

Responsive Feeding Management of Mothers with Picky Eater Incidents in Children Aged 1 Year To 3 Years

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ABSTRACT

Responsive Bolstering is the capacity of moms to effectively give nourishment in which there's an demeanor in nourishing agreeing to the age of the child, can empower children to eat without constraint, can give a safe environment within the process of children learning to eat conjointly how to utilize positive intelligent when children eat. The estimation of picky eaters was carried out utilizing the Child Eating Conduct Survey (CEBQ) which was received from the children's eating behavior survey. The reason of the consider was to decide the relationship between maternal responsive bolstering and the rate of picky eaters in children matured 1 year to 3 a long time in Sentul Probolinggo Town. The comes about of the ponder conducted on 35 respondents gotten the most noteworthy esteem of Responsive Nourishing Mother, to be specific 21 respondents (60%) with the category of Continuously and the comes about of picky eating given to children gotten the most noteworthy esteem, specifically 22 respondents (62.9%) with the category of bolstering more than 1 x a day Information investigation utilizing the spearman correlation test appeared that there was a relationship Responsive Nourishing of Moms with Picky Eater Rate in children matured 1 to 3 a long time in Sentul Probo Departement of Nursing, linggo town with a P esteem of $0.000 < 0.05$, at that point H_a is acknowledged. Children's eating propensities can be affected by the part of guardians or caregivers with children through child rearing in bolstering.

Keywords: *Responsive Feeding, Picky Eater*

1. INTRODUCTION

Children are implied to as an hypothesis and believe for the long run of the nation, who will finished up the following era inside the times to come. Inside the plan of life, childhood may be a arrange of advancement and headway, so it is imperative to optimize the stages of enhancement. The prosperity and food of children are the preeminent basic points to screen from an early age, since children who get palatable and strong food are ensured to create into quality individuals. In this way, children's food confirmations is especially basic for gatekeepers to pay thought to, as children get the supplements or eat less that back their advancement and advancement rebellious from food. In this way, gatekeepers must closely screen their children's day by day dietary plans. Be that because it may, in fulfilling this objective, diverse hindrances frequently happen, such as eating disarranges in children [1]. The closeness of food assurance and evading behaviors by individuals may lead to children with these behaviors experiencing wholesome needs or plenitudes. 22.87% of children with picky eater behavior have Z-scores for Weight-for-Age (W/A), Height-for-Age (H/A), and Weight-for-Height (W/H) that are lower than those of non-picky eater children. Antoniou et al. in their ask around showed up that the relationship between picky eaters and body weight was found inside the 2 extraordinary quartiles (upper and lower) and not much inside the center quartile.

In Santos's explore, he as well found a arrange relationship between the occasion of corpulence and the picky eater pointer, which is the approach to food [2]. Ask almost conducted by Judarwanto appears that children developed 4-6 a long time have the foremost hoisted prevalence of eating challenges at 33.6%, with most (79.2%) having held on for more than 3 months. This data is influenced by the parents' responsive reinforcing mold. Based on the ask almost conducted by Najib, it was found that incredible responsive feeding is impartial responsive feeding, since it tends to energize children to be free though still giving boundaries and controlling their exercises. This responsive feeding does not prioritize the parents' interface over the child's, and terrible propensity versa, in this way being able to facilitate the child's works out regularly, with respect to the child, and engaging the child's independence [3].

"Picky eating," as well known as fussy/faddy/choosy eating, falls interior the extend of feeding challenges, where mellow picky eating is the first common and as frequently as conceivable experienced shape, growing to genuine eating disarranges. Be that because it may, other pros see picky eating as having characteristics that are especially unmistakable from eating clutters. The picky and being suspicious of cutting edge nourishments within the early stages of human progression includes a positive influence since it can diminish the chance of exhausting hurtful substances, but in progressed times, this behavior can gotten to be an hindrance to enduring many unused or as of now untried nourishments [4].

The comes approximately of a preliminary consider conducted on 6 gatekeepers of children in Sentul Town on February 8, 2024, utilizing interviews, appeared that their children because it were favored nourishments such as wieners and meatballs, and had uncommon trouble eating vegetables, as well as rarely eating common items. Concurring to the guardians, it is predominant to require after the child's wishes than to not eat. The determination of this quantitative ask around methodology is arranging to supply a more cautious examination to choose whether there's a relationship between Mother's Responsive Reinforcing and the occasion of Picky Eater in children developed 1 to 3 a long time in Sentul Town, Probolinggo.

2. METHODS

The research design that will be used in this study is Cross Sectional, which is a type of research that emphasizes the measurement/observation of independent and dependent variable data only once, at one time. The population in this study consists of mothers with children aged 1-3 years in the Mawar posyandu area, totaling 35 respondents. Determining the sample criteria greatly assists researchers in reducing research bias, especially regarding variables (confounders) that turn out to have an influence on the variables being studied [5], [6]. The sampling in this study involved subjects who are part of the population that meet the inclusion and exclusion criteria using the Purposive sampling technique. In this study, the independent variable used is Mother's Responsive Feeding. The dependent variable in this study is the Occurrence of Picky Eater. The data collection instrument for this research involved providing questionnaires to mothers who attended the posyandu and had children aged 1-3 years. Additionally, the researcher also conducted direct observations to see the extent of the relationship between Mother's Responsive Feeding and the Occurrence of Picky Eater in children. Data analysis used the Spearman rank with a significance level of $\alpha = 5\%$ (0.05) using Statistical Product and Service Solution (SPSS) 20, with the criterion that if the probability is less than 0.05, the items in the instrument are declared valid. In this study, validity testing was conducted using an observation/checklist sheet. In this study, reliability testing was conducted using an observation/checklist sheet. To test the hypothesis stating that the Spearman Rho statistical test

results obtained data showing a Spearman correlation result with a P value of $0.000 < 0.05$, then H_a is accepted, which means there is a relationship between Mother's Responsive Feeding and the Occurrence of Picky Eater in children aged 1 to 3 years in Sentul village, Probolinggo, using the computer program "Windows SPSS 20".

3. RESULTS AND DISCUSSION

The comes about of the investigate on Responsive Bolstering by Moms and the Frequency of Picky Eaters in children matured 1 to 3 a long time in Sentul town, Probolinggo, gotten information.

Table 1. Distribution by Age

No	Age	Recurrence	Rate
1	20 – 25 years	5	12.8
2	26 – 30 years	23	69.2
3	30 – 35 years	6	15.4
4	≥ 36 years	1	2.6
Add up to		35	100

Table 2. Distribution of Respondents Based on the Current Age of the Child

No	Current Age of Child	Recurrence	Rate
1	1 year	4	10.3
2	2 years	13	33.3
3	3 years	18	56.4
Add up to		35	100

Table 3. Recurrence Dispersion Based on Mother's Responsive Nourishing

No	Picky Eater	Recurrence	Rate
1	Continuously	21	60
2	Regularly	4	11.4
3	In some cases	6	17.1
5	Seldom	4	11.5
Add up to		35	100

Table 4. Conveyance based on Recurrence Dispersion Based on Picky Eater

No	Nourishment Arrangement	Recurrence	Rate
1	>1x/day	22	62.9
2	1-3x/week	12	34.2
3	4-6x/week	1	2.9
4	1-2x/month	0	0
5	Never	0	0
Add up to		35	100

Source: Source: Handled Essential Information (2024)

Based on Table 5.5, the most noteworthy recurrence of nourishment arrangement is 22 respondents (62.9%) within the category of more than 1x a day.

Table 5. Frequency Distribution of the Cross-Tabs of Picky Eaters and Responsive Nourishing Mothers in Sentul Village, Probolinggo

Correlations		
	Responsive Feeding	Picky – Eater
Spearman'	Responsive Feeding	Correlation Coefficient

s rho	Sig. (2-tailed)	1.000	.002
		.	.000
	N	35	35
Picky -Eater	Correlation Coefficient	.002	1.000
	Sig. (2-tailed)	.000	
	N	35	35

Based on table 5.7, which appears the comes about of the spearman relationship with a P esteem of $0.000 < 0.05$, it can be concluded that there's a responsive nourishing relationship between an newborn child and a picky eater within the Sentul Probolinggo area between the ages of one and three.

Discussion

1. Responsive Bolstering by Moms

Based on Table 5.4 with respect to the recurrence conveyance of Mother's Responsive Nourishing, the most elevated esteem is 21 respondents (the relationship between Mother's Responsive Nourishing and the event of picky eaters in children matured 1 to 3 a long time in Sentul town, Probolinggo, 60%) within the "Continuously" category, with 6 respondents (17.1%) within the "Now and then" category, whereas 4 respondents (11.5%) drop into the "Regularly" and "Seldom" categories.

Responsive nourishing is the nourishment given by the mother to the child and is well-received by the child, and the mother can get it and alter the bolstering agreeing to the child's wants. Legitimate bolstering is carried out by giving nourishment reliably, paying consideration to starvation and completion signals, and the recurrence and way of bolstering effectively can energize little children to devour nourishment utilizing their hands or spoon autonomously (Alfitri et al., 2022).

In line with the inquire about conducted by [7], which appeared inquire about comes about with $q = 0.022$ ($q < \alpha$) where this investigate was conducted in Kedawung town, showing a relationship between Maternal Responsive Bolstering and picky eating and wholesome status. Hence, the analyst accept that the think about appears that responsive bolstering hones can move forward nourishment acknowledgment and self-feeding capacity. A few moms in this think about still utilize the strategy of strolling whereas bolstering their children, which has both positive and negative sides. The positive side is that the child eats a part, but it does not offer assistance the child move forward their self-feeding aptitudes.

2. Event of Picky Eater

In table 5.5, it was found that based on the recurrence of nourishment given, the most noteworthy esteem was gotten with 22 respondents (62.9%) within the category of nourishment given more than once a day, whereas another category was 1-3 times per week with 12 respondents (42.2%), and the most reduced was the category of 4-6 times per week with 1 respondent (2.9%).

Picky eating may be a behavior of being specific with nourishment in children, characterized by a restricted number of nourishment choices, hesitance to undertake unused nourishments, evasion of certain sorts of nourishment, and having particular nourishment inclinations, counting the appearance of nourishment and arrangement strategies. A few of the impacts of picky eating are related to nourishment assortment, nourishment admissions, and by and large improvement and development. Picky eaters have been demonstrated to expend less calories compared to those who are not picky eaters, having a lower assortment of nourishments, although they still meet their vitality needs [8].

Picky eating behavior may be a sort of eating trouble where the person as it were needs to devour certain nourishments that are less shifted and rejects other nourishments or modern nourishments. Picky eating behavior will be measured utilizing the perception strategy with a rating

scale. The higher the score gotten from the rating scale, the higher the level of picky eating behavior in children [9].

The comes about of this ponder demonstrate that picky eating in children is related with fiber and carbohydrate admissions, but not with vitality, protein, and fat admissions. Picky eaters tend to have lower admissions of vegetables, fruits, fish, and rice. Be that as it may, they devour drain, rolls, wafers, meatballs, pieces, chicken, and fricasseed nourishments. The moo admissions of vegetables and natural products, which are tall in vitamins and minerals, can cause people to not meet their day by day micronutrient needs [10].

Analysts expect that children's eating propensities are affected by the relationship between guardians or caregivers and the child through child rearing styles in bolstering. Guardians utilize weight and confinement (dictator child rearing fashion) in non-responsive bolstering hones, which can lead to children showing picky eating behavior. Careless and lenient child rearing styles moreover utilize non-responsive bolstering hones. Alternately, children who are raised fairly tend to have positive propensities, such as tolerating nourishment and learning to reply to starvation and totality signals, in this manner creating sound eating propensities.

3. The Connection Between Maternal Responsive Feeding and the Rate of Picky Eating in Children Aged 1 to 3 Years in Sentul Village, Probolinggo.

According to the findings, the Spearman correlation yields a P value of 0.000, which is greater than 0.05, indicating that the hypothesis H_a is upheld. This suggests there exists a link between a mother's responsive feeding practices and the prevalence of picky eating in young children aged 1 to 3 years in Sentul village, Probolinggo.

Consistent with the study conducted by [6], findings reveal that picky eating habits in children relate to their intake of fiber and carbohydrates, but not to the consumption of energy, proteins, or fats. Children who are selective eaters typically consume fewer vegetables, fruits, fish, and rice. On the other hand, they tend to favor milk, biscuits, wafers, meatballs, nuggets, chicken, and fried foods. Insufficient consumption of vegetables and fruits, which are rich in essential vitamins and minerals, risks failing to meet the required daily micronutrient intake [2]. Notably, in this research, some participants reportedly drank up to 8 bottles of milk daily. Certain 3-year-olds who are picky eaters display a tendency to consume large quantities of milk.

This investigation reveals that some children brought up using a democratic parenting style do not exhibit picky eating, while some selective eaters are raised in a permissive environment. Studies indicate that responsive feeding strategies can enhance children's acceptance of food and their ability to feed themselves. Within this research, certain mothers continue to practice feeding their children while they move around, which carries both benefits and drawbacks. The advantageous aspect is that the child may eat more, but this method does not encourage the development of self-feeding skills. Additionally, some parents often provide preferred foods out of worry about their child's minimal intake, which limits exposure to unfamiliar foods. Effective strategies to lessen picky eating include introducing new foods when the child is hungry and creatively presenting meals to captivate the child's interest. Researchers have found that the link between maternal responsive feeding and the incidence of picky eating among children aged 1 to 3 years in Sentul village, Probolinggo, is significantly influenced by the parents' role, particularly that of mothers, in supplying food or nutrition to their little ones. This is a reciprocal dynamic between the child and the caregiver, involving both verbal and non-verbal cues regarding feelings of hunger and satiety, which prompt responses from the caregiver. The key elements of responsive feeding encompass: assisting the child with direct feeding or promoting independent eating, fostering a slow and patient feeding approach, responding effectively to

food refusals, ensuring a safe eating atmosphere, and recognizing mealtime as an opportunity for learning and emotional support.

CONCLUSION

The research results indicate a link between Mother's Responsive Feeding and the prevalence of Picky Eater behavior in children between the ages of 1 and 3 in Sentul village, Probolinggo. The analysis demonstrates a Spearman correlation with a P value of 0.000, which is greater than 0.05, leading to the acceptance of H_a . This signifies that there is a relationship between Mother's Responsive Feeding and the prevalence of Picky Eater behavior in children aged 1 to 3 in Sentul village, Probolinggo.

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