

## **PARENTAL SUPPORT OF HEALTHY BEHAVIOURS AND WEIGHT STATUS ON HEALTH-RELATED QUALITY OF LIFE OF ADOLESCENTS IN SELANGOR**

### **ABSTRACT**

The growing number of childhood obesity has always been a concern in all levels. Thus, efforts to curb this issue must be addressed in order to build a healthy nation of adolescents who will enter into adulthood thereafter. One way of identifying the issue is through assessment of the quality of life of the overweight or obese adolescents and involving people who are close to them especially parents. This cross-sectional study was conducted from 20<sup>th</sup> August to 22<sup>nd</sup> October 2014 to study the relationship of parental support of healthy behaviours and weight status on Health-Related Quality of Life (HRQoL) among adolescents with normal weight and overweight. A total of 100 respondents were chosen from two schools in Selangor (SMK Darul Ehsan, Selayang Baru and SMK Dusun Nanding, Hulu Langat) using cluster randomised trial sampling method. Respondents were then divided into two groups which are normal weight ( $n=55$ ) and overweight ( $n=45$ ). The self-administered questionnaires comprise of demography, HRQoL (PedsQL 4.0) and parental support (dietary and physical activity). The result shows all respondents are Malays (100%), majority are female (65%), and living with parents (92%). The mean age is  $13.47 \pm 0.50$ , mean height is  $156.25 \pm 6.34$ , mean weight is  $60.84 \pm 13.71$ , and the mean BMI is  $24.91 \pm 5.45$ . Out of five tests run for this study, the only significant result found was the correlation between parental support (physical activity) and HRQoL ( $p < 0.05$ ). This indicates that parental support of healthy behaviour (dietary) and weight status among adolescents in the state of Selangor is very poor, hence, leading to a lower health-related quality of life.