



Parents' Understanding of Additive Synthetic Through Healthy Lunch-Box Parenting Practice

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Abstract

Food plays an important role in providing energy and nutrient supplies for children. The consumption of school's snacks is important due to children's high activities. The problem in this study is whether there is a difference in parental understanding of synthetic additives through parenting of healthy lunch-box and whether there is an increase in parents' understanding of synthetic additives through healthy lunch-box parenting. This study aims to determine differences in parental understanding of synthetic additives through healthy lunch-box parenting. This study also purposes to find out the improvement of parents' understanding of synthetic additives through healthy parenting supplies. The research is quantitative with the experimental method with one group pretest-posttest design. The method of data collection is questionnaires and observations. The type of the data is ordinal. The sampling technique is a simple random sampling. This research is conducted at PGRI 42 Jomblang Kindergarten with 30 research subjects who are parents or students' guardians. The results in this study show the hypothesis test using SPSS statistics 23 calculation. Then the t-test test data is obtained through a different paired sample t-test on the program with a value of $t -1.356$ with a 2-tailed significance value of 0.000. It can be assumed that $H(a)$ is accepted because of the significance value <0.05 . This means that there is a difference in parents' understanding in the PGRI 42 Jomblang Kindergarten in Semarang City regarding synthetic additives through lunch-box parenting. From the results of the improvement test, $H(b)$ is accepted, the level of understanding of parents has increased by 5.11%, this can be seen from the results of calculations with percentage techniques

INTRODUCTION

Family is the first social environment for children to learn many things. In the family, there are family members who consist of father, mother, and child. The role of parents in educating children is very important here. According to Rahardjo and Siwi (2010), a family is the first place in the development of children and mothers have an important role in caring for children's growth. One of the things that children learn in families is the consumption of healthy food. However, in fact, many Indonesian families have not practiced healthy food for children.

According to Wuwu in Wulantika and Diana (2017), per capita income increase and people's lifestyles encourage people to increase entertainment services' consumption as a means of family gathering. The changes in people's lifestyles today are fast food consumption where most fast food contains high salt and sugar.

The golden age is the most important period in the process of children's intelligence. In the age of 0-5 years, children are taught various kinds of basic education, start from talking, acting, playing, eating, until simple school subjects. It aims for sharpening children's intelligence and talent that he has from birth. Family is one of the factors that influence growth and development.

Good cooperation between parents and schools to harmonize activities at school and at home is needed to train children to have healthy behaviors (Astuti, 2017). The harmony between activities at home and at school will make it easier for children to carry out healthy behaviors. There are various kinds of healthy behavior by consuming healthy foods. Parents who are accustomed to consuming healthy foods at home will easily control children's habits in consuming snacks.

Individuals reach the golden age where all future developments are determined by how they get a stimulus from their parents in childhood. Children are the future of the nation, where children must be given the right stimulus so that they can grow and develop according to the stages of development (Wijayanti, 2017). Parents have an important role in children's growth and development.

Parents have the responsibility of guiding, educating, and fostering children to reach certain stages of development in order to prepare for life in the future of children (Faizah et al., 2017). In order to achieve children's growth and development, of course, it requires the intake of nutrient-rich foods. In everyday life, parents pay less attention to food intake consumed by children,

especially in the provision of children. Parents bring lunch in the form of fast food and snacks.

The lack of family income requires women or mothers to participate in earning a living to meet family needs (Azizah 2012). The habit of children eating fast food, especially in the children's lunch-box, is led by the number of parents who work behind. Giving unhealthy supplies for the body will certainly have a negative impact on children's health.

It is very important for parents to ensure the nutritional content of food and beverages which is consumed by children. They have to ensure that food is given to children is appropriate with the stages of child development. This can have an impact on the growth and development of children in the future (Dewi, 2016). When the nutrition in food consumed by children is not considered, of course, it will result in malnutrition in children. In addition, malnutrition can also cause obesity because too much food that contains carbohydrates and fat.

Parenting is an environment's effort to make the basic needs of children for growth and development can be fulfilled well (Prastiyati 2015). Parenting is done by parents must be in accordance with the developmental needs. Therefore, parents must have knowledge of caring for children, specially the food parenting for children. Knowledge can be obtained from anywhere such as from sharing with friends, googling on the internet as well as from the parenting activities held by the school.

In line with this, Hurlock in Ayuningtyas (2013) state that there are several factors that influence parenting, namely: education, family care, parent relationships, parental rejection, parental figures, and dependence on parents. Parents' knowledge of parenting can be obtained from anywhere such as from parenting activities, searching on google, or learning from friends.

Kindergarten is an early childhood education institution that is expected to be able to develop the physical, cognitive, language and social-emotional development on children (Indarni, 2012). In providing stimulus to children, the school cannot work alone, the school needs to work with parents. The collaboration between schools and old people needs to be built so that synchronous relationships occur in educating children.

In line with this, Madajinah in Handayani (2015) states that parents need to get the knowledge and skills of childcare at an early age to monitor children's growth. These knowledge and skills include feeding and health care for children

and family. Parents can understand how to provide their children's needs so that they can stimulate children's growth and development.

Based on the explanation above, the researcher has two objectives in conducting this research; the first is there are differences in parents' understanding of synthetic additives through parenting, healthy eating. The second is an increase in understanding of parents about synthetic additives through parenting and healthy eating. The research's advantage is the implementation of parenting not only using the lecture method but using the demonstration method also so that parents can easily understand what is conveyed by the speaker.

RESEARCH METHOD

This study is quantitative research. According to Sugiyono (2015), quantitative research is a research method that the research data from this method is in the form of numbers. The study is conducted with quantitative methods with an experimental approach. The research design is one group pretest-posttest design.

The population is an area that has been determined before the study is carried out and covering a wide area. According to Arikunto (2010), Population is the whole subject of research. The population in this study are all parents of PGRI 42 Jomblang Kindergarten students in Semarang City as much as 61 people. The sample is 30 parents of students. The sampling is done using simple random sampling technique.

Based on the results of the test validity of the instrument using SPSS program, from 23 of the 44 items tested there is 1 item that is dropped. One item that is dropped is not used. The reliability testing result is based on the value of Cronbach's Alpha. A questionnaire is stated reliable when the value of Cronbach's Alpha is more than 0.6. Based on the results of the reliability testing of parents' understanding using SPSS, the result has obtained the value as 0.755, so it can be concluded that the instrument is reliable.

RESULTS AND DISCUSSION

Based on the results of the descriptive analysis, it is known that the average value (mean) of the pretest is 118.67 while the posttest is 131.47. The minimum value at pretest is 102 while the posttest is 117. The maximum value at pretest is 130 while the posttest is 148.

The criteria of calculated significance value are used to find out whether data distribution

is normal or not. If the significance value is <0.05 , the data is declared to be abnormally distributed, whereas if the data has a significance value > 0.05 then the data is declared to be normally distributed. Based on the One-Sample Kolmogorov-Smirnov Normality Test, the significance value of pretest is 0.113 while the posttest is 0.2. It can be assumed that the data obtained has a normal distribution value because of the significance value of the One-Sample Kolmogorov-Smirnov Test normality test > 0.05 .

The result of the paired sample t-test is determined from the results of the significance. If the significance (2-tailed) is >0.05 , it indicates a significant difference between the first variable and the second variable. This shows an influence on the variables after being given treatment. Whereas, when the significance value (2-tailed) <0.05 then shows no difference between the first and second variables. Here is a table of the results of hypothesis testing in this study.

Table 1. The Result of Hypothesis Testing by Paired Sample Test

Paired Sample Test	
T	-8,225
Df	29
Sig. (2 Tailed)	,000

Based on the calculations results above, it is known that the t-count is -8,225 with a significance value of 0,000. There is significant differences because the value of t-count $< t$ -table (-8,225 $< 2,048$). This means that there are differences in parental understanding of synthetic additives through healthy lunch-box parenting after treatment.

From the results of the calculations above, it can be seen that the significance value <0.05 , so hypothesis (a) is accepted. This means that there are differences in parental understanding of synthetic additives through parenting supplies of healthy eating. These results are in accordance with observations that have been conducted by the researcher after the implementation of parenting. Many parents have started creating the lunch-box for children and also select different menu every day. Children, who previously buy snacks, have started to bring vegetables, fruit, and bread after parenting.

According to Badrus (n.d), there are factors that influence the changes in a person's behavior which include biological factors, motives, emotional attitudes, beliefs, habits, and willingness.

a. Intelligence is one of the important information receivers either during learning or daily life.

b. Motive is a willingness that comes from within us. Motives can be in the form of curiosity, self-esteem, the need for values and so on,

c. Attitude is the tendency to act after receiving information by behaving in a certain way,

d. Emotion is a feeling from the inside of the individual, this feeling is not only about negative things, but emotions are expressions that is displayed by the individual in response to an event or information,

e. Trust is something that is believed to be considered good or not good that has been adopted by individuals. Trust is formed because of the experience and knowledge gained,

f. Habit, is behavior that is done repeatedly and consistently,

g. Willingness, action that comes from the desire in the individual to achieve the goal.

Based on the opinion of Badrus above, it can be concluded that human behavior is influenced by human factors themselves. If the factors in the individual are balanced, the change in behavior becomes better, of course, it will be achieved. When the factors are not balanced, then the individual behavior is not good or difficult to change.

If someone has a motive or willingness to change, then how often does someone learn will change a person's behavior. In addition, the habits of an individual also have a role in the provision of supplies for children. The parents' habit who prefers to provide practical food is one of the inhibiting factors for changes in parental behavior.

In the researcher's observations during the research, parents are eager to pay attention and listen to the explanation from the speaker. When the question and answer session is opened, parents also give questions to the speakers about the problems experienced by children in their diet. The enthusiasm and participation of parents during the parenting result the change in the food provision for children.

According to Suryabrata in Aritonang (2008), there are factors that cause parents to make changes in the usual habits that are those that include interest and motivation. Individual interest is an individual's interest in something. For instance, parents have had an extraordinary interest in changing the habit of bringing lunch-box for children since the beginning. This interest is a person's first step to change. If the intention to change is minimal from the beginning, then the gained knowledge will not affect the changing habits that have been done by the individual.

From the results of calculations from descriptive data analysis, the level of parents' understanding can be known by conducting a frequency test on the data pretest and posttest. Before conducting the frequency test, the researcher determines the category. The researcher chooses 3 levels categories which include low, medium and high comprehension.

Table 2. The Level of Parents' Understanding

Category	Number of Respondend		Percentage	
	Pretest	Posttest	Pretest	Posttest
Low	4	3	13,3 %	10%
Medium	22	23	73,3 %	76,7 %
High	4	4	13,3 %	13,3 %
Total	30		100%	

Based on the table above it can be seen that the level of parents' understanding has increased after treatment in the form of parenting. At the time before parenting, the number of parents in the low category is 4 people, while at the posttest there are 3 people.

Table 3. Improvement Test

Treatment	Percentage
Before	47,44%
After	52,55%

It can be seen that there is an improvement in parents' understanding. The improvement can be seen in the value of pretest and posttest understanding of parents. At the pretest, the number of parents in medium and high levels are 27 people. At the posttest, there are 30 people in the medium and high level. It means, after parenting, the parents' understanding of synthetic additives have improved. The understanding of parents rises as much as 5.11% after parenting.

The similar researches also obtain the same results with this study. The research conducted by Marisa and Nuryanto (2014) show an increase in knowledge gained by elementary school students in Semarang after obtaining counseling on nutrition using balanced nutrition comic media. In line with the results of the study, Zulaekah (2012) also conducts a study on nutrition education and the result shows a change in the increase in knowledge after the intervention using the booklets media.

In line with the results of these studies, there are reasons why parents' understanding

improves even though the treatment is carried out three times. According to Arrasily (2016), learning is not only obtained in formal education but can also be obtained from everyday experience. The experience that is gained during daily life combined with the knowledge gained during the implementation of parenting so that the understanding gained by parents is increasing.

Factors that influence understanding include internal factors and external factors. Internal factors are factors that exist within the individual. These factors include health, intelligence and will, interest and motivation, and learning style. Internal factors that greatly influence the change or success of learning are motivation and interest. Both of these psychological factors are able to move individuals to receive new information or learning.

The external factors are factors that come from outside the individual. External factors include family, school, community and surrounding environment. External factors are the factors that have a greater impact on individual understanding. The environment has an important role because conditions or environmental conditions can influence individual thinking. The environment here is not only in the form of a natural environment but also contains habits in the community.

CONCLUSION

Based on the result of the study, the conclusions are follows:

1. The Differences in Parents Understanding of Synthetic Additives Through Healthy Lunch-Box Parenting

By using a confidence level of 95% or 0.05, $H(a)$ is accepted if the significance value is <0.05 . The results of Paired Sample t-Test calculations that have been done show a significance value of 0,000. Because the significance value is <0.05 , Hypothesis (a) is accepted. It can be concluded that there are differences in parents' understanding of synthetic additives through healthy lunch-box parenting. The difference in parents' understanding of synthetic additives after being given treatment in the form of healthy lunch-box parenting is very significant.

2. The Improvement of Parents' Understanding of Synthetic Additives Through Healthy Lunch-Box Parenting

From the results of the calculation of the pretest and posttest, there is an improvement in parents' understanding of synthetic additives after treatment. The improvement can be seen

from the results of the comparison of the pretest and posttest percentages. The value of percentage before being given treatment is 47.44% while after treatment is 52.55%. So, it can be assumed that there is an improvement in parents' understanding of synthetic additives through healthy lunch-box parenting of 5.11%.

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