Research Article

Analysis of Parental Attitudes Regarding Fish Consumption Patterns on the Nutritional Status of Preschool Children

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A B S T R A C T

Background: Providing fish during the golden age is also the best strategy to overcome the problem of stunting in Indonesia

Purpose : The aim of this research is to analyze parents' attitudes regarding fish consumption patterns on nutritional status of preschool children.

Methods: This research is a quantitative study that uses a cross-sectional study design. The population in this study were all students and parents/guardians at Kindergarten Al-Badriyah Sampang. The sample in this study used a total sample of 214 samples.

Results: The research results show that the significance value is 0.000 <0.05, so there is a significant relationship, with a power level of 1.00 meaning the strength of the correlation is very strong, and the relationship value is positive (0.542).

Conclusion: There is a significant relationship between parents' attitudes regarding fish consumption patterns and the nutritional status of preschool children

INTRODUCTION

The direction of nutrition development in Indonesia, in accordance with Law No. 83 of 2017 concerning food and nutrition policy, is to strengthen the efforts of both central and regional governments in increasing efforts to improve community nutrition, especially improving the quality of community nutrition through improving food consumption patterns, in accordance with the 13 General Messages Balanced Nutrition (PUGS) and improving the behavior of Nutrition Aware Families (Kadarzi). Nutrition is one of the important points in implementing the nation's strategy to create healthy, intelligent and productive human resources or generations, through the smallest sphere, namely the family. The main target is to improve nutrition in the First 1000 Days of Life (HPK) or pre-school age. Preschool age is the golden age period in the human life cycle. The development and growth of human cells and nerves is optimal at that age. So fulfilling family nutrition during the golden age period becomes very important. Fulfilling protein needs, especially animal protein, can play an important role in efforts to optimize the golden age period.

In Indonesia, the community's consumption pattern of animal food sources, especially fish, is still relatively low. The average target for fish consumption in 2018 is 50.65 kg/capita/year or 138 grams/day. In fact, survey results prove that fish consumption patterns in the community are still at 39.57 kg/capita/year or around 108.41 grams/capita/day (Ministry of Maritime Affairs and Fisheries, 2018). Coastal communities, especially in Madura, have abundant food sources to support adequate family

nutrition with high protein in the form of fish. Fish consumption patterns certainly cannot be separated from the role and attitudes of parents in creating a nutritionally aware family, especially in utilizing the high nutritional substances contained in fish. Providing fish during the golden age is also the best strategy to overcome the problem of stunting in Indonesia. Ideally, coastal communities do not experience nutritional problems because of the abundance of fish which is a source of high protein. However, it turns out that there are still many cases of stunting which are still considered high, especially in the coastal areas of Madura Island. The role of parents is very important in deciding to serve nutritious dishes, according to the family's needs. Analysis of parents' attitudes regarding family fish consumption patterns can be used as an illustration of strategies for meeting family nutritional needs, in this research, especially those related to fish consumption as a source of high protein food. Implementation of parents' positive attitudes towards fish consumption patterns is an indicator of meeting the nutritional needs of families, especially for preschool children. Based on the explanation above, the author is interested in conducting research on Analysis of Parents' Attitudes regarding Fish Consumption Patterns on the Nutritional Status of Preschool Children.

METHOD

This research is a quantitative study that uses a cross sectional study design. The population in this study were all parents/guardians and preschool children at Al-Badriyah Sampang Kindergarten. The sample in this study used a total sample of 107 students and 107 parents/guardians. Research variables include the nutritional status of preschool children and the attitudes of parents who will use the fishbein method. Nutritional status is measured based on WHO recommendations contained in Law No. 2 of 2020, using body weight and height according to age. Attitudes towards fish consumption patterns will be explained in the questions on the questionnaire. The questionnaire contains indicators of fish consumption patterns. Attitudes towards fish consumption patterns use Fishbein analysis with 5 dimensions, namely nutritional content contained in fish, ease of obtaining fish, price of fish, aroma of fish and texture.

Instrument testing is used to determine the extent of the research instrument, where the research instrument here is a questionnaire which is able to measure data from the results of respondents' answers accurately and consistently. Testing of research instruments was carried out using validity tests and reliability tests. The validity test used in this research is the item validity test, namely by looking at the correlation or score of each question item with the total score (item-total correlation). From the results of the correlation coefficient calculation, there are 10 instruments that have a calculated r that is greater than the r table (0.614> 0.514) with a significance level of 5% for 15 respondents. Meanwhile, the reliability test was carried out using the Cronbach Alpha statistical test (a> 0.60), the results showed that the 10 instruments had a value of more than 0.60.

RESULT AND DISCUSSION

The analysis carried out in this research was univariate and bivariate analysis. Univariate analysis was used to test each research variable. Apart from that, univariate analysis is able to explain the characteristics of the variables to be studied.

Table 1. Characteristics of Pre-School Children Respondents Based on Gender

Gender	f	%
Man	52	49
Woman	55	51

Based on table 1 above, it can be seen that there are more female respondents compared to male respondents.

Table 2. Characteristics of Respondents Based on Child's Age

Age	f	%
36 – 48 months	4	4
49 - 60 months	37	35
61 - 72 months	58	54
>72 months	8	7

Based on table 2 above, it can be seen that the highest number of respondents aged 61 to 72 months was 58 people, while the least number of respondents aged 36 to 48 months was 4 respondents. A total of 37 children aged 49 to 60 months. Finally, 8 children were over 72 months old.

Table 3. Characteristics of Pre-School Children's Nutritional Status

Nutritional status	f	%
BB is very low (,-3SD)	0	0
Low BB (-3 SD <-2 SD)	10	9
Normal BB (-2 to +1 SD)	91	85
BB More (>+1 SD)	6	6

The majority of preschool children's nutritional status at the research location is normal. The distribution of children with less nutritional status was also only 9%, and with more nutritional status it was 6%, and there were no children who had very low nutritional status. Next, questionnaires were given to the parents/guardians of 107 students. The results of the analysis will be presented in several tables below. Analysis of parents' attitudes regarding family fish consumption patterns, using the Fishbein method with 5 dimensions, namely nutritional content contained in fish, ease of obtaining fish, price of fish, aroma of fish and texture, which are contained in 10 questionnaire statements that have been tested as valid and reliable.

Table 4. Characteristics of Family Meal Frequency

Meal Frequency	f	%
<3 times a day	0	0
3 times a day	98	92
>3 times a day	9	8

Most parents of preschool students have a frequency of eating 3 times a day. This is in accordance with the Ministry of Health's recommendations, recommending 3x a day, with the addition of 2x snacks at 10.00 and 15.00.

Table 5. Results of Evaluation Analysis of Sea Fish Attributes as a Family Consumption Menu

No	Dimensions	MIS	WF	WS
1	The nutritional content contained in fish	4,934	23,560	114.06
2	Ease of getting fish	4,234	20,216	84.83
3	Affordable fish prices	3,262	15,575	55.46
4	Aroma/Smell of Fish	3,868	18,470	72.84
5	Texture	4,645	22,180	101.78
	Total	20,942	100,000	428.97
CSI				85.79331 (Very important)

Researchers used attitude analysis using the Fishbein method. Based on the table above, the results of evaluating the attributes of sea fish with 5 dimensions produce a value of 85.79331, which means that people feel that sea fish is very important as a family consumption menu. Next, an analysis of the results was carried out on the substance of the level of trust, and the results obtained were as shown in the table below.

Table 6. Results of Research Data Analysis

No	Dimensions	Confidence (bi)	Evaluation (ei)	Attitude (A0)
1	The nutritional content contained in fish	4.93	4.84	23.88591
2	Ease of getting fish	4.23	4.20	17.76548
3	Affordable fish prices	3.26	3.56	11.61403
4	Aroma/Smell of Fish	3.87	3.94	15.25481
5	Texture	4.64	4.59	21.31426
	Total	20.94	21.13	89.83449 (Likes)

Based on the table above, the results of the analysis of the strength of trust in sea fish with 5 dimensions produce a value of 89.83449, which means that people like sea fish as a family consumption menu. Lastly, analyzing parents' attitudes regarding fish consumption patterns, the results obtained are as shown in the table below.

Table 7. Characteristics of Nutritional Status of AL Badriyah Kindergarten Pre-School Children

Parental Attitude	f	%
Good	96	90
Enough	9	8
Not enough	2	2

Based on table 7, there are 3 characteristics of parents' attitudes regarding family fish consumption patterns. The majority, namely 90% of parents/guardians of students, had a good response attitude, and only 2% had an unfavorable attitude regarding the family's fish consumption patterns. This could be because the family doesn't like the fishy smell that fish gives off. Bivariate analysis was carried out using Spearman range correlation in the SPSS version 25 application. Based on the results of the Spearman correlation test, the sg value was obtained. 2 tailed is 0.000, smaller than 0.05 so it can be interpreted that there is a significant relationship between parents' attitudes towards children's nutritional status.

Table 8. Correlations Test with Spearmans

			Nutrition Status	Parent Pattern
Spearman's rho	Nutrition Status	Correlation Coefficient	1.000	.542**
		Sig. (2-tailed)	.	.000
		N	107	107
	Parent Pattern	Correlation Coefficient	.542**	1.000
		Sig. (2-tailed)	.000	.
		N	107	107

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

The results of the research show that the significance value is 0.000 <0.05, so there is a significant relationship, with a power level of 1.00 meaning the strength of the correlation is very strong, and the relationship value is positive (0.542). So there is a significant relationship between parents' attitudes regarding fish consumption patterns and the nutritional status of preschool children at Al-Badriyah Kindergarten in Sampang. This is in accordance with the results of several previous studies, one of which is research by Sutrio (2020) which states that fish consumption patterns affect children's nutritional status.

Parents' understanding of the importance of fulfilling nutrition, especially during the golden age period, shapes the mother's attitude to prepare a healthy menu rich in protein, one of which is fish, which is a source of animal protein that is very easy to find on the coast of Madura Island.

CONCLUSION

Based on the results of research using a systematic method, it can be concluded that there is a significant and strong relationship.

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