

# RELATIONSHIP BETWEEN BASIC FEEDING RULE APPLIED BY PARENTS AND EATING DIFFICULTIES OF CHILDREN UNDER FIVE YEARS OF AGE IN KEDIRI, EAST JAVA

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## ABSTRACT

**Background:** Difficulty eating in children is a problem faced by parents. However, adequate nutritional intake is required for the growth and development of children. Basic feeding rules can be used as guidelines for parents to overcome the feeding problems in children. This study aimed to examine the relationship between basic feeding rule applied by parents and eating difficulties of children under five years of age in Kediri, East Java.

**Subjects and Method:** A cross sectional study was conducted at Semampir, Kediri, East Java. A sample of 32 children under five years of age was selected by purposive sampling. The dependent variable was eating difficulty of children. The independent variable was basic feeding rule applied by parents. The data were collected by questionnaire. The data were analyzed by Spearman rho.

**Results:** Basic feeding rule applied by parents showed positive correlation with eating difficulties in children under five years of age ( $r = 0.51$ ,  $p = 0.003$ ).

**Conclusion:** Basic feeding rule applied by parents shows positive correlation with eating difficulties in children under five years of age.

**Keywords:** basic feeding rule, difficulties, children under five years of age,

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