

FULL ABSTRACT

The Use of Social Cognitive Theory to Develop and Evaluate the Effect of Healthy Lifestyle Program among Overweight Adolescents

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The study aimed to develop and determine the effect of healthy lifestyle program (HLP) based on Social Cognitive Theory (SCT) among overweight adolescents in Makassar City. It consisted of three stages. Stage one was to develop HLP. Next stage was to develop and validate the instruments for measuring the effect of HLP. The last was to measure the effects of HLP on adolescents' self-efficacy on healthy behaviors, parents' self-efficacy, adolescents' behaviors, and anthropometry indices using cluster randomized controlled trial design. Eight SMP were randomly assigned to intervention and control schools. A total of 238 overweight adolescents and their parents were involved. Changes in outcomes were analyzed using ANCOVA on an intention to treat basis. HLP is twelve sessions of education applied behavior change strategies from SCT including positive reinforcement, self-monitoring, goal setting and parents' involvement delivered by trained facilitators through weekly group sessions. HLP contributed in increasing adolescents' self-efficacy for practicing healthy behavior, reducing snacking habit, and changing BMI for age Z-score and waist circumference.

Keywords: Adolescent, Overweight, Social Cognitive Theory, Healthy Behaviors