

## IR – PERPUSTAKAAN UNIVERSITAS AIRLANGGA

**ABSTRACT****THE EFFECT OF HEALTH EDUCATION ROLE PLAY METHOD ON  
IMPROVEMENT OF SELF-CONFIDENCE IN CHILDREN WITH OBESITY  
AS BULLYING VICTIMS (10-12 YEARS)**

*A Pre Experimental Study*

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**Introduction:** Obesity in children brings negative impacts and affects on the growth of children, especially on psychosocial development aspects. The physical condition of children with obesity is often the target of verbal bullying that brings negative impacts such as lack of confidence in children. The purpose of this study is to explain whether there is influence of role play method to increase the self-confidence in children with obesity as bullying victim in SD Muhammadiyah 2 Sidoarjo. **Method:** This study used a Pre Experiment Design with one group pretest and post-test. Samples were taken using purposive sampling technique. The samples in this study were 15 respondents. Data was collected using questionnaire and data analyze was performed using Wilcoxon signed rank test. **Result:** The Wilcoxon Signed Rank Test result showed that role play method can increase the self-confidence in children with obesity as bullying victim ( $p = 0,001$ ). **Discussion:** Health education role play method can be used as an alternative method to increase the self-confidence in children with obesity as bullying victim. Further research needs to use quasy experimental design so that the researcher can compare the results of the intervention to the control group and the treatment group.

**Keywords:** Obesity, children bullying, self-confident, role play