

## THE RELATIONSHIP BETWEEN FOOD PARENTING AND SNACKING HABITS WITH THE NUTRITIONAL STATUS OF SCHOOL-AGE CHILDREN

Idcha Kusma Ristanti<sup>1\*</sup>, Dwi Kurnia P. S.<sup>1</sup> Nikita Welandha Prasiwi<sup>1</sup>, Aulia Rohmah Purborini<sup>1</sup>

<sup>1</sup>Institute of Health Sciences Nahdlatul Ulama Tuban, East Java, Indonesia

\*Email: [idchakusma@gmail.com](mailto:idchakusma@gmail.com)

Email: [niaemir@gmail.com](mailto:niaemir@gmail.com)

Email: [nikitaprasiwi.welandha@gmail.com](mailto:nikitaprasiwi.welandha@gmail.com)

Email: [aulia.plankton@gmail.com](mailto:aulia.plankton@gmail.com)

### ABSTRACT

School-age children are the second fastest growing period after toddlers. Where optimal health will produce optimal growth as well. Nutritional intake is needed to meet the physical and mental health of children. This study aims to determine the relationship between maternal eating patterns and children's snack habits with the nutritional status of school-age children.

This type of research is correlational analytic with cross sectional time approach. The population is all mothers of school-age children at SDN Ngrandu 1 Kedungadem Bojonegoro in 2022 a total of 88 people, with a sample selected by proportionate stratified random sampling technique obtained 42 respondents. The independent variables in this study were the food parenting in the child and the child's snack habits. The dependent variable is the nutritional status of children.

The results obtained after being analyzed using SPSS version 25 with the results of the Spearman test on the relationship between food parenting and the nutritional status of school-age children obtained significant results = 0.000;  $r = 0.694$ . The results of the Spearman test on the relationship between children's snack habits and the nutritional status of school-age children obtained significant results = 0.001;  $r = 0.493$ .

From the description above, it can be concluded that there is a significant relationship between maternal eating patterns and children's snack habits with the nutritional status of school-age children (6-12 years) at SDN Ngrandu 1 Kedungadem.

Keywords: School Age Children, Parenting, Snacking Habits, Nutritional Status

### 1. INTRODUCTION

Good nutrition in school children is an investment in a nation, because it is in the hands of the nation's young generation to continue sustainable development. Malnutrition in students at school will cause children to become weak, tired and sickly, so that children are often absent and have difficulty following

and understanding lessons well.

Nutritional status is one of the important elements in shaping health status. Nutritional status (nutritional status) is a condition caused by the balance between the intake of nutrients from food and the need for nutrients by the body. Nutritional status is strongly influenced by nutritional intake.

Based on data from the Indonesian Child Profile, in 2020 the problem of malnutrition in Indonesia was 3.9% and the problem of undernutrition was 13.8%. As for East Java Province, the problem of malnutrition is 3.3% and the problem of malnutrition is 13.4%. (KPPPA, 2021: 92). Then for the Bojonegoro Regency area in 2021, there were 42 children (0.06%) with malnutrition, a total of 3,792 children (5.07%) with undernutrition and a total of 1,451 children (1.94%) with obese nutrition. In Kedungadem sub-district, out of 2,696 weighed children, 176 children (6.53%) were undernourished and 61 children (2.26%) were obese. (Bojonegoro Health Office, 2021).

School-age children are the second most rapid growth period after toddlerhood. At this age, children's physical activity is getting higher. The higher the level of body activity, the more nutrients and energy will also be needed, elementary school age children or school age are an age that likes to play. Happy to spend time learning about the surrounding environment. For this reason, the need for

nutrition and a lot of energy intake to support physical activity so that it can optimize the child's growth process or nutritional status. (Damayanti et al., 2018: 102).

Food parenting by mothers to children or parental feeding style is the behavior or parenting practices applied by mothers to children related to the way and situation of eating in children. (Ariyani, 2017a: 15). One of the factors that influence children's nutritional status is parental feeding style, which is a model of parental care in feeding their children. The mother's parenting style in feeding the child will certainly affect the child's growth. Mothers with pampering and allowing eating parenting patterns can have an impact on children's excess weight while forceful/authoritarian eating parenting patterns can make children respond negatively to the food so that the child's desire to eat is reduced and cause the child's nutritional status to be less (Widiyarti, 2018).

For school children, snacks are an integral part of their daily activities. Snack food is used to meet the nutritional needs of school

children due to limited time for parents to process food at home. Besides being cheap, snack food is also easy to obtain. School snacks are under special scrutiny, because in addition to being widely consumed by school children, there are many dangers that threaten the consumption of snacks. The safety of school snacks needs more attention because it plays an important role in the growth and development of school children. (Damayanti et al., 2018: 228).. If children lack nutritional intake, it can lead to several health problems and inhibited child growth. Lack of nutritional intake from food can result in the use of body reserves, which can cause tissue deterioration. This tissue deterioration is characterized by weight loss or inhibition of height growth. (Harjatmo et al., 2017: 5).

The phenomenon of the problem that exists in mothers in Ngrandu Village is that many mothers are found who do not pay much attention to how to feed their children, they tend to give food to their children simply without paying attention to the nutritional value of food. Meanwhile,

school-age children also encounter problems related to unhealthy snacking habits such as snacks that contain a lot of sugar (sweet) and contain food coloring. These snacking habits can certainly increase the risk of nutritional problems in children such as obesity and malnutrition.

So with the description of the problem above, the authors are interested in conducting research on "The relationship between maternal parenting patterns in feeding children and children's snacking habits with the nutritional status of school-age children at SDN Ngrandu 1 Kedungadem Bojonegoro in 2022".

## 2. METHOD AND ANALYSIS

The design used is correlational analytic research design and the approach technique used in this study is a cross sectional approach. This research was conducted for 1 week, which was held in July 2022 at SDN Ngrandu 1 Kedungadem Bojonegoro.

The population in this study were all mothers of school-age children at SDN Ngrandu 1 Kedungadem Bojonegoro Year 2022 a total of 88 people. The sample in this study

were some mothers of school-age children at SDN Ngrandu 1.

Kedungadem Bojonegoro in 2022 totaling 42 respondents (Class III: 15 children, Class IV: 13 children and Class V: 14 children). In this study, the sampling used was probability sampling, namely by proportionate stratified random sampling.

The types of instruments used in data collection in this study were questionnaires and observations. Data collection on maternal eating patterns and children's snacking habits using a questionnaire sheet. Meanwhile, to collect data on children's nutritional status using observation sheets for weighing children and measuring children's height.

The results of data collection will be processed in the form of editing, scoring, and tabulating then the researcher conducts a data normality test to determine the distribution of data using the Kolmogorov Smirnov and Shapiro-Wilk tests. The hypothesis test used is the Spearman test with an error limit or alpha value ( $\alpha = 0.05$ ).

### 3. RESULT AND DISCUSSION

#### General Data

General data in this study are in the form of characteristics of research respondents which include mother's age, mother's education, mother's occupation, number of children and gender of children.

Table 1 Distribution general data characteristics of research respondents

No	Mother's Age	Frequency	Percentage (%)
1.	21-30 years old	7	16,7
2.	31-40 years old	35	83,3
	Total	42	100,0
No	Mother's education	Frequency	Percentage (%)
1.	SD	10	23,8
2.	SLTP	22	52,4
3.	SLTA	7	16,7
4.	Sarjana	3	7,1
	Total	42	100,0
No	Mother's occupatio	Frequency	Percentage (%)
1.	IRT	6	14,3
2.	PNS	2	4,8
3.	Tani	22	52,4
4.	Wiraswasta	12	28,6
	Total	42	100,0
No	Number of children	Frequency	Percentage (%)
1.	1 child	1	2,4
2.	2 children	10	23,8
3.	3 children	19	45,2
4.	4 children	12	28,6
	Total	42	100,0
No	Gender of the child	Frequency	Percentage (%)
1.	Male	16	38,1
2.	Female	26	61,9
	Total	42	100,0
No	Child's age	Frequency	Percentage (%)
1.	8 years old	10	23,8

2. 9 years old	11	26,2
3. 10 years old	17	40,5
4. 11 years old	4	9,5
Total	42	100,0

Based on table 1, it can be seen that of the 42 respondents: almost all were aged 31-40 years, namely 35 respondents (83.3%), most with secondary school education, namely 22 respondents (52.4%), most worked as farmers, namely 22 respondents (52.4%), almost some had 3 children, namely 19 respondents (45.2%), most were female students, namely 26 children (61.9%), and almost some children were 10 years old, namely 11 children (40.5%).

### Special Data

#### 1. Food Parenting

Based on the food parenting in child feeding, it can be divided into 4 categories, as shown in Table 2.

Table 2 Food Parenting in child feeding at SDN Ngrandu 1 Kedungadem

No Parenting	Frequency	Percentage (%)
1. Abandonment	5	11,9
2. Permissive	5	11,9
3. Authoritarian	2	4,8
4. Democratic	30	71,4
Total	42	100,0

Based on table 2, it can be seen that out of 42 respondents, most of them with maternal parenting in

feeding the democratic category, namely 30 respondents (71.4%).

#### 2. Children's snack habits

Based on children's snacking habits, they can be divided into 2 categories, as shown in Table 3.

Table 3 Children's snacking habits at SDN Ngrandu 1 Kedungadem

No Snacking habits	Frequency	Percentage (%)
1. Unhealthy	31	73,8
2. Healthy	11	26,2
Total	42	100,0

Based on table 3 above, it can be seen that out of 42 respondents, most of them have unhealthy snacking habits, namely 31 children (73.8%).

#### 3. Nutritional status of children

Based on the nutritional status of children, it can be divided into 4 categories, as shown in Table 4.

Table 4 Nutritional status of children at SDN Ngrandu 1 Kedungadem

No Nutritional status	Frequency	Percentage (%)
1. Severely thinness	0	0
2. Obese	4	9,5
3. Thinness	11	26,2
4. Overweight	6	14,3
5. Normal	21	50,0
Jumlah	42	100,0

Based on table 4 above, it can be seen that out of 42 respondents, most children with normal nutritional status are 21 children (50%).

#### 4. The relationship between food parenting and the nutritional status of school-age children

Table 5 Results of cross tabulation of the relationship between maternal food parenting and the nutritional status of school-age children at SDN Ngrandu 1 Kedungadem

No	Food Parenting	Nutritional Status								Total	
		Thinnes				Overwei					
		Obese		s		ght		Normal		f	%
		f	%	f	%	f	%	f	%	f	%
1.	Abandonment	3	7,1	2	4,8	0	0	0	0	5	11,9
2.	Permissive	0	0	4	9,5	1	2,4	0	0	5	11,9
3.	Authoritarian	0	0	1	2,4	1	2,4	0	0	2	4,8
4.	Democratic	1	2,4	4	9,5	4	9,5	21	50,0	30	71,4
Total		4	9,5	11	26,2	6	14,3	21	50,0	42	100

Based on table 5 above, it can be seen that 50% of children with normal nutritional status, all mothers with democratic parenting. While of the 26.2% of children with thinness, almost half of the mothers with permissive parenting.

#### 5. The relationship between children's snacking habits and the

#### nutritional status of school-age children in

Table 6 Results of cross tabulation of the relationship between children's snacking habits and the nutritional status of school-age children at SDN Ngrandu 1 Kedungadem.

No	Snacking habits	Nutritional Status								Total	
		Obese		Thinnes s		Overwei ght		Normal			
		f	%	f	%	f	%	f	%	f	%
		1. Unhealthy	4	9,5	11	26,2	5	11,9	11	26,2	31
2. Healthy	0	0	0	0	1	2,4	10	23,8	11	26,2	
Total		4	9,5	11	26,2	6	14,3	21	50,0	42	100

Based on table 6 above, it can be seen that out of 50% of children with normal nutritional status, almost all children with healthy snacking habits. While from 26.2% of children with malnutrition status, all children with unhealthy snacking habits.

#### Statistical Test Results

Table 7 Spearman test results of the relationship between maternal food parenting and children's snacking habits with the nutritional status of school-age children at SDN Ngrandu 1 Kedungadem.

Variable relation	p value (significant)	r (correlation coefficient)
Food parenting	0,000	0,694
Snacking habits	0,001	0,493

The results of the Spearman statistical test in table 7 obtained a significant degree value  $p(0.000) < \alpha(0.05)$  then  $H_1$  is accepted, which means that there is a relationship

between food parenting and the nutritional status of school-age children at SDN Ngrandu 1 Kedungadem. While the correlation coefficient value  $r$  is 0.694, which means that the relationship between food parenting and children's nutritional status has a high closeness.

The results of the Spearman statistical test in table 7 obtained a significant degree value  $p$  ( $0.001$ )  $< \alpha$  ( $0.05$ ) then  $H_1$  is accepted, which means that there is a relationship between children's snacking habits and the nutritional status of school-age children at SDN Ngrandu 1 Kedungadem. While the correlation coefficient value  $r$  is 0.493 which means that the relationship between children's snacking habits and children's nutritional status has moderate closeness.

## DISCUSSION

### 1. Food Parenting

Based on the results of the study, it can be explained that of the 42 respondents, most of them with maternal parenting in feeding the democratic category, namely 30 respondents (71.4%).

Food parenting that applied by mothers to children related to the way and situation of eating. (Ariyani, 2017b). There are four known feeding styles that have been written about in the scientific literature, but three of them have negative effects on emotional and physical health. These types of parenting or feeding styles are: authoritarian feeding style, permissive or indulgent feeding style, neglectful or abandoning feeding style, and authoritative or democratic feeding style. (Widiyarti, 2018). Factors that influence parenting styles include: 1) Parental education. Parents who are highly educated tend to apply democratic parenting because they know the rights of children. 2) Parental employment. Working parents tend to have limited time to care for their children. This can cause problems in parenting. 3) Environmental influences: The process of family interaction is inseparable from the influence of the surrounding environment (Hasan, 2018).

Based on the results of the study, it shows that almost all respondents with democratic food parenting category. Democratic parenting is a

combination of high demandingness and high responsiveness. High demandingness shows the active role of the mother in demanding children to eat, while high responsiveness shows that the mother is so responsive in meeting the needs of children related to eating. The factor that causes democratic parenting in mothers is the mother's education factor, where in this study it is known that most mothers with secondary school education. With this level of education, a person has less knowledge about parenting in feeding children, so that with their awareness of the lack of knowledge they have, mothers are moved to actively participate in posyandu activities to obtain information from health workers related to ways of caring for children, especially in fulfilling children's eating needs.

## 2. Snacking habits

The results showed that out of 42 respondents, 31 children (73.8%) had unhealthy snacking habits.

In general, street food is known as "street food" or in Indonesian means the type of food sold at street vendors, roadside, at

stations, in markets, in schools, residential areas and similar places. (Rahmi, 2018: 261). The types of school snacks can be divided into 4 types, the first is the main food / snack, which is the main food group or known as "heavy snacks". This snack is filling. Second, snacks are foods that are usually consumed outside the main meal. Snacks can be divided into 2 types, namely wet snacks and dry snacks. Third, drinks can be divided into two groups, namely drinks served in glasses and drinks served in packages. While drinks that are served in packaging, for example: soft drinks in packaging (soda drinks, tea, fruit juice, milk, yogurt). The fourth is fruit snacks. Fruit that is usually a snack for school children is fruit that is still intact or fruit that has been peeled and cut. (Wahyusa et al., 2020). Factors that influence children's snacking habits include pocket money and the habit of bringing food. School-age children get pocket money from their parents. This pocket money is used to meet various children's needs, one of which is used to buy snacks. The habit of bringing lunch is one of the factors that make a child have a habit of snacking at



school. One of the reasons children buy food at school is because they do not bring lunch from home (Badan POM RI, 2017).

According to the results of the study, it is known that the majority of elementary school children with school snacks food selection in the unhealthy category. This is due to the child's knowledge factor. Nutritional knowledge is the ability to choose snacks that are a source of nutrients and intelligence in choosing healthy snacks. Education and knowledge are indirect factors that can influence a person's behavior. Children's ignorance about the types of healthy snacks can be the reason for the majority of elementary school children with the selection of school snacks in the unhealthy category. In addition, the availability factor can also be the cause of the majority of primary school children with the selection of school snacks in the unhealthy category. Children will be more likely to buy snacks that are available closest to their presence. Therefore, healthy snacks should be available both at home and in the school environment so that children's access to healthy snacks is

guaranteed. Besides being cheap, snacks are also easy to obtain. School snacks are under special scrutiny, because in addition to being widely consumed by school children, there are many dangers that threaten the consumption of snacks. The second factor that influences children's snacking habits is pocket money. In this study, based on a survey conducted by researchers on school children at SDN Ngrandu 1, it is known that the average child with pocket money is between 3 thousand and 5 thousand rupiah per day. With this pocket money, of course, children will use it for snacks. In school children at SDN Ngrandu 1, the majority of their snacking habits are happy to snack outside school because the types of snacks sold are more than the snacks sold in the school canteen. The types of snacks available in the School Canteen include chiki- chiki snacks, wafers, bread, candy, fried foods, ice candles, fruit ice, ice cream and mineral water. The third factor that causes school children at SDN Ngrandu 1 to choose unhealthy school snacks is the factor of not bringing lunch. Overall, school children at SDN Ngrandu 1 are

accustomed to not bringing food and only a small number of children bring drinks from home. This situation encourages children to buy snacks while at school.

### 3. Nutritional status of children

The results showed that out of 42 respondents there were some children with normal nutritional status, namely 21 children (50%).

Nutrition (nutrients) are nutrients and other substances related to health and disease, including the overall process in the human body to receive food or materials from the environment and use these materials for important activities in the body and excrete the rest. (Putri et al., 2021: 65). Fulfillment of good nutritional status is needed by school-age children. Fulfillment of proper nutrition is very important to support the growth and development of school children properly. The benefits of nutritional fulfillment in school children include bone, muscle and tooth growth, optimizing cognitive and improving learning achievement, endurance, reducing the risk of future diseases, increasing future productivity.

Nutritional problems that arise in school children are problems of imbalance between intake and output of nutrients, namely intake that exceeds or is less than the body's needs. Good or optimal nutritional status will be achieved if the body gets enough nutrients that are used efficiently, thus enabling physical growth, brain growth, and brain working ability. A healthy and normal child will grow according to their genetic potential, but this growth will also be influenced by the nutritional intake consumed in the form of food. (Almatsier, 2018: 11). Factors that affect nutritional status are host, agent and environmental factors. In order for a person to be in a good nutritional status condition, these three factors must be balanced, there must be no gaps. A person with good nutritional status is a person whose body condition is balanced between the host, agent, and environment. The imbalance of the three factors will result in nutritional problems. (Harjatmo et al., 2017: 8).

The results of this study indicate that some children with normal nutritional status. This situation can be caused by environmental factors,

where environmental factors, especially the physical and socio-economic environment. Nutritional status is influenced by multifactorial factors, namely the host, agent and environment. When viewed from the physical environment of Ngrandu village, it is very supportive because it is in a rural area that has fertile soil and a suitable climate for farming and gardening. With a favorable physical environment, the socio-economic situation in Ngrandu Village is very fulfilling because it is supported by the agricultural and plantation products of the surrounding population. In addition, food commodity prices are also affordable, especially for staple foods and vegetables. This is in accordance with the theory that the better economic development of a region will affect the level of food availability in the community, which will improve nutritional status. Conversely, natural disasters will result in a shortage of food supplies, which can reduce the nutritional status of the community.

Gender is also a factor that can affect the nutritional status of children. In this study, it was found

that most of the students were female, namely 26 children (61.9%). Boys need more energy source nutrients than girls because boys tend to have a lot of activities, but if not balanced with food consumption that can cause nutritional problems.

In this study it was also found that less than half of the children were malnourished. This may be due to the economic status of their families because most of the students at SDN Ngrandu 1 come from middle to lower class families. This is obtained from school data where most of the children who attend school there use government funding with a statement of not being able to afford it, which may be one of the reasons for students with nutritional status and malnutrition. Socioeconomics and nutritional status do have a relationship where usually families with good economic status will tend to be able to buy food with good quality than families with less economic status. That is why children who come from families with good economic status usually have good nutritional status as well. This is because good or optimal nutritional status can occur

when the body gets enough nutrients that are used efficiently to enable physical growth, brain development, work ability and general health. Meanwhile, students with obese nutritional status can be caused by excessive food intake derived from instant processed foods, soft drinks, sweet foods, snacks such as fast food and ready meals. This is exacerbated by the habit of consuming unhealthy snacks with high calorie content without being accompanied by adequate consumption of vegetables and fruits as a source of fiber.

#### 4. The relationship between food parenting and the nutritional status of school-age children

Based on the results of cross tabulation, it is known that 50% of children with normal nutritional status, all mothers with democratic parenting. While from 26.2% of children with malnutrition, almost half of mothers with permissive parenting. Then in 4 children with obese nutritional status, almost all mothers with neglect parenting. Then from the results of the Spearman statistical test obtained a

significant degree value of  $p (0.000) < \alpha (0.05)$  then  $H_1$  is accepted, which means that there is a relationship between maternal eating parenting and the nutritional status of school-age children at SDN Ngrandu 1 Kedungadem. While the correlation coefficient value  $r$  is 0.694, which means that the relationship between maternal eating parenting and children's nutritional status has a high closeness.

The results showed that there is a significant relationship between maternal parenting in feeding and the nutritional status of school-age children. The better the mother's parenting pattern in feeding, the lower the chance of malnutrition in children. In mothers with parenting patterns in appropriate feeding, one of which is democratic parenting, has a tendency for children with normal nutritional status, in contrast to mothers with parenting patterns in feeding that are less appropriate as well as neglect parenting has a tendency for children with obese and thinness. Neglectful parenting is a combination of low demandingness and low responsiveness. Low

demandingness indicates a lack of maternal role in demanding children to eat, while low responsiveness indicates that mothers are less responsive in meeting children's needs related to eating. If neglect-type parenting continues to be applied in feeding children, it will certainly result in not fulfilling the nutritional needs of children so that the child is disturbed in the process of growth.

In this study, food parenting has a more dominant relationship to the nutritional status of school-age children. Food parenting has a stronger influence on the nutritional status of school-age children when compared to the factor of children's snacking habits, so it can be replaced that maternal parenting in feeding children is the main factor influencing the nutritional status of children.

The better the mother's parenting pattern in feeding, the lower the chance of nutritional problems in children. According to researchers, mothers with democratic parenting, have a tendency for children with normal nutritional status, in contrast to mothers with parenting patterns in feeding that are less appropriate,

such as authoritarian, permissive and neglectful parenting, have a tendency for children with thinness, overweight and obese. Authoritarian parenting is a combination of high demandingness and low responsiveness. The high demandingness aspect shows that the mother's role in demanding children to eat is very high, while the low responsiveness aspect shows that the mother is less responsive in meeting children's needs related to eating. Permissive parenting is a combination of low demandingness and high responsiveness. Low demandingness indicates the mother's lack of role in demanding children to eat, while high responsiveness indicates that the mother provides extensive opportunities and freedom to her children in choosing their own food. Neglect parenting is a combination of low demandingness and low responsiveness. Low demandingness indicates the mother's lack of role in demanding children to eat, while low responsiveness indicates that the mother is less responsive in meeting the needs of children

related to eating. If the three parenting patterns (authoritarian, permissive and neglect) continue to be applied in feeding children, it will certainly result in not fulfilling the nutritional needs of children so that the child is disturbed in the process of growth.

5. The relationship between children's snacking habits and the nutritional status of school-age children

Based on the results of cross tabulation, it is known that out of 50% of children with normal nutritional status, almost all children with healthy snacking habits. While from 26.2% of children with malnutrition status, all children with unhealthy snacking habits. Then from the results of the Spearman statistical test obtained a significant degree value  $p (0.001) < \alpha (0.05)$  then  $H_1$  is accepted, which means that there is a relationship between children's snacking habits and the nutritional status of school-age children at SDN Ngrandu 1 Kedungadem While the correlation coefficient value  $r$  is 0.493 which means that the relationship between children's

snacking habits and children's nutritional status has moderate closeness.

The results showed a significant relationship between children's snacking habits and the nutritional status of school-age children. In accordance with the results of cross tabulation, it is known that students with unhealthy snacking habits are almost partially undernourished. These results indicate that the unhealthy snacking habits of school children have a direct impact on the nutritional status of children. In school children who have unhealthy snacking habits will have an influence on the nutritional status of children. This is because snacks are a distraction in the diet in addition to the main food consumed every day. Diet is the type and amount of food or drink consumed to fulfill the body's needs. The choice of snacks in children is one of the foods or drinks consumed between main meals, it is included in the type of components in the diet. Unhealthy snack habits such as unhygienic snacks allow snacks to be contaminated by microbes and the use of food additives that are not permitted. Snacks contain many

risks, dust, and flies that land on uncovered food can cause diseases of the digestive system. The impact on children's snacking habits causes nutritional disorders, children can worm and anemia.

## 6. CONCLUSION

- 1) Food parenting in school-age children at SDN Ngrandu 1 Kedungadem mostly with democratic parenting.
- 2) The snacking habits of school-age children at SDN Ngrandu 1 Kedungadem mostly with unhealthy snacking habits.
- 3) The nutritional status of school-age children at SDN Ngrandu 1 Kedungadem some children with normal nutritional status.
- 4) There is a relationship between maternal food parenting and the nutritional status of school-age children at SDN Ngrandu 1 Kedungadem.
- 5) There is a relationship between children's snacking habits and the nutritional status of school-age children at SDN Ngrandu 1 Kedungadem.

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