

PARENTS' PERCEPTIONS OF SEMARANG TRI TUNGGAL ELEMENTARY SCHOOL STUDENTS AGAINST CHILDHOOD OBESITY

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ABSTRACT

The purpose of this study is to find out how the perceptions of parents of SD Tri Tunggal students that fat children are funny and healthy can be formed. Type of this research is qualitative with phenomenology approach. Data were collected by in-depth interview and observation. Research subjects as many as 8 people consisting of 5 parents of Primary School Tri Tunggal, 1 child pediatrician, 1 nutritionist, 1 sports expert. Data were analyzed by content analysis. The results showed that the perception of parents who consider the fat child is funny and healthy is formed because through the first process they like to see and feel the pleasant sensation to see and hug the fat child, plus they have a feeling of proud to have fat children because they consider successfully taking care of their children. After going through the first process, parents lack the hope, motivation and a firm attitude to reduce child obesity. Parents assume if the fat little boy is still funny and healthy. The next process parents have had some bad experience about childhood obesity but looks not considered a serious experience to be addressed, resulting in a learning process that is very less for parents. In the end, parents have the wrong perception of childhood obesity.

Keywords: *perception, parents, obesity elementary school children*

INTRODUCTION

The prevalence of obesity in children continues to increase significantly in Indonesia and other countries. Even some public health experts in some countries categorize it as an epidemic or epidemic. Results of Basic Health Research (Riskesdas) in 2007 in Indonesia, the prevalence of obesity in children aged 6-14 years was 7.95% (boys by 9.5% and girls by 6.4%). In 2010, the results of Riskesdas showed the prevalence of obesity in school-age children (6-12 years) by 9.2% (boys 10.7% and girls 7.7%). Whereas in 2013, the results of Riskesdas which showed the prevalence of obesity and obesity in children aged 5 to 12 years in Indonesia amounted to 18.8% (percentage of fat 10% and obesity 8.8%). The increase in the number of obese children is very surprising because if we look at the period of 3 years between 2007 and 2010, the increase was 1.25%. Whereas the next 3 years between 2010 and 2013, the increase was 9.6%, and that meant double that.

Overweight and obesity children are a time bomb that will blow up a number of health problems later on. WHO research shows that obese children have a risk of remaining obese

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and becoming obese in adulthood. These conditions are risk factors for the occurrence of chronic diseases such as diabetes, heart disease, hypertension, and much more. A study of 3,098 children aged 3-6 years showed that being overweight would increase the risk of heart disease, even in childhood. Not to mention mental and social health problems such as not believing in themselves, losing interest in activities that are popular, not liking themselves, feeling useless, avoiding playing, withdrawing from their environment.

On the other hand, there are still many parents who like obese children or want their children fat, because they are considered healthy, funny and adorable. The purpose of this study was to find out how the perceptions of parents of Tri Tunggal elementary school students that fat children are funny and healthy can be formed.

LITERATURE REVIEW

Perception

According to the Oxford Learner 's dictionary Dictionaries, perception is the way you notice things, especially with the senses. It means that the formation of perceptions begins with observations that through the process of the relationship of seeing, hearing, touching, feeling, and accepting something that someone then selects, organizes, and interprets the information received becomes a meaningful picture. According to Philip Kotler (Marketing Management, 1993, p. 219), perception is the process of how one selects, organizes, and interprets information inputs to create a meaningful overall picture. Perception can be interpreted as a selective process of categorization and interpretation. The factors that influence a person's perception are the characteristics of people who are perceived and situational factors. The occurrence of this observation is influenced by past experiences and attitudes of individuals from individuals. And usually this perception only applies to himself and not to others. In addition, this perception does not last a lifetime can change according to the development of experience, changes in needs, and attitudes of a person both male and female.

The Process of Formation of Perception

The perception formation process begins with the entry of sources through sound, sight, taste, aroma or human touch, accepted by the sensory receptor as a form of sensation. A large number of sensations obtained from the first process above are then selected and accepted. This screening function is carried out by factors such as individual expectations, motivation, and attitudes. The sensation obtained from the screening results in the second stage is the input for the third stage, the sensation organizing stage. From this stage, sensation will be obtained which is a more regular unit compared to the previous sensation. The fourth stage is the interpretation stage such as experience, learning process, and personality. If this process is completed, the final results will be obtained in the form of Perception. The process of formation of perception can be seen on picture 1 in appendix.

METHOD, DATA AND ANALYSIS

This type of research is qualitative with a phenomenological approach. Data was collected by in-depth interviews and observations. The research subjects were 8 people consisting of 5 parents of Tri Tunggal elementary school students, 1 pediatrician, 1 nutritionist, 1 sports expert. Data is analyzed by means of content analysis.

RESULTS AND DISCUSSION

Information about obesity in children caught by the parents' senses is still too little, even though it is clear that the incidence of childhood obesity exists and is increasing. There is no clear scientific information for parents in a special forum to address the child's obesity problem. Although some parents have experienced the bad effects of obesity, but it seems that it is not enough to make parents change the sensations or feelings that arise from the comfort of having or seeing a fat child.

Selection of the sensation of parents about overweight children is that some parents still think that obese children are not a problem as long as they are still within the age limit of elementary school children, but when children are teenagers (middle school / high school) they must be normal. Parents have not considered obesity as a serious problem in the future, indeed when children have no significant problems, small symptoms that arise should be captured as a sign of a dangerous disease later when they grow up.

At the stage of organizing sensations, most parents are still consistent with the sensations in themselves, which is to think of obese children as cute and adorable.

Interpreting parents about child obesity is that parents have not had much knowledge about the balance of children's daily activities, so many parents have felt that their children's activities are sufficient as mentioned above. There are a small number of parents who have little understanding of managing their children's activities in a balanced manner but still have not applied them firmly and discipline. So that it affects obesity for their children. Ironically, they feel that parents are not a problem that needs to be dealt with immediately.

CONSLUSION

The results showed that the perceptions of parents who considered obese children to be funny and healthy were formed because through the first process, they like to see and feel pleasant sensations when they see and hug the fat child, plus they have a proud feeling of having fat children because they think they have cared for their children. After going through the first process, parents lack expectations, motivation and a firm attitude to reduce child obesity. Parents assume that a fat little kid is still cute and healthy. The next process parents have had bad experiences about child obesity but it seems that it has not been considered a serious experience to be handled, so there is very little learning process for parents. In the end parents have a wrong perception of child obesity.

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Appendix

Picture 1
The Perception Formation Process

