

ASSOCIATION BETWEEN PARENTAL FEEDING STYLES AND DIET QUALITY AMONG PRESCHOOLERS IN TERENGGANU

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INTRODUCTION

Parents can influence the development of their children's eating behavior, which depends on the environment the child is nurtured in. Previous research reported that children of indulgent or uninvolved parents had lower intakes of fruits and vegetables as well as dairy foods. Preschoolers' diet quality will suffer if they are raised in a poor environment with improper parenting styles.

OBJECTIVE

To determine the association between parental feeding styles and diet quality among preschoolers in Terengganu.

METHODOLOGY

STUDY DESIGN

- A cross-sectional study

STUDY LOCATION

- 24 preschools (Taska PERMATA) in Kuala Terengganu, Kuala Nerus and Marang, Terengganu

STUDY PARTICIPANTS

- 195 children and their parents

INSTRUMENTS

1. Sociodemographic questionnaire
2. Caregiver's feeding styles questionnaire (CSFQ)
3. Food frequency questionnaire (FFQ)
 - score for diet quality was calculated using Malaysian Healthy Eating Index (M-HEI)

STATISTICAL TEST

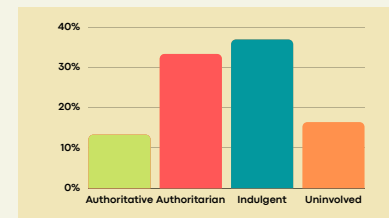
- Descriptive test - to describe all the variables
- Fisher Exact Test - to determine the association between the parental feeding styles and diet quality

CONCLUSION

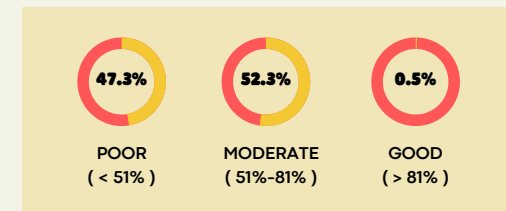
- Most of the preschoolers had moderate diet quality. Parental feeding styles were found to be associated with preschoolers' diet quality.
- Future research should broaden the study population to include all Malaysian preschoolers aged 3 to 6-years old.

RESULT

1 Figure 1. Parental feeding styles of preschoolers in Terengganu



2 Figure 2. Diet quality category of preschoolers aged 3 and 4 years old in Terengganu



3 Table 1. Association between parental feeding styles and diet quality among preschoolers in Terengganu

Parental feeding styles category	Diet quality category, n (%)			X ² (df)	p-value
	Poor	Moderate	Good		
Authoritative	11 (5.6)	14 (7.2)	1 (0.5)	32.480 (6)	<0.001
Authoritarian	45 (23.1)	20 (10.3)	0 (0.0)		
Indulgent	18 (9.2)	54 (27.7)	0 (0.0)		
Uninvolved	17 (8.7)	15 (7.7)	0 (0.0)		

DISCUSSION

- There was an association between parental feeding styles and diet quality among preschoolers in Terengganu.
- A study by Arlinghaus et al. (2018) discovered that the authoritative feeding style was associated with significantly higher child dietary quality when compared to the other four feeding styles (Arlinghaus et al., 2018).
- This study found the intake of fruits and vegetables was low. The finding was similar to that of Gerritsen et al. (2019), who found that fruit and vegetable consumption among children in Auckland was low.
- The best dietary quality for a child is likely to be achieved when parents set appropriate eating guidelines and are also responsive to their child's eating preferences and behaviors.