



A STUDY ON IMPACT OF MOTHERS PERCEPTION ON CHILD NUTRITION (TODDLERS 1-3 YEARS)

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Abstract : Maternal perception of child's nutritional has a potential impact on the identification, prevention, and treatment of childhood overweight. Thus, the aim of this study was to evaluate the prevalence of misconception and factors associated with maternal perception on the child's nutrition (one- to three years of age). The study was aimed to know the mothers perception on child nutrition and to assess the level of knowledge about nutrition among mothers. The study was conducted at different zones of Hyderabad. The 100 samples were collected for the purpose of study. A well structured questionnaire was developed and information was collected through interview. The collected data was tabulated and graphs were plotted. The collected data was statistically analysed using one sample t-test. The results showed that the p values were ($p < 0.010$) and was significant at $t 0.010$ hence, Alternate hypothesis was proved. The study concluded that mothers who were well educated have more knowledge about food groups and balanced diet, these mothers have a good impact on children as they feed their child according to food groups and balanced diet, and they showed more concern towards their child nutrition, mothers who are picky eaters have the same impact on their Children as they also become picky eaters.

IndexTerms - Perception, Misconception, Impact, Picky Eaters, Food Groups, Balanced Diet.

1.INTRODUCTION

"What and how mothers eat has the most direct influence on what toddlers eat, Perceptions of a toddler as a picky eater may be related to parenting style or culture, "Diet plays an important role in the health of individuals from childhood to adulthood, as it influences factors such as growth, development, and metabolic programming.

It also has an impact on the development of certain diseases in childhood and even in adulthood. Thus, it becomes relevant to study children's dietary practices starting from birth, since these habits are formed in the first years of life and change little over time. In addition, other behavioral factors may influence children's food intake, especially the family food environment, feeding practices adopted in relation to breastfeeding, and weaning age. In particular, studies have highlighted the important influence mothers have on their children's diets in relation to various factors, such as food intake, as mothers' diets are similar to those of their children in terms of the types of food consumed. Given the importance of parental behaviors (especially those of mothers) on children's eating habits, it is important to understand this phenomenon not only by investigating family dietary practices, which have been studied extensively in recent years but also by focusing on mothers perceptions and beliefs that support and influence these practices of child eating habits. In psychology, perception is more than just the reception of a stimulus.

Studying how mothers perceive their children can help to understand the quality of children's diets and their resulting health outcomes. Thus, the knowledge of this topic can improve the effectiveness of nutritional interventions, which is of prime importance in early childhood. Parents play an important role in shaping children's eating habits. A big influence over the family environment where meals take place and the types of foods for children to eat. Positive experiences about food early on may help the children to develop healthy eating habits later in life.

How to positively influence the children's eating habits by creating a positive eating environment and being a good role model.**Have regular meal and snack times**

Having regular meal and snack times everyday creates a healthy routine. Children eat whenever they feel like it, they may not be hungry when it's time for a scheduled meal or snack. They may also overeat during the day.

Eat together as a family

Children who eat meals with their family tend to eat healthier foods like fruits, vegetables and whole grains. They are also at lower risk for becoming overweight. However, children who eat in front of the TV tend to make poorer food choices. Eating meals in front of the TV should be avoided as this can lead to overeating and a higher risk of childhood obesity. Learn more about why it is important to eat together without TV.

Avoid pressuring children to eat

Insisting children to eat certain foods may actually cause them to eat less. As a parent, it's responsible for providing healthy food choices to the children. They should be allowed to decide how much to eat based on how hungry they feel.

Avoid using food as a reward or punishment

Eating is a way to nourish our bodies. Using food as a reward or punishment may lead to unhealthy eating habits. Offer a variety of healthy foods and let the children serve themselves without any pressure.

Have healthy foods at home

Make sure to buy healthy foods when you shop. The foods available in fridge, freezer, cupboards and pantry are what children will get used to eating.

Healthy food choices**II. AIMS & OBJECTIVES**

AIM: To study on impact of Mothers perception and practices on Child's nutrition (Toddlers 1-3 years)

OBJECTIVES:

- To assess nutritional status of children.
- To study the effect of maternal education on child feeding pattern.
- To study, whether the likes and dislikes of mother affects the child feeding habits.
- To study the consumption pattern of homemade weaning mixtures / commercial weaning mixtures.
- To create awareness among the mothers regarding child nutrition practices.

III. REVIEW OF LITERATURE**1. Maternal perception on child's nutrition**

Maternal perception of child's nutritional status has a potential impact on the identification, prevention, and treatment of childhood overweight. Thus, the aim of this study was to evaluate the prevalence of misperception and factors associated with maternal perception of the nutritional status of first- to third-grade elementary school students from private schools. The increased prevalence of childhood overweight and obesity is considered a public health problem in Brazil and worldwide. It was estimated in 2014 that 41 million children under five years old were overweight or obese, with increasing rates in middle- and low-income countries. In Latin America, Rivera et al. Estimated that 3.8 million children under five years old and 22.2–25.9 million school-age children were overweight or obese. The last national population survey showed that 33.5% of children from 5 to 9 years of age were overweight and 14.3% were obese. These findings deserve special attention, since childhood obesity is directly associated with persistence of this condition into adulthood and with a greater occurrence of associated co morbidities. The most important determinants that cause childhood obesity include eating habits and sedentary lifestyle. Eating habits and preferences built during childhood persist for life, and family has a strong influence on children's diet and lifestyle [6,7]. Thus, parents play a key role in preventing overweight and obesity among children. In this context, the appropriate perception of children's nutritional status by their parents (especially their mother) becomes essential for the early recognition of childhood overweight and obesity [8–10]. Mothers usually have a greater responsibility over children's diet and education, and their perception of child's nutritional status has shown to have an influence on maternal attitudes and practices related to child's food intake. Previous studies have found a high prevalence of inadequate maternal perception of children's nutritional status and revealed that mothers of overweight children tend to underestimate their child's nutritional status and thus be unconcerned about the consequences of childhood overweight. Hochdorn et al. [14] verified in a systematic review that this occurs globally, and that most of the studies carried out in Latin America, East Asia and Europe noted underestimation of the nutritional status of overweight and obese children. Furthermore, many mothers believe that childhood overweight is a sign of good health and that overweight will be resolved later as the child grows. With the recurrent increase in the prevalence of overweight and obesity among children and adolescents, mothers may also consider overweight as normal, especially if there are many individuals with this condition in their family or community. Given the importance of maternal perception about the nutritional status of their children and its potential impact on the food offered to the child and on the identification and management of childhood overweight and obesity, the aim of the present study was to evaluate the prevalence of misperception and factors associated with maternal perception of the nutritional status of first- to third-grade elementary school students from private schools.

2. Development and Preliminary Validation of a Feeding Coparenting Scale

Evidence is growing that fathers, along with mothers, play an important role in children's eating and obesity risk. Qualitative work with a small sample found that the roles of fathers and mothers are not mutually exclusive in shaping their child's eating behaviors, rather fathers and mothers may relate to one another in their roles as parents in food parenting (i.e., feeding coparenting). There is currently no self-reported measure of how fathers and mothers coparent around child feeding. However, it would be useful in order to be able to assess this construct more broadly. Hence, based on prior qualitative work and findings related to the roles of fathers and mothers in food parenting, we developed a feeding coparenting scale (FCS). Parent responses on the FCS and measures of related constructs (i.e., relationship satisfaction, traditional gender-role attitudes, general coparenting, and perceived involvement in child feeding tasks) that were hypothesized to relate to feeding coparenting were assessed among 307 parents ($n=178$ females) of preschool-aged children through Amazon Mechanical Turk (MTurk) in order to examine the validity and reliability of the FCS. An exploratory factor analysis was conducted to examine the psychometric properties of the FCS. Three factors emerged: 1) shared positive views and values in child feeding, 2) active engagement in child feeding, and 3) solo parenting in child feeding. A total feeding coparenting score was also calculated. Support for construct validity of the measure with constructs hypothesized to be associated with FCS (e.g., relationship satisfaction) was observed. The internal consistency of the FCS total and subscales was adequate for whole sample, fathers, and mothers. Results suggest that the FCS may be a useful tool for assessing how mothers and fathers work together with each other in the child feeding domain.

Keywords: father, mother, feeding, coparenting, child.

3. Young children's dietary habits and associations with the mothers' nutritional knowledge and attitudes

The study investigates the dietary habits of Flemish preschoolers and associations of these habits with both sociodemographic characteristics and the mother's nutritional knowledge and attitudes. A sample of 862 parents of preschoolers from 56 schools completed a questionnaire including sociodemographic characteristics, a food-frequency questionnaire to assess children's dietary intake, and a nutritional knowledge-and-attitude questionnaire. Regression analysis showed a lower dietary adequacy in children of mothers with low and medium level of education, medium-ranked occupation, and lower levels of both nutritional knowledge and food-related health attitude. The highest excess score (representing items that should be avoided or moderated) was found in children of mothers with low education level, without a job, with three or more children, of age less than 30 years, and possessing lower levels of nutritional knowledge and attitude scores for health and taste. The associations of the dietary adequacy and excess scores with sociodemographic background can help practitioners to develop better-tailored nutrition interventions. The associations with the mothers' nutritional knowledge and attitudes support the inclusion of knowledge and attitudes in dietary interventions.

4. Mothers' perceptions of the influences on their child feeding practices

Children's diets are important determinants of their health, but typically do not meet recommendations. Parents' feeding practices, such as pressure or restriction, are important influences on child diets, but reasons why parents use particular feeding practices, and malleability of such practices, are not well understood. This qualitative study aimed to explore mothers' perceptions of influences on their feeding practices, and assess whether an intervention promoting recommended feeding practices was perceived as influential. The Melbourne Infant Feeding, Activity and Nutrition Trial (InFANT) Program was a cluster-randomised controlled trial involving 542 families aiming to improve child diets. Following the trial, when children were two years old, 81 intervention arm mothers were invited to participate in qualitative interviews, and 26 accepted (32%). Thematic analysis of interview transcripts used a tabular thematic framework. Eight major themes were identified regarding perceived influences on child feeding practices. Broadly these encompassed: practical considerations, family setting, formal information sources, parents' own upbringing, learning from friends and family, learning from child and experiences, and parents' beliefs about food and feeding. Additionally, the Melbourne InFANT Program was perceived by most respondents as influential. In particular, many mothers reported being previously unaware of some recommended feeding practices, and that learning and adopting those practices made child feeding easier. These findings suggest that a variety of influences impact mothers' child feeding practices. Health practitioners should consider these factors in providing feeding advice to parents, and researchers should consider these factors in planning interventions.

5. Mothers' perceptions of their own diets and the diets of their children at 2–3 years of age

This is a cross-sectional analysis of a follow-up study to examine the perceptions of mothers treated at public health centers, regarding their own diets and the diets of their children aged 2–3. Among the 464 participants, 57% ($n=267$) reported perceiving their own diets as unhealthy while 72% ($n=334$) perceiving their children's diets as healthy. The mothers' perceptions of their own diets as healthy were associated with less maternal schooling and having received health care from professionals who had received special training ($p<0.05$). The mothers' perceptions of their children's diets as healthy were associated with more maternal schooling ($p<0.05$). This difference between the mothers' perceptions of their own diets and those of their children reinforce the importance of considering maternal beliefs and attitudes in infant nutritional intervention programs. The present study aimed to analyze mothers' perceptions about their own diets and those of their children (aged 2–3) considering the criterion of being healthy or not, as well as to investigate potential associations between these perceptions and maternal/family characteristics. This study's importance lies in the fact that it does not search what mothers do in relation to their own diets and those of their children (which has been a frequent subject of mother-child nutrition studies) but rather what mothers say and think about this topic (i.e., how they perceive their own behavior in this regard). Studying how mothers perceive their own diets and those of their children can help to understand the quality of children's diets and their resulting health outcomes. Thus, the knowledge of this topic can improve the effectiveness of nutritional interventions, which is of prime importance in early childhood.

IV. METHODOLOGY

Research Design: - communicative study

Research Approach: - Communicative study

Selection Of Area: - A place of study was done in different zones of Hyderabad.

Selection Of Sample: - the 100 samples from general population will be selected for survey.

Duration Of The Study: - The study has been carried for a period of 1 month.

Collection Of Data:

Questionnaire: - The questionnaire contains questions related to child feeding habits, mother's perception of feeding to child, child physical activity, awareness of nutrition to mothers.

General information: - It was collected to get the following details like personal information of respondents via name, age, gender, occupation.

Dietary Assessment Method

This method is used to find dietary intake of food habits . The effect of life style and dietary practices were included in questionnaire to assess the dietary pattern of subjects. Each subject was interviewed about dietary pattern and asked to fill up the sheet.

Data Analysis:-The collected data will be tabulated and calculated by using statistical formula, one sample t-test, and it is a alternate hypothesis.

$$t = \frac{\bar{X} - \mu}{\frac{S}{\sqrt{n}}}$$

V. RESULTS AND DISCUSSION

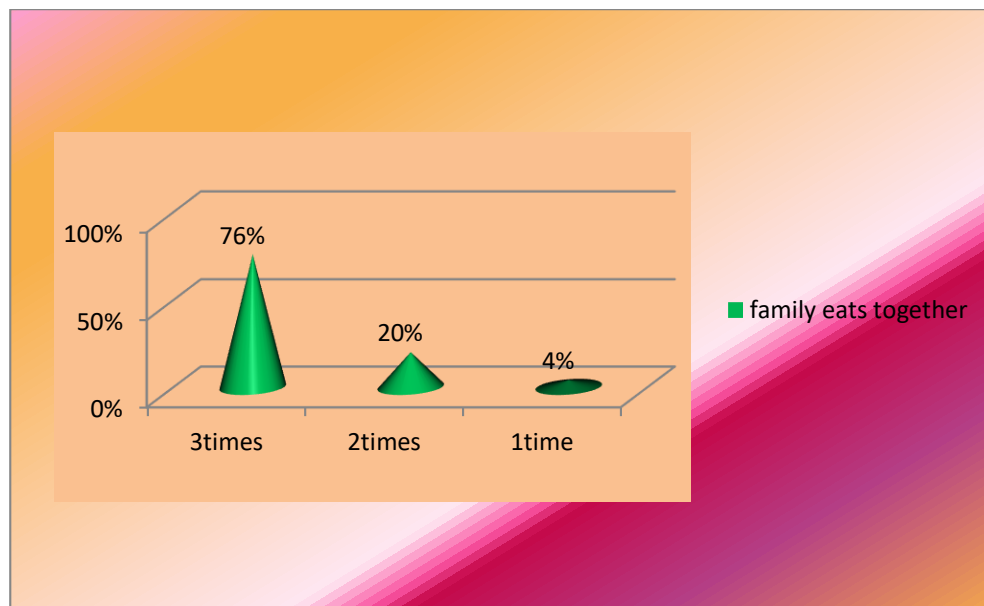


Figure 1. The above figure shows percentages of family who eat meals together.

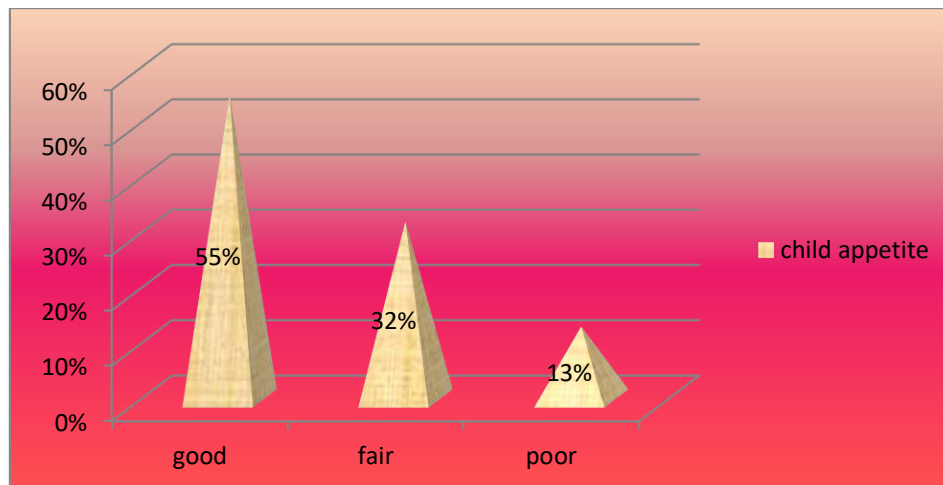


Figure 2. The above figure shows percentages of child appetite

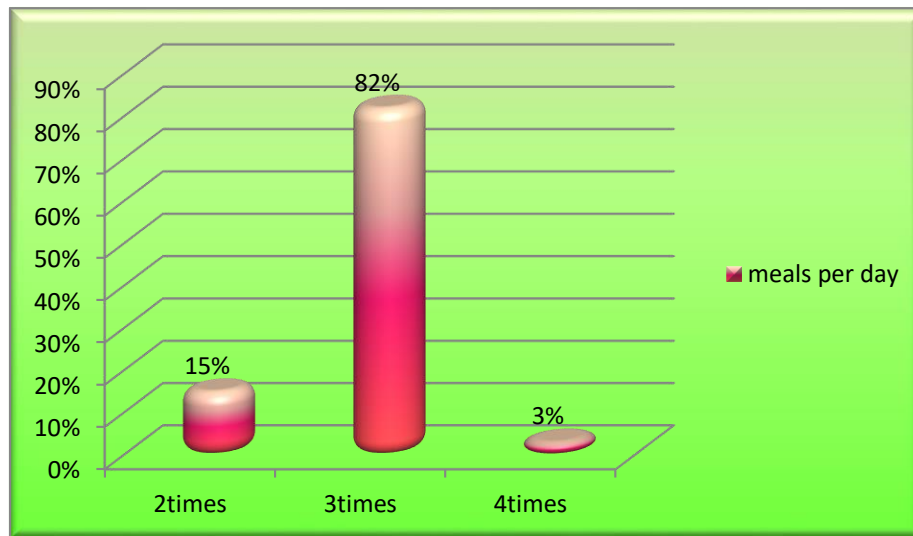


Figure 3. The above figure shows how many meals child consume per day

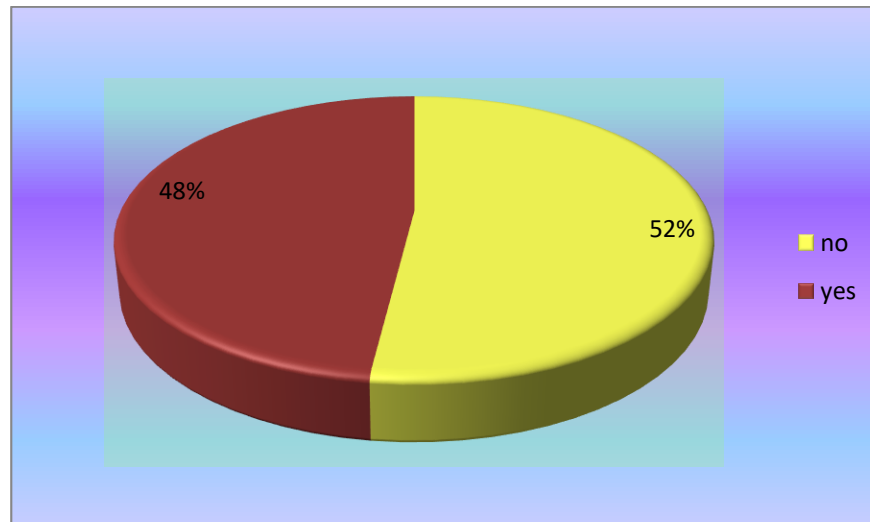


Figure 5. The above table shows that mothers feed their child according to their likes and dislikes

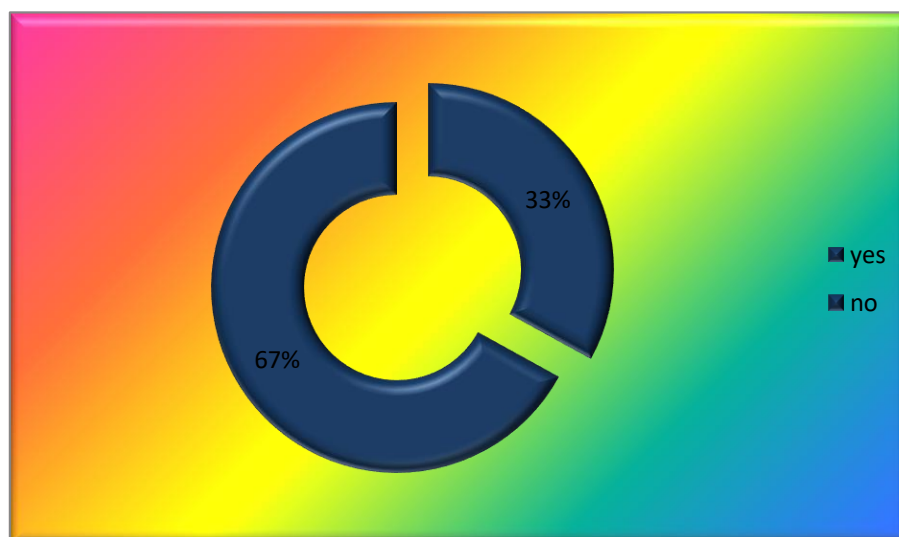


Figure 6. The above table shows that mother of the child is picky eater.

TABLE: 23.DISTRIBUTION OF SUBJECTS BASED ON WHAT TYPES OF WEANING MIXTURE THEY CONSUMED

OPTIONS	FREQUENCY	PERCENTAGES (%)
HOMEMADE	62	62%
COMMERCIAL	18	18%
HOMEMADE/COMMERCIAL	8	8%
ANY OTHER	6	6%
NO	6	6%

TABLE: 41.DISTRIBUTION OF SUBJECTS BASED ON THE HEALTHY EATING HABITS

OPTIONS	FREQUENCY	PERCENTAGES (%)
Fruits	28	28%
Dry fruits	20	20%
Fruits/salads	25	25%
Fruits/dry fruits/salads	20	20%
Any other	7	7%

TABLE: 42.DISTRIBUTION OF SUBJECTS BASED ON THE KNOWLEDGE OF FIVE FOOD GROUPS

OPTIONS	FREQUENCY	PERCENTAGES (%)
Yes	53	53%
No	47	47%

TABLE: 44.DISTRIBUTION OF SUBJECTS BASED ON THE CONSULTATION OF DIETICIAN FOR THE CHILD

OPTIONS	FREQUENCY	PERCENTAGES (%)
Yes	29	29%
No	71	71%

TABLE: 46.DISTRIBUTION OF SUBJECTS BASED ON ACCORDING TO YOU IS IT IMPORTANT TO KNOW ABOUT BALANCED DIET

OPTIONS	FREQUENCY	PERCENTAGES (%)
Yes	93	93%
No	7	7%

VI. SUMMARY AND CONCLUSION

Mother's perception on child feeding habits is the important factors of the child nutrition. Children's food preference strongly depends upon the mothers like and dislikes and feeding habits of the mothers. In the experience context, during the early years, parents play a particularly important role. There are many variables within the family setting that can affect children's eating behavior and, ultimately, their weight outcome. Included among these are parents' eating behaviors, foods made available to children, and child feeding strategies utilized. Parents play a pivotal role in the development of their child's food preferences and energy intake, with research indicating that certain child feeding practices, such as exerting excessive control over what and how much children eat, may contribute to childhood overweight.

The study was aimed to know the impact of mother's perception on child nutrition. It was carried on 100 samples from different zones of Hyderabad. A well structured questionnaire was used to gather information from samples. The samples have responded to online as well as face to face interview. Nutritional assessment related questions, Dietary patterns of the child, Physical activity, Feeding patterns, Sleeping patterns of the child, Mothers likes and dislikes of the foods which effects the child eating habits, Mothers awareness on child nutrition questions were asked in the questionnaire. The collected data depicts the following results.

The first objective of the study was to assess the nutritional status of the child. The result reveals that 21% of the child shows 60-75cm of the height, 40% of the child showing 76-80cm of the height, 33% of the child shows 80-95cm of the height, 6% of the child shows 96cm of the height, and 21% of the child having the weight under 8-10kgs, 22% of the child having the weight under 11kgs, 38% of the child having the weight under 12kgs, 12% of the child having the weight under 13kgs, 7% of the child having the weight under 14kgs, which was normal in range according to their age.

The second objective of the study was the effect of maternal education on child feeding patterns, the results reveals that most of the mothers who are well educated feed their child with home-made weaning mixture that is 83% of the mothers gave preference to home-made weaning mixtures, 20% of the mothers feed their child with fruits, 20% of the mothers feed their child with dry fruits, 45% of the mothers feed their child with healthy foods, and 53% of the mothers have knowledge about five food group, 63% of the mothers have awareness of balanced diet, 76% of the mothers concerns about their child nutrition which have good impact on child feeding habits.

The next objective of the study was whether the likes and dislikes of mothers affect the child feeding habits. The results reveal that 48% of the mothers feed their child according to their likes and dislikes where as 52% of the mothers do not feed their child according to their likes and dislikes. The child who consumed their food according to their mothers likes they also seem to be a picky eater or they have many choices according to their food consumption.

The next objective of the study was to know the consumption pattern of home-made weaning mixtures/commercial weaning mixtures. The result reveals that 83% of the mothers gave preference to home-made weaning mixtures, 17% of the mothers do not give preference to home-made weaning mixtures, and 48% of the mothers feed their child with commercial weaning mixture, 52% of the mothers not feed their child with commercial weaning mixtures.

The last objective of the study was to create awareness among the mothers of the children, regarding child nutrition practices. The result reveals that 53% of the mothers known about the five food groups, 63% of the mothers have awareness of balanced diet, and 76% of the mothers concerns for the child nutrition and 29% of the mothers have consulted for the dietician of their child.

The study concluded that mothers who are well educated have more knowledge about food groups and balanced diet and having the good impact on children as they feed their child according to food groups and balanced diet, and they showed more concerned towards their child nutrition, mothers who are picky eaters have the same impact on their Childs as they are also becoming a picky eaters.

$$t = \frac{\bar{X} - \mu}{\frac{S}{\sqrt{n}}}$$

CONCLUSION: The collected data was tabulated and analysed statistically by using the formula one sample t- test the results showed that the p values were ($p < 0.010$) and was significant at $t = 0.010$, hence, Alternate hypothesis was proved. Thus, concluding that mothers perception and education has an impact on child nutrition, mothers who feed their child according to their likes and dislikes, their child also becomes a picky eater.

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