

PARENTS' KNOWLEDGE AND ATTITUDES OF HEALTHY EATING
REGARDING CHILDREN DIETS AMONG UNIT STAFF

MOOR ENAMIAH AB. HANID

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SCHOOL OF AGROTECHNOLOGY AND FOOD SCIENCE
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PUSAT PEMBELAJARAN DIGITAL SULTANAH NUR ZAHIRAH
UNIVERSITI MALAYSIA TERENGGANU (UMT)
21030 KUALA TERENGGANU

1100090155

1100090155		

Lihat Sebelah

HAK MILIK
PUSAT PEMBELAJARAN DIGITAL SULTANAH NUR ZAHIRAH

**PARENTS' KNOWLEDGE AND ATTITUDES OF HEALTHY EATING
REGARDING CHILDREN DIETS AMONG UMT STAFF**

**By
Noor Fajariah bt Ab.Hamid**

**Research Report submitted in partial fulfilment of
the requirements for the degree of
Bachelor of Food Science (Food Service and Nutrition)**

**DEPARTMENT OF FOOD SCIENCE
FACULTY OF AGROTECHNOLOGY AND FOOD SCIENCE
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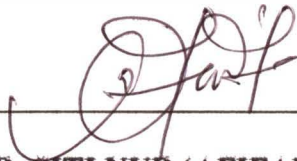
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ENDORSEMENT

The project report entitle **Parents' Knowledge And Attitudes Of Healthy Eating Regarding Children Diets Among UMT Staff** by **Noor Fajariah bt. Ab. Hamid**, Matric No. **UK 18305** has been review and correction have been made according to the recommendations by examiners. This report is submitted to the Department of Food Science in partial fulfillment of the requirement of the degree of Bachelor of Food Science (Food Service and Nutrition), Faculty of Agrotechnology and Food Science, University Malaysia Terengganu.



(DR. SITI NUR 'AFIFAH BT JAAFAR)

Date :

18/6/2022

DECLARATION

I hereby declare that the work in this thesis is my own except for the quotations and summaries which have been duly acknowledged.

Signature :

Name : Noor Fajariah bt Ab. Hamid

Matric No. : UK 18305

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ABSTRACT

Healthy eating in children is important to prevent child nutritional health problem such as undernutrition, growth retardation, obesity, type-2 diabetes and coronary heart disease that are categorized as a long term health problems among children. Other than that, parents can be a role model and as the first counselor to them in selecting or providing nutritious food or meal to support the growth constantly and it should initially begin at home. The purpose of this study is to determine the parents knowledge and attitude of healthy eating regarding children diets, investigating the most significant factors influencing healthy eating among children, examining relationship between parents overall attitude towards healthy eating and children diet and also relationship with children BMI. This study used the questionnaire that is modified from Diet Health Knowledge Survey (DHKS), Food Pyramid recommendation by Ministry of Health Malaysia and other sources. Analysis of data involved obtaining frequencies and means, Chi-Square to test relationship between parents' overall attitude towards healthy eating and children BMI, multiple regression in order to examine the most significant factor in influencing healthy eating among children and Pearson's r to determine significant correlation between parents overall attitude towards healthy eating with children diet. Parents from UMT staff ($n=100$) with their preschool children ($n=100$) were selected for the present study. This research found that 37% of children in this study are obese and only 33% of them are in normal weight. The rest 30% was grouped in underweight and overweight. Finding indicates that even though most of the parents are highly knowledgeable, they still have an obese or overweight children. Other than that, only parent's attitude is found to be a significant factor that most influencing healthy eating among children rather than family eating style. The finding also found that there is a weak correlation between parent's overall attitudes towards healthy eating and children diet which is taken from 24 hour diet recall. This data and other finding of this research actually can be beneficial to Ministry of Health Malaysia in way to change the Malay citizen's lifestyle and eating habit that look very seriously nowadays. The research is more focus on children and parents because the best way to change the lifestyle and eating habit need come from home and the practices is better started from younger age and monitored by their parent.

Keyword : parents' knowledge, attitude, healthy eating, children diet, eating style.

ABSTRAK

Pemakanan sihat di kalangan kanak-kanak adalah penting untuk mengelakkan masalah kesihatan berkaitan pemakanan seperti kekurangan nutrisi, pembantutan pertumbuhan, obesiti, diabetes jenis 2 dan juga penyakit jantung yang dikategorikan sebagai masalah kesihatan jangka panjang di antara mereka. Selain dari itu, ibu bapa juga boleh menjadi contoh ikutan dan kaunselor pertama bagi mereka dalam memilih serta menyediakan makanan atau hidangan yang berkhasiat untuk menyokong pertumbuhan secara berterusan dan ia seharusnya bermula seawalnya dari rumah. Tujuan kajian ini adalah untuk menentukan pengetahuan dan sikap ibu bapa terhadap pemakanan sihat berkaitan pemakanan kanak-kanak, meyasat faktor yang paling penting mempengaruhi pemakanan sihat di kalangan kanak-kanak, menguji perhubungan antara sikap keseluruhan ibu bapa terhadap pemakanan sihat dengan diet kanak-kanak dan juga perkaitan dengan BMI kanak-kanak. Kajian ini menggunakan soalan kaji selidik yang telah diubahsuai dari Tinjauan Pengetahuan Kesihatan Pemakanan (DHKS), Piramid Makanan yang dicadangkan oleh Kementerian Kesihatan Malaysia dan sumber lain. Analisis data yang diperolehi melibatkan frekuensi dan min, ujian *Chi-Square* untuk menguji perhubungan antara sikap keseluruhan ibu bapa terhadap pemakanan sihat dan BMI kanak-kanak, gandaan regresi untuk meenguji faktor yang paling penting mempengaruhi pemakanan sihat di kalangan kanak-kanak dan ujian *Pearson's r* untuk menentukan hubung kait yang penting antara sikap keseluruhan ibu bapa terhadap pemakanan sihat dan diet kanak-kanak. Ibu bapa daripada pekerja UMT (n=100) bersama anak-anak prasekolah mereka (n=100) telah dipilih untuk kajian ini. Kajian mendapati 37% daripada kanak-kanak yang terlibat dalam kajian ini adalah obesiti dan hanya 33% daripada mereka sahaja yang mempunyai berat yang normal. Selainnya iaitu sebanyak 30% dikategorikan sebagai kurang berat dan mempunyai lebih berat badan. Penemuan menunjukkan bahawa, walaupun kebanyakan ibu bapa mempunyai tahap pengetahuan yang tinggi namun mereka masih lagi mempunyai anak-anak yang mengalami lebih berat badan dan obesiti. Selain dari itu juga, hanya sikap ibu bapa sahaja yang merupakan faktor yang penting paling mempengaruhi pemakanan sihat di kalangan kanak-kanak berbanding dengan gaya pemakanan keluarga. Kajian juga menemukan bahawa terdapat perhubungan yang sangat lemah antara sikap keseluruhan ibu bapa terhadap pemakanan sihat dan diet kanak-kanak yang diperolehi daripada rekod makanan 24 jam. Data dan penemuan daripada kajian ini dapat memberi faedah kepada Kementerian Kesihatan Malaysia dalam usaha untuk mengubah gaya hidup serta tabiat pemakanan rakyat Malaysia pada hari ini yang semakin membimbangkan. Kajian ini lebih menumpu kepada kanak-kanak dan ibu bapa kerana langkah yang terbaik untuk mengubah gaya hidup dan tabiat pemakanan perlu datang dari rumah dan amalan ini perlu dimulakan dari usia yang muda serta dipantau oleh ibu bapa mereka.

Kata kunci : pengetahuan ibu bapa, sikap, pemakanan sihat, diet kanak-kanak, gaya pemakanan.