

## **ABSTRACT**

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***Self-Concept in Obesity Adolescents at Xaverius 1 Catholic Catholic Middle School 1 Palembang.***

**SKRIPSI**

**PROGRAM STUDI ILMU KEPERAWATAN DAN  
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***Background:*** Age 12-14 years is the stage of adolescence, where at that age teens will experience puberty. At puberty adolescents will have the task that is to accept all changes such as body shape and attitude, think positively as an effort to develop good self-concept. There are some teenagers who have changes in body shape so that teens feel dissatisfied about the body shape they have, but teenagers who do not prioritize the changes in their body shape.

***Objective:*** To find out the self-concept of obese adolescents at Xaverius 1 Catholic Junior High School Palembang.

***Method:*** The retrieval of respondents was done using the side total sampling technique and obtained by respondents as much as 44.

***Results:*** The majority of obese adolescents were 13 years old (56.8%), and as many as male sex (86.4%). Adolescents who have positive self-concept imay Majority of adolescents aged 13 years as much as 50%.

***Suggestion:*** Improve positive self-concept by recognizing yourself, always learning to be better, think positive, always optimistic, and be brave in making a decision.

***Keywords:*** obesity, teenagers, self-concept