

Relationship Between Parenting Style and Parental Feeding Style in the Locus Stunting Area in West Java

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Abstract—This research aims to determine the relationship between Parenting Style and Parental Feeding Style in the locus stunting area in West Java. Data were collected in 4 locus stunting areas in West Java, consisted of 173 health workers and were analyzed using Pearsons Product-Moment correlation. The results show that there is a relationship between permissive parenting style and emotional feeding style ($r = 0.228$; $p = 0.012$), authoritative parenting style and emotional feeding style ($r = 0.190$; $p = 0.010$), and uninvolved parenting style and emotional feeding style ($r = 0.326$; $p = 0.000$). There is also a relationship between uninvolved parenting style and control feeding style ($r = -0.339$; $p = 0.000$), uninvolved parenting style and instrumental feeding style ($r = 0.193$; $p = 0.000$). The health workers in the locus stunting area perceive that either the parents are not involved in childcare, or they are permissive or they always discuss with the children, they tend to provide the food following the children's emotional state. Parents which are not involved in childcare also tend to provide food as a way to regulate children's behaviour and they do not control the children's food.

Keywords—*Children, Stunting, Parenting Style, Feeding Style, West Java, Indonesia*

I. INTRODUCTION

Stunting is a condition where children under the age of five years experiencing growth failure resulting from chronic malnutrition, so the child body height is too short for her age. This situation presented with a height z-score by age (TB / U) less than -2 standard deviation (SD) based on growth standards according to WHO (WHO, 2010). Globally, about 1 in 4 children under five is stunted (UNICEF, 2013). Based on the results of the 2013 Basic Health Research, the prevalence of short stature in Indonesia were 37.2%. This figure is increasing from the 2010 data, i.e amounted to 35.6%. The stunting rate in West Java itself reached 29.2% or 2.7 million children under five. There are eight districts / cities that have high prevalence of stunting. They are Garut Regency (43.2%), Sukabumi Regency (37.6%), Cianjur Regency (35.7%), Tasikmalaya Regency (33.3%), West Bandung Regency (34.2%), Tasikmalaya City (33.2%), Majalengka Regency

(30.2%), and Purwakarta Regency (30.1%). (Bappeda Jabar, 2018).

Stunting can be caused by several factors, one of them is the parenting factors. Parents play an important role in shaping children's eating behaviours, through parenting styles and feeding style (Wang, Lu, 2017). Bornstein (1989) stated that parenting style is the way parent individually or together caring and handling of children (Keller, Voelker, & Yovsi, 2005). There are 2 element that form parenting style: (1) Responsiveness and (2) Demandingness. Responsiveness is a term to describe parents who intentionally foster individuality, self-regulation, and self-assertion by being attuned, supportive, and acquiescent to children's special needs and demands. Demandingness is a term to describe how parents make children to become integrated into the family whole, by their maturity demands, supervision, disciplinary efforts and willingness to confront the child who disobeys. Based on those 2 elements that form parenting style, Maccoby and Martin (1983) created 4 parenting styles; (1) indulgent/permissive (non-directive) (2) authoritarian, (3) authoritative, and (4) uninvolved. Indulgent/ permissive parenting style tends to be responsive rather than demanding (Gafoor, 2014). They are nontraditional and lenient, do not require mature behavior, allow considerable self-regulation, and avoid confrontation. Authoritarian parents are highly demanding and directive, but not responsive. They are obedience and status-oriented, and expect their orders to be obeyed without explanation. These parents provide well-ordered and structured environments with clearly stated rules. Authoritative parents are both demanding and responsive. They monitor and impart clear standards for their children's conduct. They are assertive, but not intrusive and restrictive. Uninvolved parents are low in both responsiveness and demandingness.

Particularly, based on parenting style that parent usually apply when interacting with children, Wardle (2002) stated a term "parental feeding style" that describe how parents can be a major influence on children and

adolescence food habit. The parents shape the children eating environment as providers models and regulator. The influence of parental feeding style on adolescent eating is often conceptualized as a system based on the quality of the parent– child relationship and with dynamically-interrelated dimensions. Wardle (2002) designed an instrument to asses parenting feeding style that consists of 4 type styles: (1) instrumental feeding style (style of feeding that using food as a reward or withholding food as a punishment) (2) emotional feeding style (parenting practices of using food in between meals to regulate a child’s emotions or (offering food to soothe the child’s negative emotions) (3) encouragement feeding style (encouraging the child to eat a variety of foods) (4) control over eating (controlling the child’s food intake) (Wang,Lu, 2017).

Based on Hubbs-Tait et al.,(2008), parental feeding practices with young children predict general parenting styles. In Indonesia, the research that examined the relationship between parental feeding style and parenting style was not found. Most research was about parenting style or parental feeding style in general. The hypothesis of this research is the authoritarian parenting style is related with the controlling feeding style and instrumental feeding style, the authoritative parenting style is related with the encouraging feeding syle, the permissive and involved parenting style is related with the emotional feeding style and instrumental feeding style.

II. METHOD

The data were collected in 4 Locus Stunting areas in West Java, consisting of 173 health workers that perceive parenting style and parenting feeding style of parent in 4 distric (53 villages) locus area in West Java. Health workers are midwives and public healthcare officers. It was assumed that those health workers frequently communicate and know about parent condition in his/her working area. Each health worker perceived 10 parents approximately in their working area and then fill the questionnaire and the closed questions

The data about Parenting Style were obtained from the list of closed question that represent the type of Parenting Style from Baumrind: (1) Authoritarian (2) Authoritative (3) Permissive (4) Uninvolved. The data about Parenting Feeding Style were obtained from Parental Feeding Style Questionnaire (PFSQ) from Wardle et.al (2002) that consists of 27 items that represent 4 types of Parenting Feeding Style. The reliability score of

Parental Feeding Style Questionnaire is .587. The data obtained were analyzed using Pearson Product Moment Correlation using SPSS 25 for windows.

III. RESULT AND DISCUSSION

The result show that 29,9% of parents apply authoritarian parenting style, 29,1% of them apply authoritative parenting style while the other 25% apply permissive parenting style and 15% of parents tend to be uninvolved with their children care. The health workers perceive that most parents in West Java tend to be authoritarian and authoritative when interacting with their children. It indicates that most parents in West Java are highly demanding and directive, but not responsive (authoritarian). They also do not create balance between demand and warm (authoritative). They are obedience - and status-oriented, and expect their orders to be obeyed without explanation. Most parents in West Java also provide well-ordered and structured environments with clearly stated rules, expect their children to accept their judgments, values, and goals without giving the opportunity for children to question. Most of them also apply an authoritative parenting style that are both demanding and responsive to the children. They monitor and impart clear standards for their children's conduct. They are assertive, but not intrusive and restrictive. Their disciplinary methods are supportive, rather than punitive. 54% of parents apply controlling feeding style to their children. Most parents control the food (meals, snack) intake of their children, insist their children to take meals on the table, regulate time to eat very strictly and set the rules such as the children are not allowed to wander when they are taking food. The second highest percentage of parenting feeding style is encouragement feeding style (14%) which indicates that 14% of parents in West Java encourage the children to eat a variety of food they have not tasted before. To encourage the children, the parents present the food in attractive ways. The parents also praise the children when they eat what the parents give. The interesting result is some parents in West Java combine more than one kind of parenting feeding style, such as controlling and emotional feeding style, controlling and encouragement feeding style, controlling and instrumental feeding style. Controlling and instrumental feeding style means the parents sometimes control food intake, eating rules and time as well as use the food as a reward or withhold the food as a punishment (food as instrument).

TABLE I. CORRELATION BETWEEN PARENTING SYLE AND PARENTING FEEDING STYLE

		Control	Emotional	Encouragement	Instrumental
Authoritarian	r	0.03	0.135	0.165	-0.019
	p	0.739	0.12	0.054	0.827
Authoritative	r	0.048	.219**	0.16	0.073
	p	0.586	0.01	0.06	0.397
Permissive	r	-0.097	.228*	0.022	0.158
	p	0.299	0.012	0.806	0.085
Uninvolved	r	-.339**	.329**	-0.08	.193*
	p	0	0	0.395	0.04

** . Correlation is significant at the 0.01 level (2-tailed)

* . Correlation is significant at the 0.05 level (2-tailed)

Based on Table I Correlation between Parenting Style and Parenting Feeding Style, there is a relationship between permissive parenting style and emotional feeding style ($r = 0.228$; $p = 0.012$). It indicates that the way parent -individually or together with spouse- interact with children influence the children food habit as they shape their eating environment as providers models and regulator. The eating behaviour of children is influenced by the relationship between the child and the parent or the caregiver as he or she engages in food selection, ingestion and regulation in the process. Parents and caregivers also influence their children's eating behaviour through demand and warmth that they give to the children. The most significant relationship is between uninvolved parenting style and control feeding style ($r = -0.339$; $p = 0.000$), shows that the parents which are low in both responsiveness and demandingness, and inattentive to children condition tend to uncontrol children in feeding. They tend to let the children eat whatever and whenever the children want. They do not set the rule about how children eat. Uninvolved parenting style is also related to the other kind of feeding style, not only to the controlling feeding style, but also to the emotional feeding style ($r = 0.326$; $p = 0.000$) and the instrumental feeding style ($r = 0.193$; $p = 0,000$). This result indicates that parents who are not involved in childcare, unresponsive to children's needs and less demanding to children's behavior tend to give food to children only for regulating the children's emotions, particularly soothing the children's negative emotions. Their decisions are not based on their attention to the children's needs. Interesting result found that the authoritative parenting style, which is the most ideal parenting style that creates balance between demand and responsiveness to the children, is related significantly to emotional feeding style ($r = 0.190$; $p = 0.010$). This result means some parents that try to create balance between demand and responsiveness use food to recover children negative emotion occasionally and tend to provide food to follow children's emotional state.

Based on those results above, we found that parenting style is correlated with parental feeding style. The way parents interact and communicate with children, either to order or to foster discipline or to respond to the children's needs, also emerge in eating situation. In West Java, the distribution of parenting style is relatively equal between authoritarian parenting style, authoritative parenting style and permissive parenting style. Only 15% of parents in West Java which are uninvolved to their childcare. Based on the interview data, the parents are uninvolved because of the work bussines, low of education and lack of knowledge about how to raise the children. Most parents in West Java work outside the area, Richardson (2019) stated that one of the signs and characteristics of uninvolved parenting style is stressed, overworked and tired. They get out of control and preoccupied with their own affair so they are lack of of interest in child needs or activities. This assumption is related to the result that uninvolved parent do not control their children's eating behaviour. They do not have any rule for children's food

intake and also the amount or time for children to eat. They give food when the children feel some emotions (emotional feeding) or they want to give reward or punishment to their children (instrumental feeding style).

Authoritarian parenting style that is less responsive to the child and usually high demanding and controlling, does not have any significant correlation with control feeding style. This result is not matched with our hypotesis that authoritarian parents tend to use control feeding style. The interview data show that parents in West Java do not have high demands for the children's eating behaviour, but for the study achievement or leisure time instead. Another finding is authoritative parenting style is related significantly to emotional feeding style. An authoritative parent is characterized by an optimum balance of responsiveness and demandingness; and give direction to children in a rational, issue-oriented, disciplined manner by clarifying the reason behind rules. This type of parenting style consists of a constellation of parental characteristics of high standards, encouragement of a two-way communication between parents and children and consistent implementation of the rules established by parent (Nwankwo, 2018) does not always practice using food based on the rules that they have discussed, but sometimes they give meals to regulate the children's emotions or offer food to soothe the children's negative emotion.

IV. CONCLUSION

There is a relationship between the authoritative parenting style and the emotional feeding style, also the uninvolved parenting style and the control feeding style. Uninvolved parenting style is also related to the other kind of feeding style, not only related to the controlling feeding style, but also related to the emotional feeding style and the instrumental feeding style The health workers in the locus stunting area perceive that either the parents are not involved in childcare, or they are permissive or they always discuss with the children, they tend to provide the food following the children's emotional state. Parents which are not involved in childcare also tend to provide food as a way to regulate children's behaviour and they do not control the children's food.

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