

ABSTRACT

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Phenomenology Study of the Fathers Experience having obese children at Xaverius 2 Catholic Primary School, Palembang.

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Background: *Obesity in children can occur several trigger factors. Parents have an important role in preventing obesity in children, especially fathers who also have an obligation to participate in parenting. Fathers certainly have different experiences with each other in parenting. The importance of father involvement in childcare is early needed in the prevention of obesity.*

Objective: *This study aims to explore and understand more deeply the experiences of obese children at Xaverius 2 Catholic Primary School, Palembang.*

Method: *This study used a qualitative method with a phenomenological approach. The data were obtained from in-depth interviews to 4 participants with inclusion criteria. This study uses Colaizzi data analysis.*

Results: *The study had seven themes, such as : 1) father's perception of obese children, 2) father's feeling who have obese children, 3) actions that fathers did when they found obese children, 4) the obstacles that my father had while having obese children, 5) the efforts to facing obstacles, 6) father's desire for obese children, 7) the impact by obese children according to father. It is expected that Xaverius 2 Catholic Primary School can cooperate with parents in handling obese children in school area by requiring children to take part in extracurricular activity that can make children more active and productive, such as doing some sports, morning exercise programs, outbound activities and reduce consumed kind of fast food.*

Keywords: *obesity, father, phenomenology, colaizzi and school age children.*