

**Parenting Style and Diet of Preschool Children Association in CotTaron Baroh  
Village, Jeumpa District, Bireuen Aceh Regency, Indonesia**

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**Abstract**

In today's era, children tend to enjoy exploring new things. This developmental trait can affect the diet of preschool children. The World Health Organization (WHO) in 2017 reported the problem of nutritional status in the world for the prevalence of wasting (thin) 52 million toddlers, stunting (short) 115 million toddlers, and overweighting 4 million toddlers (Riskesda, 2018). The nationwide prevalence of children's diets based on age-adjusted body mass index (BMI/U) is as follows: underweight 2.4%, thin 6.8%, normal 70.8%, overweight 10.8%, and obese 9.2%. This research is a correlation analysis study. A correlational analysis study seeks to elucidate the link between two variables (Dharma, 2017). This research employs a correlational analysis using a cross-sectional methodology—the quantity of N53 individuals using the comprehensive sampling method. Questionnaires gathered data, and the research findings were shown as frequency distributions and analyzed using the Chi-Square test. The research findings indicated that effective parenting was seen in 62.3% of participants, corresponding to 33 individuals, while a nutritious diet was reported in 64.2% of cases. According to the statistical test findings, the probability value was less than the value of  $\text{sig}_\alpha=0.05$ , with a value of  $p-0.000 < \text{sig}_\alpha=0.05$ . The findings indicated a correlation between parenting and the dietary habits of preschool-aged children in Cot Taron Baroh Village, Jeumpa District, Bireuen Regency, in 2025.

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**Introduction**

The World Health Organization (WHO) in 2017 reported the problem of nutritional status in the world for the prevalence of wasting (thin) 52 million toddlers, stunting (short) 115 million toddlers, and overweighting 4 million toddlers (Riskesda, 2018). It is known that the national prevalence of children's nutritional status based on body mass index by age (BMI/U) is very thin 2.4%, thin 6.8%, normal 70.8%, obese 10.8%, and obese 9.2%. Meanwhile, according to Riskesda of Bengkulu Province (2018), the percentages are very thin 1.83%, thin 5.78%, obese 10.21%, and obese 15.83%. Data from Bengkulu City is very thin 2.2%, thin 5.2%, normal 71.3%, obese 10.9%, and obese 10.4%. The prevalence of underweight children aged 6-12 years in Bengkulu is 2.2%, and the prevalence of obesity is 10.9%. Based on data from Basic Health Research in 2018, nutritional status 2018 explained the prevalence of malnutrition and undernutrition status in toddlers with a body weight index per age (BB/U) of 17.7%. Toddlers who experience malnutrition are 13.8%, and toddlers who experience malnutrition are 3.9%. It is known that Central Java is one of the 12 provinces in Indonesia that has the problem of nourished toddlers above the national figure, reaching 1352 cases.

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The prevalence of eating disorders in many nations is significantly elevated. A 2020 survey conducted by The Gateshead Millennium Baby survey in the UK indicated that 20% of parents reported their children had eating difficulties, with the most common issue being a preference for certain foods. A 2019 poll in the United States indicated that 19-50% of parents reported their children as being too selective with food, leading to shortages of specific nutrients. and becoming a factor that caused children to have difficulty eating. Even though the problem of difficulty eating in children can have bad consequences for children's growth and development. Children can have a great chance of suffering from underweight because the food consumed is small so that it does not meet their nutritional needs (Waugh, 2021).

### **Related Work and Background**

Parents educate, guide, discipline, and protect children to foster their development in alignment with societal standards. Parenting is a regular pattern of parental action directed towards children across time. Mentoring is the efforts of parents to establish behavioral patterns that guide and support children throughout time (Dafera. W, 2021).

Based on data obtained from the results of an initial survey conducted on November 25, 2024, with an observation and interview approach to parents (respondents) who have preschool-age children in Gampong Cot Tarom Baroh, Jeumpa District, Bireuen Regency about parenting with children of preschool age. When the author interviewed 5 respondents, one (1) parent who has a preschool-age child said that to meet the child's diet the mother must feed him, and one (1) parent said that his child has a very difficult time eating, the child only wants to eat if accompanied while playing, so the mother will accompany the child to play while eating, while the other three (3) mothers said that for their child to eat, They must persuade their children to want to eat so that they do not get sick, thus the child's mother agrees with the child to choose the mkanan that the child likes, then feeds him to eat while the child plays.

One of the efforts to overcome parents' negative attitudes about how to give food to preschool-age children can be done by providing counseling to parents about good parenting by health workers. Parents are more diligent in providing food such as protein, carbohydrates, and iron, and parents must be creative in serving food so that children are interested in eating their food. From the results of the study and analysis more deeply regarding the Parenting Pattern of Preschool Children, this is considered very important to answer this problem. Overall, the researcher filled the gap of association between parenting style and diet of preschool children in Cot Tarom Baroh Village, Jeumpa District, Bireuen Regency.

The author aims to investigate the correlation between parenting practices and the nutritional habits of preschool children in Cot Tarom Baroh Village, Jeumpa District, Bireuen Regency, in 2025. This research aims to enhance respondents' understanding of the link between parental style and the dietary habits of preschool children.

### **Methodology**

This type of research is correlation analysis research. Correlative analysis research aims to describe the relationship between the two variables (Dharma, 2017). The independent variable is Parenting Pattern with a dependent variable, namely the Diet of Preschool Children. Based on its descriptive nature, this study uses a cross-sectional approach. Cross-sectional is a study to study the dynamics of the correlation between risk factors and effects by means of an observation approach or data collection at the same time, a time approach point (Dharma, 2017).

Population is a generalization area consisting of objects/subjects that have certain qualities, and researcher identified key qualities for examination, followed by the formulation of findings (Dharma, 2017). This research focuses on moms with preschool-aged children. (4 to 5 years old)

who live in Gampong Cot Tarom Baroh, Jeumpa District, Bireuen Regency. Based on data sources from the population, there are 53 heads of families (KK) who have preschool-age children (Gampong Cot Tarom Population Data in 2024). A sample is a segment of a group that has identical qualities, such as serving as a representative entity that accurately reflects the whole population under investigation. This research used a comprehensive sample approach. Total sampling is a method in which the sample size equals the whole population (Dharma, 2017). This research has a sample size of 53 individuals.

## Results

The findings are derived from a study performed from September 19 to 21, 2024, in Gampong Cot Tarom Baroh, Jeumpa District, Bireuen Regency, with 53 respondents. This study's findings are divided into two sections: univariate analysis and bivariate analysis. The univariate analysis aimed to identify the attributes of respondents, Parenting Patterns, and Diets of Preschool Children, whereas the bivariate analysis served to examine the association between the two variables, specifically the relationship between Parenting Patterns and Diets of Preschool Children in Gampong Cot Tarom Baroh, Jeumpa District, Bireuen Regency, utilizing the Chi-Square statistical test.

Table 1

Distribution of Research Respondent Frequency Based on Child Age in Cot Tarom Baroh Village, Jeumpa District, Bireuen Regency in 2024 (N=53).

No (%)	Child Age	Frequency (F)	Percentage
1	4 Age	29	54.7
2	5 Age	24	45.3
<b>Total</b>		<b>53</b>	<b>100 %</b>

Table 2

Frequency Distribution of Research Respondents by Gender in Cot Tarom Baroh Village, Jeumpa District, Bireuen Regency in 2024 (N=53).

No	Gender	Frequency (F)	Percentage (%)
1	Man	32	42.7
2	Woman	43	57.3
<b>Total</b>		<b>53</b>	<b>100 %</b>

Table 3

Distribution of Research Respondents' Frequency Based on Parenting Style in Cot Tarom Baroh Village, Jeumpa District, Bireuen Regency in 2024 (N=53).

No	Parenting	Frequency (F)	Percentage (%)
1	Good	33	62.3
2	Less	20	37.7
<b>Total</b>		<b>53</b>	<b>100 %</b>

Table 4

Frequency Distribution of Research Respondents Based on the Diet of Preschool Children in Cot Tarom Baroh Village, Jeumpa District, Bireuen Regency in 2024 (N=53).

No	Diet	Frequency (F)	Percentage (%)
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1	Good	34	64.2
2	Less	19	35.8
<b>Total</b>		<b>53</b>	<b>100 %</b>

Table 5

Frequency Distribution of Respondents Regarding the Correlation between Parenting Style and Diet of Preschool Children in Cot Tarom Baroh Village, Jeumpa District, Bireuen Regency in 2024 (N=53).

Parenting	Preschool Children's Diet		Total	Sig p		
	Baik	Kurang				
	f	%	f	%	f	%
Baik	32	60.4	1	1.9	33	62.3
Kurang	2	3.8	18	34.0	20	37.7
<b>Total</b>	<b>34</b>	<b>64.2</b>	<b>19</b>	<b>35.8</b>	<b>53</b>	<b>100</b>

From the data above, one may infer that the majority of respondent children who have good parenting and a good diet, which is 32 people, reached 60.4%, who have good parenting with a poor diet, only 1 person or 1.9% of 33 total respondents 62.3%. Then, the respondents lacked parenting style, namely 20 people, 37.7%, overall, out of 53 people who were used as research samples.

The results of data analysis using the chi-square test between the relationship between Parenting Pattern and Diet of Preschool children in Cot Tarom Baroh village, Jeumpa District, Bireuen Regency, it is known that the propylites value is significant ( $P=0.000$ ) which means  $< \text{sig}=0.05$ , therefore it is revealed that acceptance of  $H_a$  and the alternat  $H_o$  is rejected.

## Discussion

The results of data analysis and research using the frequency distribution table conducted by the researcher in Cot Tarom Baroh Village, Jeumpa District, Bireuen Regency, the researcher will discuss based on the characteristics of the respondents, namely parenting style, children's diet and the relationship between parenting and the diet of preschool children in Cot Tarom Baroh Village, Jeumpa District, Bireuen Regency.

Based on this study, it can be concluded that most respondent children who have good parenting and good diet, which is 32 people, reached 60.4%, who had good parenting with a poor diet, only 1 person or 1.9% of 33 total respondents 62.3%. Then, the respondents lacked parenting style, namely 20 people, 37.7%, overall, out of 53 people who were used as research samples.

The results of the chi-square test analysis regarding the relationship between parenting and the diet of preschool children in Cot Tarom Baroh Village, Jeumpa District, Bireuen Regency, indicate a probability value of 0.000, which is less than the significance level of 0.05. Consequently, the alternative hypothesis ( $H_a$ ) is accepted, and the null hypothesis ( $H_o$ ) is rejected, confirming the correlation between parents' style and the diet of preschool children.

The research method is observational/analytical, with a cross-sectional approach. The population is taken from Palelon Village Kindergarten, with samples taken using the Total Sampling technique, which totals 35 respondents. The results of the research in the analysis using the chi square test obtained a p-value =  $0.000 < \alpha (\leq 0.05)$ . This study concludes that there is a relationship between maternal parenting and difficult eating behavior in preschool children.

Based on the results of the description above, the author assumes that from some of the results of research conducted by several previous researchers there are a lot of matches with the results of research conducted by researchers, from that the author said that there is a relationship between parenting and the diet of preschool children in Cot Tarom Baroh Village, Jeumpa District, Bireuen Regency, this is also very strengthened by the results of research conducted by researchers with the results of the probilitis value being 0.000 which means  $< \text{sig}_a=0.05$ . Therefore,  $H_a$  was accepted, and  $H_o$  was rejected.

## **Conclusion**

According to the analysis conducted with the chi-square test, the probability value was 0.000, indicating that  $< \text{sig} (P = 0.05)$ . Consequently, the alternative hypothesis ( $H_a$ ) was accepted, and the null hypothesis ( $H_0$ ) was rejected, signifying a relationship between Parenting and the Diet of Preschool Children in Cot Tarom Baroh Village, Jeumpa District, Bireuen Regency in 2024. The research revealed that 62.3% of responders, corresponding to 33 out of 53 students, exhibited a positive parenting style. The data indicates that 64.2% of the youngsters surveyed maintain a healthy diet.

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