

ABSTRACT

Background: Obesity in children increased health risk and the high cost of treatment of obesity. Early media introduction and extensive screen based activity (SBA) are sedentary behavior which is contributing to childhood obesity.

Objective: to analyze the risk of media early media introduction and duration of SBA with obesity among preschool children in Yogyakarta city.

Method: The study design was case-control study between obese and non-obese preschool children. A hundred and one pairs subjects aged 3-5 years old who enrolled in preschools in Yogyakarta was obtained from screening. The school was selected using Probability Proportional to Size method. The case was selected using purposive sampling method and followed with matching by age and gender for the control. Obesity was defined by WHZ-score > 2 SD. PrePAQ (Preschool Physical Activity Questionnaire) was used to collect the information on early media introduction and duration of SBA. Data duration SBA asked at weekdays and weekend. Data was analyzed using t-test, mc-Nemar test, and conditional logistic regression test.

Result: Early media introduction, children duration of SBA on weekend, and parents duration of SBA were not statistically associated with children obesity ($p > 0,05$). Children with duration of SBA > 2 hours/day at weekdays was 2,46 times more likely to be obese than children who spent their time in SBA < 2 hours/day (95% CI, 0,79 – 2,89).

Conclusion: Duration of SBA at weekdays could increase the risk of obesity occurrence among preschool children in Yogyakarta.

Keyword: obesity, early media introduction, screen based activity

INTISARI

Latar belakang : Kegemukan meningkatkan risiko kesehatan dan biaya berobat akibat obesitas. Salah satu penyebab kegemukan anak adalah gaya hidup kurang gerak, yakni pengenalan dini dan lama waktu *Screen Based Activity* (SBA).

Metode : Desain penelitian kasus kontrol pada anak prasekolah yang gemuk dan tidak gemuk. Sejumlah 101 pasang anak gemuk dan tidak gemuk usia 3-5 tahun yang diperoleh dari hasil skrining di PAUD (Pendidikan Anak Usia Dini) Kota Yogyakarta. Pengambilan sampel sekolah melalui metode PPS (*Probability Proportional to Size*). Subjek kasus diambil secara *purposive sampling* dan kontrol diambil dengan matching jenis kelamin dan umur. Kegemukan didefinisikan sebagai z-skor BB/TB > 2 SD. Data pengenalan dini dan *Screen Based Activity* (SBA) dikumpulkan menggunakan PrePAQ (*Preschool Physical Activity Questionnaire*). Data lama waktu SBA ditanyakan saat hari kerja dan hari libur. Analisis data menggunakan t-test, mc nemar, dan *conditional logistic regression*.

Hasil : Pengenalan dini, lama waktu SBA anak saat hari libur, dan lama waktu SBA orang tua tidak berhubungan dengan kejadian obesitas ($p > 0,05$). Anak yang melakukan SBA saat hari sekolah lebih dari 2 jam berisiko kegemukan 2,46 kali dibanding yang tidak (95% CI, 0,79 – 2,89).

Kesimpulan : Lama waktu *screen based activity* anak saat hari sekolah menjadi faktor risiko kegemukan anak prasekolah di Kota Yogyakarta.

Kata kunci : kegemukan, pengenalan dini, screen based activity