

# HUBUNGAN OBESITAS TERHADAP KEJADIAN *FLAT FEET* PADA REMAJA AWAL

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## Abstrak

Obesitas dapat mengganggu kualitas hidup, salah satunya ialah gangguan muskuloskeletal yaitu *flat feet*. Penelitian ini bertujuan untuk mengetahui efek obesitas terhadap kejadian *flat feet*. Jenis penelitian ini ialah analitik dengan metode *cross sectional*. Total sampel berjumlah 56 orang. Sampel adalah siswa SMP Insan Kamil Bogor yang diambil berdasarkan teknik *simple random sampling*. Data di uji menggunakan uji *chi square*. Hasil uji statistik menunjukkan terdapat hubungan yang signifikan antara obesitas terhadap kejadian *Flat feet* ( $p=0,001$ ). siswa yang memiliki BMI (*Body mass index*) obesitas memiliki faktor risiko 11 kali lebih besar mengalami kejadian *flat feet* dibandingkan dengan siswa yang memiliki BMI normal / tidak obesitas. Perlu upaya menurunkan berat badan anak agar mencegah terjadinya kejadian *flat feet*.

**Kata kunci** : Obesitas, Flat feet, BMI

# ***RELATION OF OBESITY TO THE OCCURRENCE OF FLAT FEET ON ADOLESCENT***

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## ***Abstract***

*Obesity can interfere with quality of life, one of them is musculoskeletal disorder, that is flat feet. This study's purpose is to determine effect of students who are obese to flat feet case. This research was an analytical study with cross sectional method. Total sample was 56 people. Samples are the student of SMP Insan Kamil Bogor which is taken by simple random sampling technique. The data were tested by using chi square test. Statistical analysis result showed a significant relationship between obesity and the occurrence of flat feet ( $p = 0.001$ ). Student whose BMI (Body mass index) is obese have risk factors 11 times greater for flat feet compared to student whose normal BMI or not obese. Necessary effort to lose weight in order to prevent the occurrence of children flatfeet.*

**Key Words** : Obesity, Flat Feet, BMI