



PARENT INVOLVEMENT IN SHAPPING BEHAVIOR OF ELEMENTARY SCHOOL CHILDREN

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ABSTRACT

School-age children will basically spend a lot of time in school. This condition will have great potential to buy street food sold in the school environment. Parents in this case are mothers who have an important role in directing children's snacking behavior. Objective: This study aims to analyze the involvement of parents in shaping basic child snacking behavior. This research is a quantitative study using an analytical survey method with a cross sectional approach. The sample size of the study was 74 children, which were taken using a simple random sampling technique. Collecting data using a questionnaire to measure children's snacking behavior and parental involvement. Data analysis used multiple logistic regression with a significance level of 95%. The results showed that there was a relationship between the variables of breakfast habituation, giving pocket money and family habits of snacking outside, which were closely related to children's snacking behavior at school. There is one variable, namely bringing lunch to school is not related to children's snacking behavior. Based on the results of the study, it can be concluded that parental involvement in the formation of snacking behavior is the habit of preparing breakfast, giving pocket money, and family eating habits.

Keywords: elementary school children; parental involvement; snacking behavior

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INTRODUCTION

School age is the middle age period, namely children aged 6-12 years. Characteristics of school-age children include doing high activities and playing a lot outside the home. Due to the high activity of these children, it is necessary to balance them with balanced nutritional intake and intake so that the child's growth and development process is not disturbed. School-age children basically spend a lot of time at school so that children have great potential to get food from outside the home. Food from outside the home, one of which can be obtained from street food sold in the school environment. Snacking for school children is unavoidable, the majority of school children have a snack habit. The research of Hastuti et al., (2018) states that 96.6% of research respondents have a snack habit. The Qorrothu Research (2019) stated that the average research respondent made snacks 2 times during school hours.

Several research results show that, in fact, snack foods have an important role in fulfilling children's nutrition. However, the phenomenon in the field shows that not all snacks are safe for consumption. The results of research by Anton et al., (2020) found that 67% of the snack

food samples studied contained formalin, 8% of the samples contained borax and 11 samples of snacks were contaminated with coliform bacteria. The results of the research by Syafriyani & Djaja, (2020) stated that 16.4% of the snack food samples studied were positive for E. Coli. Contaminated snacks can cause health problems for children who consume them, for this reason it is necessary to provide guidance to children.

Apart from being an example, parental involvement plays an important role in achieving good education. Parental involvement is theoretically expected to improve student achievement or behavior. Parents play a role in helping a child to meet or exceed norms or expectations. Parental involvement will influence behavior and academic performance better and are more likely to complete high school than students whose parents are not involved in their school (Henderson & Berla, 1994; McNeal, 2014). Parents in this case are mothers who have an important role in directing children's snack behavior because parents have a very close role in shaping children's habits. Parents have their own way of guiding children, educating and teaching to shape children's behavior. Parents' decisions about something have a broad impact on family members, including in terms of fulfilling family nutrition. If parents who become examples do not care about health, the children will also not care about health, and vice versa.

This is supported by several research results that have been conducted. Research by Yusnita et al. (2021) concluded that there is a relationship between authoritarian parenting and snacking behavior for school-age children in Gampong Kapa, Peusangan District, Bireuen Regency. Research states that parental attitudes affect children's snacking behavior (Tambunan, Ariwati, & Syamsul, 2019). The results of a preliminary study conducted at State Elementary Schools 1 and 3 Buntalan showed that there were 13 children who were eating snacks in the school canteen, they ate snacks using sauce and drank colored ice. The results of interviews with 7 children said that they never brought lunch to school. All the children said that every day they get pocket money from their parents. Seeing the existing problems, this study aims to analyze the involvement of parents in shaping basic child snacking behavior

METHODS

This research is a quantitative study using an analytical survey method with a cross sectional approach. The population in this study were students of State Elementary School 1 Buntalan and State Elementary School 3 Buntalan. The sample size of the study was 74 children. The sampling technique used was total sampling. Collecting data using a questionnaire to measure children's snacking behavior and parental involvement. This questionnaire has been tested for validity and reliability with valid and reliable results. Student data collected includes children's snacking behavior and parental involvement. Snacking behavior is categorized into good and bad behavior. The parents' data collected includes the average monthly income, the habit of preparing breakfast, the habit of giving lunch, the habit of giving pocket money, the habit of eating family meals. Test analysis using multiple logistic regression with a significance level of 95%.

RESULTS

Characteristics of Respondents

From the results of the univariate analysis, it was found that the majority of respondents were women in grade 4 with parental income ranging from 2-<3 million. The frequency distribution of the majority of children's snacking behavior is good, while related to parental involvement regarding breakfast habituation is sometimes and the majority never bring lunch to school. the majority of respondents were given pocket money while attending school. In addition, the data shows that families do have a habit of always eating out.

Table 1.
Respondent Characteristics (n= 74)

Respondent characteristics	f	%
Gender		
Man	33	44,60
Woman	41	55,40
Class		
Three	19	25,70
Four	25	33,80
Five	13	17,60
Six	17	23,0
Parent's income		
< 2 million	32	43,20
2- <3 million	38	51,40
≥ 3 million	4	5,40
Snacking behavior		
Well	56	74,30
Not good	19	25,70
Breakfast habit		
Always	27	36,50
Sometimes	47	63,50
Never	0	0,00
Bring food		
Always	3	4,10
Sometimes	16	21,60
Never	55	74,30
Giving pocket money		
Always	57	77,00
Sometimes	17	23,00
Never	0	0,00
Family eating habits		
Always	53	71,60
Sometimes	17	23,00
Never	4	5,40

Furthermore, the assessment of parental involvement with the snacking behavior of elementary school children was carried out using multiple logistic regression tests. Here are the results of the analysis test:

Tabel 2.
Analysis of Parental Involvement and Snacking Behavior for Elementary School Children

		B	S.E	Wald	df	Sig.	Exp(B)	95% C.I for EXP(B)	
								lower	Upper
Step 1 ^a	Breakfast habit	-7.723	3.578	4.659	1	.000	.000	.000	.491
	Bring supplies	-1.861	1.007	3.418	1	.084	.155	.022	1.118
	Giving pocket money	-3.151	2.187	2.075	1	.000	.043	.001	3.115
	Family snack	2.424	1.133	4.576	1	.000	11.291	1.225	104.057
	Constant	2.840	1.393	4.156	1	.000	17.109	1.116	262.383
		13.410	9.230	9.230	1	.000	6666534.814		

From the results in table 2 shows a relationship between each variable. The independent variables consisting of habituation of breakfast, giving pocket money and family habits of snacking outside are closely related to children's snacking behavior at school. There is one variable, namely bringing lunch to school is not related to children's snacking behavior.

DISCUSSION

School children generally spend a quarter of their time in school, so many school children consume food that is widely sold in the school environment. The study found that the majority of respondents had a habit of snacking, where as many as 19 respondents (25.70%) were included in the category of unfavorable behavior. The results of this study are in line with research from Hastutik & Eka Putri (2018) which concludes that 96.6% of respondents have a snack habit. Likewise, the research of Wowor et al., (2018) found 57.3% of respondents had frequent snacking behavior.

Snacks for school children actually have a very important meaning, because they can help fulfill nutritional intake. However, if the snacks consumed are not safe, it will cause health problems for children. Given that children are a group that is vulnerable to disease. Therefore, children's snacking behavior needs to be monitored and supervised so as not to cause health problems (Gibson et al., 2020). Snacking habits and behavior in school children are influenced by several factors, namely children's knowledge about snack foods, children's attitudes, pocket money, peers and the role of parents (Tambunan et al., 2019).

Parents have a very important role in shaping children's habits. Children's eating habits and behavior are basically strongly influenced by the family. Parents who pay attention to their children's eating behavior, parents can advise what foods should be consumed and what foods should be avoided. Based on the results of the study concluded that the involvement of parents in shaping the snacking behavior of elementary school children includes the habit of preparing breakfast, the habit of giving pocket money, the habit of eating family meals. Meanwhile, parents' income and the habit of bringing lunch did not affect children's snacking behavior.

Breakfast Habit

Breakfast is very important for school children. Breakfast is a source of energy that will help children concentrate in learning. In addition, breakfast can actually prevent children from snacking carelessly. However, for elementary school children, breakfast does not affect snack habits. This can be seen from the results of the study that children who eat breakfast or not both have the habit of snacking, but what makes the difference is the frequency of snacking. This is in line with the results of research Dainy, Rizqiya, Kusumaningati, & Yunieswati, (2020) which concludes that children eat breakfast or not at school. Breakfast is an important source of energy for everyone to start the activity. Breakfast is an eating and drinking activity that is carried out in the time span between waking up in the morning until 9 o'clock (Larega, 2015). Breakfast aims to meet nutritional needs in the morning so that nutrition is balanced and serves to prevent the spread of a disease during activities (Suraya et al., 2019).

Children should have breakfast because the state of the body when they wake up, their stomach focuses on the digestive system in an empty condition and must be filled in order to do various activities. If the availability of optimal energy supply will nourish the body, where energy is the fuel that will make the body's organs work properly. Without excellent stamina, the child will find it difficult to concentrate and can even lead to fainting. Parents who do not get used to breakfast will encourage children to prefer snacks with dangerous high sugar

levels, where this type of food has the potential to increase body weight to make blood pressure chaotic (Ratna Yunita & Susila Nindya, 2017)

Bring supplies

To reduce children's snack habits, it is necessary to carry provisions provided by parents. By bringing lunch, children will get enough energy for activities and minimize the possibility of snacking on unhealthy foods during school. The habit of bringing healthy lunches also helps children easily find food that will help them concentrate and perform better at school. Many studies report that school children who eat vegetables, fruit, protein, and few calories from fat will perform better on literacy tests than children who have a high intake of fat and salt (Scaglioni et al., 2018).

Family snack

Another involvement of parents that can shape children's snacking behavior is family snacking habits. Parents invite their children to eat outside the house basically aims to find an atmosphere so they don't get bored. In addition, eating together outside the home is also a quality time. However, according to researchers, if the habit of eating outside the home is often done it can encourage children's habits to snack. Because basically children have a harmonious attitude with people who are considered important. This is in accordance with the results of research conducted by (Arisdanni & Annas Buanasita, 2018) that parents greatly influence children's dietary habits and nutrient intake in children. The role of parents can also be a protective factor against overnutrition.

Pocket money

Based on the results of research, the habit of parents giving pocket money also shapes children's snacking behavior. According to the researcher's assumption, parents give pocket money to children for several reasons, one of which is so that children are independent and learn to use money responsibly. However, by giving pocket money to children, it will encourage children to snack and consume unhealthy foods. This can happen because children tend to follow environmental conditions. When the environment and school friends have a snack habit, the child will follow it. The bigger the pocket money the child brings, the more the child's frequency of snacking will increase. This is in line with the research conducted by Tambunan et al., (2019) that there is a relationship between giving pocket money and snacking behavior.

The results of this study found that parents' income and school supplies did not affect children's snacking behavior. Parents who have high and low incomes do not affect their children's snacking behavior. According to the researcher's assumption, this happens because under any circumstances parents always give pocket money to children when their children go to school. Likewise with school supplies. Children who go to school are given food by their parents or not, children will still buy snacks. This happens because children are very interested in what they see. The variety of snack foods, peers who have the habit of snacking and ownership of pocket money from parents, are what encourage children to have a snack habit.

CONCLUSIONS

Based on the results of research and discussion, it can be concluded that parental involvement in the form of breakfast habits, the habit of giving pocket money and family snack habits can shape the behavior of elementary school children. Researchers suggest parents to pay more attention to children's snack behavior by forming good habits from the family, namely getting

used to preparing breakfast, reducing the frequency of eating out and reducing the habit of giving pocket money to children.

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