

International Journal of Nursing and Midwifery Science (IJNMS)

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<http://ijnms.net/index.php/ijnms>

ORIGINAL RESEARCH

e- ISSN: 2686-2123

p- ISSN: 2686-0538



PARENTAL SUPPORT FOR EARLY CHILDREN SUFFER PICKY EATING

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ABSTRACT	Keywords
<p>The nutritional status of children is crucial for promoting optimal growth and development. Picky food is one of the obstacles to achieving optimal nutritional status. Children who suffer from selective eating will develop the habit of selecting particular foods to consume and rejecting others. The purpose of this research is to examine familial assistance for children who suffer from picky eating. This study is a component of qualitative research that employs in-depth interviews with parents serving as informants. Additionally, observations were conducted on subjects, specifically children who exhibited picky feeding behavior. To gather data regarding selective eating, the Child's Eating Behavior Questionnaire (CEBC) was utilized. The subjects of the study were selected using a technique known as purposive sampling, in accordance with the research criteria: early infancy age, picky eating, and informant willingness to participate. A total of ten informants were acquired. Picky eaters are children who have developed the ingrained habit of declining novel food items. Children are fond of the flavor and texture of particular dishes. Children have a tendency to prefer the same foods and are unwilling to attempt new variations. The subjects of the study were five infants (fifty percent each) with excessive and normal nutrition. Children who exhibit picky feeding tend to select nutrient-poor, high-fat foods, resulting in overnutrition. The fact that certain foods cause fluctuating preferences in some children has no bearing on BB and TB. In response to a child's dislike of food, parents discontinue nourishment. When children exhibit a reluctance to try new cuisines, their parents attempt to console them without altering the food's appearance. Snacks are frequently provided to children who decline to consume staple foods. Support from parents is correlated with the food behavior of children who suffer from picky eating. Parents are encouraged to address this issue by selecting foods that meet the nutritional requirements of their children.</p>	<p>Picky Eating, early childhood, parental support</p>

INTRODUCTION

Early childhood experiences continuous and gradual growth and development. Until the age of 6 years, children experience a rapid growth and development process. Normal growth and development will be experienced by healthy children. Along the way, it is not always easy for parents to maintain their children's nutritional status optimally. There are many obstacles or disturbances in children's eating patterns. One of the obstacles that prevent children from achieving optimal development and growth is because they experience picky eating. It is said that children who experience picky eating will get used to choosing certain types of food to eat and rejecting foods they don't want. Children who experience picky eating will have an association with liking the texture and taste of certain foods. For example, children refuse to eat rice but still want to eat processed bread and noodles (Adhani, 2019). Children with picky eating are characterized by refusing food, neophobia and having foods they really like (Nadya, 2019).

Children who experience picky eating require attention from both parents and health practitioners. Picky eating in children has detrimental effects, both for the child's own health and also for the parents (Priyanti, 2013). Children who experience picky eating are children who are very picky about food and do not get a balanced diet that includes vegetables, fruit, rice and only want sweet things (Nadya, 2019).

In 2015, there was data from a census conducted by the World Health Organization, namely that emaciation in children was around 14.3% with a total of 95.2 million children experiencing emaciation. This total includes research on picky eating occurring at the age of 2-4 years

and being more likely to have a lower body weight than children who are not picky eaters (Santi, 2017).

The phenomenon of eating disorders in children is often a problem for parents, this factor of difficulty eating in children is often experienced by around 25% of children's age. A literature review shows that 505 of children aged 18-23 months were identified as picky eaters (et al., 2018).

There are several impacts of children who choose food (picky eating), namely because children have certain types of food, they have the possibility of obesity, because they tend to choose foods that have high fat and are not nutritious, children who are picky eaters have the possibility of better mental development. 14 points lower than children who have adequate nutrition, and also if the child experiences certain types of food choices then the child is likely to experience chronic constipation (Nederkoorn, Jansen and Havermans, 2015).

METHOD

This research uses a qualitative research design. In qualitative research, research can be carried out using case studies. This research is included in qualitative research with in-depth interview methods with parents as informants. Observations on subjects, namely children who experienced picky eating, were also carried out. Data about picky eating uses the Childs Eating Behavior Questionnaire (CEBC). The research subjects were taken using a purposive sampling technique according to the research criteria, namely being in the early childhood range and experiencing picky eating and the informants were willing to take part in the research. There were 10 informants obtained.

This research was conducted in the Mojokerto City area. The research subjects were young children who experienced picky

eating, while mothers/parents who had young children with picky eating were the main informants. Research subjects were taken using a purposive sampling method in accordance with the inclusion criteria. Subject inclusion criteria were parents or caregivers who had children aged 4 to less than 7 years who were categorized as having an eating disorder, namely picky eating.

Data collection begins with screening children who experience picky eating. The subjects of this research were young children who experienced picky eating. Initial data collection used the Childs Eating Behavior Questionnaire (CEBC). The informant filled out a questionnaire and then found 10 children who met the inclusion criteria. Further data was collected regarding parental support for children who experience picky eating using the in-depth interview method.

RESULTS

A total of 10 children were the subjects or units of analysis in this research. All research subjects were young children and attended PAUD in the Mojokerto City area. The characteristics of the research subjects can be seen in Table 1. The characteristics of the research informants are in the age range of 30-40 years (60%), the highest level of education is a diploma (40%), the mother's job in the private sector is 40% and the number of children is 2 at 50%.

The research subjects were 5 children (50%) who had excess nutrition and 5 children (50%) who had normal nutrition. Children with picky eating tend to choose foods that are high in fat and not nutritious so they experience overnutrition.

From Table 3 it can be seen that of the 10 respondents studied, there were 4 people (40%) whose eating behavior was in accordance with 3J (Schedule, Type, Quantity) and 6 people (60%) who had

eating behavior which was not in accordance with 3J (Schedule, Type, Quantity).

DISCUSSION

The eating behavior of children who experience picky eating is that they are used to refusing new foods. Children like the texture of certain foods and the taste of certain foods. Children refuse to eat rice and like processed bread and noodles. Children tend to like the same type of food and are not willing to try new food variations. Difficulty eating (picky eater) is the behavior of a child who does not want or refuses to eat, or has difficulty consuming food or drink in the type and amount according to age physiologically (naturally and naturally), namely starting from opening his mouth without force, chewing, swallowing, to until it is absorbed in the digestion properly without force and without the administration of certain vitamins and drugs.

A child will be said to be a picky eater if they have criteria such as consistent refusal to eat food with a certain taste, texture, temperature or smell, rejection of newly introduced foods or previously familiar foods but in other types but the child does not reject the type of food they like, a rejection reaction indicated by an unpleasant facial expression, covering the mouth to vomit food, a history of trauma to the digestive tract, and a history of allergies to food or physical illness. Children will not become picky eaters if parents do not always comply with the child's requests or snack carelessly which will endanger their health so that children tend to want to eat if the food is still hot and conversely children want to eat if the food is cold, the child has never had a history of trauma to the digestive tract. , and has no difficulty chewing, sucking, swallowing food or can only eat soft and liquid foods.

Some children experience fluctuating tastes in certain foods so it does not affect

BB and TB. When a child reacts by not liking food, parents stop feeding. When children show fear of trying new foods, parents try to provide understanding to children without modifying the form of food. Children are often given snacks when the child refuses core foods.

Eating is an activity carried out daily to maintain a person's survival. Each person's perception of eating is influenced by the culture and norms that apply in society. This eating activity takes place every day and an eating behavior will be formed. There is an opinion from the people in the area studied that food is the staple food (rice), which can influence people's perceptions regarding food. Finally, the reality that occurs is that people often don't eat breakfast and delay eating because they are rushed with work activities. In fact, a piece of bread or other food that contains carbohydrates and other nutrients can also replace rice to meet a person's food needs. This kind of parental eating behavior can also influence children's food consumption. Most of the respondents' parents' education was high school and worked as entrepreneurs. The age of the respondents ranged from 26-30 years, which is a very productive age for working. Due to busy work activities, parents often consume ready-to-eat foods, for example instant noodles. Everything related to eating arrangements (eating patterns and regulating the types of food along with the nutritional content of a food substance) aims to fulfill the balance of substances in our body to achieve an optimal life. Parents who do not pay enough attention to eating schedules and adequate nutrition contained in food will indirectly shape children's eating patterns through the parents' daily eating habits because good examples come from parents in real form, not in the form of mere words or utterances.

This is in accordance with the opinion of Sunaryo (2004) who states that one behavior is related to another behavior, current behavior is a continuation of previous behavior. Human behavior never stops at one point. Past behavior is preparation for future behavior and behavior is a continuation of previous behavior. Eating behavior is formed from daily eating habits to meet the body's need for nutrients. The body is said to be healthy if metabolism occurs in a balanced manner. Metabolic balance occurs when there is sufficient energy. Energy is sufficient if food absorption is optimal. And absorption will only be optimal if digestion runs effectively and efficiently. In order for digestion to run effectively and efficiently, digestion must work naturally and naturally.

CONCLUSIONS

The eating behavior of children with picky eating is interrelated with support from parents. It is hoped that parents will know that children's problems, namely difficulty eating, need to be overcome by varying food according to the nutritional content needed by the child.

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