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# ANALYSIS OF PARENTING PATTERNS AND PARENTAL FEEDING PRACTIES AND THEIR IMPACT ON THE NUTRITIONAL STATUS OF SCHOOL-AGED CHILDREN

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**ABSTRACT**

***Background:*** *School-age children require adequate nutritional intake to support their growth and development as they approach adolescence. Effective parenting styles and parental feeding practices help reduce the risk of nutritional disorders and support the growth and development of school-age children. This study aims to identify the relationship between parenting styles and parental feeding practices on the nutritional status of school-age children.*
***Methodology:*** *This quantitative study employs a cross-sectional design. The sampling technique used is total sampling, with a total of 85 students and their parents. Data analysis was conducted using the Spearman Rank test.*
***Results:*** *The study found that 74.1% of the children had normal nutritional status. The most common parenting style was authoritative, practiced by 74.1% of the parents. The most frequently used feeding practice was the restriction dimension to control body weight, with an average of 15.38%. There was no significant relationship between parenting styles and nutritional status (r=0.223, p0.05). However, there was a significant relationship between parental feeding practices and the nutritional status of school-age children in the dimensions of environment (r=0.005, p0.05), food as a reward (r=0.003, p0.05), modeling (r=0.004, p0.05), and restriction to control body weight (r=0.001, p0.05) at SDN 3 and 4 Pliken Kembaran Banyumas.*
***Conclusion:*** *Parental feeding practices play a crucial role in improving the nutritional status of school-age children, which is essential for enhancing children's health status.*



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## 1. INTRODUCTION

Nutritional status in children is influenced by a variety of factors, including parenting styles and feeding practices. This is particularly relevant for school-age children, as their health and growth depend heavily on appropriate nutrition (Irvania, 2017; Seprianty et al., 2015). Global health organizations, such as the World Health Organization (WHO), have reported concerning statistics, with over 1.8 billion children worldwide facing the dual burden of both malnutrition and obesity, particularly in low- and middle-income countries (Khan et al., 2022). In Indonesia, school-age children face a significant challenge in terms of nutritional status, with high rates of stunting (23.6%) and pre-obesity (10.8%) as highlighted by the National Basic Health Research (Riskesdas, 2018).

Within Banyumas, local health data reveals that schoolchildren represent a significant portion of the population, with over 24% of the community being school-age children. These children often face a combination of health and behavioral risks that can be mitigated through better nutrition and healthy

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practices. Schools, like SDN 3 and 4 Pliken Kembaran Banyumas, play an important role in addressing this, particularly through interventions like healthy eating programs, but challenges remain (Widyana Grehastuti, 2022).

Recent studies (Suratman et al., 2020; Hughes & Papaioannou, 2020) emphasize the crucial role of parenting in shaping children's eating habits, where authoritative parenting styles often lead to healthier eating habits and better nutritional outcomes. However, inconsistencies in parental feeding practices can contribute to a range of issues, including both undernutrition and obesity. In this study, we explore the relationship between parenting styles, feeding practices, and the nutritional status of school-age children, focusing on SDN 3 and 4 Pliken Kembaran Banyumas.

The purpose of this research is to identify how different parental feeding practices and parenting styles correlate with children's nutritional status in this region. By examining these relationships, this study aims to contribute to better intervention strategies that can improve children's health outcomes in school settings.

## 2. RESEARCH METHOD (Font 10, Times New Roman, Spacing 1.15)

This study employs a cross-sectional design, a common method in quantitative research, which allows for the simultaneous measurement of the independent and dependent variables at a single point in time. According to Nursalam (2017), this design focuses on examining the correlation between variables without manipulating them.

The **independent variables** in this study are the parenting style and parental feeding practices, while the **dependent variable** is the nutritional status of school-age children. The study was conducted at SDN 3 and SDN 4 Pliken Kembaran Banyumas, with a total sample of 85 students and their parents. **Total sampling** was used, ensuring that all eligible participants from the selected schools were included in the study, as described by Sugiyono (2017).

### Data Collection

Data collection involved two types of data:

1. **Primary data** was collected through questionnaires completed by the parents regarding their parenting styles and feeding practices, and measurements of children's height and weight to assess nutritional status.
2. **Secondary data** was gathered from the health records of the school and local health authorities.

### Instruments Used

- **Parenting Styles & Dimensions Questionnaire (PSDQ)**: This instrument measured the parenting styles (authoritative, authoritarian, and permissive) of the participants. The questionnaire was modified and validated before use.
- **Comprehensive Feeding Practices Questionnaire (CFPQ)**: This tool assessed the feeding practices of parents, covering aspects such as control, emotional regulation, modeling, and restriction practices related to children's diets.

### Data Analysis

Data analysis involved:

- **Univariate analysis** to describe the characteristics of the respondents and their nutritional status, using frequency distribution and percentages (Notoatmodjo, 2016).
- **Bivariate analysis** to test the relationships between independent and dependent variables using **Spearman Rank Correlation** (Hidayat, 2016.

### Data Processing and Validation

The data processing steps included:

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- Editing: Ensuring that the data collected from the questionnaires was complete and logical.
- Coding: Each response from the questionnaire was assigned a numerical code for easier analysis (e.g., "Yes" = 1, "No" = 0 for parenting style; Likert scale for feeding practices).
- Scoring: Each questionnaire response was scored based on predefined criteria, and the results were categorized based on parenting style and feeding practices.
- Cleaning: Identifying and correcting errors in the data (e.g., missing or inconsistent responses).

**Reliability and Validity**

- Reliability: The reliability of the instruments was tested using Cronbach's Alpha. A value greater than 0.6 was considered acceptable for the instruments used in this study, which included the CFPQ and PSDQ.
    - For the CFPQ, the Cronbach's Alpha was 0.858, indicating high reliability.
    - For the PSDQ, the Cronbach's Alpha was 0.833, also showing good reliability.
- Validity: The validity of the instruments was assessed using Pearson's correlation to check the consistency of responses across the different items in the questionnaires.

**Ethical Considerations**

- Informed consent was obtained from both the parents and the children who participated in the study. The confidentiality of participant data was maintained, and the study adhered to ethical standards approved by the Health Research Ethics Committee of Universitas Muhammadiyah Purwokerto.

## 3. RESULT AND DISCUSSIONS (Font 10, Times New Roman, Spacing 1.15)

This section presents the results of the study, including the univariate and bivariate analysis. The results are based on the data obtained from 85 students and their parents at SDN 3 and 4 Pliken Kembaran Banyumas.

### 3.1. Univariat

Univariate analysis was conducted to describe the characteristics of the respondents, such as gender, class, and nutritional status. The results of this analysis are shown in the table below:

Table1. Frequency distribution of students at SDN 3 and SDN 4 Pliken, Kembaran Banyumas: gender, grade, elementary school, and nutritional status.

| Characteristics | Nutritional Status Category | | | | | |
|---|---|---|---|---|---|---|
| | Malnutrition | Malnutrition | Normal Nutrition | Overweight | Obesity | Frequency |
| Gender | | | | | | |
| Man | 3 | 1 | 30 | 6 | 3 | 43 |
| Woman | 0 | 3 | 33 | 4 | 2 | 42 |
| Class | | | | | | |
| Class 1 | 0 | 2 | 21 | 5 | 1 | 29 |
| Class 2 | 1 | 1 | 18 | 1 | 2 | 23 |
| Class 3 | 2 | 1 | 24 | 4 | 2 | 33 |
| Total | 3 | 4 | 63 | 10 | 5 | 85 |

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Table 1 shows that of the 43 respondents, the gender distribution was dominated by males. The nutritional status distribution in the majority of children with normal nutrition, or 63 cases, was as follows: There were 3 cases of children with poor nutritional status, 4 cases of children with moderate nutritional status, 10 cases of children with excessive nutritional status, and 5 cases of children with excessive nutritional status.

Table 2. Frequency distribution of parenting patterns and nutritional status among students at SDN 3 and SDN 4 Pliken Kembaran Banyumas

| Characteristics | Nutritional Status Category | | | | | |
|---|---|---|---|---|---|---|
| | Malnutrition | Malnutrition | Normal Nutrition | Overweight | Obesity | Frequency |
| parenting style | | | | | | |
| authoritative | 2 | 3 | 44 | 9 | 5 | 63 |
| authoritarian | 1 | 1 | 7 | 0 | 0 | 9 |
| permissive | 0 | 0 | 12 | 1 | 0 | 13 |
| Total | 3 | 4 | 63 | 10 | 5 | 85 |

### 3.2. Bivariat

Table 3. Results of Spearman's rank correlation test The relationship between parenting patterns and parental feeding practices with the nutritional status of students at SDN 3 and SDN 4 Pliken, Kembaran Banyumas

| **Variable** | **Correlation Coefficient (r)** | **P value** |
|---|---|---|
| Parenting Style | | |
| Parenting Style: Authoritative | -0.134 | 0.223 |
| Parenting Style: Authoritarian | | |
| Parenting Style: Permissive | | |
| **Parental Feeding Practices, with dimensions:** | | |
| a. Child Control | 0.051 | 0.644 |
| b. Emotional Regulation | 0.071 | 0.518 |
| c. Balance and Variety | 0.160 | 0.142 |
| d. Environment | 0.299 | 0.005* |
| e. Food as a Reward | 0.319 | 0.003* |
| f. Involvement | 0.207 | 0.058 |
| g. Modeling | 0.310 | 0.004* |
| h. Monitoring | 0.236 | 0.029 |
| i. Pressure | -0.015 | 0.890 |
| j. Restriction for Health | 0.004 | 0.973 |
| k. Restriction to Control Weight | 0.354 | 0.001* |
| l. Teaching about Nutrition | 0.051 | 0.644 |

## 4. CONCLUSION AND RECOMMENDATION (Font 10, Times New Roman)

**The Conclusion**

Based on the findings and analysis of the research conducted, the following conclusions can be drawn:

1) The majority of school-age children at SDN 3 and 4 Pliken Banyumas have good nutritional status, namely 74.1%.
2) School-age children at SDN 3 and 4 Pliken Banyumas mostly have authoritative parenting styles (74.1%), authoritarian parenting styles (10.5%), and permissive parenting styles (15.2%).

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3) The most common feeding parenting style among school-age children at SDN 3 and 4 Pliken Banyumas, with an average of 15.38%, is restrictive parenting to control weight.
4) There is no relationship between the nutritional status of school-age children at SDN 3 and 4 and parenting styles, with a p-value of 0.223 ($p<0.05$).

Parental feeding practices were found to be associated with the nutritional status of school-aged children at SDN 3 and 4 Pliken Banyumas in the following dimensions: modeling (p value 0.004; $p<0.05$); food as a reward (p value 0.003; $p<0.05$); and restrictions to control weight (p value 0.001; $p<0.05$).

**Recommendations**

1) For Health Workers
   In order to effectively monitor and immediately address nutritional status issues among school-age children at SDN 3 and 4 Pliken Kembaran Banyumas, the findings of this study are expected to assist local health workers in conducting routine nutritional status screening more than once a year, either by the local health office or in collaboration with physical education teachers to measure weight and height every three months.
2) For Educational Institutions
   This research is expected to provide data that supports the advancement of nursing research, particularly related to the importance of parental feeding practices for school-age children, parenting patterns, and nutritional status.
3) For SDN 3 and 4 Pliken Kembaran Banyumas
   It is hoped that they can participate in efforts to address nutritional status issues by collaborating with nearby health workers, such as community health centers, to provide education on nutritional status issues, parenting, and feeding practices for parents to reduce or lower the rate of nutritional problems among school-age children.
4) For Further Research
   The findings of this study are expected to serve as an example for future research, improve the accuracy of research findings, and provide information for the creation of health initiatives. To obtain more diverse research results, it is hoped that future researchers can further improve research instruments that discuss parental feeding habits and child-rearing patterns that have an impact on all three.

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