

ABSTRACT

Many researchs have found that there is a reciprocal relation between obesity and depression. The purpose of this research is to investigate the epidemiology description of depression on the students of Airlangga University year 2013—2014 with overweight and obesity in 2016—2017. It also investigates some factors that can affect the relation between depression and obesity, such as its moderator factors (sex, belief, race, and income source) and their mental stress.

This research used BMI (Body Mass Index) as the measurement of obesity levels to find 88 samples with consecutive sampling incidental cross-sectional method. They were also given BDI (Beck Depression Inventory) and SRRS (Social Readjustment Rating Scale) questionnaires.

This research finds that pre-obesity (62,5%) has the biggest incident among the obesity levels. Among them, there are 33% people that have depression with 6% of them is in clinical depression status or worse. Based on the SRRS status, 26,1% samples has 50% or more risk to have stress-related disease. The characteristics of the samples show that the majority are woman (66,0%), the race is Java (87,5%), Islam (86,4%), and parents (94,3%) as the income source. The cross-sectional tables show that there are variety of the incidents depends on the categories.

From this research, the datas are interpreted that the difference of each variables can affect other variables' incidents. We suggest the next researchers to give medical treatments for obesity people who has depression, especially in our population.

Keywords: Depression, obesity, overweight, college students, mental stress, sex, belief, race, income source