

RELATIONSHIP BETWEEN MOTHER FEEDING PRACTICES AND EATING BEHAVIOR IN CHILDREN OF 3-5 YEARS OLD IN BABAKAN SARI KIARACONDONG

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Abstract

The underweight and overweight of under-five children in Indonesia are considered as a serious problem by WHO. One of factor affecting is parents' urge in fulfilling their child's nutritional needs is often behind a less precise of feeding practice, this will have an impact on children's daily eating behaviour because children with 3 to 5 years old showed an attitude picky eater and included into active consumers. This study is intended to identify the relationship between mother's feeding behavior with 3 to 5 years old children's eating behavior in Babakan Sari, Kiaracondong District. The study used a descriptive correlation method with the cross-sectional approach and proportional random sampling technique. The samples of the study were 89 people. The data were collected through the instrument Comprehensive Feeding Practice Questionnaire (CFPQ) for the practice of children feeding and Child Eating Behavior Questionnaire (CEBQ) for the children eating behavior. The data were analyzed through univariate and bivariate analysis used Chi-Square test. The results showed that 58,4% of the respondents conducted a less precise feeding practice and 78,7% of the mothers perceives eating behavior children have a good eating behavior. It can be concluded that is no relation between the practice of mother's feeding behavior with the 3 to 5 years old children's eating behavior in Babakan Sari, Kiaracondong District (p-value > 0,05).

Keywords: eating behavior, feeding practice, nutrition, preschool, under-five children.

INTRODUCTION

One health indicator of special concern in various countries is nutritional problems in children that are less nutrition and more nutrition (WHO, 2012). Ministry of Health of the Republic of Indonesia (2012) suggests that Indonesia experienced multiple nutritional problems that are fewer nutrition problems not resolved thoroughly, emerging problems of over nutrition and obesity, especially in big cities in Indonesia. Based on the results of the Basic Health Research report (Riskesdas) in 2013, the prevalence of malnutrition and less in infants in Indonesia is around 19.6 percent, the number is increased compared to 2007 by 18.4 percent and in 2010 by 17.9 percent. West Java Province is ranked 29th in Indonesia, with malnutrition prevalence and less reach 15,7 percent. In children aged three to five years have characteristics different from other ages (Whaley & Wong, 2009). At that time the child experiences rapid growth of the brain, the high desire to try something new, the child shows the attitude of picky eater or picky foods and included in the active consumer, the child becomes more

aggressive or against his mother when eating, happy children to say no to everything offered to him and others (Berk, 2012; Potter & Perry, 2010; Widodo, 2009).

Imbalances in the fulfillment of nutrition in children can cause disruption of growth processes and development of both physical, psychomotor and mental (Potter & Perry, 2010). To support the growth and development, nutritional intake of food is one factor that plays an important role because it can directly affect the state of one's nutritional status (UNICEF, 1992 in Semba & Bloem, 2012). To meet the nutritional intake of food, at the age of three to five years still depends on the role of parents or family (Friedman et al., 2010).

The desire of parents to meet the nutritional needs of their children often underwent improper feeding practices. This has led to different practices in feeding children. According to Musher-Eizenman & Holub (2007) revealed that family feeding practices consist of 12 indicators of child control, emotional regulation, encouraging balance and variety of food, the environment, providing food as gifts, giving example, child involvement, monitoring, pressure, restrictions on health, restrictions on weight control, and nutrition education.

Inappropriate feeding practices will have an impact on the child's daily eating behavior (Sleedens et al., 2012). Feeding behavior in children is an act performed by children in choosing foods consumed in the reaction to physiological, psychological, social and cultural influences (Khumaidi, 2009). According to Wardle et al., (2001) revealed that the eating behavior in children consists of 8 indicators: the child's response to food, increased appetite while emotion, the pleasure at mealtime, the desire to drink a sweet drink, the child's response to satiety, eating slowly, decreasing appetite while emotion, and rejection of new foods. According to research Schultz & Schultz (2013) revealed that good eating behavior will be formed based on good feeding practices and examples given parents to their children, one of them by way of interaction or good communication between children with parents.

Community nurses may contribute to primary, secondary and tertiary prevention in the face of health problems for individuals, families, and communities, including appropriate feeding practices. At the primary prevention level, nurses can implement health education related to the nutritional needs of children and appropriate feeding practices in children. At the secondary prevention level, nurses can play a role in screening children with poor eating behaviors. At the tertiary level, nurses can play a role by overcoming the negative effects of poor child feeding behavior through planning, intervention, and evaluation of the effectiveness of intervention-related programs (Burns et al., 2012).

From the results of interviews with the nutrition program and MTBS program of Puskesmas Babakan Sari, said that Puskesmas Babakan Sari has made efforts to improve family nutrition (*UPGK/Upaya Perbaikan Gizi Keluarga*) such as toddler weighing, nutrition counseling, food supplementation, and monitoring of nutrition status of children. But for counseling and monitoring to mothers about proper feeding practices for children has never been done.

Based on the Balita Balance Months Report (*BPB/Bulan Penimbangan Balita*) in August 2015, Babakan Sari Community Health Center, Kiaracondong Sub-district, from four urban villages, the researchers chose Babakan Sari Village only because it has the most number of under-five children with malnutrition, malnutrition, and higher nutrition than GAKIN and non-GAKIN. The number of children aged 3-5 years as many as 792 people, as many as 13 people suffering from malnutrition, 58 people less nutrition, 688 people of good nutrition and 33 people more nutrition.

To identify mother-related feeding practices and feeding behaviors in children aged 3-5 years, researchers conducted interviews with 8 mothers. Children prefer to eat snacks compared to the food provided by the mother at home as many as 5 people (62.5%), children spend as long as 4 people (50%), if children do not want to eat then the mother will force the child as many as 7 people (87,5%), mother give favorite food of his child as much as 5 people (62,5%), children refuse to eat vegetables as much as 3 people (37,5%), and mother involve children in planning food menu as much as 2 person

(25%). Based on the above phenomenon, the researcher is interested to do research with title relationship of feeding practice by mother with eating behavior in children aged 3-5 years in Babakan Sari Village Kiaracandong District.

METHODS

This study uses a type of descriptive correlational research, quantitative with a cross-sectional approach. The population of this study is a family that has 3-5 years old children who live in Babakan Sari Village Kiaracandong District amounted to 792 people and the number of samples of 89 people through the sampling technique is proportional random sampling. The study instrument used a Comprehensive Feeding Practices Questionnaire (CFPQ) questionnaire for feeding practices and Child Eating Behavior Questionnaire (CEBQ) for feeding behavior in children. In this study, univariate analysis is presented in the form of frequency distribution and percentage (%) and bivariate analysis with Chi-Square test. The research process starts from April 1, 2016, to April 21, 2016.

RESULTS

The results of an overview of feeding practices by mothers in Babakan Sari sub-district Kiaracandong sub-district (Table 1), an overview of feeding behavior in children aged 3-5 years in Babakan Sari sub-district Kiaracandong (Table 2), and the relationship between feeding practices by mothers with behavior eating at children aged 3-5 years in Babakan Sari Village Kiaracandong District (Table 3) can be seen the following:

Table 1 Frequency Distribution of Feeding Practices by Mothers in Babakan Sari Village, Kiaracandong (n = 89)

Category	f	%
Not Good	52	58,4
Good	37	41,6
Total	89	100

From the result of research on 89 mothers, the result of feeding practice done by the mother is not good as much as 52 respondents (58,4%) and 37 respondents (41,6%) do good feeding practice.

Table 2 Frequency Distribution of Eating Behavior in 3-5 Years Old Children in Babakan Sari Village (n = 89)

Category	f	%
Not Good	19	21,3
Good	70	78,7
Total	89	100

Based on the results of research conducted by researchers showed that eating behavior in children aged 3-5 years in Kelurahan Babakan Sari is good

Table 3 Correlation of Frequency Distributions of Feeding Practices by Mothers with Eating Behavior in 3-5 Years Old Children in Babakan Sari Village Kiaracandong Sub-district (n = 89)

Feeding Practices	Eating behavior						P value	OR value
	Not Good		Good		Total			
	f	%	f	%	f	%		
Not Good	11	21,2	41	78,8	52	100	0,095	1,973
Good	8	21,6	29	78,4	37	100		
Total	19	21,35	70	78,65	89	100		

From the result of the research, it was found that from 52 respondents who did poor feeding practice there were 11 respondents (21,6%) had poor feeding behavior, while from 37 respondents who did good feeding practice there were 8 respondents (21,2%) have poor eating behavior. This means that the proportion of feeding behavior of children in mothers who perform poor feeding practices is greater than the proportion of feeding behavior of children in mothers who practice good feeding. Chi-Square test results obtained p-value = 0.095, where the value $p > 0.05$ which means there is no relationship between feeding practices by the mother with eating behavior in children. From a risk estimate seen OR value = 1.973

DISCUSSION

This study found that some respondents practice feeding on children is not good. Based on data in the field shows that there are still many mothers often do coercion to children to eat food on the plate (pressure to eat), mothers often give children favorite foods when doing good things (food as rewards, mothers always seduce children to eat if children say not hungry, mothers always seduce children to eat more when children eat in small portions, and mothers rarely make other foods when children are not interested in food that has been served (environment).

According to research Astuti et al. (2014) revealed that the behavior of mothers in giving food to children in the city of Ambarawa showed poor results or 69.4%. The influence of parental behavior in improper feeding is associated with fewer weight occurrences (Moore et al., 2012; Lutter et al., 2011) and is associated with excessive body weight in children (Tschann et al., 2013; Jansen et al., 2012). Based on observational studies conducted by Orell-Valente et al., (2013) showed that 85% of parents tend to overuse such as limiting children to eat certain foods and forcing or pressure in giving food to their children, resulting in difficult problems eating in children. According to research Tschann et al., (2013) parents who seduce children to want to eat, resulting in children have a low body index percentile.

Another cause is possible because of the lack of knowledge of parents related to how to meet the nutritional needs of children. According to Notoatmodjo (2010) states that knowledge is a very important domain in shaping one's actions. The practice of feeding done in the family if not based on good knowledge, it will result in less precise practices.

This study revealed that the majority respondent was in the good level of eating behaviour. This is not in line with research conducted by Schultz & Schultz (2013). It should be based on these studies the child's eating behavior is less good. The results are influenced by the child's age, gender, and nutritional status. Judging from the age factor, some children have 5 years of age (44.9%). At the age of five, the child is more likely to interact with his peers because the child is entering an active consumer, the child

becomes independent, and so on (Potter & Perry, 2010). In addition, children also begin to learn about the concept of right wrong informal education such as kindergarten or playgroup, which can allow children to get the right information in school rather than at home.

Factors of the gender of children have an influence on eating behavior in children (Soetjiningsih, 2006). Based on the results of research conducted by researchers shows that some children are male (53.9%). The results of Mc Cabe et al. (2015) suggest that in preschoolers, mothers tend to encourage their daughters to lose weight, and boys to increase their weight. According to Ostberg & Hagelin (2010) revealed that girls are more often difficult to eat than boys.

Whether or not the fulfillment of family nutrition can be seen from the nutritional status of family members, is a good indicator of poor food supply (Irianto, 2007).

. This means that mothers who practice poor feeding have a tendency or risk of once greater to make eating behavior in children less good compared with mothers who practice good feeding.

The same thing ever expressed by Ramadhani (2012), from the results of his research in Kelvin Central Helvetia Medan about the behavior of mothers in providing food in preschool children is known that some mothers do not do well (59.7%). Research conducted by Yunitasari (2011) states that there is no significant relationship between compliance practice nutrition of toddlers with the nutritional status of children. The same is also revealed by Nurul (2010), states that the behavior of mothers in the fulfillment of nutrition most (79.9%) is not good with the nutritional status of children under five (78.4%) is good.

Based on the results of the study, there is no relationship between feeding practices by mothers with children eating behavior in children aged 3-5 years in Babakan Sari Village, District Kiaracandong. Further attention should be paid to other factors that influence maternal feeding practices and feeding behavior. Child eating behavior can be affected by peers because at preschool the child prefers to play outside the home and the

child begins to gain knowledge or information from the school such as kindergarten or playgroup. Gender factors in children have no effect on children's eating behavior. This is in line with the study of Wright et al. (2014), revealing that there is no relationship between gender and feeding behavior in preschoolers.

CONCLUSION

The practice of feeding by the mother is part of respondent do less good practice as much as 52 respondents (58,4%) and as many as 37 respondents (41,6%) do good feeding practice. Feeding behavior in children aged 3-5 years perceived by the mother is almost all respondents have good eating behavior as much as 70 respondents (78.7%) and as many as 19 respondents (21.3%) have poor eating behavior. There is no relationship between feeding practices by mothers with eating behavior in children aged 3-5 years perceived by mothers in Babakan Sari Village Kiaracondong District (p-value = 0.095). This result may be suggested to further enhance the promotion of health by nurses to give counseling directly to mothers and to re-identify the factors that influence feeding practices by mothers. It is expected to motivate mothers with toddlers around posyandu to improve proper feeding practices.

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