ABSTRACT

Sleep Behavior Related with Infant Obese Aged 0-3 years

Nadhifa, Irwanto, Lestari

Fakultas Kedokteran Universitas Airlangga

Background: In Indonesia obesity is still a major problem. By 2014, there are 41 million children under the age of 5 who are obese. Almost half of children under the age of 5 who are obese in the world are in Asia. Obesity problems in toddlers have a very wide impact, not only morbidity, disability, and premature death, but also can disrupt the formation of qualified human resources (HR) with optimal productivity. Adequate nutrition will make a real contribution in printing superior generation especially in developing countries like Indonesia.

Objective: The aim of this study is to determine sleep behavior related with infant obese aged 0-3 years.

Method: This research is a non-experimental, quantitative research methods using analtic observational by cross sectional approach. The population of this study was all infant aged 0-3 years in pre-school Surabaya. The amount of the sample was 100 infant. The instrument of research are primary data. Primary data is the interview using questionnaires used for sleep behavior in the form of A Brief Screening Questionnaire for Infant Sleep Problems (BISQ). Datas were analyzed with SPSS 16 using odd ratio and chi-square test.

Result: The results of the research shows that sleep behavior associated with obese children aged 0-3 years. There are several sleep behavior indicators studied: sleeping arrangement, sleeping position, sleep duration, duration of nap, waking frequency, night sleep time, nightly duration. Prevalence of obese child sleeping arrangement with parent (82%) while separating with parent (18%). The prevalence of obese children's sleeping position with side, back and stomach positions was 76%, 12%, 12% respectively, while the prevalence of nighttime duration of obese children was <10 hours at 76%. In addition the prevalence of the duration of obesity is the largest child's nap is> 2 hours ie 65%. Another indicator is the frequency awakened at night the most obese children is 65% that is ≤3 times and hours of sleep the night the biggest child obesity is ≤the 21.00 is 82%. The prevalence of night awake duration of obese children is 71% ie 1 hour. And the prevalence of parent education of obese children is 41%.

Keyword: infant, sleep disorders, obesity risk, sleep disturbance, sleep behavior.