

Program Studi Sarjana Kebidanan

Universitas Imelda Medan

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**Pengalaman Pola Asuh Ibu Yang Memiliki Anak Obesitas Di SD IT Nurul
Ilmi Tahun 2025**

ABSTRAK

Latar Belakang : Survei di SD IT Nurul Ilmi (2025) menunjukkan 16,67% anak kelebihan berat badan dan 30% obesitas dari 60 anak. **Tujuan:** Meneliti pengalaman pola asuh ibu dengan anak obesitas. **Metode:** Fenomenologi kualitatif dengan 10 ibu sebagai informan. **Hasil:** Sebanyak 6 ibu menerapkan pola asuh permisif, 4 ibu menerapkan pola asuh demokratis. Anak lebih banyak aktivitas sedentari seperti menonton televisi dan bermain gadget 2-4 jam/hari. Ibu memahami pentingnya aktivitas fisik namun kurang konsisten mengatur waktu layar dan pola makan fleksibel mengikuti kebutuhan anak. **Kesimpulan:** Pola asuh ibu cenderung memberikan kebebasan aktivitas fisik terbatas dan pola makan yang dinamis tanpa jadwal ketat.

Kata Kunci : Obesitas, Sekolah Dasar, Pola Asuh, Aktivitas Fisik, Screen Time.

Bachelor of Midwifery Study Program

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***Parenting Experiences of Mothers with Obese Children at Nurul Ilmi Islamic
Elementary School in 2025***

ABSTRACT

Background: A survey at SD IT Nurul Ilmi (2025) showed that 16.67% of children were overweight and 30% were obese out of 60 children. ***Objective:*** To examine the parenting experience of mothers with obese children. ***Method:*** Qualitative phenomenology with 10 mothers as informants. ***Results:*** A total of 6 mothers applied permissive parenting, 4 mothers applied democratic parenting. Children are more sedentary activities such as watching television and playing gadgets 2-4 hours/day. Mothers understand the importance of physical activity but lack consistency in managing screen time and flexible eating according to children's needs. ***Conclusion:*** Motherhood tends to provide limited physical activity freedom and a dynamic diet without a strict schedule.

Keywords: Obesity, Elementary School, Parenting, Physical Activity, Screen Time.