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## The Mother's Role in Giving Healthy Eating Patterns for Children Age 3-5 Years

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### ABSTRACT

A eating patterns is the way in which a person to choose, and using a food ingredient in food consumption every day which include the type of food, number of food and eating frequency. Based on the preliminary study on August 15, 2019 in Brambang Village, Jombang District. On 30 mothers who have children aged 3-5 years, 76,6% mothers do not know how to gives a healthy eating patterns and 24,4% others know how to gives a healthy eating patterns for children. The purpose of this research is to know the role of the mother within gives a healthy eating patterns for children age 3-5 years in Brambang Village, Jombang District. The design of this research is a descriptive research, with the population of mothers who has a toddler much as 30 Respondentts, and the sample 30 Respondentts were taken by total sampling with the mother's role variable. The research instrument using a questionnaire, then processed with the Editing, Scoring, Coding and Tabulating. The results were obtained from 30 Respondentts, Respondentts who passivity as much as 23 Respondentts (76.6%) and that being active 7 Respondentts (23.4%). Based on the research results, it can be concluded that the mother's role in providing a healthy eating patterns in children aged 3-5 years is almost entirely passive. Midwife are expected to motivate the mother so that the mother is able to apply the information that has been obtained about giving a healthy eating patterns for their children

Keywords: Mother's Role, Eating Patterns

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## INTRODUCTION

Along with the growth of the times, changes in people's lifestyles have affected diet and health. These changes cause children to tend to like foods whose nutritional content is unbalanced and unhealthy. Today, many parents find it difficult to control their children's eating patterns. In the midst of busy parents at work, preparing food menus and how to give them to children often does not get enough time and attention. Some problems arise such as children only eating snacks or drinking milk. Fulfillment of proper nutrition is needed.<sup>1</sup>

In general, eating disorders occur in children aged between 1 and 5 years or at the age of toddlers. And, about 30% of the number of children under five in this world experience eating disorders. When this condition occurs in toddlers, of course worry and anxiety will haunt the mother and the anxiety will increase if the little one's weight does not increase or even decrease. Of course, mothers will do various ways so that their little ones want to eat.<sup>2</sup> Here, usually mothers will start looking for various types of vitamins that can help children want to eat, so that their nutritional needs are met.<sup>3</sup> This is where a mother's knowledge about vitamins that are good for toddlers is tested. Mothers must be very careful in choosing the multivitamins to give to their little ones. fruit and vegetables. Unfortunately, most toddlers don't like vegetables and fruit, so the role of multivitamins is quite helpful.<sup>4</sup>

A balanced diet according to needs accompanied by the selection of the right food ingredients will give birth to good nutritional status. A healthy diet is very important in life. A healthy diet will help the body to be healthier and avoid disease.<sup>5</sup> Conversely, an unhealthy diet makes the body susceptible to disease. For this reason, building a healthy diet requires high awareness and obedience. Because there are many bigger temptations to consume unhealthy foods.<sup>6</sup>

## METHOD

In this study the type of research used was descriptive with a survey approach, namely a method with the aim of objectively describing important events that occurred today using a survey research approach, namely a method used to provide information related to the prevalence, distribution and the relationship between variables in a population.<sup>7</sup> In this study using total sampling means that all populations are used as samples.

The criteria for the research sample are as follows: Mothers who have children aged 3-5 years in Brambang Village, Jombang Regency, Mothers who are willing to be Respondents, Mother who can read and write.

The variable in this study is the role of the mother regarding the child's healthy diet. Meanwhile, moderator variables are variables that influence or strengthen relationships, namely age, education, occupation, and sources of information.

**RESULTS**

**1. Characteristics of Respondents by Age**

The frequency distribution of Respondents based on age is as follows

Table.1 Frequency distribution of Respondents based on age

No	Age	Amount Respondent	Percentage (%)
1.	20-35 years	17	56,7
2.	36-50 years	13	43,3
3.	≥50 years	0	0
	Amount	30	100,00

Source: Primary Data, 2019

Based on the table above, it shows that the majority of respondents are aged 20-35 years, namely amount of 17 respondents (56.7%).

**2. Characteristics of Respondents Based on Education**

The frequency distribution of respondents based on recent education is as follows

Table. 2 Frequency distribution of Respondents based on recent education

No	Education	Amount Respondent	Percentage (%)
1.	SD	14	46,7
2.	SMP	10	33,3
3.	SMA	6	20,0
4.	Collage	0	0
	Amount	30	100,00

Source: Primary Data, 2019

Based on the table above, half of the respondents had primary school education, namely 14 respondents (46.7%).

**3. Characteristics of Respondents Based on Occupation**

The frequency distribution of Respondents based on work is as follows

Table.3 Respondent frequency distribution based on occupation

No	Work	Amount Respondent	Percentage (%)
1.	Farmer	18	60,0
2.	Private	4	13,4
3.	Civil Servant	3	10,0
4.	Doesn't Work	5	16,6
	Amount		100,00

Source Primary Data, 2019

Based on the table above, it shows that most of the respondents work as farmers, amounting to 18 respondents (60.0%).

**4. Respondent characteristics based on the information obtained.**

The conclusions from the information obtained are as follows

Table.4 Frequency distribution of Respondents based on Source of information

No	Source Information	Amount Respondent	Percentage (%)
1	Health Workers	12	40,0
2	Parents or friends	10	33,3
3	Electronic or print media	8	26,7
	Amount	30	100,00

Source: Primary Data 2019

Based on the table above, it shows that almost half of them received information from health workers, namely 12 respondents (40.0%).

**5. Characteristics of the mother's role in providing diet**

The distribution of the frequency of respondents according to the mother's role in providing a diet for children aged 3-5 years is as follows:

Table.5 Distribution of Respondents according to mother's role in providing diet children aged 3-5 years

No	Mother's Attitude	Amount Respondent	Prosentase (%)
1.	Active	7	23,4
2.	Pasive	23	76,6
	Amount	30	100,00

Source: Primary Data, 2019

Based on the table above, it shows that almost all respondents have a passive role in providing diet to children aged 3-5 years, namely amount of 23 respondents (76.6%).

**DISCUSSION**

Based on the results of the research conducted, almost all of the respondents had a passive attitude in providing a healthy diet to children aged 3-5 years in Brambang Village, Jombang Regency, namely 23 respondents (76.6%).

Factors that influence the mother's role in providing a healthy diet to children aged 3-5 years include age, education, occupation, and sources of information. The passive role of the mother in providing a child's diet is due to the productive age, the last education of the mother is elementary school, farming is her main job, and the lack of applying information from health workers.

Based on Table 1, the majority of respondents are aged 20-35 years, namely 17 respondents (56.7%). Age is one of the things that affect one's knowledge. The older you get, the better your knowledge and experience will be. This is as a result of the experience and maturity of his soul. At this age, many mothers are inexperienced in managing their child's diet. The results of the research that have been obtained can be supported by several theories, including according to what was stated by <sup>8</sup>, stating that a mother must know various things related to her role, including knowing nutritious food, food schedules, how to prepare, how to serve and in preparing her eating utensils. According to <sup>9</sup> experiences

it is a way to acquire the truth of knowledge. Therefore personal experience can also be used as an effort to gain knowledge. This is done by repeating the experience gained in solving problems encountered in the past so that knowledge will increase. Besides that, The educational factor also influences the mother's attitude. It is known that half of the respondents had the last education in elementary school, namely 14 respondents (46.6%). Low education will affect a person's mindset, besides that education will also affect the reception of incoming information, especially information that is new and a person's education will affect his view of something that comes from outside.<sup>10</sup> Education in this case is usually associated with knowledge that will affect the selection of food ingredients and fulfillment of nutritional needs. One example, the principle that someone with low education has is usually 'the important thing is to be full', so that the portion of food sources of carbohydrates is more than that of other food groups. Conversely, groups of people with higher education have a tendency to choose food sources of protein and will try to balance it with other nutritional needs.

### CONCLUSIONS

The role of the mother in providing a child's diet at the age of 3-5 years in Brambang Village, Jombang Regency is mostly passive.

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