Research Article

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Mother's feeding behaviours on overweight toddler

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ABSTRACT

Background: The prevalence of overweight toddlers increased in worldwide. One of the causes is unbalanced nutritional intake which is influenced by the eating behaviour of children and parents. But in fact, many mother's behaviours in feeding is not appropriate. Some quantitative research linking mother's behaviour with the nutritional status of child but still few illustrating how mother's feeding behaviour is especially at toddler overweight. The purpose of this research was to explore mother's feeding behaviours on overweight toddler.

Methods: Qualitative research design with a phenomenological approach. Depth interviews were conducted with six mothers who had toddler overweight and six another family as triangulation data. Research was also conducted with observation and FGD. Data were processed and analyzed using seven step data analysis from Colaizzi.

Results: The findings of this study was classified into four main themes: search the source information about nutrition and identified kinds of food and drink, the decision-making and planning the provision to feeding children, the implementation of feeding on children, support and obstacle feeding in children.

Conclusions: All of mother could not try to get the complete and right information yet and also make correct plan on feeding for child optimally. Mother and family feeding pattern inclined give freedom for child to consuming the food that haven't unbalance nutrition excess intake. Mother and family couldn't control the increasing of children's overweight. Mother should search the correct information, so that mother could make a good decision for feeding their children.

Keywords: Feeding behaviour, Mother, Toddler, Overweight

INTRODUCTION

The prevalence of obesity in children aged 2-5 years increased from 5% to 10% between the years 1976-1980 and 2007-2008. Based on Riskesdas 2007-2010 showed that cases of obesity in children of Indonesia increased from 12.2% to 14.3% and on Riskesdas 2013 overweight unidentified since toddler amounted to 11.9%. Prevalence obesity in children increased dramatically around the world even though the causes of obesity in children is multifactorial. One of the causes of obesity in children in Indonesia are the excess intake and unbalanced nutrient.

Toddler is a critical period, then their nutritional needs must be balanced in terms of portion and nutrient content.⁴ Mother is the gatekeeper in the provision of eating in children and role model on eating behaviour. In practice mother did not worry when their children consume unhealthy food although they have received education about healthy food for a toddler.⁵

Based on an earlier study were conducted in the Yogyakarta which is the province with the highest number of baby with overweight nutrition status. Mother's feeding behaviour were conducted by them is not appropriate that is often give snack for children. An employee mother often doesn't care about feeding the

children. Based on the background, the researcher need to explore mother's feeding behaviour on overweight toddler especially the specific characteristic of Javanesse mother in Yogyakarta city 2015.

METHODS

The research is the qualitative study with the phenomenology approach. This research is implemented in Yogyakarta city taked place in the region Jetis public health centre work. Jetis working area is public health centre which is have the most nutritional status of overweight on child in the Yogyakarta city. Mothers as participant in this research were 6 mother and 6 other family as triangulation of the data. Researchers make contact with the gatekeepers who are in work areas integrated service post (local name: Posyandu) cadre Jetis to find out which participants have criteria in accordance with the research objectives. Then with the help of the gatekeepers, researchers visited the homes of prospective participants.

An instrument of this study is researchers own. Data collection during the study is done which is to use questionnaires demographic as baseline data, in-depth interviews, focus group discussion (FGD) and observation. Process of analysis data was undertaken at the same time as collecting data. The process of the data

analysis researchers assisted with open code software version 3.6.2.0 specifically at the time of the determination of the keywords with categories. Open code 3.6.2.0 software version help in documenting the keywords with category to enable researcher to quote the time of writing.

The examination of the validity of the data is a way to prevent the results of the study can be trusted and trustworthiness. That effort includes activities to keep credibility, transferibility, dependenbility, confirmability with fixed triangulate it both and a checking member methods, thick description, and others.

RESULTS

Participants in this study were the mother having overweight toddler in the work area Jetis public health care, the number of participant was 6 mothers. The characteristic of the participant is showed in Table 1. The findings of this study was classified into four main themes after researchers analyzed and processed the code on result of data collection i.e. search the source information about nutrition and identified kinds of food and drink, the decision-making and planning the provision to feeding children, the implementation of feeding on children, support and obstacle feeding in children.

Table 1: Characteristic of participant

Initial	Age (Year)	Education	Occupation	Total of child	Kind of Family	Total of family income (USD)
R1	35	SMP	Housewife	3	Nuclear	US\$ 182,84
R2	35	S-2	Lecture	1	Nuclear	US\$ 365,68
R3	44	D-3	Housewife	4	Nuclear	US\$ 87,76
R4	36	SD	Housewife	2	Extended	US\$ 65,82
R5	32	SMP	Housewife+ tailor	2	Nuclear	US\$ 146,27
R6	31	S1	Private sect workers	2	Extended	US\$ 1462,74

Source: primary data; Info: Regional minimum wage of Yogyakarta city = \$95.26

DISCUSSION

Based on the results of the in-depth interviews and observations the researchers conducted the data analysis to found the themes. The theme or category was found in this study are as follows:

Theme 1: searched the source information about nutrition and identified kinds of food and drink.

Category searched the source information about nutrition

The results of interview with mother and triangulation of other sources and observations were conducted, all mother not capable of being searched the most appropriate and deep information on the status and nutritional intake of food exact conformity needs of a child. Mother only aware of information superficially through television commercial and ask to the health workers only when it is time of medical treatment or immunizations. Different with the mothers who have children with the normal status of nutrients, based on the research known that mother is monitoring weight and high growth children routinely. If mother knows the children's weight do not or has more than normal limits, so mother looking for information on right intake of food for children though asked health workers or read a book.⁷

Participants also asked advice from other household members or neighbours than ask to the health workers. Other family members have inform in order mother cook food by herself not buy instant pulp out to give a child every day and cook without using seasoning instant cook. But, mother still give seasoning instant cook on cookery although been told by his parents. The use of instant seasoning cook can provide the sensation of taste savoury excess to improve appetite children, children will tend to like and hooked food having a strong sense and tasteful as hawker packing having herbs and sweetening also had not balance nutrition because high in calories and low fibre. Snacking habits and high energy of beverage but deprived of other nutrients is one factor should get attention, because of excess the energy trigger the child to be overweight and potentially suffer obesity.⁸

Category identified kinds of food and drink

Based on observation that done that mother was trying to read brochures of food to be bought by mother. Although mother has identified the kind of porridge and food to be bought for children by seeing the label which official from the government in the form of number BPOM (food and drug supervisory agency), but when asked on the mother not to know exactly composition of foodstuffs and its benefits or the danger. Mother convinced with BPOM is good for children. Mother not worried if there is in the content of foods that are not balanced to cause the child to be overweight.

Mother also tasting before food to be eaten by child especially in is take out outside. Children who are not particularly like the food spicy makes mother carefully to provide food in children through tasting the food first. One grandmother who cares the child home also makes sugar as the main flavouring towards cook for toddler though for a vegetable or mix onions and rice. Research by Chaidez et al shows that high consumption sugar can be risk factors additional weight on toddler to cause overweight and obesity.⁹

Participants also claimed that they tried to differentiate in the manner of presentation of food in their babies in the specific case of cutlery most participants deliberately gives cutlery made of material that does not easily broken or plastic. But, all of participants provide cutlery in size plate adults, portions eats the kids who large namely portions full of size plate adults allow children get nutritional intake that exceeds needs their food that can be risky overweight on child. Input energy that exceeds the body needs is a cause of fatness. ¹⁰ *Dirjen Bina Gizi dan Kesehatan Ibu dan Anak* recommended for one portions to eat by child on 1-3 years is not more than ±3/4-1 bowl with 250 ml. ¹¹

Children tend to less like the food spicy, soft food, although this option is determined by culture. Mother's family who has the java ethnic tended to prefer cuter food than spicy food. Many studies show that parents consciously and unconscious brought liked food of the kids and forming a significant impact on where, how,

with whom, and how much ate. Interaction parents and children strongly influence the behaviour of eats the kids. ¹² Research by Chaidez et al that consumption sugar that it can be risk factors additional weight on toddler to cause overweight and obesity. ⁹

Theme 2: the decision-making and planning the provision to feeding children

According to the interviews and observation that mother have not been able to form a proper plan in the provision of feeding on the child. Mothers and families do not have planning on a kind of food should be boiled in the span of the fore. Mother were tending to determine a kind of food want to cook on that day. Mother does not have planning variation cooking should be boiled in time at least the next few days.

Based on purpose mentioned by the participants known that all of them stating the aims the provision of a meal is for optimal growth and child to healthy. But when clarified back to the mother of as what standard optimal and healthy on child, mother does not capable to describe clearly. Mother only stated that the child does not ill and not the bony. The purpose of the provision of eat improper to be wrong one not deficient for granting fed by mother to their children so that the result of reached will not reached evaluation just in growth children. Inadequate Mother knowledge about food with nutrition unbalanced and a measure of normal weight and height in children is also one factor mother not capable of set purpose proper in granting eat on child.

According to the interviews and observation on participants who have the low incomes, besides parents were unable to provide adequate food intake because income minimal. Parents are incapable of determining the food having nutritional intake any capable of being granted to children. Proved that one of the participants claims to replace formula milk with tea as drink than breastfeeding. Participants are also not monitor in selecting food is take out children; the daily child is given money being in a less quantity. But every day mother said that children bought products that sold in a stall closest which contain many an artificial sweetener. Limited mother knowledge about eating balanced intake according to the needs of a child, she gave choices that led to an increase weight increased on child overweight. The problem of overweight is because cheap food that consumed contain many.¹³

The implementation of feeding on children

The process for granting feeding on overweight toddler as a broad outline have in common in behavior and evaluation of mother regarding the provision of feeding on children including perceptions and the assessment of heavy the child. Some mother, grandma, and caretakers of child feel glad to see the development of weight child more than many of child's friends. Almost all children with overweight identified by parents each having a normal weight.¹⁴ If mother, nanny, and grandmother not capable to evaluate growth children exactly so behavior of provision of the meal by mother will cause heavy weight the child which is less controlled and lead to nutritional status of obesity that in the future will be bad for child's health.

Children often eat or snacking out hours. The number of meals delicious is no sure because all child has great appetite. Participants who have well income be able to provide snacks at home whereas another participant gave snack money and freedom for children to snacks out. Based on a recommendation delivered by *Dirjen Bina Gizi dan Kesehatan Ibu dan Anak* that for 1-3 years children that require ±1125 kcal every day consisting of 3 meals and 2 interlude meals advocated to avoid interlude containing the fatty trans and sugar as biscuit or cracker. 11

Based on interviews can also be known that in addition children appetite is enough well as large appetite, mother does not complained about children that is hard to were made to eat. As she impart food to children and combined supplementary food given, their children likely to stay eat food given by mother. Different from children with malnutrition status, parents reported children sometimes difficult to eat and easy to fully feel, children are does not like food like breads and a variety of carbohydrates other that causes nutritional intake in a child is not inadequate so that the need for nutrients are not complete and cause deficiency nutritional on child.¹⁵

Participants also stated that their children only play in the house and around house. There is no high physical activity be done. Children prefer like to watch television especially the cartoons event or grandmother play children's song at home and prefer to sit in front of television. Their children frequently propelled with a stroller by grandfather when walking around home rather than walk themself. Physical activity also is a risk of overweight on child. The condition of this could happen if there was imbalance between intake energy and physical activity. A study in the united states that there are the relationship between physical activity and energy intake with the occurrence of surplus weight or overweight and obesity. Low physical activity and intake any excess energy can increase the fatness. ¹⁶

The provision style of feeding which is done by mothers and families who gives freedom upon a child in the provision of eat and does not monitor food of child because of less information on balanced nutritional intake for children because children often consume food that can cause a rise in heavy the child. This provision behavior of eating is provision behavior of permissive where mothers and families less restrictions place for children in eating and less control to food eaten by the child.

Based on research Moens et al that families with the overweight child more performs style is eating permissive and often do not control in what adaptive eating than families with children who are not overweight. In contrast to parents on the normal nutrients, parents tended to show style to eating is democratic where parents tend to appreciate but still able to assess good food for granted to children.

Support and obstacle feeding in children

Supporting on feeding in children

Based on the results of interviews on the implementation of the feeding by the mother in children with overweight toddler found things that support the implementation of the feeding. Things such support comes from the mother's husband and family environment ranging from the search for information, preparing food, to feeding to the child itself.

Support of husband in the provision of feeding on children based on the interviews were conducted on mother is include provide input on the feeding on children, prepare the provision of eats the child like going buy pulp for children, until the process of giving eats the child by feeding up children. Husband also participates in looking for information on the good food for children.

Not only husband who Provides support in feeding the children through providing input on feeding but other family members were also. Not infrequently families have teachings regarding food should or should not be given as taught by the mother's parents. Mothers also often make the teaching as a reference in feeding the children. Java community is also still holding strong family ties. The family still visiting each other and share stories of parenting on children. Social support such as family and those closest could influence health-related behaviours, sometimes are beneficial but sometimes detrimental. ¹⁸

Obstacle feeding in children

For granting eat to the child that were conducted by mother often not in accordance with the planning that have decided. There are some plan mother want but the actual cannot function as expected. Some things that inhibiting the process for granting eat come from mother own situation and out of the mother.

According to the interviews is obtained and observations, researchers found some things and some situation derived from mother which often hinder for granting feeding on the include mother who feel busy if must predict the nutrition for groceries while cooking and mother who was busy because many homework else to do by mother. She also revealed that difficulty in providing good foodstuff and diversified as vegetables and fruits. Mother also too lazy to go to market to buy food because

consuming another time of mother to do other activity. The distance between a house and place foodstuff providers too far makes mother unable to meet the needs of good and variation material food. Research of Newby, et al also indicated that the high fiber eating, as consumption vegetables, fruits, and nuts associated with reverse BMI, overweight, and obesity. In addition research by Drapeau stated that high consumption of vegetables and fruits could lose weight or prevent the increase in weight.

The family members and neighbors closely involved in pursuing the provision of eat in toddlers in accordance with the needs of a child. Mother stated that other family members often give food to their children this is also neighbors who be children's friend on playing. One participants that prohibits child to snacking out cannot prohibit them to eat the neighbors or cousin and uncle/aunt (pakde/bude) giving.

Social support such as family and nearest persons can affect behavior dealing with health, sometimes is favorable but sometimes is harming.¹⁸ The provision of care is done by grandparents also impact that unfavorable to food intake for children. A grandmother who cared the child stated that she often give formula milk every time when children cry especially at night. There are several things that are causing input energy exceeds the body needs, i.e. a) child who is given milk every time cry. b) the provision of supplementary food to high caloric on child with age too early. 10 Children who often consume formula milk is one of risk factors cause of excess weight on child. The research results show that grandparents significantly use behavior the maladaptive provision of maladaptive meal, one of it is give food or drink to making calm child while cry.²¹

CONCLUSION

The conclusion of this study that are all of mother could not tried to get the complete and right information yet and also make correct plan on feeding for child optimally. Mother and family feeding pattern inclined give freedom for child to consuming the food that haven't unbalance nutrition excess intake. Mother and family couldn't control the increasing of children's overweight. Mother should searched the right information, so that mother could make a good decision for feeding their children

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