

A QUALITATIVE EXPLORATION OF BARRIERS AND FACILITATORS TO WEIGHT MANAGEMENT AMONG STUDENT WITH OBESITY IN PEMBANGUNAN NASIONAL VETERAN JAKARTA UNIVERSITY

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ABSTRAK

Tujuan: Penelitian ini dilakukan untuk mengeksplorasi faktor pendukung dan faktor penghambat dalam melakukan program manajemen berat badan pada mahasiswa dengan obesitas. **Metode:** Penelitian ini dilakukan dengan metode deskriptif kualitatif dengan menggunakan Theory of Planned Behaviour sebagai panduan untuk analisis tematik. Pengambilan data dilakukan dengan wawancara mendalam dengan sepuluh informan utama yaitu mahasiswa UPN Veteran Jakarta yang mengalami obesitas. Triangulasi dilakukan dengan diskusi kelompok terarah serta wawancara mendalam dengan lima orang informan pendukung. Seluruh hasil rekaman wawancara ditranskripsi dan dianalisa dengan bantuan software microsoft excel. **Hasil:** Informan menunjukkan sikap dan intensi yang lebih baik ketika program manajemen berat badan yang dilakukan sejalan dengan kebiasaan sehari-hari dan terhambat oleh lingkungan pangan misalnya kemudahan akses pangan tidak sehat. Informan mempersepsikan bahwa upaya menurunkan berat badan adalah sebuah langkah yang sejalan dengan nilai-nilai yang dianut diantaranya nilai kesehatan, estetika citra tubuh positif serta keselarasan dengan bidang ilmu. Konflik terjadi ketika lingkungan sekitar tidak memiliki nilai yang sama. Informan melihat locus of control terbesar adalah pada diri sendiri, tetapi seringkali kesulitan untuk mengontrol keinginan makan serta kesulitan menolak ajakan teman dan dalam meminta dukungan dari orang tua. Selain itu, jam pembelajaran panjang di kampus membuat informan merasa tidak memiliki kontrol terhadap pengaturan jadwal harian. **Kesimpulan:** Interaksi antara faktor pendukung dan penghambat pada setiap individu responden berbeda. Hambatan terutama berasal dari kesenjangan antara Normative Belief dan Control Belief dari remaja dengan lingkungannya, baik teman maupun orang tua. Maka, program pencegahan obesitas sebaiknya tidak hanya ditujukan pada remaja tetapi juga pada lingkungan di sekitarnya.

Kata kunci: Obesitas, Manajemen Berat Badan, Faktor Pendukung, Faktor Penghambat, Theory of Planned Behaviour (TPB)

ABSTRACT

Objective: This study was conducted to explore the facilitators and barriers for weight management programs among university students with obesity. **Methods:** This research was conducted using a qualitative descriptive method utilizing the Theory of Planned Behavior as a guide for thematic analysis. Combination of purposive sampling and snowball sampling was implemented. In-depth interviews were conducted with ten key informants. Triangulation was carried out using focus group discussions and in-depth interviews with five supporting informants. All recorded interview results were transcribed

and analyzed with Microsoft Excel software. **Results:** Informants showed better attitudes and intentions when the weight management program was in line with their daily habits and was hampered by easy access to unhealthy food. Informants perceive that efforts to lose weight are in line with the values espoused including health values, aesthetics of positive body image and in line with their field of science. Conflict occurs when the surrounding environment does not have the same values. Informants saw that the biggest locus of control was themselves, but often had difficulty controlling the desire to eat and had difficulty refusing friends' invitations and in asking for support from parents. Moreover, long study hours made the informants feel they had no control over their daily schedule. **Conclusion:** Interaction between facilitators and barriers in each individual respondent is different. Obstacles mainly come from divergence between the Normative Belief and Control Belief of adolescents and their environment, both friends and parents. Thus, obesity prevention should also involve the environment around adolescents.

Keywords: Obesity, Weight Management, Facilitators, Barriers, Theory of Planned Behaviour (TPB)

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INTRODUCTION

Obesity is a serious issue that has taken center stage in global health discussions. This condition, characterized by abnormal accumulation of fat in adipose tissues, has garnered attention due to its detrimental impacts on both individual and societal health (Liwanto & Santoso, 2021). Obesity can be measured using the Body Mass Index (BMI), and the reference standards employed by the Ministry of Health (Kemenkes) align with guidelines from the World Health Organization (WHO) for individuals in Asia. Exceeding a BMI of 25 kg/m² is defined as overweight, while a BMI exceeding 27 kg/m² is classified as obesity (Kemenkes RI, 2018b).

Data from the National Basic Health Research (Riskesdas) in 2018 revealed that the prevalence of obesity among adults in Indonesia, including those aged 18 and above, stood at 45.4%. This marks a significant increase when compared to the 2013 Riskesdas data, which reported a prevalence of 26.3%. This 19.1% increase within a five-year span highlights a rapid escalation of the obesity problem in the country (Kemenkes RI, 2018a).

Obesity poses not only physical health threats but also has negative impacts on mental health, including depression, body image dissatisfaction, and the creation of social stigma (Romain et al., 2018). Furthermore, obesity has substantial economic implications, placing a burden on families and the nation due to the significant costs associated with treating obesity-related serious illnesses (Hardinsyah & Supariasa, 2016).

Various factors contribute to obesity, including environmental factors, genetics, healthcare services, and individual behaviors (Saraswati et al., 2021). Research has also identified additional risk factors such as dietary patterns, stress levels, physical activity, and sleep patterns (Fawaid, 2022). Understanding these factors is crucial for designing effective preventive measures to address obesity.

One of the primary objectives of the National Medium-Term Development Plan (RPJMN) 2020-2024 is to enhance the quality of human resources, with a focus on preventing the rise in obesity prevalence among adults, including students (who are considered part of this group). To achieve this goal, weight management programs are essential, both in preventing obesity and assisting those who are already obese (Maryusman et al., 2018).

While numerous studies have been conducted worldwide to understand the supportive and inhibitory factors in weight management programs, similar research remains limited in Indonesia. Additionally, the negative stigma often associated with obesity can hinder

individuals, especially young adults, from openly discussing their weight loss efforts (Krysto, 2021). Therefore, this qualitative research aims to explore the inhibitory and supportive factors in weight management programs faced by young adults, with a specific focus on students at UPN Veteran Jakarta, representing this group in urban areas of Indonesia.

This research is expected to provide a better understanding of the factors influencing the weight management process and the complex interactions among these factors. The results of this study are anticipated to serve as a foundation for further research on obesity among young adults in urban areas of Indonesia and parts of Southeast Asia with similar characteristics.

METHOD

The research for this thesis was conducted between January and June 2023, encompassing data collection through in-depth interviews with research informants from April to May 2023, and the study was carried out at UPN "Veteran" Jakarta. This qualitative research aimed to explore the obstacles and support systems available to students with obesity as they engaged in weight management programs, with the primary objective of identifying both inhibiting and facilitating factors that these students encounter on their weight management journeys.

For this qualitative study, research informants, representing the respondents, were selected using purposive sampling, ensuring alignment with the primary research goal of investigating the factors that either support or hinder students with obesity in their weight management endeavors. The study involved a total of ten primary informants who met specific criteria:

1. Being active students at UPN "Veteran" Jakarta.
2. Having a BMI exceeding 25 kg/m².
3. Participating in a weight management program for a minimum of three weeks.

Data collection primarily relied on in-depth interviews, which were preceded by the establishment of rapport between the researcher and the informants to ensure a conducive interview environment. These interviews, guided by an interview protocol, featured open-ended questions and were recorded with the informants' consent. To ensure data triangulation, focused group discussions involving selected informants and additional interviews with peers and parents, when necessary for clarification, were conducted. The iterative nature of data collection allowed for follow-up interviews if required.

Research instruments employed during data collection included a Research Explanation Sheet, Informed Consent Forms, an In-depth Interview Guide, writing tools, recording equipment (external microphone and smartphone), and a smartphone for documentation purposes.

Ethical considerations were duly addressed, and ethical approval was obtained from the Research Ethics Commission of Universitas Pembangunan Nasional "Veteran" Jakarta, with reference number 66/IV/2023/KEPK. Data collection commenced only after informants willingly agreed to participate and signed informed consent forms. Before signing, the researcher provided a comprehensive explanation of the research to potential informants. Throughout the in-depth interviews, the entire process was recorded, and documentation was conducted in collaboration with the informants while ensuring data confidentiality.

Operational definitions were clearly provided for key variables, including obesity, weight management programs, inhibiting factors, and supporting factors.

The data analysis process involved triangulation with various data sources and data obtained from directed group discussions before proceeding with thematic analysis. Thematic analysis, carried out with the assistance of Microsoft Excel, aimed to identify patterns and themes within the transcribed interview data.

In adherence to established research practices, references were included to

acknowledge the methodology employed, and ethical considerations, such as informed consent and data confidentiality, were meticulously observed throughout the research process.

RESULTS AND DISCUSSION

The weight management program implemented by the main informant includes intermittent fasting, fasting, calorie deficit, reducing portion sizes, drinking herbal tea, reducing sugar intake, cutting down on snacks, adjusting meal variety by reducing carbohydrate portions and increasing protein intake, and reducing dinner portion. In addition to dietary adjustments, the main informant also follows a weight management program by increasing physical activity, such as walking more frequently, following workouts uploaded on YouTube, increasing the frequency of sit-up exercises, playing futsal, and jogging (table 1).

Table 1. List of primary informant

No	Initial	Age	BMI	Enrollment Year	Faculty	Sex	Religion	Weight management program
R1	MJ	23	29	2019	Faculty of social and political science (FISIP)	Female	Christian	Intermittent fasting and exercise
R2	RD	22	30	2019	Faculty of health science (FIKES)	Male	Moslem	Calorie deficit and exercise
R3	KP	21	32	2020	Faculty of computer science (FIK)	Male	Catholic	Reduce food portion and exercise
R4	AD	21	29	2019	Faculty of computer science (FIK)	Female	Moslem	Fasting
R5	AC	20	28	2021	Faculty of health science (FIKES)	Female	Moslem	Drink herbal tea
R6	CR	22	28	2019	Faculty of health science (FIKES)	Female	Moslem	Reduce sugar consumption and snack
R7	CS	21	39	2019	Faculty of economic and business (FEB)	Male	Catholic	Exercise and reduce rice consumption
R8	EP	20	31	2020	Faculty of social and political science (FISIP)	Male	Male	Fasting, regulating food variations, and exercise

R9	MR	20	29	2021	Faculty of engineering (FT)	Male	Moslem	Intermittent fasting and increase physical activity
R10	TN	22	33	2019	Faculty of engineering (FT)	Male	Moslem	Decrease eat at night, decrease food portion and exercise

The selection of the weight management program is based on each informant's individual abilities. Various reasons were mentioned by the informants for choosing their weight management programs, such as being easier to follow, fitting into their schedules or agendas, providing more significant results, and being cost-effective.

In addition to taking interview data from primary informants, researcher also took interview data from supporting informants. The selection of supporting informants uses snowball sampling techniques, by asking the main informant the closest person to the main informant. Supporting informants who have been interviewed with key informants have affinities such as friends or parents. The following is a list of supporting informants who have been interviewed (table 2).

No	Initial	Age	BMI	Place of interview	Sex	Relation to primary informant
P1	Mrs. S	47	23	Zoom Meeting	Female	EP's Parent
P2	Mrs. R	52	23	Zoom Meeting	Female	TN's Parent
P3	Mrs. M	51	22	Zoom Meeting	Female	MJ's Parent
P4	NP	20	29	Zoom Meeting	Female	AC's Friend
P5	IN	21	29	UPN Campus	Female	AD's Friend

Based on the results of the research carried out, the weight management program conducted by the main informant consisted of various programs. The weight management programs run by the main informants were intermittent fasting, fasting, calorie deficit, reducing food portions, drinking herbal tea, reducing sugar consumption, reducing snack consumption, regulating food variations by reducing carbohydrate portions and more protein portions, and reducing dinner. In addition to regulating diet, the main informant also carried out a weight management program by increasing physical activity such as increasing the frequency of walking, running workouts that have been uploaded on YouTube, increasing the frequency of sit-up exercises, doing futsal sports, and jogging.

The choice of the type of weight management program is based on the ability of each informant. Various reasons expressed by informants in choosing weight management programs, such as easier to run, according to the schedule or agenda owned by the informant, more optimal, and based on cost effectiveness.

"... Maybe it's because I basically like to eat times, yes, I like to eat, so I think increase protein and reduce carbohydrates like what I feel like I'm not hungry, so keep my hobby, I like to eat still but more awake because I eat protein" (R5, 20 years, FIKES)

"... Because if I like this, I like to see my neighbors in the morning. Anyway, it's better because it can see the surrounding environment. I prefer to walk while looking at the surrounding environment. If I go to the gym, I'm afraid I can't be consistent. Because if we go to the gym,

don't we pay, right? It's just a pity. Some are free, yes, it's better that we are free. So it's like a waste of money, huh? I haven't been consistent either." (R7, 21 years old, FEB)

"... Because we will schedule our meal schedule, instead of choosing we have to change all the food we enter, it seems more reasonable to me the eating schedule anyway because it's the same lie if, for example, we eat the same as usual, but yes we change it, yes, we still chew on it actually. (If this method) then we will resist hunger." (R1, 22 years old, FISIP)

One of the weight management programs performed by the main informant is fasting. On informants who are Muslim, have the obligation to carry out fasting, perform this method as a program in weight management. Effectiveness in carrying out fasting and definite results. This is obtained based on the results of the interview with the main informant as follows:

"... Especially now the fasting month also yes it has an external factor that supports the diet." (R2, 22 years, FIKES)

Based on the results of interviews conducted by ten informants, there are five informants who still live with the parents. It's been one of the informants' advocates in running a weight management program. The role of parents who are still living with informants in the weight management program is in the preparation and preparation of food. Informants who still live with their parents still depend on the parents when it comes to food. Parental support in the weight management program is to not provide dinner or provide snacks, as stated by one of the following informants:

"... The supporting factor is one that at home sometimes, now it's rare tonight." (R10, 21 years, FT)

In addition, the role of parents in supporting informants to run heavy management programs is to provide all the needs that informants need. The necessary preparations are enough vegetable and protein food and also provide sports tools to conduct sports, buying supplements for informants as revealed by the informant in the interview. Here are the results of the interview conducted to the informant:

"... So it's the old man more snorting a lot of vegetables, protein anyway." (R8, 20 years, FISIP)

"... Also helped by the same old man who kayaks provide facilities in the house kayak there is a static bicycle at home, also there is a treadmill that I think who supports me in the diet program." (R8, 20 years, FISIP)

"... A new supplement from my mother is also ordered to drink laxative drink so that the laxative drink like product X (merk of laxative drink)" (R3, 21 years old, FIK)

Similar matters are also conveyed by supporting informants, in this case parents

"... I said, 'Mom don't want to prepare the dinner, don't want to prepare what cuisine, squeamish or whatever so you're skinny'" (P2, 52 years old)

In addition to providing, preparing and facilitating weight management programs carried out. The informant also mentioned in an in-depth interview that parents played a role in co-operating the informant's weight management program. As the parents of one of the informants did to invite the informant to drink tea in accordance with the informant's weight management program, the following interview results were found:

"... But at least that's because, oh yes, because Mami doesn't like it anymore, don't you like to do fasting, don't you want coffee, or don't you want tea? Usually, I often offer to drink tea, because if Mami's coffee is also like, what is it, high blood pressure is more often tea than coffee." (R5, 20 years, FIKES)

Irregular eating patterns cause many things that are not good, one of which is forgetting to eat. Forgetting to eat at one meal can result in overeating the next time. However, it is different for some of the following informants. Forgetting to eat supports them in carrying out weight management programs because less food is consumed. Here are the results of the interviews conducted:

"... Actually, it's more about lazy to eat, but it's like that. Because it's more about feeling like lazy to take the food, lazy to chew it." (P4, 21 years old, FEB)

The number of activities outside the home resulted in informants consuming more snacks. When informants do more activities at home, they consume fewer snacks. This is due to the lack of snacks provided at home, so that when more often at home informants tend to consume fewer snacks. If you buy snacks outside the home, it results in a lot of high-salt and high-fat snacks consumed. Here are the results of the interview with the informant:

"... So it's like maybe because you don't leave the house much, so you don't snack like that. So it's just at home, so it's not snacks, there are a lot of snacks, because sometimes the snacks are also not good, yes, the savory ones continue to be oily" (R10, 21 years old, FT)

The number of activities participated in by informants is in line with the obligation of informants to do many sports. Because of the large number of activities, informants must get used to having high physical activity. By getting used to sports, informants believe that it will be easier for informants to carry out their busy activities. The following are the results of the interview conducted:

"... If now maybe because the last few weeks I have activities (that is) training like that so forcing my body to have to workout, move, physical exercise so that's what makes me mindset 'Oh from that exercise makes me realize that actually I can do this physical exercise, my body is still strong' like that" (R1, 22 years old, FISIP)

In addition, it was also said by supporting informants, namely parents, that the number of activities would make it easier for informants with obesity to carry out the programs carried out. Parents argue that just in the mind and not doing much activity will not support the main informant in running a weight management program. The following are the results of the interview conducted:

"... Maybe a lot of activities yes times. He has a lot of activities. It means that the activity of moving the body is it. If it's just from his mind, he can't get out like it. Support can be less yes it has to move a lot. Activities" (P3, 51 years)

To do scheduled exercise for informants in this study is a time-consuming thing. To increase physical activity, informants do it by always walking when going to places to eat. It was admitted by the informant that this method was done in order to make the activities carried out effective. Here are the results of the interview that has been conducted:

"... It's like if you want to have breakfast, you usually ride a motorbike, brother, if now I walk first, it's quite far from the boarding house to the breakfast place." (R9, 20 years, FT)

Many factors hinder informants in implementing weight management programs. Informants living in areas that sell a wide variety of foods tend to overfeed them. Excessive food consumption can hamper the weight management program of informants who have meal regulation programs. In addition to the many food vendors, with many food discounts on online food ordering applications. In addition to food discounts on online food ordering applications, discounts on junk food provider restaurant applications are a stimulant for informants and hinder informants in running weight management programs. Here are the results of interviews from informants:

"... We sometimes still have a tendency to eat sweet foods, especially if in front of the boarding house (there is) a stall so it's easy, it's just five steps, snacks. So that's a bit of a hindrance." (R1, 22 years old, FISIP)

"... or because like BM, like you want to eat this. To this area, say eat or because of the environment as well. Because there are many snacks around the house. Then there are a lot of things like (discounts from) company X (online food ordering applications) so it gets carried away." (R4, 21 years old, FIK)

"... Then suddenly if for example one day, eh remember that at company X (Online food ordering application) I still have a lot of shopping promos, ah baby. Yes, if you suddenly see that there is such a promo on the internet, there is a friend in the group, he runs out of snacks from company N (Fast food chicken brand), 'Guys buy this is just like that', suddenly I want to." (R5, 20 years, FIKES)

Stimulants in inhibiting weight management programs for informants in subsequent excessive food consumption are food available at home and the smell of parental cooking. This is because the main food of informants is still provided by parents and also because informants are still more active at home. It is recognized stimulant, that this factor increases the hunger of informants and increases food consumption. Here are the results of the interview:

"... The disturbance is because there is food at home" (R4, 21 years old, FIK)

"... But sometimes it doesn't support it if you bring food like that. So sometimes when you cook you want to eat because cooking smells good, you are intrigued to eat. Especially if you cook like chicken or fish." (R10, 22 years, FT)

"... It's like a lot of snacks at home, so it's like someone is passing by, nothing to eat, yaudah snacking, that's it." (P4, 20 years, FIKES)

Living with parents is both a support and an obstacle for informants. Become a support when parents provide food that is in accordance with the weight management program carried out by the informant. However, it becomes an obstacle when the food provided is not in accordance with the management program. As in the results of interviews conducted that because parents often bring food home from work hampers the weight management program carried out. The following are the results of the interview conducted:

"... What is it, maybe yes, if parents bring food, because sometimes they bring it not for themselves, so make their children too. So finally the night was eaten" (R10, 22 years old, FT)

Although parents also keep reminding:

"... So sometimes I come home from work with food he doesn't want to, forget that. So that's where I wanted, 'Let's promise what that'." (P2, 47 years)

Informant activities on campus are not only teaching and learning activities, but informants participate in student activity units or department association activities or student executive body activities. At UPN Veteran Jakarta, activities outside learning activities start after 6 p.m. This made the informant return home until late at night. Because they come home too late and tired after activities, informants tend to eat more than if they do not participate in activities outside of learning activities. This more eating inhibits the informant's weight management program which is doing the eating regulation program. The following are the results of interviews conducted in focus group discussions:

"... In addition, I also went home from training, the default is not inexplicably, hungry continues. So it's like going home to practice definitely hungry, want to eat. And it's really different when I'm not training, off training. I'm at home, I can control my lust. So it's not hungry when it's so late, sis." (R8, 21 years old, FGD)

The desire to eat more than usual can arise from anywhere. It can be from the many food vendors around the house, the smell of food when parents are cooking, or the spectacle of social media content. Content from social media is disturbing for informants in carrying out weight management programs that are carried out because it makes appetite increase. So that informants eat more than they should or have planned. Here are the results of his interview:

"... Then if, for example, on YouTube, Korean streetfood suddenly appears. Wow, it's hard, it's really bad, it's immediately like 'Oh, don't watch it', right. Like X (youtube channel with food content) has youtube ouch. You can't" (R1, 22 years old, FISIP)

"... On Youtube, I like to see cooking videos like that, because that's especially at the beginning of the semester helping me, for example for cooking practice, so there is inspiration to make menus too. Then if on the internet, that's the food trends today, that's what hits me, want to try. So because he told him to find inspiration for cooking, yes, for practice, it even became like... You know you want to." (R5, 20 years, FIKES)

When experiencing menstruation, informants more often experience pain or commonly called menstrual cramps. This pain results in laziness. Informants tend not to undergo weight management programs when there is a sense of laziness. This laziness results in lazy informants to exercise. The following are the results of the interview conducted:

"... It's like most usually the body is not good ever or for example, we usually get it, so we don't. Do you do a workout, just rest and get sick" (R1, 22 years old, FISIP)

When living with parents, one of the informant's activities is helping the elderly. One of the things that hinders doing sports is when informants are told by parents to deliver. This activity disturbed the informant because the time that was supposed to be spent exercising but was used to help the elderly. Here's what the informant said in the interview:

"... Told to ask parents, it's usually because they don't go to college anymore, so the wait is a bit long, it can be from morning to noon. It kept running out, it was also a long time to pick up, so I didn't have time to exercise in the afternoon." (R10, 22 years, FT)

The appearance of a new restaurant caused high informant curiosity in trying out new foods. Moreover, the high mobility of informants outside the city increases the curiosity of the informants to try new foods. The desire to try these foods made the informant increase the amount of food consumed. The increase in the amount of food consumed inhibits the weight management program. Besides for yourself trying new food also because of Here's the result of his interview:

"It's usually when I'm hunting. If I'm on a diet, I'll automatically find out for myself. Yeah, so I didn't really help him make some good food. If you're out of town, you don't have to try the cooking, you know? right? That's an inhibitor. Just on the other side as we love it. For example, we've been to the town of Bandung. The town of Bandung hasn't tasted the special food yet. When we go to Surabaya, we don't try Surabaya food like that. That's the inhibitor, I think. I'm a guy who likes to go out in town, but what's his name, when we're out of town, he's gonna love to cook." (R7, 21 years, FEB)

Educational activities such as drafting a thesis and teaching learning activities interfere with informants in running weight management programs. Drafting scripts tends to put informants under stress. The stress experienced by informants increased food consumption and interfered with weight management programs. Then, the hectic school schedules prevented informants from carrying out their weight management program. School schedules that coincide with informant meals hamper weight management programs because the time that is supposed to be spent eating is spent on class. Here's the result of his interview:

"...I don't smoke. I don't smoke. People are looking for stress relief. They're smoking. Or what, for example. So I don't smoke, so it's more like eating. It's the stress that makes me eat too much." (R7, 21 years, FEB)

Sporting in the morning is the habit of informants. Sporting in the morning feels more comfortable than any other time. The late sports in the morning was caused by the night before the informants were so flimsy that they did not wake up early. In addition to being caused by infection, the sport was delayed due to the oblivion of informants and the habit of delaying. Here's the result of his interview:

"This month of fasting there was a brother who I should have been able to exercise again that I didn't even exercise at all on that day because I was sleeping without training so I woke up in the afternoon and ended up not sporting. That's one, this month of fasting yes. Oh day, I also have activities at home, I've also been applying for internships a few times and there are interviews of all kinds, I think that's the same thing. Even if it doesn't taste good at home, it's still fresh in the morning." (R8, 20 years, FISIP)

"Sometimes you want to play it first, but forgetfulness doesn't stop. So the distracts are the same as the others, so there's no time for it." (R9, 20 years, FT)

College activities that have become online have made informants lazier in their activities. It's because online lessons are only done at home and it's easier in the mess. Online teaching has both a supportive and an inhibitory effect. Supports when a lot of free time is used to undertake physical activity that supports weight management programs being undertaken. However, it becomes an inhibitor when the available free time is used to cheer up. Here's the results of an interview with a supportive informant:

"...Lazy. Same, we're online again, yes, online again. And if you're online, it's like you've eaten that much, if you think you'll be offline, that's more of an activity, so it'll just be a little bit more like that." (P4, 20 years, FIKES)

The family is one of the key factors in supporting the weight management program. The role of the family is crucial in this program. The family can be a supporter and can also be an inhibitor if it is not supported properly. In terms of supporting the family have a supporting role programs run like noticing that there is a decreasing change in weight. It is acknowledged as a supporter by the informant, the following results of his interview:

"...If I often video call mommy like me, keep the story like this, 'your face has V shape. Yes because praised yes 'I do' (I keep answering) 'Thank you'" (R1, 22 years old, FISIP)

In addition to observing the changes experienced by informants, the role of the family also observes the weight of the informants when they have increased and reminds to do weight management program. The role of the family in running this program is to give more motivation and support. One of the supports given is by giving a view that people with obesity if they have a slim body will look more attractive, promising rewards when the target is achieved, and also giving an opinion that being fat is not good. Here's the result of the interview:

"...the two factors from the parents and also brother always remembered if for example, 'I clean your body, curcumin your body' Always called so the origin of the phone always said so" (R3, 22 years old, FIK)

"...It's very supportive if the old man. Because yes, for example, 'Yes, your diet is like that.' And then, 'If you're like a diet, I'm happy', that's a good example. It's like my father, too, hoping his son's thin. My dad likes to talk about it, if you're thin, you'll be a bitch, that's it. (R7, 22 years old, FEB)

"...Oh there was a cousin I used to reduce obesity and now he is working in one of the government agencies and now his body is much slimmer and more ideal and really changed posture, posture of the face. So it's inspiration. Because a lot of people used to say I was born prematurely and before, because I was thin and I was the primadonna of the family, so I am thin, I am white I am scapegoat, many people also say thin is scape" (R8, 20 years old, FISIP)

What is known by supportive informants, with a large number of occasions can interfere with the success of the weight management program running. Being overweight is the most avoided thing when doing a weight management program. Enough sleep can make people with obesity more productive and have a healthier lifestyle. Here's the result of the interview: "...I think it's a joke. It's ruining the body. Anyway, there's no dictionary for the body to be subdued. No, sleep a little, no. It has to sleep enough. Don't get overwhelmed, and sleep has to be enough." (P1, 47 years)

As a health student, over-nutrition having a fat body is a ban. It is acknowledged by the informant, where the sister-level informant reminds that as a nutrition student must have an ideal body. The idea that nutrition students should have this ideal body to support the informant in running his weight management program. Here's the result of an interview that I did:

"...during the first semester I've tried to talk to the same alumni about a project, it's probably he's also used to assume what I'm experiencing now, the point is we're a nutrition student, why can't I manage BB myself, so I feel ashamed of myself." (R5, 20 years, FIKES)

An informant realizes that age becomes older, that the quality of health decreases, that a decreasing health will deteriorate if you have a nutritional status of obesity, and that increasing physical activity can improve the health quality if you are older. This is what an informant believes. Here's the result of the interview:

"So make my mindset 'I have to workout too to keep my body that way' Considering age (also)" (R1, 22 years, FISIP)

In addition to family, friends are also one of the closest people who has a supporting role to the informant in running the weight management program. This was revealed to the informants in the discussions of the guided group that had already been carried out, the following results:

"...the second will be the people around that Brother, as our friends, our family said, wow you get thinner, or what is it Brother" (R8, 20 years, FGD)

Factor is the person closest to the informant. Family opinions can be followed by informants about obesity and weight management programs. Family roles that hinder are like buying food at home, giving insights that it is not necessary to do weight management programs if the body is obese, and being fed while staying at home. When offered to eat by the family, the informant feels uncomfortable if rejected. Here's the result of his interview:

"(When in) the family, (mama says and invites) 'Let's have breakfast' that 'OMG' that's it." (R9, 20 years, FT)

In the digital age it is undeniable that everybody is increasingly using social media as a means of communication. There is no denying that social media has become one of the media that influences how we dress, how we communicate, and how we think about the shape of our bodies. To get a beautiful body shape like in social media, informants run weight loss programs consistently. Here's the result of his interview:

"Yes, because you like to pursue ideal people like that, yeah, so you want to, uh when is it." (P4, 20 years)

Most informants running weight loss programs are based on personal awareness. These informants are aware that they have to lose weight for reasons of appearance. A fat body or obesity is considered to be not good to see. Their large body shape leads them to have a sense of mistrust. Large or fat body shapes make it difficult for informants to choose clothes to suit their wishes, but also clothing that they consider to be good does not fit their body shape. This big body shape doesn't appeal to the opposite gender. The informant predicts that the shape of the body if it's thinner it will look more attractive. There are also informants who use others as their supporters in running weight management programs. Here's the result of his interview:

"...and because we're women too, we'll graduate, and how do we do it?" (R1, 22 years, FISIP)

"It's usually more than... it's more like... what if a child's language is now insecure. Well, it's always like, uh, the cave's like a cave, and the body's pretty good. If you're wearing your clothes, oh, it's a good idea if the cave goes through its own cave, and its clothing is like that of your father, and the body is so thick." (R2, 22 years, FIKES)

"...the first supportive factor is self-sustainability, especially because it's not a confident because it doesn't confident" (R3, 21 years, FIK)

"My brothers are thin, so I'd like to. No, no, I don't feel insecure about myself. 'Cause so, 'Oh my God how thick.'" (R6, 22 years old, FIKES) "...it was just dropping weight so I could confident again, 'cause I think I'm now weighing a lot like I don't know, it's getting up so fast. Yeah, that's the outfit I want, so I can't wear it because it doesn't fit. It's probably because I'm humble, so it's not appropriate. " (R4, 21 years old, FIK)

Obesity can have long-term negative effects on health such as diabetes mellitus, coronary heart disease, and respiratory disease. Some informants are already aware of the health that obesity can have a negative impact on health, as this is the result of his interview:

"...Yes, it's really not healthy because it is not ideal, because there must be an unregulated diet. So it's about a lot of illnesses, supposing you're overweight, obese." (P4, 20 years, FIKES)

Some informants have been obese since childhood. It's impacting at this moment, when they're grown up, they've been tired of having the same body shape since childhood. The body shape that was always fat or big resulted in the great intention to change at the moment. As this informant revealed:

"...the third one, yeah, I'm a boson. Why boson? Yeah, that's, like I said, it's crazy, isn't it? For example, if I don't get enough sleep for two days, I'll be sick. I don't know if it's just as thin or not. It's just from me that I feel like I'm... breathless, still... after something else, running away like that. Heavier than anybody else. Keep it the same... yeah, that's not what I mean. When I was a kid, my body looked like this. Yeah, to change the appearance." (R7, 21 years, FEB)

"Now it's like, 'Ah, how's that going on, 'now that's going to change.'" (R9, 20 years old, FT)

Informants tend to use methods that they think are easier and appropriate to the time they have. Like a tea-drinking method done by one of the informants. The ease of running the chosen method is one of the informant's supporters in running the weight loss program. As the result of his interview:

"...the second I love tea is just as much as a tea group." (R5, 20 years, FIKES)

"Because if I like this, yes, I like early in the morning to see the neighbors, what's the point? Anyway, it tastes better because I can walk around. I'm more like walking around while walking around." (R7, 21 years old, FEB)

The informant's running a weight loss program is motivated from within. However, the other program that is being carried out is forced and ordered by the parents, and the other weight management program is taking supplements and laxatives. The informants run the program because of the force of the parents.

Girlfriends have an important role for someone, one of them is the informant on this research. The boyfriend has a supportive role like reminding the informant that the informant is no longer in line with the weight management program done. Besides, the informer's girlfriend's thought that having a body with obesity is a bad thing, being a supporter for informants can continue to run the weight control program carried out. Here's the result of his interview: "If you're supportive of this other guy, it's because I have a boyfriend too, sometimes in this support, if for example dinner, don't eat, for example don't drink sweets, drink a lot of white water." (R3, 21 years old, FGD)

"Yes, because my boyfriend, who doesn't want her girlfriend to be ugly, too, so she's very supportive." (R4, 21 years old, FGD)

Similar to supportive factors, most inhibitors of weight management programs performed are themselves. Self inhibits weight management programs based on sweet cravings, high appetite for eating, desire to consume sugar due to stress. Excessive craving for eating and desire for eating food or sugar drinks interferes with the ongoing weight management program. There are informants who don't stand hunger even to feel dizzy if they hold hunger for a long time. Here's the result of his interview:

"...we can still sometimes have a tendency to eat sweet food, especially if in front of the rent house (there) shop so it's easy to go five steps to buy foods. So that's a bit of a hinder. But when you go home (thinking) "Buy no yes buy no yes" (so) come back again." (R1, 22 years old, FISIP)

"...the factor of drinking sweet is usually. Don't drink sweet, don't live bro" (R2, 22 years old, FIKES)

"...When you fast, you get a lot of food. Sometimes I think it's a way of preventing me from eating. I want to eat. It's easy to eat because of fasting. Usually one of the methods is fasting, but because of the urge to eat it becomes an obstacle. Sometimes I'm still tempted to have dinner. "Sometimes I'm disturbed, sometimes it's easy to go around and I feel like I need sugar, so I drink sugar. I mean, drinking sugar is a sweet effect." (R6, 22 years old, FIKES)

"Because I've got a habit of eating a lot. So eating that in my eyes is like I'm not full. So even though I've eaten so much, I'm gonna end up looking for food again. It doesn't matter." (R7, 21 years old, FEB)

"...the mouth isn't good, oh I think it's good to drink D-product, most of all." (R9, 20 years old, FT)

When hungry, informants eat more and interfere with their management programs. Moreover, when there are more activities in the campus, the informants will be home for longer and will have an uneven impact on their sleep patterns.

"...the first one is more to the time at all and also I'm the college activity yes. Spending time, energy, hungry too, I'll have to be hungry but because of seeing friends eat uh his appetite is higher. Only the second because of the bustle in the campus, the training also failed, I went to home late. So make my sleep pattern bad so if you want to get up early so lazy so like wanting to run or the other you have lazy take it." (R3, 21 years old, FIK)

There are informants who carry out weight management programs due to invitations from friends. If the informant's friend does not exercise, the informant will not exercise. The main control in carrying out the informant's weight management program is friends. Here are the results of the interview:

"...It's more like a temptation maybe yes. If you are with friends, you are invited so you want to do it too. If it's like cycling, badminton, running, if invited, I want to do it. So if yesterday during covid I also had time with my cousins to play badminton, bicycle. Like that from home to GBK all kinds of things. But since I started doing activities again, my cousins are already working. Yes, I no longer stop. Well then yesterday, my friends just invited me to run to GBK like that. Just because of friends." (P5, 22 years old, FEB)

When outside the home and not with parents, informants spend a lot of time with friends. Informants' friends influence informants in terms of food consumption. When informants are invited by friends to eat, there is a bad feeling if they refuse or a feeling of interest in eating. The following is the result of the interview:

"...Sometimes friends invite me to eat like let's eat this." (R2, 22 years old, FIKES)

"...The first thing is more about time and also my campus activities. Time, energy, hunger too, I definitely want to hold back my hunger but because I see my friends eating, my appetite is getting higher. Okay, this is the first thing that hinders me. Because I happen to live alone. I live alone in Jakarta, and I also have quite a lot of friends. Sometimes I go to friends' houses. So it's like the chance of being offered food is bigger. So it's like, let's eat at my house, let's do this. So it's like I'm offered more, I don't want to refuse, it will be said, eh, I don't appreciate it" (R3, 21 years old, FIK)

"...There are temptations. Right now I'm in the UKM choir, I come home late at night. So it's like when I come home from practice, sometimes I like to be invited by friends, like to eat." (R8, 20 years old, FISIP)

Informants still depend on their parents regarding living expenses. In carrying out weight loss programs such as buying supplements and paying for gym subscriptions. This makes informants feel awkward when asking for money to buy supplements and pay for gym subscriptions. Admittedly this awkwardness is an obstacle because the money spent is quite large. The following are the results of the interview conducted:

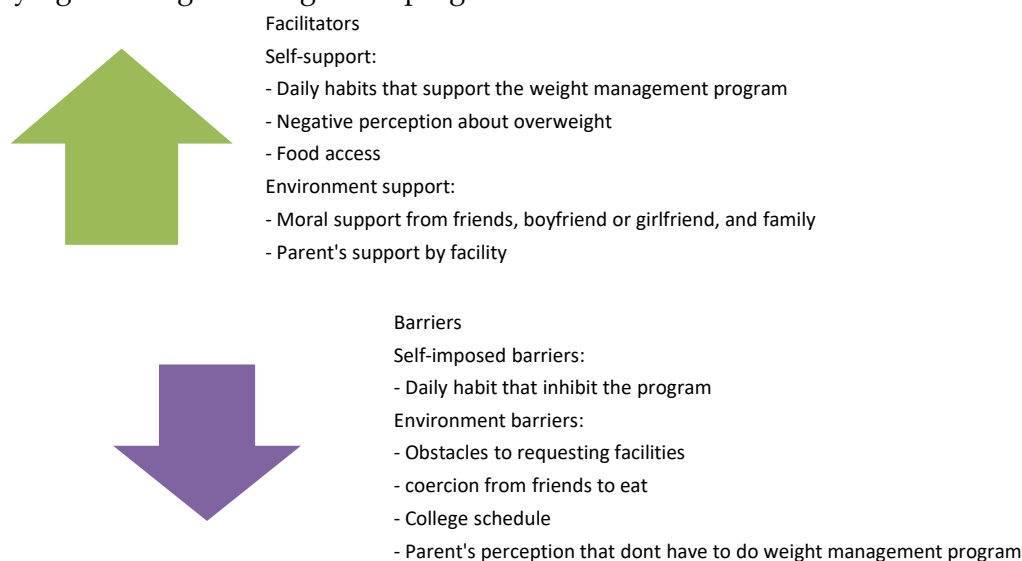
"...Actually from me there are no obstacles, it's just that I don't feel comfortable with my parents. It's not fun to ask for money" (R3, 21 years old, FIK).

Based on the results of focus group discussions conducted, the dominant factors in supporting the weight management program are self, followed by family and finally girlfriends or close friends. As revealed in research conducted in Portugal, motivation from oneself is very influential in carrying out a weight loss program (Martins et al., 2021). In the study, social and relational factors such as family, friends, and girlfriends were also supporters in conducting a weight management program.

Supporters in carrying out weight management are habits that are carried out (fasting, high mobility, access to places to eat far, and irregular eating patterns), support from people around, norms that are believed about excess weight such as excess weight is not good for appearance, health, and social views. Self, family, and boyfriend or girlfriend are the main control of a person in conducting a weight management program. There are many internal

motivations that informants have in supporting their weight management program. It was also found by other studies that internal motivation is influential in supporting the weight management program carried out (Cardel et al., 2020). Informants also admitted that the weight management program was considered fun so that it became a supporter in doing it. It is in line with research conducted in Australia that when informants like activities or eating arrangements that are carried out, they become supporters in running the program (Makama et al., 2021).

Research conducted in the North African region found that one of the barriers to running a weight management program is time and norms (Chaabane et al., 2021). The same thing that was found in this study was that the informant's little time due to the many activities outside of learning hours made it difficult to do more physical activity. The norms held by people around informants, namely that there is no need to lose weight, also hinder informants in carrying out weight management programs.



Images 1. Interaction Between Barriers Factor and Facilitators Factor

Broadly speaking, the supporting and inhibiting factors in conducting a weight management program are oneself and the people around you. These two factors are interrelated like a double-edged sword. The habit of delaying becomes an obstacle when it inhibits increasing physical activity but becomes a support when delaying eating because it supports a calorie deficit program. The same applies to the perception factor regarding excess weight, which becomes a support when a good perception makes the weight management program more diligent, but becomes an obstacle when the perception is used as a tool to put oneself down. Facilities provided by parents are considered to support the program but become an obstacle because they feel reluctant when asking continuously. In some adolescents, parents' perceptions do not need to lose weight so that it inhibits the weight management program being carried out. Meanwhile, according to personal perceptions, it is necessary to carry out a weight management program in order to have a good appearance.

CONCLUSION

Students with obesity in carrying out weight management programs that become supporters are the support of people around them, daily habits that support the program, the perception that excess weight is not good for appearance and health, the perception that health students should not have excess weight, internal motivation, coercion of parents and friends, and bored of having a fat body. Students with obesity in carrying out weight management programs that become obstacles are access to food, exposure to social media, lecture activities, menstrual cramps, the emergence of new restaurants, thesis stress, the habit of delaying and

forgetting, staying up late, the informant's parents' thoughts that there is no need to lose weight, the desire to eat and consume sweets that are high, obstacles to asking for facilities, easily hungry if there are many activities and invitations from friends. The interaction between supporting and inhibiting factors in each individual respondent is different. There are factors that act as supporters for one group of students but become obstacles for other students, especially in the group of gaps between Normative Belief and Control Belief from adolescents and their environment, both friends and parents. This suggests that weight management and obesity education efforts should not only be aimed at adolescents but also at the surrounding environment, for example on campus / school, friendship circles and also families, especially parents.

SUGGESTION

In this study, the limitations found which can then be developed by research are that this research is limited to UPN Veteran Jakarta students, the time carried out is short so that it has not reached the informants assessing the program as successful, this research does not focus on diet alone or physical activity alone. Future research can explore specific weight management programs such as dietary management alone or physical activity alone.

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