



ORIGINAL ARTICLE

THE INVOLVEMENT OF FATHER To GIVE NUTRITIOUS FOOD TO CHILDREN

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<i>ABSTRACT</i>	<i>Keywords</i>
<p>The under-five children age was a nutritionally vulnerable group. Therefore they required treatment include physical cared with the provision of nutritious food, especially from the father and mother. The purpose of this research was to know the involvement of the father in given nutritious food to under five children Mojokerto District. The research design was descriptive. The population was all fathers who have under five children as many as 60 people, taken entirely as a sample by using total sampling. The research variable was father's involvement in giving nutritious food to children. Data analysis use percentage. The results showed that most of the father's involvement in nutritious food feeding on under-five children was not good as much as 36 people (60,5%). This was motivated by the status of the father who worked as an entrepreneur or not working, elementary education, 36-60-month-old children and male sex, and working mothers. A time-consuming job as an entrepreneur plus a basic education leads children to maybe financially fulfilled but less good in emotional and behavior involvement. Moreover, the status of unemployment and basic education leads to poor financial and emotional support and behavior 36-60 months of age and male sex was an active child and tend to be closer to the mother, so the father was less involved. Similarly, the status of working mothers did not make the father more involved, because the father tends to require him to work that sacrifice togetherness with children.</p>	<p>Fathers Involvement, Nutritious Food, Under Five Children</p>

## PREFACE

Consumption of diverse, balance and safe, nutritious foods can meet the nutritional adequacy of individuals to grow and develop (Cakrawati and Mustika, 2012). Groups that show rapid growth but often suffer from malnutrition are under five children. The age of under-five children is included in vulnerable groups of nutrition, which is a group within the community that is most susceptible to health problems or susceptible to nutritional problems that will affect their growth and development (Proverawati and Asfuah, 2009).

For the child to grow and develop properly requires care including physical care with the provision of nutritious food, especially from the father and mother. But in reality in family life generally in Indonesia, the main function as caregiver and nurse is a mother (Gunarsa and Gunarsa, 2010). As the closest person, the mother is becoming a very important role in childcare. Maternal feeding can affect child growth, both positively and negatively (Fitriana et al., 2007 in Martian, 2011). But fathers should also be involved and have the same responsibilities as mothers so that children can achieve optimal physical, communication, cognition and social development (Briawan and Herawati, 2008).

The United Nations Children's Fund report (2015) on "Undernutrition contributes to half of all deaths in children under 5 and is widespread in Asia and Africa" suggests that nearly half of all under-fives worldwide deaths are caused by malnutrition. This problem also causes the death of 3 million children every year. Basic Health Research Results (2013) showed an increase in prevalence of less nutritioned children under five years (weight / Age) from 18.4% (2007) decreased to 17.9% (2010) and

increased to 19.6% (2013) from 5.7% malnutrition and 13.9% less nutrition. The increase mainly occurred in the prevalence of malnutrition that is from 5.4% (2007), 4.9% (2010) and 5.7% (2013). The prevalence of less nutrition decreased by 0.9% from 2007 and 2013 (MOH, 2013). The target set in Millennium Development Goals (MDG's) in 2015, the prevalence of less nutrition under five children nationally by 15.5% (MOH, 2015). The data of less nutrition and malnutrition status in East Java Province (2012) were 10.3% and 2.3% (DinkesJatim, 2013). The prevalence target of fewer nutrition children under five in East Java is equal to the national target of 15.5% and malnutrition of 3.6% (MOH, 2015).

The results of the BKKBN study in East Java and Manado showed that 50% of mothers stated that child care is a mother's duty and 40% stated father and mother responsibilities. This still indicates that the role of child care is more inclined to be done by the mother (Megawangi, 1999 in Briawan and Herawati, 2008). Fathers' involvement in childcare, especially in feeding, has important value and impacts the future of the child, although mothers spend more time interacting directly or indirectly with children (Hall, Simonelli and Viola, 2014). This is seen in research conducted by Mallan (2012) in Australia to more than 400 respondents father who has children aged 2-5 years. Dad has various educational and job backgrounds. The results show that most of them are financially and non-financially responsible (feeding, eating together with children) in child feeding.

The preliminary study was conducted at Balongjati Sub Village Mojowatesrejo Village Kemlagi Sub District Mojokerto District on 22-24 June 2016 against 10 fathers who have under-five children with

interview technique with two questions, that is how the father's responsibility financially in meeting the nutritious food needs of children and how the father's efforts in establishing closeness with the child during feeding process. Preliminary study results showed six fathers (60%) said they were trying to fulfill their responsibilities financially despite experiencing difficulties and were only able to meet the needs of food regardless of nutritional value and they also never interfered when the feeding took place, entirely left to the mother. Four fathers (40%) said they were trying to meet the needs of children even though they did not see the nutritional value of the food given but they always tried at one meal time to interact directly with children, for example by feeding, eating together or simply accompanying meal time.

According to UNICEF (1999), the factors that affect the growth of children consist of direct causes, secondary causes, and underlying causes. The direct causes include food sufficiency and health condition, secondary causes include family food security, child care pattern, utilization of health service and environmental sanitation, with the basic cause of economic structure (Proverawati and Asfuah, 2009). Provision of nutritious foods included in the parenting pattern that can not be ruled out. Child feeding requires both mother and father involvement. Fathers' involvement in feeding will have an impact on the formation of child feeding habits and be a role model for children (Mallan, 2012).

Fathers are usually the main source of family finances. Household management including child feeding, fathers, often considers the issue to be entirely mother's duties and responsibilities, which causes the father not to engage in childcare

(Sediaoetama, 2008). Meanwhile, more and more mothers are working to help meet household needs. The working mother has limited time to care for children. Maternal participation in out-of-home activities that is not matched by the involvement of a substitute caregiver (father or other) who understands the child's needs causes abandonment, including feeding problems. Because at this age the child cannot serve himself and still depend on the nanny (Himawan, 2006). Many parents still do not realize that very young child need more food than older children. Thus young children may not be well fed. The early years of childhood are the most vulnerable (Suhardjo et al., 2009). Whereas nutrition in the under-five needs to get serious attention from the parents because less nutrition giving in under five children will cause irreversible damage (Proverawati and Asfuah, 2009).

Nutrition problem is essentially a public health problem, but the prevention cannot be done with the medical approach and health service only. The cause of nutritional problems is multifactorial. Therefore the approach should involve various related sectors. Nutrition issues although often related to food shortage, the solution is not always an increase in the production and procurement of food, but also the problem of food security at the household level, namely the ability of households to get food for all members of their family. In that context, nutritional problems are not only due to health problems, but also poverty, equity, and employment problems. Promoting healthy living habits and a balanced diet of nutrition is also needed. The next way through the efforts of conscious family nutrition is a family that all members of their family do the behavior of balanced nutrition (Adriani and

Wirjatmadi, 2012).The purpose of this research is to know the involvement of the father in given nutritious food to under five children.

## RESEARCH METHOD

Design in research is descriptive. In this study, the population is all the fathers who have under-five children at Balongjati Sub Village Mojowatesrejo Village Kemlagi Sub District Mojokerto District as many as 38 people. Sampling in this study using total sampling technique. The sample size is 38 people. In this study, the variable is the involvement of the father in the provision of nutritious food in under five children. Instruments in the study using a Likert questionnaire. Questionnaires used previously been tested the validity and reliability. stages of data processing through editing, coding, scoring, tabulating, for data analysis using frequency distribution

## RESEARCH RESULT

### General Data

#### 1 Frequency distribution of respondents based on father's job

Table1 Frequency distribution of respondents based on father's job at Balongjati Sub Village Mojowatesrejo Village Kemlagi Sub District Mojokerto District on 23-27 August 2016

No	Father's job	Frequency (f)	Percentage (%)
1	Private employee	16	26,3
2	Entrepreneur	30	50,0
3	Public	6	10,5
	servant/Military/Police	8	13,2
	Not working		
	Total	60	100

Source: Data primer in August 2016

#### 2 Frequency distribution of respondents based on father's education

Table 2 Frequency distribution of respondents based on father's education at Balongjati Sub Village Mojowatesrejo Village Kemlagi Sub District Mojokerto District 23-27 August 2016

No	Father's education	Frequency (f)	Percentage (%)
1	Basic (elementary or junior high school)	11	18,4
2	Middle (high school)	38	63,2
3	High (college)	11	18,4
	Total	60	100

Source: Data primer in August 2016

#### 2. Frequency distribution of respondents based on children age

Table3 Frequency distribution of respondents based on children ages Balongjati Sub Village Mojowatesrejo Village Kemlagi Sub District Mojokerto District 23-27 August 2016

No	Children age	Frequency (f)	Percentage (%)
1	12-35	25	42,1
2	months 36-60 months	35	57,9
	Total	60	100

Source: Data primer in August 2016

#### 3 Frequency distribution of respondents based on children sex

Table4 Frequency distribution of respondents based on children sex at Balongjati Sub Village Mojowatesrejo Village Kemlagi Sub District Mojokerto District 23-27 August 2016

No	Children sex	Frequency (f)	Percentage (%)
1	Male	28	47,4
2	Female	32	52,6
	Total	60	100

Source: Data primer in August 2016

#### 4 Frequency Distribution of respondents based on mother's job

Table 5 Frequency Distribution of respondents based on mother's at Balongjati Sub Village Mojowatesrejo Village Kemlagi Sub District Mojokerto District on 23-27 August 2016

No	Mother's job	Frequency (f)	Percentage (%)
1	Housewife	32	52,6
2	Working mother	28	47,4
Total		60	100

Source: Data primer in August 2016

#### Specific Data

Table 6 Frequency Distribution of respondents based on father's involvement in nutritious food feeding for under five children at Balongjati Sub Village Mojowatesrejo Village Kemlagi Sub District Mojokerto District 23-27 August 2016

No	Father's involvement	Frequency (f)	Percentage (%)
1	Good	24	39,5
2	Not good	36	60,5
Total		60	100

Source: Data primer in August 2016

### DISCUSSION

Based on Table 6 shows that most of the involvement of respondents in the provision of nutritious food in under five children is not good. The involvement of fathers in the family in the past is rarely discussed because it is considered not to affect the growth and development of children. The processes that occur in a family are more likely to use the mother-child interaction approach, family analysis as a system, and other types of approach globally. Subsequent developments showed interest to know how outcomes of growth and

development of children in the care of the father. Various research proves that father involvement is very important (Day and Lamb, 2009). In previous research, father involvement was limited to two aspects, namely financial support and the presence of fathers at home to interact with children. Present theories emphasizing the involvement of fathers should be seen in a multidimensional way constructing two main aspects, namely parenting and parenting skills, especially on fathers from poor and minority families (Smith, Hunt and Robertson, 2012).

Father involvement is very important in the care of children included in the provision of nutritious food. The lack of good dad's involvement in nutritious feeding in under five children, based on previous theories, suggests poor dad's ability in financial support to provide nutritious food and/or the presence of fathers at home to interact during feedings, both emotionally and behaviorally. The present theory that shows the aspect of fathering (parenting that emphasizes the father as a model) and parenting is not very discussed in this study. The involvement of respondents is motivated by several factors, such as father's job, father's education, children age, children gender, and mother's job. Dad's education makes it easy to find jobs that demonstrate financial ability to support the growth and development of children. Characteristics of under-five children such as age and sex indicate the potential involvement of the father with the child, while the working mother's status should cause the father to be more involved in the care of the child, especially the provision of nutritious food.

Based on Table 1 shows that half of the respondents work as an entrepreneur. This

shows that a father with a job as an entrepreneur requires that he spend more time outdoors, so the opportunity to be with the child is minimal. These conditions make the father has a relationship that is not too close to the child. Almost all fathers think that providing a financial living is a must so they can sacrifice their time with the children. Balancing work with family is difficult for most fathers. Some career areas have high demands, especially in the early years that often coincide with when children grow up. Many fathers are split in between the fear of losing the land of competitive work in the workplace and the desire to be with the children. The more hours a father works, the less involvement with the child (Abdullah, 2008).

The poor ability of respondents regarding financial support to provide the most nutritious food perceived by not working respondents. Because the status does not work cornering respondents in a position not able to provide family needs, so potentially causing respondents to have emotional problems and tend to withdraw. Seen from cross-tabulation data of respondents who do not work entirely have poor involvement. Respondents who work as entrepreneurs also mostly have poor engagement. This is understandable because the type of work requires the sacrifice of time, energy and mind to develop their business independently. This causes them to sacrifice time with the child. Financially it may be that respondents can meet family needs, but emotional and behavioral involvement is less they can do. Unlike respondents working in the private sector or civil servants/military / police. They tend to have a good enough income with fixed working hours, so they can provide both financial and emotional support and behavior with

their presence when feeding their under-five children

Based on Table 2 shows that most respondents have middle education (high school). The basic premise is that fathers who have higher resources (e.g. education and income levels) will invest more human resources and time for their children than those with limited resources. The financial ability to finance the child's needs is certainly related to the employment status. Fathers with full-time employment and higher education will be better and more involved in childcare than fathers with low education and no permanent employment (Smith, Hunt and Robertson, 2012).

Respondents with basic education have less involvement in providing nutritious food. This is because primary education has limited job opportunities, considering that working in an institution or company necessarily sets the requirement of high level of education, at least middle education so that respondents with basic education tend to work independently as self-employed or unemployed causing limited time and resources financial power. These conditions affect the involvement of the father to be less good in providing food for under five children. Respondents with middle education have better analytical skills than those with basic education. This causes them to be more able to manage the finances and time to be involved in feeding theirs under-five children. Similarly, highly educated respondents tend to have better skills in providing financial and emotional support and behavior in the form of their attendance during child feeding.

Based on Table 3 shows that most respondents who have 36-60-month-old children. Dad's involvement will decrease

with age. As a teenager, the father more withdraws from the parent-teen conflict than the mother (Abdullah, 2008). The lack of good involvement of respondents in the provision of nutritious food for children aged 36-60 months is due to the age, the activity of children increases and the need for nutritious food is increasing, causing difficulties for the respondents to follow it especially the respondents who have limited time. Unlike the respondents aged 12-35 months who have a high dependence on caregivers like mother and the need for nutritious food in quantity yet like an under-five child with age above it. Respondents will find it easier to organize the toddler and engage in feeding.

Based on Table 4 shows that most of the respondents have a female child. Dad seems to be more easily involved with older boys especially as they identify fathers and are more comfortable in communicating. The development of paternal involvement will also be more stable throughout the life of the boy than the girl. This can happen because of the similarity of gender identity between father and son (Abdullah, 2008). Although the above theory mentioned the respondents will have more involvement in children who have similar sex, but in this study, respondents have a poor involvement in under five children with the male gender. This can be caused by child age phase; the child still does not have good communication skills and still trying to identify himself with the model of parenting father or mother. Even at that age, the child is more likely to be close to his mother. Meanwhile, girls feel more about father's involvement in feeding. This may due to girls of that age are more likely to be close to fathers than mothers, so it is easier for fathers to be involved in feeding.

Based on table 5 shows that most respondents are housewives. The division of household tasks and caring for children need to be organized together when a wife works outside the house with the same number of hours worked with her husband. The unbalanced division of tasks can lead to not optimal father involvement. The more hours of mothers' work, the greater the father's involvement in childcare. Fathers who have a positive outlook on mother's work will be more involved in childcare. Dad's involvement will be higher if the mother is a working mother. The higher the mother's working hours, the more father is involved (Abdullah, 2008).

In contrast to the theory mentioned above, that father's involvement will be higher if the mother is the working mother. The higher the mother's working hours, the more fathers get involved. In this study working mother causes less good father involvement compared to the housewife. This can be due to poor time managing of both father and mother. Often father finds his efforts to seek financial support requires him to sacrifice time with the child. Working moms are also forced to sacrifice time with the child. Financial involvement can be fulfilled but emotionally or behavior is less able to fulfill.

## CONCLUSION

The result of the research on father's involvement in giving nutritious food to under five children at Balongjati Sub Village Mojowatesrejo Village Kemlagi Sub-district of Mojokerto District shows that most of the father's involvement is not good as much as 36 people (60,5%). Time-consuming employment as an entrepreneur plus a basic education leads children might be financially fulfilled but less good in emotional and behavior involvement.

Moreover, the status of unemployment and basic education leads to poor financial and emotional support and behavior. Children at 36-60 months of age and male sex is an active child and tend to be closer to the mother, so the father is less involved. Similarly, the status of working mothers does not make the father more involved, because the father tends to require him to work that sacrifice togetherness with children.

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