

PARENTAL EMOTION CONTROL IN RELATION TO FEEDING PATTERN CHILDREN 24-36 MONTHS

Ayuning KAA^{1*}, Anggraheny DH² and Faizin C²

¹*Medical of Medicine, Muhammadiyah Semarang University, Indonesian*

²*Department of Community Health, Muhammadiyah Semarang University, Indonesian*

*amaliakusumaayuningazmi.unimus@gmail.com

Abstract: Innapropriate feeding practice is a feeding problem that is caused by incorrect eating behaviors that can impact a child's nutritional status. In previous research by Rahmi in 2019, obtained from 110 respondents, 55.5% of children had difficulty eating, 21.8% of children with malnutrition, 25.5% of children with short nutritional status and 10% with thin nutritional status. underweight. Emotional is one of the things that affects children's feeding patterns by 16.1%. This study aimed to analyze the relationship between parental emotional control and the application of feeding patterns in children aged 24-36 months in Kedungmundu Village. Quantitative method was applied with observational analytic design with cross sectional research design. The sample of this study were mothers with children aged 24-36 months in Kedungmundu Village, with the total of 68 people applied purposive sampling where the criteria included mothers who had children after 24-36 months in Kedungmundu Village as the main caregiver and exclude mothers who did not fill out the questionnaire completely. The data was analyzed using the Spearman Rank. The result obtained showed that the emotion control of parents were considered good (64.7%) and the diet of children was considered appropriate (76.5%) which in the Rank Spearman test obtained a p-value = 0.000 and $r = 0.316$ which indicated that there was a relationship accompanied by a positive correlation between parental emotional control and children's diet with sufficient correlation strength. The results of the analysis show that the emotional factors of parents are closely related to the diet of children aged 24-36 months in Kedungmundu Village, where if the emotional factors of parents are said to be good, it will be in line with a good child's eating pattern as well.

Keywords: parental emotional control, feeding patterns of children, feeding rules

Introduction

A pattern of eating is a person's effort in choosing food and consuming it in response to physiological, psychological, cultural and social influences. Feeding patterns play an important role in growth and development in children. if a child's diet is not achieved properly, growth and development will be hampered (Syahroni et al., 2021). Innapropriate feeding practice is one of the problems arising from eating behavior that is wrong or not in accordance with age which can result in disruption of nutrition in children.

Based on previous research in 2019 regarding children's feeding problems from 110 respondents, 55.5% of children had difficulty eating, 21.8% of children with malnutrition, 25.5% of children with

*Corresponding Author's Email: amaliakusumaayuningazmi.unimus@gmail.com



short nutritional status and 10% with thin nutritional status (Rahmi, Azrimaidaliza and Desmawati, 2020).

Basic feeding rules are the basic rules in feeding which include schedules, environments and procedures (Sjarif et al., 2014). This rule explains how to implement a meal schedule and guides parents so that children can apply a good diet as a proper diet by paying attention to the quality and quantity of food including protein, vegetables, fruits, carbohydrates and milk (DIKRIANSYAH, 2018).

In a child's feeding pattern, of course, the role of parents is also important in fulfilling nutritional intake in children in order to achieve optimal growth and development, especially in the age range of 12-59 months (DIKRIANSYAH, 2018). Parents take part in shaping children's early experiences with food and its application. There are several factors that can influence the application of diet carried out by parents such as education, socioeconomics, food and emotional parents themselves.

Emotions can describe a typical feeling or thought in a biological, psychological situation and a sequence of tendencies in carrying out an action and attitude⁶. Emotions in humans can be divided into two categories that can be reviewed based on the cause and effect, namely positive and negative emotions (Safaria Triantoro, 2019).

Previous research has explained a lot about children's eating patterns. However, not many have explored the factors that influence children's eating patterns, especially on parents' emotional control of children's eating patterns themselves. If parents' emotional control is said to be bad, which of course can affect the child's inappropriate feeding pattern itself, especially the problem of inappropriate feeding practice.

Based on the explanation above, the purpose of this study is whether there is a relationship between parental emotional control and the feeding patterns of children aged 24-36 months in Kedungmundu Village.

Material and Methods

This research was conducted in September 2022 - January 2023. This research was conducted offline by face-to-face and door to door and accompanied by posyandu volunteers in each community in the neighborhood.

This research uses quantitative methods. The type of research is observational analytic with a cross sectional research design that studies the relationship of parental emotional control to the feeding patterns of children aged 24-36 months in Kedungmundu Village that meets the inclusion criteria including mothers who have children aged 24-36 months who live in Kedungmundu Village where the mother is the main caregiver and the child is not in a sick condition. Exclusion criteria in this study were mothers who did not fill out the questionnaire completely, mothers who had children with structural or functional abnormalities in the digestive system, central nervous system disorders or neurological disorders and other diseases that affect eating.

This study uses the Emotion Regulation Questioner (ERQ) questionnaire which contains 10 questions using a Likert scale where from a scale of 1 to 4 with a score of 1 being "strongly disagree" and a score of 4 being "strongly agree" (Radde and Nur Aulia Saudi, 2021). These questions have gone through a validity process using construct validity. The results on the validity of the measuring instrument for parental emotional factors are said to be valid with $r_{count} > r_{table} = 0.496$. Meanwhile, the reliability obtained is 0.784 (Cronbach's alpha > 0.7) which can be concluded that the instrument is reliable. This research was obtained using the Spearman Rank test analysis. The ethics committee of FK UNIMUS has approved the researcher with letter number No. 086/ EC / KEPK-FK / UNIMUS / 2022.

Result and Discussion

The results of univariate In table 1, the total research sample was 68 respondents. Sample characteristics based on child gender were mostly male with 32 respondents (47.1%), child age with a standard deviation of 4.198, maternal education with the majority of higher education (D1 and above) with 41 respondents (60.3), and maternal age with the majority aged 20-30 years with 46 (57.6%).

The analysis results in table 2 describe the frequency distribution in the research sample based on parental emotional control, the majority showing good with a score of 26-40 with a percentage of 64.7% of the total sampling. Table 2 shows that the frequency distribution of the research sample based on the child's diet that the majority shows appropriate (55-100%) with the number of respondents 52 people (76.5) of the total respondents.

The Kolmogorov-Smirnov normality test was used in this study because the number of samples was > 30 . The results based on the analysis in table 4 using the Klomogorov-Smirnov test for the parental emotional control variable $p\text{-value} = 0.00 (<0.5)$ and the eating pattern variable in children $p\text{-value} = 0.00 (<0.5)$ which means that the two variables are not normally distributed so they use the Spearman Rank correlation.

The results of bivariate analysis in table 4 between parental emotion control and children's eating patterns using the Spearman rank test obtained $r = 0.316$ with a $p\text{-value} = 0.000 < 0.5$.

Based on these results, it can be concluded that there is a sufficient relationship between parental emotional control and eating patterns in children. the correlation value of $r = 0.316$ indicates that the strength of the correlation with a positive correlation direction which means that if parental emotional control is said to be good, it will be followed by a proper child's eating pattern (Radde and Nur Aulia Saudi, 2021).

Table 1 : Characteristic of Respondents

Sample characteristics and research variabel	F (%)
Child's Gender	
Boy	36 (52,9)
Girl	32 (47,1)
Maternal Education	
basic education (primary school-junior high school)	0 (0)

secondary education (high school)	27 (39,7)
higher education (associate degree and above)	41 (60,3)
Mother's Age	
20-30 years	46 (67,6)
31-20 years	22 (32,4)

Table 2 : The relationship between parental emotional factors and the feeding patterns of children aged 24-36 months

Variable	Min-Max	Mean ± Standart Deviation (SD)	p-value	Koefisien korelasi (r)
Parental Emotion Control	20-39	27,63 ± 4,135	0,000*	0,316**
Child's Feeding Pattern	41-87	65,93± 11,457		

*Rank Spearman test

This study was conducted by involving 68 respondents who fit the inclusion and exclusion criteria using a questionnaire as a research instrument in obtaining primary data where mothers who have children aged 24-36 months in Kedungmundu Village spread across 9 RW.

The results showed that there was a relationship between parental emotional factors and children's diet. This is supported by previous research that individuals with poor emotions will tend to ignore food choices and prefer unhealthy or instant food, especially in mothers who affect children's diets (Daniels 2019). The pattern of eating becomes an important behavior in influencing the nutritional and health conditions of each individual, especially in children. Children's feeding patterns can be said to be good if they apply feeding practices which consist of meal schedules, environments and procedures. Diet certainly has a contribution to the physical, social, cognitive, behavioral development of children to play a role in shaping the child's own food preferences (Daniels, 2019).

Based on the results of the study, 52 respondents (76.5%) had the right diet based on the type, amount and schedule of meals. The type of food consumed will determine the nutritional status of children because children, especially in the 24-36 month age group, are nutritionally vulnerable so that the diet must be applied based on the needs and digestibility according to their age (Prakhasita, 2018) (Dikriansyah 2018).

Respondents with the right diet tend to apply the food type points well by making a varied food menu with a balanced selection of food types such as giving fruit every day, so that children are not bored and can recognize various types of food early because if proper feeding will be followed by the nutritional status of children increasing (Dewi, 2022).

Whereas inappropriate eating patterns were obtained by 17 respondents (23.5%). This occurs because mothers have not implemented appropriate feeding rules so that they do not understand how a good child's diet is scheduled, environmental and procedural. Some mothers also think that formula milk can replace the main food if the child has difficulty eating in the hope that it will fulfill the child's

daily nutrition and can make the child feel full. However, excessive consumption of formula milk will result in excess calories in the child and the child becomes thirsty more easily (Aminatul Fatayati, 2021). Not scheduling meals, feeding children while watching television or YouTube and feeding children for more than 30 minutes are problems of inappropriate feeding patterns in children that cause inappropriate feeding rules.(Saidah Halimatus, 2020)

Respondents in this inappropriate eating pattern can occur because most respondents do not apply the eating schedule points including children still eating in more than 30 minutes, the absence of scheduling children's meals, children tend to eat while watching television or videos which causes the score at this point to be low and results in inappropriate eating patterns in children.

Emotion is a distinctive feeling and thought, a biological, psychological state and a series of tendencies to act. According to Gross and Thompson, emotions are divided into two types including cognitive reappraisal and expressive suppression. Cognitive reappraisal is a form of cognitive change by individuals by changing the way they think about situations that can potentially bring up emotions so that they can control their emotions and will experience positive emotions. Expressive Suppression, which is a form of response regulation in inhibiting continuous emotional expression behavior including facial expressions, tone of voice to behavior. Expressive suppression can be effective in inhibiting an excessive emotional response without reducing the emotions felt. This indicates that emotional, especially parents, can be said to be good if the ability to control their emotions is high and vice versa (Wicaksana, 2016).

In the results of the research, it was found that most of the respondents with good emotions were 64 respondents (64.7%), where mothers with good emotional regulation. this control of emotions guides each individual on how to identify and describe emotions, reduce negative emotions and can increase positive emotions (Safitri, 2017). Individuals, especially mothers who can regulate their emotions well, are able to modify negative emotions as a result of bad or unwanted experiences and get positive emotions to become more balanced so that they can control these emotions well (Magfiroh, Sukiatni and Kusumandari, 2019). Meanwhile, with bad emotionality, there were 24 respondents (35.3%). This can occur because mothers who have poor emotional factors will neglect the selection of foods with good nutrition (Magfiroh, Sukiatni and Kusumandari, 2019).

This can occur because mothers who have poor emotional factors will ignore the selection of foods with balanced nutrition and do not apply a good child diet. This is in line with research by Sheldon Cohen and Peter J Gianaros who say that mothers with poor emotionality can influence the selection of unhealthy foods and do not pay attention to the nutritional value of food consumed for themselves and their families at home until the diet is considered inappropriate, especially in children. (Utami and Rosada, 2018)

Conclusion

The majority of mothers with children aged 24-36 months in Kedungmundu Village have good parental emotional factors and have an appropriate child diet. There is a relationship and has a significant positive correlation between parental emotional factors on children's feeding patterns in Kedungmundu village with a sufficient correlation.

Acknowledgements

Through this paper, the researcher would like to thank the university of muhammadiyah semarang, the research team, residents of kedungmundu village and posyandu volunteers who have given permission to collect data until this research has been completed.

Declaration of Interest Statement


The authors declare that they have no conflicts of interest.

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Appendix

1. Ethical Clearence



**KOMISI ETIK PENELITIAN KESEHATAN
FAKULTAS KEDOKTERAN
UNIVERSITAS MUHAMMADIYAH SEMARANG**

**KETERANGAN KELAIKAN ETIK
(ETHICAL CLEARANCE)
No.: 086 / EC / KEPK-FK / UNIMUS / 2022**

Komisi Etik Penelitian Kesehatan Fakultas Kedokteran Universitas Muhammadiyah Semarang setelah membaca dan menelaah usulan penelitian dengan judul:


Faktor Risiko *Feeding Difficulty* pada Anak Usia 24- 36 Bulan; Mixed Method Studi

Nama Peneliti Utama	: Hema Dewi Anggraheny
Nama Anggota Peneliti	: 1. Atana Zatu Yumni; 2. Hernady Zulfan Raihansyah; 3. Hafizha Sahda Aisy; 4. Amalia Kusuma Ayuning Azmi
Tanggal disetujui	: 3 November 2022
Berlaku sampai	: 2 November 2023
Lokasi Penelitian	: Kelurahan Kedungmundu

Dengan ini menyatakan bahwa usulan penelitian tersebut diatas telah memenuhi persyaratan etik penelitian. Oleh karena itu Komisi Etik memberikan rekomendasi dan persetujuan untuk dilaksanakan dengan memperhatikan prinsip-prinsip etik.

Semarang, 4 November 2022

Komisi Etik Penelitian Kesehatan
FK Unimus
Ketua,



dr. Muhammad Sudiat Sp.OG(K), MM

2. Photo of Activities

