Analysis Of The Relationship Between Mother's Characteristics And Motives For Food Choices For Children

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Article Info	ABSTRACT
	Background. *Nutritional problems in Indonesia are still dominated by malnutrition in children. This problem is caused not only due to lack of food but also influenced by the characteristics of the mother because the mother plays a vital role in fulfilling children's nutrition. The purpose of this study is to analyze the correlation between maternal traits and food choice motives.* ***Research Methods.*** *The research respondents were 50 people who were selected randomly (simple random sampling). This study uses quantitative methods supported by qualitative data. Data collection techniques used questionnaires to collect quantitative data and in-depth interviews to collect qualitative data. Quantitative data will be analyzed using the Spearman correlation test with SPSS software. The qualitative data will be presented in the form of a narrative that is used to support quantitative data.* ***Research Result.*** *Based on the Spearman correlation test, it was found that the level of knowledge had no significant effect on the mother's food choice motive with p value 0.056 (> 0.05), and there is no correlation between education and maternal food choice motives with a p-value of 0.422 (> 0.05).* ***Conclusion.*** *The results show no influence between the mother's characteristics and food choice motives (p-value > 0.05).*

BACKGROUND

One of Indonesia's national development goals is to improve the quality of human resources as the basic capital for future development. Health and nutrition are important factors that need to be considered in national development because these directly affect the quality of a country's human resources, as described by life expectancy (Riskesdas, 2018). Based on data from the Indonesian Ministry of Health (2015), it is known that the relationship between nutrition and development is reciprocal, meaning that nutrition will determine the success of a nation and vice versa. The condition of a nation can affect the nutritional status of its people. Bappenas (2015) also stated that nutrition is important to improve human intelligence, be physically healthy, and strengthen Indonesian people's cognition and behavior. A human living with adequate nutrition according to his needs will grow and develop optimally and produce quality resources (Nadhiroh, 2010). Nutritional problems in Indonesia are generally still dominated by Protein Energy Deficiency (KEP), Disorders Due to Iodine Deficiency (IDD), Iron Nutrition Anemia, and Vitamin A Deficiency (KVA).

The problem of KEEP in Indonesia is bigger than that of other ASEAN countries. The prevalence of malnutrition in 2000 was 24.7 percent and increased to 26.1 percent, 27.3 percent, and 27.5 percent in 2001, 2002, and 2003, respectively (Riskesdas, 2018). West Nusa Tenggara is one of the provinces in Indonesia with a fairly high malnutrition prevalence. NTB is in the top 9 under-fives with malnutrition and malnutrition, with almost the same conditions occurring in all regions, including the capital city of Mataram. The results of the 2018 Basic Health Research (Riskesdas) show that nationally the trend of underweight

prevalence of children under five years of age appears to have increased from 2007 to 2013. The prevalence of underweight in 2013 was 19.6 percent, consisting of 5.7 percent of malnutrition and 13.9 percent of malnutrition. When compared with the national prevalence rates in 2007 (18.4 percent) and 2010 (17.9 percent), there is a change, especially in the prevalence of malnutrition from 5.4 percent in 2007 to 4.9 percent in 2010 and 5.7 percent in 2010. percent in 2013. An increase of 0.9 percent from 2007 to 2013 indicates that there is an increase in the number of malnutrition and malnutrition every year. To achieve the 2015 Millennium Development Goals (MDGs) target of 15.5 percent, the national prevalence of malnutrition and undernutrition must be reduced by 4.1 percent in the period 2013 to 2015 (Riskesdas, 2018).

The emergence of nutritional status problems in Indonesia is not only caused by lack of food but also because of the actions and motives of the mother's food choices and characteristics of the mother. The action of mother's food choices consisting of the frequency of consuming a variety of foods is thought to play a role in the nutritional status of children. The frequency of consuming sufficient and varied food can make the body get more nutritional intake so that the nutritional status of children will increase. Actions in food selection can be seen from the mother's motives. For example, in choosing food, a mother will have different motives. Some are due to health, intimacy, low prices, or the ease of buying them. The motive for this food choice is thought to be determined by the mother's characteristics. Characteristics can be seen from the knowledge, income level, and education of a mother. Ideally, the higher the mother's level of knowledge, the better the motive for the mother's food choices will be, as well as linear changes in the household income level.

The higher the family income, the tendency to provide better quality food choices in terms of nutrition for their children under five. This is supported by research by Pramuditya (2010), which shows a significant and positive relationship between the mother's level of knowledge and the nutritional status of children under five (Adliyani, 2015). Research (Yulianti, 2010) also explains a positive and significant relationship between a mother's knowledge and the nutritional status of children under five. The UNICEF framework states that inadequate parenting is an indirect cause of malnutrition (Muslim, 2008). This is supported by research by Yulia (2008), which shows that behavior during feeding or parenting of food is positively and significantly related to the nutritional status of children under five (Setyaningsih & Agustini, 2014). Mothers' knowledge about nutrition and health is expected to affect the nutritional status of children under five. In this case, the mother has an important role in paying attention to the food problem of the child. As it is known that a mother is a figure who becomes the foundation for managing family meals. So, indirectly the nutritional status of children under five will depend on the mother. The better the feeding management carried out by the mother, the better the nutritional status of children under five. Providing nutritious and healthy food is very important

RESEARCH METHODS
This study uses a quantitative approach supported by qualitative data. The research activity was carried out for four months, starting from September to December 2021, in the East Pagesangan Village. This research was conducted using primary data and secondary data. Primary data is obtained directly from data sources through survey methods, observation, in-depth interviews with informants, and structured interviews using questionnaires to respondents. Secondary data is obtained from several sources through literature review and analysis of various sources of information and data related to obtaining data such as an overview of the village, mothers who have children under five at home, and mothers' involvement in activities at the posyandu. Quantitative data collection techniques are obtained through questionnaires to be tested for validity and reliability first—at least ten respondents outside the respondents will be studied before being used in the field. Validity and reliability tests were conducted at the Anggrek Posyandu, Banjar Village, Ampenan District. The selection of the validity and reliability test locations was based on considerations because Banjar Village is a village located in the Mataram City area, which is still characterized according to the characteristics of the research location. Qualitative data collection techniques were carried out through observation and in-depth interviews by paying attention to health protocols for informants from midwives and posyandu cadres who knew clearly about mothers' knowledge in feeding toddlers in East Pagesangan Village. Based on the formula calculation with an error of 10%, the number of respondents was quite ideal in this study was 49 people. The author rounds up the number of respondents to 50 people who will be selected by selecting respondents at random (simple random sampling) from the existing sampling frame.

RESULTS

Respondents in this study were mothers who had children under five in East Pagesangan Village, Mataram City, West Nusa Tenggara. The number of respondents is 50 people from 50 different households.

Respondent Age

The majority of respondents in this study were the age of 31-35 years, as many as 34.0 percent (17 people) of the 50 people in the total number of respondents. Then Table 4.9 illustrates that respondents aged 26-30 years amounted to 28.0 percent (14 people), and mothers aged >45 years were in the minority because there was 2.0 percent of mothers (1 person). In this study, the predominance of the respondents was middle age, namely 31-35 years, as much as 34%.

Table 1. Number And Percentage Of Respondents By Age

No	The Age Of Respondent (year)	Total Number	
		Number (n)	Percentage (%)
1	**21-25**	6	12
2	**26-30**	14	28
3	**31-35**	17	34
4	**35-40**	8	16
5	**41-45**	4	8
6	**>45**	1	2
	Total	50	100

Note: the number of the respondent by age

Respondent's Job

In this study, it was found that some mothers worked and some did not. Some of the mothers also have jobs as teachers, traders, or as private employees. The following provides complete data on respondents based on occupation. Respondents in this study were dominated by homemakers by 76%.

Table 2. The Number Of Respondents Based On Occupations In The Study In East Pagesangan Village

No	Mother Occupation Total	Total Number	
		Number (n)	Percentage (%)
1	**Housewife**	38	76
2	**Honorary Teacher**	1	2
3	**Seller**	7	14
4	**Private Sector**	4	8
Total		50	100

Most of the respondents have jobs as housewives, as many as 76.0 percent (38 people) of the 50 people in the total number of respondents. Then the table illustrates that respondents who work as traders, as many as 14.0 percent (7 people), and respondents who work as honorary teachers are in the minority because there is 2.0 percent (1 person). Employment status holds a significant dominance in food choice motives. Work has a direct effect on the food preparation process for toddlers, the ability to buy food, and the mother's food

choices. Mothers with jobs as honorary and traders are better able to choose a variety of food for their toddlers. As stated by one respondent who works as a trader, 'I can buy my child eggs, chicken, fish and whole vegetables to eat. Sometimes I go home from trading, and I buy in the market near where I sell ',

Respondent's Education
Education level is the level of formal education that has been taken by the respondent. Formal education is divided into four groups: not completing elementary school/equivalent, elementary school/equivalent, junior high school/equivalent, and high school/equivalent. The education level of respondents in East Pagesangan Village can be seen more clearly in the following table.

Table 3. The Number Of Respondents Based On The Level Of Education In The Study In Pagesangan Village

Level Of Education	Number	Persen (%)
Not completed in primary school	1	2
Primary school	8	16
Junior High School	10	20
Senior High School	24	48
Diploma/Bachelor	7	14
Total	50	100

Based on the table above, it can be seen that the education level of most respondents is SMA/equivalent. This means that the level of education is quite adequate, although not perfect. The choice of school to high school/equivalent is considered high enough by them so that they no longer need to continue their education to college. This is in line with their assumption that "There is no cost to continue school, I can just go to school, thank goodness. It is better to work so that I can help my family at home." in the sense that respondents choose to earn money rather than invest money in education. Education level plays a vital role in a mother's knowledge, which impacts food motives and choices. Mothers with higher education tend to know their children's diet well. However, mothers with low education tend to be indifferent to their children's eating patterns and sometimes even have the principle of eating anything as long as they are complete.

Respondent's Family Income
Family income in this study is the amount of income earned by husband and wife in one family. Based on data from the field, the number of respondents' family income is quite diverse. Referring to the UMK of Mataram City, valued at IDR 2,184,450 per month, it turns out that more than 50% of respondents are still in a financial shortage with an income of fewer than two million rupiahs per month. The complete data is presented in the following table.

Table 4. Number Of Respondents Based On The Amount Of Family Income Each Month In The Study In East Pagesangan Village

Family Income	Number	Persen (%)
Rp 500.000 - Rp 999.000	6	12
Rp 1.000.000 - Rp 1.499.999	8	16
Rp 1.500.000 - Rp 1.999.999	12	24
Rp 2.000.000 - Rp 2.499.999	4	8
Rp 2.500.000 - Rp 3.000.000	15	30
> Rp 3.000.000	5	10
Total	**50**	**100**

It can be seen that there are 52% of respondents have an income of < IDR 2,000,000 per month or below the UMK standard. This indicates a lack of equitable distribution of wealth in this area and the fragile economic condition of the community. As many as 38% of respondents are in moderate economic conditions with an income of IDR 2,000,000 - IDR 3,000,000 per month. Only a handful of people are categorized as capable, 10% of the total respondents. This is likely influenced by the education level of the respondents previously discussed, where the majority have a high school education, and only a few have a college education.

Education more or less affects a person's income, at least for those who work in companies or agencies, where education is a criterion in determining salary.

Frequency of Eating Food
The frequency of food consumption is the number of times a person consumes food at a time. This study will measure the frequency of food consumption by mothers to their toddlers within one week. The analysis in this discussion is done by asking how often mothers give certain types of food (both healthy and unhealthy/junk food) to their toddlers. For questions on the frequency of consuming healthy foods, for example, the question "how often did your child eat fruit in the last week?" and for the question of the frequency of consuming unhealthy foods, such as "How often does your child eat junk food (indomie, fried chicken, nuggets, etc.) in the last one week?". Based on the book Nutrition In The Life Cycle, it is said to be in a low category if the respondent consumes food 0-2 times a week, if the respondent consumes food 3-5 times a week, it is included in the moderate category, and if the respondent consumes food 6-8 times. In a week into the high category. The data on this sub-variable are as follows (Bennu, 2012).

Table 5. Frequency of Food Consumption Among Mothers With Toddlers In East Pagesangan Village

Frequency Of Consume Food	Number (n)	Persen (%)
Low	14	28
Medium	36	72
High	0	0
Total	**50**	**100**

The data shows that there are no respondents who have applied the frequency of consuming well-balanced food, as shown in Table 5. A total of 14 respondents prefer a low frequency of consuming food. Most of them, namely 72% of respondents or 36 people, have a frequency of consuming food in the moderate category. . Based on this data, it can be concluded that the amount of good food intake is sufficient for the mothers in this village. However, it is only limited to a minimum level, so increased awareness of the consumption of balanced nutrition for mothers is needed. If mothers already have awareness, it is more likely that they can be given counseling during posyandu. It will be optimal in the amount of balanced food intake for their children.

The Diversity of Food Types Consumed by Toddlers
Measurements on this sub-variable were carried out by asking questions about the types of food mothers gave their toddlers in the last week. It is said that the variance is low if the respondent consumed 0-2 types of food in the last week, moderate if they consumed 3-4 types of food in the last week, and high if they consumed more than 5-7 types of food in the last week. The results of the questionnaire can be seen in the table below.

Table 6. Diversity of Food Types in Mothers with Toddlers in East Pagesangan Village
Diversity Of Food

Diversity Of Food	Number (n)	Persen (%)
Low	2	4
Medium	40	80
High	8	16
Total	**50**	**100**

In this study, the diversity of foods studied were various types of food eaten by children under five every day for the past week. The food diversity in question consists of staple foods, side dishes, vegetables, and fruits. Based on the table above, as many as 16% of respondents have a high diversity of food consumption, and most of them, namely 80% of respondents, have a variety of food consumption, which is moderate. Only 4% of respondents have a low diversity of food consumption.

A small proportion of mothers, namely two people from a total of 50 respondents, apparently still consume only two types of food on average daily in a week, namely only eating rice and side dishes.

Analysis of the Relationship between Mother's Characteristics, Motives, Food Choice Actions, and Nutritional Status of Toddlers

This table will show the relationship between the characteristics of mothers as seen from food knowledge, education, and family income, with their food choice motives seen from the nine motives in choosing food which is included in the four categories of behavioral motives in the discussion. Previously. Furthermore, this food choice motive is linked to the action of food choice, which consists of the frequency of eating and the variety of food consumed. In the end, the relationship between these food choices and the nutritional status of their children under five can be seen. Based on the analysis conducted in this study, the three main patterns of relationships written in the hypothesis have a relationship. However, in one case, there is a less significant relationship. However, the three of them still have a relationship when the Spearman correlation test is carried out. The following is a summary table of the relationships between these variables, assessed based on the Spearman correlation test. The value of the correlation coefficient is said to be 0.00 - 0.199 = very low; 0.20 - 0.3999 = low; 0.40 - 0.5999 = moderate; 0.60 - 0.799 = strong and 0.80 - 1,000 = very strong (Alawiya & Prasodjo, 2017).

Table 7. Correlation Coefficient And Strength Value Between Variables and Analysis of the Relationship of Knowledge, Education, and Income to Food Choice Motives

Variabel	Coefisien Corelation	Value Strength
Characteristics of Mothers with Food Choice Motives	0,071	Weak relationship
Variabel	Coefisien Corelation	Sig (2-tailed)
Knowledge and motives	0.087	0.546
Education and motives	-0.115	0.422
Income and motives	0.073	0.061

Based on the Spearman correlation test, it was found that the level of knowledge had no significant effect on the mother's food choice motive, with a p-value 0.056 (> 0.05).

The researcher also analyzed the relationship between income level and food choice motives. This study found a correlation between education and maternal food choice motives, which was insignificant, with a p-value of 0.422 (> 0.05).

DISCUSSION
Respondent Income
Income is closely related to the choice of mother's food for toddler food. The higher the income, the more excellent the opportunity to provide diverse foods according to the needs of children. This is in line with Rahmiati's research (2019) that families with middle-to-high incomes are more able to buy their children a variety of foods compared to families with lower-middle income (Rahmiati, 2019).

Changes in household income will affect consumption patterns and their level of welfare. Engel's theory states that the higher the household income level, the lower the percentage of expenditure on food consumption tends to be. Besides household income, several other factors influence household food consumption patterns. From a study conducted by Hardinsyah (2004) on the factors that influence consumption patterns, in addition to household income, other influencing factors are commodity price factors, education level factors, family or household size, and employment status. It is also different from Hamid (2013), who states that the factors influencing consumption patterns are income per capita, housewife education, and place of residence (Darmawan & Shinta, 2015).

Frequency of Food Consumption Among Mothers With Toddlers In East Pagesangan Village
The data shows that there are no respondents who have applied the frequency of consuming well-balanced food, as shown in Table 5. A total of 14 respondents prefer a low frequency of consuming food. Most of them, namely 72% of respondents or 36 people, have a frequency of consuming food in the moderate category. . Based on this data, it can be concluded that the amount of good food intake is sufficient for the mothers in this village. However, it is only limited to a minimum level, so increased awareness of the consumption of balanced nutrition for mothers is needed. If mothers already have awareness, it is more likely that they can be given counseling during posyandu. It will be optimal in the amount of balanced food intake for their children.

"If the vegetables are still there. If new fruit is rare, not every day, at least once a week, but sometimes not buying fruit often a week, it just depends if you have the same time if you have the money." -HSD mother, has a four-year-old son.

"...the vitamins given at the posyandu, never buy them yourself. Anyway, I wait for the delivery from the posyandu, and then he eats my child's vitamins. Thank God my children are healthy, even though they do not take vitamins. The important thing is not to eat less rice, and you have to be fed, so you want to eat. So while playing at the neighbor's house, he eats voraciously." -JMH's mother has a four-year-old son.

Even though the average mother's food consumption frequency score is quite good, the mother's vitamin needs still need to pay more attention to it. Vitamins are still used as tertiary goods, which are not considered essential for toddlers, so they are rarely given to children, or even vitamins/other dietary supplements are not given at all. The primary reason for this action is due to a misperception or lack of knowledge of mothers about food and family economic constraints. As a form of a solution, the existence of Posyandu is essential as a medium for counseling on good and correct food knowledge and as a provider of nutritional assistance for children under five, for example, by providing milk and vitamins/supplements regularly.

The Diversity of Food Types Consumed by Toddlers
Diversity of food consumption is the variety of food groups consisting of staple foods, side dishes, vegetables and fruits, and water, as well as diversity in each food group. Diverse food is a vital requirement to produce a balanced nutritional quality food pattern (Kemenkes RI, 2014). The diversity of food consumption is related to the quality and adequacy of nutrition. The higher the score for the diversity of food consumption, the more diverse the types of food consumed by children under five. So that the adequacy of these nutrients ultimately affects the nutritional status of children under five (Daniels, 2006). They measure the diversity of food consumption by evaluating food groups consumed in a period. Consuming a variety of foods is very good for the survival of a person or group of people. The more diverse and balanced the composition of the food consumed, the better the nutritional quality because, in essence, there is no single type of food that has complete and sufficient nutritional content both in quantity and type (Bitra, 2010). As toddlers get older, the variety of food provided must be complete and nutritionally balanced, which is essential to support growth and development and reduce 15-20% percent so that later in life, they will become human beings with a brain quality of around 80-85%, and developmental disorders—mental and motor development.

In this study, the diversity of foods studied were various types of food eaten by children under five every day for the past week. The food diversity in question consists of staple foods, side dishes, vegetables, and fruits. Based on the table above, as many as 16% of respondents have a high diversity of food consumption, and most of them, namely 80% of respondents, have a variety of food consumption, which is moderate. Only 4% of respondents have a low diversity of food consumption. This indicates that mothers have entirely understood the importance of food diversity for children, although it still needs to be improved. So it is necessary to improve to better implement food diversity, especially in the consumption of fruit, milk, and other additional supplements for their children, which still needs to be implemented by mothers in East Pagesangan Village.

"This week, I usually cook for my children and husband with rice, regular side dishes like tempeh, tofu, sometimes chicken, vegetables, spinach, kale, and mustard greens. I did not buy the fruit this week, which is also an old date. My husband has not dropped the money. We rarely eat fruit, let alone milk. I buy milk if the child asks for it. Usually, children ask because they see their friends drinking milk. I will buy cheap milk, the sweetened condensed milk." -NHS mother, has a four-year-old son.

"At my mother's house, we do not like buying fruit, so we usually eat rice, side dishes, and vegetables. There is a small garden behind the house here. I bought the dancow milk, and if it was not a can, I was efficient in giving milk so it would not run out too quickly. I never buy vitamins like that." -RUK's mother has a four-year-old son.

A small proportion of mothers, namely two people from a total of 50 respondents, apparently still consume only two types of food on average daily in a week, namely only eating rice and side dishes. This could be better because it can inhibit the growth of toddlers. Cases like this occur because of the family's economic

limitations, namely those who live relying on paycheck to paycheck, which means that every time there is money, they will run out of basic needs (even less often) and have no saving money at all. The solution for families who are in this kind of economy is to be given subsidies or assistance in meeting their basic needs, perhaps through BLT or baby food which is distributed through the local posyandu. Many factors affect food diversification. In essence, the factors that influence the diversification of food consumption are the same as those that affect food consumption, namely social, cultural, economic, knowledge, food availability, and others. However, everyone has a different emphasis, as stated by Hardjana (2004), that in terms of food consumption, consumers act not only based on economic considerations but are also driven by different reasoning and feelings such as personal and social needs, interests, and satisfactions. Soehardjo (2005) emphasized that although consumer tastes and choices are based on economic values and knowledge, it seems that the prestige elements are very prominent (BPOM, 2013).

Analysis of the Relationship between Mother's Characteristics, Motives, Food Choice Actions, and Nutritional Status of Toddlers
Referring to the previous chapter, this chapter discusses the results of data processing on how significant the relationship is between the characteristics of mothers as seen from food knowledge, education, and family income, with their food choice motives seen from the nine motives in choosing food which is included in the four categories of behavioral motives in the discussion. Previously. Furthermore, this food choice motive is linked to the action of food choice, which consists of the frequency of eating and the variety of food consumed. In the end, it can be seen the relationship between these food choices and the nutritional status of their children under five. Based on the analysis conducted in this study, the three main patterns of relationships written in the hypothesis have a relationship. However, in one case, there is a less significant relationship. However, the three of them still have a relationship when the Spearman correlation test is carried out. The following is a summary table of the relationships between these variables, assessed based on the Spearman correlation test. The value of the correlation coefficient is said to be 0.00 - 0.199 = very low; 0.20 - 0.3999 = low; 0.40 - 0.5999 = moderate; 0.60 - 0.799 = strong and 0.80 - 1,000 = very strong (Alawiya & Prasodjo, 2017).

Based on the Spearman correlation test, it was found that the level of knowledge had no significant effect on the mother's food choice motive, with a p-value 0.056 (> 0.05). Based on Rahmiati (2019), the level of knowledge plays a vital role in a mother's knowledge, which impacts food motives and choices. Mothers with sufficient knowledge tend to know well about their children's diet. However, mothers with low nutritional knowledge tend to think more about eating, which is more important to be full than eating nutritiously. In this study, the opposite result was obtained. Namely, there was no relationship between education level and food choice motives. This can be because most of the respondents with higher education do not work, so they cannot buy and choose various nutritious food ingredients for their toddlers (Perdana, Hasan, and Nurhasanah, 2017).

The researcher also analyzed the relationship between income level and food choice motives. This study found a correlation between education and maternal food choice motives, which was insignificant, with a p-value of 0.422 (> 0.05). This is different from Khomsan's (2014) research that someone with a higher income level will be better able to buy nutritious and diverse food, in this case, food for their toddlers. On the other hand, someone with a low-income level tends to have few options for feeding their toddlers daily food. This result is thought to be because even though education is low, there are still mothers who are determined to provide nutritious food for their children (Perdana, Hasan, and Nurhasanah, 2017). Insignificant results were also obtained in the correlation between income and maternal food choice motives, with a p-value of 0.061 (> 0.05). This can be because even though their income is low, mothers still provide the best food for them. Because basically, every mother wants the best for their child (Rahmiati, 2017).

CONCLUSIONS
Overall, the characteristics of mothers, motives, and actions of mothers' food choices in this study are in the good enough category regarding knowledge, education, and income level. However, they still need to be completely good, and various improvements are needed, especially in knowledge through food counseling and income through food assistance or subsidies. There was no relationship between knowledge, education, and income on maternal food choice motives (P>0.05).

RECOMMENDATION

Researchers hope that there will be further research in the future related to the motives and actions of maternal food choices for children under five in other areas, both in NTB and in Indonesia, in order to see the condition of the nutritional status of children under five which can then be anticipated so that the quality of Indonesian human resources is getting better. For the sake of an increasingly advanced Indonesia.

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