIC"



04<sup>TH</sup>- 05<sup>TH</sup> AUGUST 2021  
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[08]

## **OBESITY AS DETERMINATION FOR HEALTH-RELATED QUALITY OF LIFE IN ADOLESCENTS**

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### **ABSTRACT**

Obesity becomes crucial issue in adolescents in the past decade giving some thoughts regarding the impact to their quality in cognitive, social and emotion function. This study was to obtain the association between obesity and Health-Related Quality of Life (HRQoL) in an adolescents' Health Services in West Jakarta, Indonesia. A cross-sectional analysis was conducted using 77 patients in the age 10-19 years old who came to the one of the district adolescents' Health services in West Jakarta to evaluate the obesity and the HRQoL. Obesity was at BMI more than 25 and measured directly assisted by the nurses. Four dimensions of health-related quality of life were measured: physical health (absence or presence of functional limitations and illness symptoms), emotional health (the Center for Epidemiologic Studies Depression Scale and Rosenberg's self-esteem scale), and a school and social functioning scale. Health related quality of life showed high prevalence of good quality in physical health (29.3%), emotional health (31.7%), social health (34.1%) and school health (39%), However obesity was the high prevalence (58.5%) among the respondents. We found a statistically significant relationship between BMI and physical health as well with emotional health. Adolescents who were obesity had significantly worse in physical health ( $P < 0.05$ ) and they were also more likely to have a limitation in emotional health. In conclusions this study was provided the data that obesity in adolescence is linked with poor quality of life in physical and emotional dimensions. This finding was crucial to enhance better understanding for the health-related quality of life in adolescents.

Keywords: HRQoL, quality of life, obesity, adolescents