

OBESITY AMONG SCHOOLING ADOLESCENTS AND FAMILY FACTORS AFFECTING IT IN A SCHOOL IN KUALA LUMPUR, 1994

KEOBESAN DI KALANGAN REMAJA DAN FAKTOR-FAKTOR SEKITARAN KELUARGA YANG MEMPENGARUHINYA DI SEBUAH SEKOLAH DI KUALA LUMPUR, 1994

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ABSTRACT

Obesity is a current nutritional problem in developing countries, including Malaysia. A cross-sectional study was done in early 1994, at Sekolah Menengah Raja Ali, Kuala Lumpur, to determine the prevalence rate of obesity among schooling adolescents, and studying factors affect it. Methodology 300 samples was chosen randomly from all form I- V students, after stratified according to their form dan ethnicity .Personal, as well as, family, eating habit and information about physical activity, and respondents' nutritional knowledge and perception obtained using a self-administered questionnaire. Weight, height, blood pressure and food frequency were then taken in a separate session. Body weight status was determined by Body Mass index (BMI) calculation. Nutrition intake was estimated using a computer package. Result Prevalence rate of obesity (BMI>25.00 kg/m²) was found to be 10.2 percent (2.2% was Grade II obese). Obesity was more prevalent with increasing age, but no difference by sex, ethnicity and religion. Obese adolescents was found to come from higher percapita income family (T=2.54; p<0.05) and have working mother (X²=4.54; p<0.05). Their nutritional knowledge were also superior from their counterparts (T=2.96; p<0.01). Percapita family income of Grade II obese adolescents were lower than Grade I obese adolescents', but was statistically not significant. There were trends that the obese adolescents were given more pocket-money, nibbling while studying, and have more sleep but less exercise, which were also statistically insignificant. Two out of five Grade II obese adolescents were found to have mild hypertension. Blood pressure was significantly increasing with the increment of BMI. Conclusion Obesity is occurring among adolescent in Kuala Lumpur, and need our attention as some of them have already develop hypertension.

ABSTRAK

Keobesan adalah satu masalah pemakanan semasa yang semakin penting di negara-negara membangun, termasuk Malaysia. Satu kajian irisan lintang dijalankan di Sekolah Menengah Raja Ali, Kuala Lumpur pada awal tahun 1994 untuk menentukan kadar prevalens keobesan di kalangan remaja sekolah dan mengkaji faktor-faktor yang mempengaruhinya. Metodologi Kajian ini melibatkan 300 remaja sekolah yang dipilih secara rawak setelah distratakan mengikut tingkatan dan etnik. Maklumat diri, keluarga, tabiat makan, aktiviti fizikal, pengetahuan pemakanan dan persepsi mengenai keobesan diambil menggunakan soal selidik isi sendiri. Pengukuran berat, tinggi, tekanan darah dan pengambilan zat makanan (menggunakan frekuensi diet) diambil pada hari yang lain. Status berat tubuh ditentukan melalui pengiraan Indeks Jisim Tubuh (BMI), dan analisis diet dibuat menggunakan pakej berkomputer. Keputusan 269 responden dapat dikaji dan kadar prevalens keobesan (BMI>25.00 kg/m²) di kalangan remaja ialah 10.2 peratus (2.2% obes Gred n). Keobesan didapati lebih kerap berlaku apabila umur remaja meningkat, tetapi tidak berbeza mengikut jantina, etnik dan agama. Remaja obes datang dari keluarga berpendapatan per-kapita lebih tinggi (T=2.54; p<0.05) dan ibu bekerja (X²=4.54; p<0.05). Taraf pengetahuan pemakanan mereka juga lebih baik (T=2.96; p<0.01). Remaja obes Gred n mempunyai pendapatan per-kapita keluarga lebih rendah daripada obes Kelas I, tetapi tidak bermakna secara statistik. Terdapat trend yang menunjukkan remaja obes diberi belanja sekolah lebih banyak, mengamalkan makan ketika belajar serta lebih banyak tidur dan kurang bersenam, juga tidak dapat dibuktikan secara statistik. Hubungan keobesan dengan pengambilan kalori dan lemak tidak dapat ditunjukkan. Hipertensi ringan didapati berlaku kepada 2 daripada 5 remaja yang obes Gred n, dan tekanan darah dibuktikan meningkat dengan peningkatan BMI. Kesimpulan Masalah keobesan telah berlaku di kalangan remaja sekolah di Kuala Lumpur dan memerlukan perhatian sewajarnya, di mana sebahagian daripada mereka telah mengalami hipertensi.