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Determining Maternal Attitudes in The Nutrition Process of Children

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Aim:

If nutrition is not sufficient and balanced in childhood, it prepares the ground for significant health problems and chronic diseases in the future. It is the responsibility of the pediatric nurse to identify nutritional problems that may be caused by the attitudes and behaviors of the parents in the early stages and to make the necessary interventions. In this study, it was intended to determine the maternal attitudes of children in the feeding process.

Methods: This research was conducted between July 2019 and September 2019 as an identifier with mothers with children between 9 months and 72 months who applied to Saltuklu ASM, ibn Sina ASM and Dadashkent ASM in Aziziye district of Erzurum province. As a method of sampling selection; data were collected by random sampling methods, which are one of the stratified and improbable sampling methods. In this study, parent and child identifiable information form prepared in line with the literature as a data collection tool and the Nutrition Process Maternal Attitudes Scale were used. Ethical principles were observed in the study.

Results:

The mothers who participated in the study were 30.64±5.43 years old, 57% had normal BKI, 33.5% gave their baby food before starting additional food, an average of 5.71±1.08 months started supplementary food, and only 24% received nutritional training. determined. When the attitudes of mothers towards nutrition are examined; trying to feed more fruits and vegetables to his child and trying to increase his fiber intake. It was found that mothers received an above-average score of 72.65±28.60 from the Maternal Attitudes Scale. On the attitudes of mothers' feeding process; the presence of people other than the mother who feeds the child, the support of the baby, the place where the food is fed, the nutritional education, the age of the mother and father, the changes in the birth weight of the baby were found to be effective. (p<0.05).

Conclusion: As a result of the study, the average nutritional attitude score of mothers was not at the desired level, the need to develop emerged and it was determined that many variables were effective on nutritional attitude. It is recommended to plan studies that increase the knowledge and awareness of mothers for infancy and childhood nutrition and take into account the factors that are effective on nutritional attitude.

Keywords: Nutrition, attitude, mother, child, nursing.

Introduction

Nutrition is the most basic need for babies to survive and is the main focus of the first months of the parents, equipped with the urge to keep them alive (1). There are interplay of environmental, social, medical and psychological factors in the emergence of nutritional problems, and this usually has a complex effect. (2). The relationship between mother and child eating and feeding begins in the womb and this relationship is carried to the home and social environment and continues with the baby adapting to this environment. (3). If nutrition is not sufficient and balanced in childhood, it may pave the way for significant health problems and chronic diseases in the future. Unhealthy eating habits, especially obesity, diabetes mellitus, can cause cardiovascular diseases (4). Therefore, it is the responsibility of the pediatric nurse to identify the nutritional problems caused by both the child and the attitudes and behaviors of

the parents in the early stages and to make the necessary interventions. Although a limited number of studies state that parental behavior has an effect on the nutritional behavior of the child, it is important to present this with valid and reliable measurement tools. In this study, it was intended to determine the maternal attitudes in the feeding process of children by means of up-to-date measurement tools.

Methods

Type of Research

Type of research This research was conducted in cross-sectional and descriptive type between July 2019 and September 2019.

The Universe and Sampling of Research

The study group of the study; Saltuklu ASM, ibn Sina ASM and Dadashkent ASM in Aziziye district of Erzurum province for the purpose of education, care, healthy child monitoring examination or vaccination were formed mothers. As a criterion for inclusion in the study; Known (diagnosed) in his medical history from birth to date between 9 months and 72 months; systemic, metabolic, gastroenterologic, anatomical (structural), genetic, neurological, psychological, mental or developmental disease or health problem, the baby's gestational age (gestational week) is 37 weeks or higher and at normal weight being born (birth weight of 2500-4000 g) orally nutrition and no nutritional allergy, living in the same house with her parents, volunteering to participate in the study and filling the data collection tools in full. Sample size was calculated by G-Power analysis. 95% confidence when 354 mothers were included in the study as a result of the analysis.

Data Collection Tool

In this study, parent and child identifiable information form and nutrition process maternal attitudes scale prepared in accordance with the literature as a data collection tool were used.

Introductory Information Form: In this form, mothers are the demographic features; age, height, weight, body mass index, education level, spouse's education level, marital status, whether the mother and father work, how many children they have in terms of parenting characteristics, physical characteristics of their child, breastfeeding time, nutritional status and shape, who are the caregivers of the child and how they provide care were questioned.

Mother's Attitudes Towards the Feeding Process Scale: It is a scale that evaluates the feelings, thoughts and approaches of mothers who have children between 9 months and 72 months developed by Mute and Mountain. Scale; "Negative Mood During Meals" consists of five sub-dimensions and 27 substances called "Attitudes regarding Inadequate/Unbalanced Nutrition", "Negative Feeding Strategies", "Forced Feeding", "Reaction to The Opinion of Others". The scale does not have a cut score. Cronbach Alpha for the scale is stated as 0.91. The Cronbach Alpha value obtained from this study was determined as 0.96.

Data Collection: The research data were collected by researchers in institutions and organizations where the research was conducted. Questionnaires were filled out in the nurse's room when the mothers stated that they were suitable. For the purpose of reducing side-by-side and biased statement, data has been requested to be filled in individually. The data collection time took an average of 10 minutes.

Evaluating Data

SPSS 22.00 package program was used in data analysis. The conformity of the data to normal distribution was analyzed by Kurtosis and skewness multiples and nonparametric tests were used in the analysis of the data that matched the normal distribution and nonparametric tests in the analysis of non-normal non-distribution data.

Ethical Dimension

For the execution of the study, written permission was obtained from the Ethics Committee of İstanbul Medeniyet University Institute of Health Sciences and from the institution where the study was conducted. The mothers involved in the sampling were given verbal permission by making the necessary explanations and the data were collected on a voluntary basis.

Results

In the study, it was found that mothers were 30.64±5.43 years old, fathers were 34.63±5.32 years old, 57% of mothers had a body mass index between 18-25 years old, 73.5% of mothers were housewives, 92% lived in the core family, and 33.5% started to breast feed their babies before supplementary food. Compared to the Scale of Maternal Attitudes in infancy and early childhood nutrition process with some features belonging to mothers; the age of mother and father, the birth weight of the baby, the presence of persons other than the mother who feeds the child, the condition of receiving support to the child, the place where the child is fed, the nutritional education status was determined to have an effect on maternal attitudes (p.0.05). In the study, it was determined that mothers received an average score of 72.65±28.60 from the Maternal Attitudes Scale of the Infant and Early Childhood Nutrition Process.

Table 1. Comparison of some attitudes of mothers towards nutrition and mean scale points

Mothers' Attitudes	Number	%	X±SS	Test and p
Trying to eat more fruit	198	99.0	72.65±28.60	U=20.500 p=0.029
Trying to increase fiber intake	186	93.0	73.11±28.66	U=1194.500 p=0.607
Try to increase vegetable intake	196	98.0	73.25±28.55	U=143.000 P=0.030
Trying to eat more fish	137	68.5	73.21±27.82	t=0.405 p=0.686
Trying to avoid butter consumption	32	16.0	62.68±25.60	t=2.170 p=0.031
Trying to reduce fat intake	35	17.5	63.60±25.95	t=2.079 p=0.039
Trying to reduce meat consumption	24	12.0	61.45±29.03	U=1493.000 P=0.020

* Multiple options are selected.

In the study, "mothers trying to eat more fruits, trying to increase vegetable intake, trying to avoid butter consumption, trying to reduce fat intake and trying to reduce meat consumption" and "Infancy and Early Childhood Nutrition Process Maternal Attitudes Scale" was determined to have a statistically significant difference (p<0.05).

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