



THE RELATIONSHIP BETWEEN MATERNAL CHARACTERISTICS AND PARENTING PATTERNS OF FEEDING FOR TODDLERS IN THE SPECIAL REGION OF YOGYAKARTA

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ABSTRACT

There are many factors that influence child nutrition, both internal and external factors. Internal factors such as maternal characteristics are the most influential factors in determining the parenting style applied in feeding children. The purpose of this study was to analyze the influence of maternal characteristics on parenting patterns in feeding toddlers in Yogyakarta. The research method was conducted quantitatively with validity, reliability, and Chi Square test. Data were collected by questionnaire with 211 eligible samples who were mothers aged 17-45 years who had toddlers aged 0-59 months. The validity and reliability test results showed rcount 0.1663 and Cronbach's Alpha 0.9304 so that it was declared valid and reliable. Chi Square test showed no relationship between age, type of work, and level of education on parenting feeding in toddlers in D.I. Yogyakarta.

Keywords: age; feeding; occupation; parenting; toddlers

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INTRODUCTION

The nutritional problems of children under 5 years of age are very diverse, consisting of stunting, wasting, underweight and overweight. Data on nutritional problems in 2022 according to the World Health Organization (WHO), the stunting rate is 22.3% and overweight is 5.6% in children under 5 years of age. (Goals, 2023). This is still a health problem that has received great attention internationally with efforts to solve it involving the role of every country starting from the smallest region. In the province of Yogyakarta Special Region, the prevalence of stunting is 18% in toddlers (children aged 0-59 months), wasting prevalence data is 7.1%, underweight prevalence data is 13.3%, and overweight prevalence data is 3.6% of 3,296 data. (Ministry of Health of the Republic of Indonesia, 2023).

Abnormal nutritional status in children under 5 years of age can lead to less than optimal organ development, inhibition of physical growth, and decreased productivity. (Indonesian Ministry of Health, 2021). The causes of nutritional problems in children under five years old in Indonesia generally come from direct factors such as infectious diseases and food intake, while indirect factors such as nutritional knowledge, economic status, and the role of health workers. (Yunus, 2019). Good knowledge about nutrition in parents is important to be the basis for implementing healthy living behaviors in the family in the form of healthy eating habits and lifestyles, because it can help these behaviors be accepted and implemented for a longer time (Candra, 2020). (Candra, 2020). The need to receive knowledge about nutrition in parents can be provided with health education starting from information on the rules of balanced nutrition and the correct nutritional adequacy number (AKG) for children according to their needs. Nutritional problems of toddlers have a serious impact including failure in

growth and development, less than optimal intelligence, which can result in death in toddlers (Oktavia et al., 2017). (Oktavia et al., 2017).

Nutritional status is affected in two ways, directly and indirectly. Nutrient intake affects nutritional status directly, and indirectly, one of the factors is family characteristics. Family characteristics, including parents' education, parents' income and parents' occupation, can affect the nutritional status of toddlers. (Wicaksana & Nurriszka, 2019).. Working mothers usually fulfill nutrition more diversely because they are not limited by economic conditions, so that the fulfillment of children's nutrition is more concerned. (Fauzia et al., 2019). The ability of mothers to work economically makes most mothers able to get access to information and health services related to nutrition for children. The opposite condition explains that working mothers have a narrow availability of time even to participate in posyandu activities which are routinely held once a month (Ningsih & Lindayati, 2019). (Ningsih & Lindayati, 2019).. The availability of time and attention from mothers is needed by children to support optimal growth and development. (Astaningrum & Nugraheni, 2017)..

Based on gender, the labor force participation rate (TPAK) of women in Yogyakarta Special Region in August 2023 was 64.75%. (BPS D.I. Yogyakarta, 2023).. The types of maternal employment in the Special Region of Yogyakarta include trade, agriculture, employees, self-employment, self-employment assisted by non-permanent labor, family workers, free workers in non-agriculture, business assisted by permanent labor, free workers in agriculture and professional workers who have special skills. (BPS D.I. Yogyakarta 2023). Mothers can help their children eat better by teaching them how to eat healthily for their children, breastfeeding, and paying attention to their children's portion sizes. (Berliana & Umaroh, 2023). How to feed toddlers can affect their food intake, such as determining the right time to feed them and praising them if they can finish the food. If the child refuses to eat, then the mother must find a solution. Mothers' practices in feeding and praising their children can help children's growth and development (Domili et al., 2021). (Domili et al., 2021). Therefore, it is very important for mothers to follow a nutritionally balanced diet because if they provide food with a lot of variety, the body will get more nutrients (Simorangkir et al., 2021). (Simorangkir et al., 2020).

Problems in the way mothers feed toddlers include lack of knowledge about healthy eating patterns, time constraints, especially for working mothers, and inappropriate feeding practices. Many mothers do not understand the importance of variety and balance of nutrition, such as the rules of balanced nutrition and the nutritional adequacy number (AKG), so children's diets tend to be monotonous. Working mothers often have limited time to give full attention to their children's diet, even to attend posyandu activities. Inconsistent feeding practices, such as irregular meal times or lack of encouragement for children to finish their meals, also affect nutrient intake (Domili et al., 2021). (Domili et al., 2021). In addition, economic constraints and limited access to nutrition education exacerbate these conditions. These issues point to the importance of improved nutrition education, strengthened health services and a balance between work responsibilities and attention to children's nutritional needs to ensure optimal under-five growth and development.

According to research conducted by Domili, et al (2021) et al, there is a correlation between the incidence of stunting and mothers' knowledge of how to take care of feeding toddlers. This is supported by Berliana and Umaroh, who state that stunting toddlers have poor feeding parenting, compared to toddlers who have good feeding parenting. If the toddler's diet is not fulfilled, it will experience a decrease in inhibited motor growth and they become short, thin, and unhealthy (Dhilon & Harahap, 2011). (Dhilon & Harahap, 2022).. This study aims to

determine the relationship between maternal characteristics and feeding parenting patterns of toddlers in the Special Region of Yogyakarta.

METHOD

This study is an analytic observational study using a cross sectional approach. This study was conducted in the Special Region of Yogyakarta from August 2023 to September 2023 with a population of working mothers who have toddlers. The sample was selected using purposive sampling technique based on the inclusion criteria, namely working mothers aged 17-45 years, having toddlers aged 0-59 months, living in the same house with toddlers, and willing to become respondents. The number of research samples was 211 people. The independent variables in this study were maternal characteristics including age, type of work, and the latest level of education, while the dependent variable was feeding parenting. Feeding parenting was measured using the caregiver feeding style questionnaire which included 14 questions about demandingness and 10 questions about responsiveness to children's needs. Data on age, type of work, and education level of mothers were collected through a respondent characteristics questionnaire with an interview method, while parenting style was identified through interviews using the caregiver feeding style questionnaire.

The measurement of parenting is done by calculating the scores on the two dimensions, namely demandingness and responsiveness, which are then used to classify the mother's parenting into certain categories, such as authoritative, authoritarian, permissive, or neglectful. The validity of the questionnaire was tested with the result of an r table value of 0.1663, while the reliability was tested using Cronbach's alpha which resulted in a value of 0.9304, indicating that the instrument used was valid and reliable. With this method, the study ensured that the measured feeding parenting patterns could be accurately interpreted according to the relationship with maternal characteristics. Data were analyzed using the chi-square test with a 95% Confidence Interval. This study has received approval from the Research Ethics Committee of 'Aisyiyah University Yogyakarta Indonesia with Number 3205/KEP-UNISA/IX/2023.

RESULT

Table 1.
Sample Age Frequency

| Valid | f | % |
|------------------------------------|-----|-------|
| Age | | |
| < 35 Years | 165 | 77.7 |
| ≥ 35 Years | 47 | 22.3 |
| Cumulative | 211 | 100.0 |
| Type of Work | | |
| Self-employed, Laborer, Freelancer | 114 | 54.0 |
| Private Employee | 79 | 37.4 |
| PNS | 18 | 8.5 |
| Cumulative | 211 | 100 |
| Last Education | | |
| ELEMENTARY/MIDDLE SCHOOL | 35 | 16.6 |
| HIGH SCHOOL | 80 | 37.9 |
| Diploma / S1 / S2 | 96 | 45.5 |
| Cumulative | 211 | 100.0 |

The table above shows that the majority of mothers who became research samples were 165 people or 77.7% aged <35 years. While the sample aged over 35 years was only 47 people or 22.3%. This shows that most mothers who have toddlers aged 0-59 months are more from the age group under 35 years. In the literature, productive-aged mothers tend to be more adaptive

to changes and innovations in parenting, which affect the level of demandingness and responsiveness to children (Putri, 2022). The table above also shows that the majority of mothers work as self-employed, laborers, and freelancers with a frequency of 114 people or 54%. This is followed by the number of mothers who work as private employees with a total of 79 people or 37.4%. The group of mothers who work as civil servants is the smallest number with a total of only 18 people or 8.5%. This is in accordance with the age percentage of mothers who are mostly under 35 years old so they do not have a permanent job and only a few work as private employees or civil servants. The relationship between mother's job type and parenting patterns can be seen through economic stability. A higher income, such as from a job as a private employee or civil servant, allows greater access to resources to support optimal parenting, including responsiveness to children's needs. Conversely, freelance or self-employed work, which may be less stable, may affect the mother's ability to give full attention to the child due to economic pressures or irregular working hours (Wandani, Sulistyowati & Indria, 2021).

While the frequency of the mother's last education showed that most of the mothers who became the research sample had the last education of diploma / S1 / S2 with a frequency of 96 people or 45.5%. This was followed by the frequency of mothers who had the latest high school education with a total of 80 or 37.9%. Only 35 people or 16.6% of mothers had the last education of elementary / junior high school. This data is in accordance with the data on maternal employment where there are still mothers who work as laborers, freelancers, or self-employed because their level of education does not allow them to get private / civil servant jobs. Relationship between maternal characteristics and parenting of feeding toddlers In accordance with previous research which states that there is an influence of maternal age with parenting feeding in toddlers, the Chi Square test was conducted to see the relationship between the two variables. The statistical test results are shown in Table 2.

Table 2.
Cross Tabulation of Characteristics with Demanding Parenting

| Characteristics | Category | Parenting | | Total | P Value |
|-------------------|---|-----------|------|-------|---------|
| | | Less | High | | |
| Age | <35 Years | 21 | 143 | 164 | 0.459 |
| | ≥35 Years | 8 | 39 | 47 | |
| | Total | 29 | 182 | 211 | |
| Type of Work | Entrepreneur, Laborer, Freelancer | 17 | 97 | 114 | 0.562 |
| | Private Employee | 11 | 68 | 79 | |
| | PNS | 1 | 17 | 18 | |
| | Total | 29 | 182 | 211 | |
| Last Education | ELEMENTARY /MIDDLE SCHOOL | 5 | 30 | 35 | 0.994 |
| | HIGH SCHOOL | 11 | 69 | 80 | |
| | Diploma / S1 / S2 | 13 | 83 | 96 | |
| | Total | 29 | 182 | 211 | |

The table above shows that most mothers aged less than 35 years applied parenting patterns with high demandingness. Mothers aged over 35 years also applied high demandingness parenting more often. Most mothers who have high demandingness in parenting child feeding are mothers who have entrepreneurial jobs, laborers, and freelancers. This is shown in the data

that mothers who are private employees and civil servants have low demandingness in the implementation of feeding parenting patterns in toddlers. The table above also shows that most mothers with Diploma / S1 / S2 education have high demandingness in feeding toddlers. While mothers with elementary / junior high school education have low demandingness. To determine the relationship between age, type of work, and the latest education on parenting patterns applied by mothers in feeding children, a chi square test was conducted by considering the significance value obtained. The P-value obtained shows that there is no relationship between age, occupation, and the last education of the mother with the application of demandingness parenting in feeding toddlers. This is evidenced by the p-value of the relationship between age and parenting is $0.459 > 0.05$, employment with parenting is $0.562 > 0.05$, and the last education with parenting has a p-value of $0.994 > 0.05$ so it is stated that there is no relationship between maternal characteristics and the application of parenting in feeding toddlers.

Table 3.
Cross Tabulation of Characteristics with Responsiveness Parenting

| Characteristics | Category | Parenting | | Total | P Value |
|-----------------|---|-----------|------|-------|---------|
| | | Less | High | | |
| Age | <35 Years | 12 | 152 | 164 | 0.461 |
| | ≥35 Years | 5 | 42 | 47 | |
| | Total | 17 | 194 | 211 | |
| Type of Work | Entrepreneur, Laborer, Freelancer | 10 | 104 | 114 | 0.242 |
| | Private Employee | 4 | 75 | 79 | |
| | PNS | 3 | 15 | 18 | |
| | Total | 17 | 194 | 211 | |
| Last Education | ELEMENTARY/ MIDDLE SCHOOL | 6 | 29 | 35 | 0.097 |
| | HIGH SCHOOL | 5 | 75 | 80 | |
| | Diploma / S1 / S2 | 6 | 90 | 96 | |
| | Total | 17 | 194 | 211 | |

The table above shows that mothers under 35 years old apply responsiveness parenting more than mothers over 35 years old although both groups apply high responsiveness parenting more. Based on the type of work, mothers who work as entrepreneurs, laborers, freelancers apply responsiveness parenting more than private employees and civil servants. While based on the latest education, mothers with diploma / S1 / S2 education apply high responsiveness parenting patterns in feeding toddlers. However, the p-value results prove that maternal characteristics are not associated with the application of responsiveness parenting. The p-value of the relationship between age and parenting is $0.461 > 0.05$ so there is no relationship with parenting feeding in toddlers. The type of work has a p-value of $0.242 > 0.05$ so it is stated that there is no relationship with parenting feeding in toddlers. The last education has a significance value of $0.097 > 0.05$ so it is stated that there is no relationship with parenting of feeding in toddlers by mothers in D.I. Yogyakarta. The test results show the representation of the development of factors affecting feeding parenting in toddlers recently because more and more factors need to be considered.

DISCUSSION

The results showed a significant difference between the relationship between maternal characteristics and feeding parenting when compared to the findings by previous researchers. In this study, most of the respondents were mothers under 35 years old with a frequency of 77.7%. This suggests that age may influence maternal parenting in feeding toddlers. Although

the Chi Square test showed a significance of 0.459 and 0.461 which is greater than 0.05 so there is not enough evidence to state the relationship between age and parenting. According to Mayangsari et al. (2021) Mother's age has no effect on parenting of feeding can be due to differences in age with the mother's emotional intelligence. Mothers who are productive have a tendency to be more energetic and flexible in facing parenting challenges. This allows them to adapt better to the needs of toddlers, especially if they have the support of extended family in parenting.

The type of work also has no effect on parenting feeding to toddlers because the significance value obtained is 0.562 and 0.242 which is greater than 0.05. The type of work is not able to influence parenting feeding can be caused because the type of work is no longer relevant in shaping parenting feeding, especially in mothers who are mostly under 35 years old and work as laborers / self-employed. Most young mothers have personal values in parenting so that the type of work does not always affect the parenting of feeding that is applied. Flexible jobs, such as self-employment and freelance work, allow mothers to better manage their time for their children, but the financial challenges they face often affect the consistency of parenting. In contrast, mothers with regular jobs tend to experience time constraints, which can reduce direct interaction with children but provide greater economic stability. Furthermore, the large number of mothers who are self-employed, laborers, and freelancers may be a contributing factor to the possible role of extended family in parenting child feeding.

The last level of education should affect the application of parenting in feeding toddlers. However, the study shows the opposite result, that the significance is only 0.994 and 0.0972 which is greater than 0.05 so that it cannot be stated that there is a relationship between the level of education and parenting. The existence of social media and online platforms that make it easier for mothers to access information related to parenting makes the level of education no longer relevant. Especially for young mothers who are more tech-savvy. It is possible that mothers consider the needs of their children and imitate what they see on social media in implementing parenting in toddlers. Through platforms such as social media, mothers from various educational backgrounds can obtain scientific-based parenting guidance and practical experience, thus reducing reliance on formal education as the main source of parenting information. The cross-tabulation results also show that parenting patterns applied to toddlers are more demandingness and responsiveness so that there is attention to children's needs and parental preferences in determining the toddler's meal schedule. While age, type of employment and mother's last level of education did not show significant associations with parenting feeding of under-fives, these findings suggest that other factors, such as technology, cultural norms and family support, influence parenting. Further research is needed to explore these dynamics in greater depth.

CONCLUSION

The results showed that most of the study respondents were mothers under 35 years old, working as entrepreneurs, laborers, or freelancers, and the last education was diploma / S1 / S2. Most mothers apply a diet that has a high level of demandingness and responsiveness so that there is a possibility of adjusting children's needs with parental preferences. The results of the Chi Square test showed no relationship between age, type of work, and the last education of mothers on parenting patterns of feeding for toddlers in Yogyakarta. This can be due to the many external factors that influence parenting, especially in mothers under 35 years of age because they have varied emotional levels, high access to social media, and socio-cultural influences in the community which cause many external factors that shape parenting of feeding toddlers. It is recommended for future researchers to use more variables in looking at factors that may be related to parenting patterns of feeding in toddlers.

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