

ABSTRACT

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Relationship of Self Confidence With Health-Related Quality of Life of Obese Adolescent in Jakarta; Dr. Dra. Heni Mularsih, MM., M.Psi. Bachelor of Psychology Study Program, Tarumanagara University, (i-xiii; 62 pages, R1-R7, Appdx1-49)

Being overweight or obese has a significant correlation with poor quality of life compared to people with normal proportion weight. By having a self confidence on individual, it is expected to improving the quality of life especially on obese adolescent.

The goal of the study is to find out whether there is a relationship between self confidence and health-related quality of life of obese adolescent in Jakarta. This research is a non experiment quantitative research using non probability research methods with purposive sampling technique. This research involving 141 participants.

The result showed that self confidence has a significant positive correlation with health-related quality of life of obese adolescent in Jakarta, $r = 0,422$; $p < 0.01$. By improving self confidence then health-related quality of life of the individu will be increased and prevent adverse effect of poor health-related quality of life.

Keywords: Self confidence, health-related quality of life, adolescent, and obesity.

