
Original Articles: Quantitative Research**THE RELATIONSHIP BETWEEN MOTHER'S PARENTING PATTERNS AND
DIFFICULT EATING BEHAVIOR IN PRE-SCHOOL AGE CHILDREN**Alvika Mila¹, Vendi Eko Kurniawan^{1*}, Eliza Zihni Zatihulwani¹¹ Nursing Science Study Program, College of Health Science Husada Jombang**Article history:**

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Page Number: 53-63**Abstract**

Background: Factor one mother complained that her child was very difficult to eat and only wanted to eat food when gathering with friends or invited to refresh.

Objective: The purpose of the study was to determine the relationship between maternal parenting and difficult eating behavior in preschool age children in Pertiwi Kindergarten, Mancar Village, Peterongan District, Jombang Regency.

Methods: The research design used correlational analysis with a cross sectional approach. The population of all mothers who have children in Pertiwi Kindergarten is 36 respondents with a total sampling technique so that a sample of 36 respondents is obtained. Collecting data using a questionnaire. The statistical test used in this study was Spearman Rank Test.

Result: The results showed that the permissive mother's parenting style with difficult eating behavior in children was mostly sufficient as many as 19 people (52.8). While the behavior of difficult eating in children with an authoritarian parenting pattern is as small as 3 people (8.3%). Spearman Rank test showed value 0.000 (ρ value < 0.05). Then H1 is accepted, which means that there is a relationship between maternal parenting patterns and difficult eating behavior in preschool-aged children in Pertiwi Kindergarten, Mancar Village, Jombang Regency.

Conclusion: Good parenting patterns for children who have difficulty eating so that nutritional factors do not occur are expected to provide interesting food so that children do not get bored with the food provided, limit the consumption of snacks and snacks that make children full before eating the main meal, and provide types of food that are suitable for children. nutrition for children. Trying to get children to eat by feeding and teaching children to eat new types of food.

INTRODUCTION

Parental care, especially mothers, is very important in the child's growth and development in the child's psychology, children's social skills, children's independence, and the behavior of eating difficulties in children. The mother's attitude can shape the child's character so it is difficult to eat, namely how to prepare food, how to give the child to eat, calm the child by giving snacks, force the

child to eat, be late to give solid food, and the mother does not get used to the child eating on time (Nafratilawati, 2014).

The Gathelselad Millennium Baby Study research cell in South America resulted in 19-50% of elderly people exposing their children to being very picky in eating cells so that a deficiency of nutrients occurs (Waugh, 2010). According Judarwanto (2011), in Indonesia, eating difficulties in children that occur are based on research conducted in Jakarta on pre-school children, the results showed that the prevalence of eating difficulties was as high as 33.6%, and 44.5% of them had mild malnutrition up to 79.2%, from the research difficulties they had experienced difficulties eat more than 3 months. Based on a preliminary study in October 2020, there were 36 children at the Pertiwi Kindergarten, Mancar Village, Peterongan Sub-District, Jombang District. Where one of them the mother says that her child is very difficult to eat every time and only wants to eat food if the child is with her friends or is invited to relax so that the parenting pattern that is applied is authoritative parenting pattern or the child must be forced to eat so he doesn't get sick and if the child does not want to eat, usually the mother juggle it with coercion or threats. However, some mothers also adopt a selective parenting pattern that allows their children to be free.

Parenting style is very important in children's growth and development, children's social skills, children's independence, and difficult eating behavior in children. In addition, the behavior of parents towards children can shape the child's attitude to be difficult to eat because of the wrong parenting style. There are 3 types of parenting styles, namely authoritarian parenting (using an approach that imposes the will of parents on children), democratic (parenting styles where the positions of parents and children are the same), and permissive parenting (parenting patterns that tend to freedom in the hands of children without any control). And every parent adopts a different parenting style (Shochib (2010) quoted in Nofitasari, 2015). Prolonged eating difficulties can have negative impacts, including those related to malnutrition. Nutrition is one of the determinants of the quality of human resources. As a result of malnutrition will cause serious effects, such as failure of physical growth, not optimal development and intelligence, another result is a decrease in productivity, decreased resistance to disease which will increase the risk of morbidity and mortality (Nofitasari, 2015). In this case it is the officer or health worker who must inform parents who play a very important role, especially mothers so that children do not have difficulty eating, for example by providing attractive food so that children do not get bored with the food provided, limiting the consumption of snacks and snacks that make children full before eating. time to eat the main meal, and provide nutritious types of food to children according to the nutritional needs of toddlers. Trying to make children want to eat by feeding them and teaching children to eat new types of food so they don't get bored quickly with one type of food, parents must pay more attention to the types of food consumed by children to prevent nutritional disturbances. Based on the above, the researcher is interested in conducting research by formulating a research title: "Relationship between Mother's Parenting and Eating Difficulty Behavior in Preschool-aged Children at Pertiwi Kindergarten, Mancar Village, Peterongan Sub-District, Jombang District."

METHODS

Study Design

The research used is a correlational study with a cross-sectional approach.

Settings

The case study was conducted in Pertiwi Kindergarten, Mancar Village, Jombang Regency, East Java Province, Indonesia at September 2021.

Research subject

The population in this study were all mothers who had preschool children at Pertiwi Kindergarten in Mancar Village, Peterongan District, Jombang Regency, East Java Province, Indonesia as many as 36 people. The sampling technique used in this study was the total sampling technique, so that the research sample was all mothers who had preschool children at Pertiwi Kindergarten in Mancar Village, Peterongan Sub-District, Jombang District, East Java Province, Indonesia.

Instruments

The instruments used in this research were two types of questionnaires. The type of questionnaire used is closed ended. The mother's parenting questionnaire uses a questionnaire that has been used in previous research by Petra Diansari Zelga (2017), and validity and reliability tests have been carried out. Difficult eating behavior questionnaire uses a questionnaire that has been used in previous research by Herna Febirani Zebula (2018) and has been tested for validity and reliability.

Data collection

The data collected is data from the results of direct interviews with respondents using the questionnaires. Before potential respondents filled out the questionnaire, the researchers asked for their willingness to become respondents in this study. After the research data was collected, the researchers tabulated the data and coded it so that it could be analyzed using statistical applications.

Data Analysis

The data obtained will then be carried out by univariate analysis to determine the frequency of each variable and bivariate analysis to examine the relationship between the two research variables. And data analysis was carried out with the Spearman rank test.

Ethical Consideration

Before potential respondents filled out the questionnaire, the researchers asked for their willingness to become respondents in this study. In addition, the researchers also explained their rights as a respondent in this study. Researchers also explained that this study did not harm their condition. The implementation of this case study activity has received approval from the College of Health Science Husada Jombang. This research has also been declared to pass the health research ethics test at the College of Health Science Husada Jombang with number 0249-KEPKSHJ.

RESULTS*Respondents' Demographic Data***Table 1.** Respondents' Demographic Data based on Gender, Age, Educational Level, Occupational, Mother's Parenting Pattern, dan Difficult Eating Behavior of Children in Pertiwi Kindergarten, Mancar Village, Peterongan Sub-District, Jombang District, East Java Province, Indonesia at September 2021 (n = 36).

Demographic Data of Respondents	Frequency (f)	Percentage (%)
Gender		
Male	0	0.0
Female	36	100.0
Total	36	100.0
Age		
20-25 years	5	13.9
26-30 years	8	22.2
31-40 years	20	55.6
> 40 years	3	8.3
Total	36	100.0
Educational Level		
Elementary School	1	2.8
Junior High School	12	33.3
Senior High School	15	41.7
Diploma/ Bachelor	8	22.2
Total	36	100.0
Occupational		
No Work	27	75.0
Working	9	25.0
Total	36	100.0
Mother's Parenting Pattern		
Authoritarian	3	8.3
Permissive	19	52.8
Democratic	14	38.9
Total	36	100.0
Difficult Eating Behavior		
Very Difficult	14	38.9
Quite Difficult	17	47.2
Not Difficult	5	13.9
Total	36	100.0

Sources: Questionnaire Data, September 2021.

Based on the research data above, it was found that all respondents were female as many as 36 respondents (100.0%) and most of them were aged 31-40 years as many as 20 respondents (55.6%). Nearly half of the respondents had Senior High School education as many as 15 respondents (41.7%) and most of the respondents did not work as many as 27 respondents (75.0%). Based on the research data below, it was also found that the parenting style adopted by the majority of respondents was

permissive parenting with 19 respondents (52.8%) and almost some of the respondents experienced eating difficulties in children with sufficient levels of 17 respondents (47.2%).

Analysis of Correlation between Mother's Parenting Pattern and Difficult Eating Behavior of Children in the Pertiwi Kindergarten, Mancar Village, Peterongan Sub-District, Jombang District, East Java Province, Indonesia using Spearman Rank Test

Table 2. Correlation between Mother's Parenting Pattern and Difficult Eating Behavior of Children in the Pertiwi Kindergarten, Mancar Village, Peterongan Sub-District, Jombang District, East Java Province, Indonesia using Spearman Rank Test.

Mother's Parenting Patterns	Difficult Eating Behavior						Total	
	Very Difficult		Quite Difficult		Not Difficult		f	%
	f	%	f	%	f	%		
Authoritarian	0	0.00	0	0.00	3	8.33	3	8.33
Permissive	0	0.00	17	47.22	2	5.56	19	52.78
Democratic	14	38.89	0	0.00	0	0.00	14	38.89
<i>p</i> -value = .000, <i>r</i> = -.926, α < .05								

Sources: Questionnaire Data, September 2021.

Based on the results of the above study, it was found that there was a relationship between mother's parenting behavior and difficult eating behavior among children in the Pertiwi Kindergarten, Mancar Village, Peterongan Sub-District, Jombang District, East Java Province, Indonesia ($r = -.926$, $p < .000$).

DISCUSSION

Mother's Parenting Pattern

Based on the results of the study, it was found that of the 36 respondents, the majority, namely 19 respondents (52.8%), experienced permissive parenting, almost half experienced democratic parenting, namely 14 respondents (38.9%) and a small number experienced authoritarian parenting, namely 3 respondents (8.3%).

Parenting style can be defined as a pattern of interaction between children and parents which includes meeting physical needs (such as eating, drinking, etc.) and psychological needs (such as feeling safe, affection, etc.) live in harmony with their environment. Parenting is a process of interaction between parents and children in supporting the physical, emotional, social, intellectual and spiritual development of children from the womb to adulthood (Sukiman, 2016).

The results showed that most of the parenting styles of the mothers were permissive. Many respondents apply permissive parenting because parents love their children too much, overprotect and spoil their children so that whatever the children do will be accepted by their parents. According Atok

(2015), In everyday life, parents do not only apply one type of parenting, but parents apply a combination of the three existing types of parenting. However, there is only one type of parenting that is more often applied by parents to their children. Many factors influence including parental education, mother's age.

Based on the research data in table 1, it shows that almost half of the respondents studied at Senior High School were 15 respondents (41.7%). The level of education here is categorized into 4 categories, namely elementary education with 1 respondent (2.8%), junior high school with 12 respondents (33.3%), senior high school with 15 respondents (41.7%). Education has a very significant influence in influencing differences in parenting styles for children. Sirgodfrey Thomson's research shows that education is referred to as an element that has the main influence on individuals in producing changes, both in behavior, thoughts, and attitudes (Pradani, 2017).

According to the researchers, it can be concluded that parental education is an important factor in parenting, because parental education influences how parents receive new information. Especially about how to properly care for children, how to maintain health, educate, and want to apply good parenting styles to the character of each child.

Based on the results of the study, it was found that 5 respondents (13.9%) were aged 20-25 years, 26-30 years old were 8 respondents (22.2%), 31-40 years were 20 respondents (55.6%), age > 40 years as many as 3 respondents (8.3%). The age of 20-40 years is the age of early adulthood or the reproductive period where the roles at this time include the role of a life partner and as a parent who always dedicates time to educate and care for children. In addition to this, the role of parents at this age is to stimulate the growth and development of children and focus on parenting patterns for children (Hurlock, 2010).

According to the researchers, it is clear that the mother's age influences parenting patterns in children. This is evident from the results of the percentage of maternal age with the highest score at the age of 31-40 years (55.6%) and at the age of 20-25 years (13.9%). The age of parents affects the role in determining parenting, each stage of development has its own role, the older the age, the different roles from the previous age.

Difficult Eating Behavior

Based on the results of the study, it was found that the characteristics of respondents based on difficult eating behavior of preschool-age children in Pertiwi Kindergarten, Mancar Village, Peterongan Sub-District, Jombang District were mostly in the sufficient category, namely 17 respondents (47.2%), in the less category, 5 respondents (13.9%), and in the poor category, 5 respondents (13.9%), and the category good as many as 14 respondents (38.9%).

According to Karaki (2016), Difficult eating behavior is the behavior of children who refuse to eat, only eat certain foods, and spend portions of food slowly and often don't eat portions every meal hour. Feeding difficulties are the inability to eat and refuse certain foods. If you have difficulty eating,

you will have symptoms in the form of fulling or spitting out food that has entered your mouth, not wanting to put food in your mouth at all, eating for too long and playing with food, not chewing but immediately swallowing food and difficulty eating and so on.

From the results of the research that has been done, the work of parents who have preschool-aged children at Pertiwi Kindergarten in Mancar Village, Peterongan Sub-District, Jombang District, is categorized into 2 categories, including working mothers 9 respondents (25.0%) and those who do not work as many as 27 respondents (75.0%).

Mothers have a role in managing the household, caregivers and educators of their children, protectors and as one of the groups in their social roles, as well as members of the community from their environment. Besides that, the mother acts as an additional breadwinner in the family (Puspitasari, 2013).

According to the researchers, it can be concluded that the work of parents also influences children's difficult eating behavior. Working parents have sufficient income so parents are more likely to pay attention and meet their children's food needs. Because parents with lower middle-class family economic conditions tend to be tougher with children and use corporal punishment more often.

Relationship between Mother's Parenting Patterns and Difficult Eating Behavior among Children Aged Preschool in the Pertiwi Kindergarten, Mancar Village, Peterongan Sub-District, Jombang District

The results of the research conducted can be described in 3 main points, namely: First, out of 3 mothers (8.3%) adopted an authoritarian parenting style that had a level of difficult eating behavior with less intensity.

Based on the data above, it can be concluded that children who receive authoritarian parenting experience difficult eating behavior with less intensity. This is because authoritarian parenting is parenting that sets absolute standards that must be followed, usually accompanied by threats, the use of this dictatorial power tends to be associated with opposing behavior, resulting in children not wanting to eat.

Second, out of 19 respondents (52.8%) mothers who applied permissive parenting, there were 17 (47.2%) respondents who had difficulty eating behavior with sufficient intensity, and 2 respondents (5.6%) who had difficult behavior eat with less intensity. Based on the data above, it can be concluded that children who receive permissive parenting experience difficult eating behaviors with sufficient intensity.

This is because permissive parenting usually provides very loose supervision, giving their children the opportunity to do something without sufficient supervision from them. They tend not to reprimand or warn children when children are in danger, very little guidance is given by them. However, parents of this type are usually warm, so they are often liked by children (Baumrind on Ubaedy (2009).

Third, out of 14 respondents (38.9%) mothers applying democratic parenting had a good intensity level of difficult eating behavior. From the results of this study indicate that the parenting style

that is widely applied is democratic parenting. Parents who use democratic parenting tend to encourage children to be free but still place limits and control their actions. Parents with democratic parenting provide supervision of every activity of their children. Parents give freedom accompanied by a full sense of responsibility that children can carry out activities and socialize with other people. Parents also direct children's activities to carry out children's activities rationally, respect children and encourage children's decisions to be independent.

This is in line with previous research conducted by Zebua (2018) with the research title *The Relationship between Maternal Parenting and Eating Difficulty Behavior in Preschool Children (4-5 years) at Hanna Blindow Kindergarten, Gunungsitoli City, Medan*, this shows that maternal parenting style applied to children influences changes in children's eating patterns such as the occurrence of difficult eating behaviors child. Research results from Karaki (2016), *Mother's parenting style with difficult eating behavior in preschool-age children has a significant relationship*, indicating that mother's parenting style is very important in the formation of children's behavior and character, because children often imitate the habits and behavior of their parents, either mother or father, including imitating mother's or father's eating habits. his father. Therefore, parenting style greatly influences children's growth and development, especially eating habits so that poor parenting patterns can cause children to experience difficult eating behaviors. Mother's parenting style is very important in the child's growth and development in terms of child psychology, children's social skills, children's independence, and children's difficult eating behavior. In addition, the mother's attitude can shape the child's character, making it difficult to eat is how to prepare food, how to give the child to eat, calm the child by giving snacks, force the child to eat, give solid food late, and the mother does not get used to the child eating on time (Nafratilawati, 2014). Based on the results of statistical tests using the Spearman rank statistical test, a significant number or probability (0.000) is much lower than the significant standard of 0.05 or ($p < \alpha$), then H1 is accepted, which means there is a relationship between maternal parenting and difficult eating behavior in children. preschool age at Pertiwi Kindergarten, Mancar Village, Peterongan Sub-District, Jombang District, East Java Province, Indonesia.

LIMITATION

In its implementation, there is no conflict of interest in this research.

CONCLUSION

Based on the results of the study, it was found that the mother's parenting style in the Pertiwi Kindergarten, Mancar Village, Peterongan Sub-District, Jombang District, East Java Province, Indonesia mostly applied permissive parenting as many as 19 respondents (52.8%). Difficulty eating behavior in preschool-aged children at the Pertiwi Kindergarten, Mancar Village, Peterongan Sub-District, Jombang District, East Java Province, Indonesia, almost half of which was sufficient, as many as 17 respondents (47.2%). There is a relationship between mother's parenting style and difficult eating

behavior in preschool-aged children at Pertiwi Kindergarten, Mancar Village, Peterongan Sub-District, Jombang District, East Java Province, Indonesia.

Suggestions for Parents From the results of this study, it is hoped that parents, especially mothers, can increase their knowledge and understand the character of their respective children so that they can apply appropriate parenting styles. Suggestions for Health Workers from the results of this study, health worker services need to be held counseling to parents about parenting and child development, especially eating habits that can lead to difficult eating behavior in children so that parents can have knowledge and apply it. Suggestions for other researchers from the results of this study can add insight and information to carry out further research regarding the relationship between maternal parenting and difficult eating behavior. Suggestions for future researchers from the results of this study can add insight and information to carry out further research on the relationship between maternal parenting and difficult eating behavior.

AUTHOR CONTRIBUTION

Alvika Mila: Methodology, investigation, and resources.

Vendi Eko Kurniawan: Literature review, conceptualization, methodology, investigation, resources, project administration, and manuscript drafting.

Eliza Zihni Zatihulwani: Literature review, conceptualization, methodology, investigation, resources, and manuscript drafting.

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CONFLICT OF INTEREST

There is no conflict of interest in this study.

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