

The Relationship of Maternal Parenting with the Incidence of Picky Eater in Pre-school Age Children At Tk Tunas Harapan Winduraja Village

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ABSTRACT

Picky eater is a difficult eating behavior in children by refusing to eat (neophobia), consuming a limited variety of food types, refusing foods that are not liked, and only eating foods they like. Picky eaters in preschool children who last long and continuously have a negative impact on the fulfillment of nutrition and nutrition in children. Maternal parenting is one of the external factors that influence the incidence of picky eaters. Objective: To determine the relationship between maternal parenting and the incidence of picky eaters in pre-school children at Tunas Harapan Kindergarten, Winduraja Village. Methods: The research method is quantitative with cross sectional research design. The sampling technique is total sampling, namely all mothers who have 34 pre-school children. The research instrument was a questionnaire sheet. Data analysis using univariate and bivariate analysis with chi square statistical test. Research results: The highest frequency of maternal parenting is the permissive category as many as 17 people (50.0%). The incidence of picky eaters in preschool children, the highest frequency is experiencing picky eaters as many as 20 people (58.8%). Static test results with chi square test obtained a value of $p = 0.000 < \alpha = 0.05$ (5%). Conclusion: There is a relationship between maternal parenting and the incidence of picky eaters in preschool children at Tunas Harapan Kindergarten, Winduraja Village with a statistical test p value $< \alpha$. It is expected that parents, especially mothers, can understand and apply the correct and appropriate parenting, for example, providing a variety of foods so that children do not get bored quickly and have a good appetite.

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1. INTRODUCTION

Preschool children are children aged 3-5 years. Preschool children experience significant biological, psychosocial, cognitive, and spiritual growth and development. The growth and development of preschool children is influenced by nutrition, sleep problems, dental health, injury prevention and the way parents treat sick children[1]. Parents do not understand why children lose their appetite during this preschool period because their food is so scarce. With this lack of understanding, parents often tend to be pushy and even strict. This attitude of parents actually makes children difficult to eat (picky eater)[2].

The picky eater problem is the focus of the mother's problem. Parents, especially mothers, must realize the importance of developing healthy eating habits early and that the relationship between poor diet and poor health conditions that cause various complications and developmental disorders in children. Picky eaters are 33.6% in preschool children, as much as 79.2% lasts more than 3 months and lasts a long time and is often considered normal, which can lead to complications and developmental delays in children [3].

The causes of eating disorders include environmental factors. This means that children follow the eating habits of their peers and people around them, prefer foods that are not suitable for their age, prefer and reject the same type of food at different times, and other factors that affect eating disorders,

some of which are psychological. This is because the type of parenting, environment, and family relationship greatly affects the child's psychology, so that the better the child's family relationship, the greater the possibility of the child being disabled due to mental disorders is also reduced[4][5].

Parenting policies are identified through the existence of attention and affection, namely parents in parenting and establishing interpersonal relationships with children who are aware of the presence of attention, appreciation and love, freedom of initiative, namely the willingness of parents to provide opportunities for children to convey and develop ideas, thoughts while still considering the rights of others, values, and prevailing norms. Types of parenting policies are divided into four, namely democratic, authoritarian, permissive and mixed parenting types. The empathy of these types of parenting policies can affect children's behavior and actions in eating [6].

Children's eating habits are influenced by the relationship between parents or caregivers and children through parenting policies in feeding. Picky eating (picky eater) is a problem in children that needs to be paid attention to both by parents and health practitioners, because picky eaters in children have a detrimental effect, especially for children because nutritional eating behavior can reduce nutritional intake in preschool children, one of the contributing factors is the wrong parenting pattern [7].

The results of interviews conducted by researchers at Tunas Harapan Kindergarten, Winduraja Village with 12 mothers who complained that their children had difficulty eating. About 7 people said that their children only wanted to eat what they liked, such as bread, nuggets, or boiled eggs, but that was no problem because it included nutritious food. Then 6 mothers said that their children liked to ask for spicy and unhealthy snacks, and drinks that were not good for health and sometimes did not want to be brought home so that some mothers found that they had to persuade their children to eat either by force or threat. Some said that some obeyed their children's requests, some applied excessive discipline, and some upheld their children's independence. Previously, the mother did not ask the child what she wanted to bring, so the child chose the food brought by his mother. According to my observations, most parents do not know what food their children want because they do not ask first. Based on this phenomenon, the authors are interested in examining the relationship between parenting patterns and the incidence of picky eaters in pre-school children at Tunas Harapan Kindergarten, Winduraja Village.

2. METHOD

The study included quantitative research with a cross sectional research design. The population in this study were all mothers who had pre-school children at Tunas Harapan Kindergarten, Winduraja Village, which was 34 people. The method of withdrawing a sample using random sampling. The instrument in this study used a questionnaire. Data processing uses univariate analysis to determine the frequency distribution and bivariate analysis to determine the relationship between variables with the chi square statistical test with a meaning limit (<0.05).

3. RESULT AND DISCUSSION

1. Respondent Characteristics

Table 1 Respondent Characteristics

No	characteristics	Frekwensi (f)	Persentase (%)
1	Mother's age <20 years	0	0
	20-35 years	27	79,4
	>50 years	7	20,6
	Total	34	100.0
2	Mother's education	15	44,1
	Primary education (SD and SMP)		
	Secondary education (SMA or SMK)	14	41,2
	Higher education (D3 and S1)	5	14,7
	Total	34	100.0
3	Mother's occupation	22	64,7

Not working (housewife)		
Work	12	35,3
Total	34	100,0

Based on the table above, the characteristics of respondents in this study were seen from the age of the highest frequency aged 20-35 years, namely as many as 27 people (79.4%) and the lowest frequency was aged <20 years, namely 0 people (0%). Seen from education, the highest frequency of basic education (elementary and junior high school) was 15 people (44.1%) and the lowest frequency of higher education (D3 and SI) was 5 people (14.7%). Judging from the mother's occupation, the highest frequency was not working (housewife), namely 22 people (64.7%) and the lowest frequency was working mothers, namely 12 people (35.3%).

2. Frequency Distribution of Maternal Parenting

Table 2 Frequency Distribution of Maternal Parenting

No	Mother's parenting style	Frekwensi (f)	Persentase (%)
1	Authoritarian	10	29,4
2	Democracy	7	20,6
3	Permissive	17	50,0
	Total	34	100,0

Based on the table above, the parenting pattern of mothers in Tunas Harapan Kindergarten, Winduraja Village, obtained the highest frequency results in the permissive category as many as 17 respondents (50.0%) and the lowest frequency is the democracy category as many as 7 respondents (20.6%).

3. Frequency Distribution of Picky Eater Events

Table 3 Frequency Distribution of Occurrence Picky Eaterr

No	Picky Eater Incident	Frekwensi (f)	Persentase (%)
1	Picky Eater	20	58,8
2	Not a Picky Eater	14	41,2
	Total	34	100,0

Based on the table above, it is found that the incidence of picky eaters in preschool-age children at Tunas Harapan Kindergarten, Winduraja Village, obtained results in the picky eater category as many as 20 people (58.8%) and the non-picky eater category as many as 14 people (41.2%).

4. Bivariate Research Results

Table 4 Frequency Distribution of the Relationship between Maternal Parenting and the Incidence of Picky Eater in Pre-school Age Children

No	Mother's parenting style	Picky Eater Incident				Total		P value	a
		Yes		No		f	%		
		f	%	f	%	f	%		
1	Authoritarian	2	20.0	8	80.0	10	29/4		
2	Democracy	2	28.6	5	71.4	7	20.6	0.000	0.05
3	Permissive	16	94.1	1	5.9	17	50.0		
	Total	20	58.8	14	41.2	34	100,0		

In accordance with the research that has been conducted, from 34 respondents at Tunas Harapan Kindergarten, Winduraja Village, it is found that parenting patterns affect the incidence of picky eaters

in preschool children. The results of statistical tests obtained a value of $p = 0.000 < \alpha = 0.05$ (5%) can be concluded that there is a relationship between parenting patterns and the incidence of picky eaters in pre-school children at Tunas Harapan Kindergarten, Winduraja Village.

DISCUSSION

1. Mother's Parenting Pattern

Based on the results of the study, it was found that the parenting pattern of mothers at Tunasa Harapan Kindergarten in Winduraja Village was half in the permissive category as many as 17 respondents (50.0%). Mothers who apply permissive parenting have a tendency to allow their children to choose food because 64.7% of respondents are mostly housewives so they are busy with housework. This is in accordance with the findings of Mustikasari (2019) [8] who said that mothers who are busy with household chores who apply permissive parenting usually let children do something without supervision, rarely correct or warn children and tend to spoil children such as allowing children to choose their food.

Permissive parenting is the type that provides very lax supervision. Gives the child the opportunity to do something without sufficient supervision. Tend not to reprimand or warn their children. This kind of parenting policy can also be called the parenting policy of parents who are indifferent to their children or do not care about their children [9].

Judging from the geographical location of Winduraja Village, it is a rural social environment. In accordance with research that mentions that the environment of residence influences the way parents apply parenting patterns to their children.iiThis can be seen if a family lives in a big city, it is likely that parents will control their children a lot because they are worried. Whereas families who live in rural areas, it is likely that parents are not so worried about their children [3].

Maternal parenting is the mother's behavioral attitude in educating, guiding, communicating with children and doing various things with children for basic knowledge of children and influencing in building children's characteristics. Mother's parenting policy is one of the factors in the formation of children's character, this is based on the fact that first for children, parenting patterns are divided into four categories, namely authoritarian, democratic, permissive and mixed parenting[10].

This research is in line with other research conducted where the results of a study of maternal parenting patterns on the eating patterns of preschool-age children in Mangunsari Village, Gunungapati District of 53 respondents found that as many as 23 respondents (43, 3%) were categorized as permissive, 12 respondents (22.6%) were categorized as authoritarian parenting patterns and 18 respondents (33.9%) were categorized as democratic parenting patterns.

According to the researcher's assumption that the mother's parenting patterns carried out towards pre-school children mostly include parenting with the permissive category, this is because the mother is busy as a housewife so busy in taking care of housework, besides that this permissive parenting is due to the geographical location where the research site is in a rural area, compared to parents who are in urban areas who will worry about their children but in contrast to parents who are in rural areas, it is possible that parents are not so worried about their children.

2. Incidence of Picky Eater

Based on the results of this study, it was found that the incidence of picky eaters in preschool children at Tunas Harapan Kindergarten, Winduraja Village, obtained the results of children who experienced picky eaters as many as 20 people (58.8%) this was caused by the freedom of parenting patterns of parents who let their children snack. In line with research conducted by Rupaida (2018) the results showed that most of the respondents experienced picky eaters, namely as many as 34 respondents (82.9%).

Picky eater is the behavior of children who do not want or refuse to eat, or have difficulty consuming food or drinks with the type and amount according to age according to physiological (natural and natural), which starts from opening their mouths without coercion, chewing, swallowing, until it is absorbed in digestion properly without coercion and without the provision of vitamins and certain drugs[11].

Children will be said to be picky eaters if they have criteria such as consistent food rejection of foods with certain tastes, textures, temperatures, or odors, rejection of newly introduced foods or foods that have been known but with other types but the child does not reject the type of food he likes, The rejection reaction is shown by an unpleasant taste, closing the mouth to vomit food, there is a history of trauma to the digestive tract, and there is a history of allergy to food or physical illness [9][12].

According to the researcher's assumption, children will not become picky eaters if parents do not always comply with children's requests or random snacks that will endanger their health so that children tend to eat if the food is still hot and vice versa children eat if the food is cold, The child does not have a history of traumatic injury to the digestive tract, and does not have difficulty chewing, sucking, swallowing food or can only eat soft and liquid foods..

3. Relationship between mother's parenting pattern and the incidence of picky eaters

The results of the research that has been conducted, from 34 respondents at Tunas Harapan Kindergarten, Winduraja Village, it was found that maternal parenting patterns affect the incidence of picky eaters in preschool children. The results of the statistical test obtained a value of $p_0 = 0.000$, $< \alpha_k = 0.05$ (5%) can be concluded that there is a relationship between maternal parenting patterns and the incidence of picky eaters in preschool children at Tunas Harapan Kindergarten, Winduraja Village.

The results of this study are in line with research which shows that as many as 48.7% are permissive parenting patterns and the incidence of pick eaters as much as 52.7% experience pick eaters. The results of data analysis using the chi-square value test of 0.041 means that H_0 is rejected so that it can be concluded that there is a relationship between parenting patterns and the occurrence of pick eater in children of school age.

The results of the study showed that most of the parenting patterns of preschool-age children's mothers, half of which 17 respondents (50.0%) had permissive parenting patterns, where most of the children who experienced picky eaters were raised with this parenting pattern. Mother's parenting pattern is the interaction between mothers and children in communicating, educating, nurturing, and continuing from time to time. With the parenting pattern applied by the mother, the child can interact with the environment about the world around him and recognize the social life that applies in his environment [5].

In permissive parenting patterns, although children with this parenting pattern tend to be more energetic and responsive than children with authoritarian parenting patterns, they appear to be less socially mature (spoiled), impulsive, self-centered, and lack self-confidence. Many mothers are too busy with their own activities with various justifications.

The parenting policies applied by mothers cannot be separated from maternal education where it is seen from education that the highest frequency of primary education (elementary and junior high school) is 15 people (44.1%). Education means guidance or help given deliberately to children by adults so that children become adults. The mother's educational background can affect the mother's thinking patterns, both formal and informal, and then also affect the mother's aspirations or expectations for her child. Mothers with higher education are generally able to teach manners to other people, both in talking and in monitoring their children's nutritional status. In contrast to mothers who have a low educational background, they will be careless in giving food to children, and will often obey the wishes of children in choosing food that is not advisable [11][13].

Permissive maternal parenting can be too lenient, helpless, or give freedom to children without any norms that must be followed by them. It may be because the parents are overaffection towards the child or the mother is lacking in knowledge. As a result, the child behaves according to his own wishes, regardless of whether it is in accordance with the norms of society or not. Another situation in this parenting pattern is that children are free to act and do [10][14].

Mother's parenting pattern towards children is a form of interaction between children and parents during parenting activities which means that parents educate, guide, and discipline and protect children to achieve maturity in accordance with the norms that apply in the local environment and society [15].

According to the researcher's assumption, children's tanning habits are influenced by the relationship between mothers or caregivers and children through parenting patterns in providing tanning. Mothers use pressure and restriction (authoritarian parenting) in feeding practices that are non-

responsive can cause children to have picky eating behaviors. Neglectful parenting and permissive parenting also use non-responsive feeding practices. On the other hand, children who are nurtured in a democratic manner tend to have positive habits of acceptance.

4. CONCLUSION

Mother's parenting pattern in Tunas Harapan Kindergarten, Winduraja Village, the highest frequency is the permissive category as many as 17 people (50.0%). The incidence of picky eaters in preschool children in Tunas Harapan Kindergarten, Winduraja Village, the highest frequency is experiencing picky eaters as many as 20 people (58.8%). There is a relationship between parenting patterns and the incidence of picky eaters in preschool children at Tunas Harapan Kindergarten, Winduraja Village with a statistical test result of p value <0.05 .

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