

Relationship of Family Support with Vegetable and Fruit Consumption Behavior

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Abstract

The family approach is the development of a home visit by the public health center effort. one of the activities is community management support system in supporting a culture of healthy living in the family. Family support is needed to behave in the consumption of vegetables and fruit every day. Clean and healthy living behavior in the household or family structure is one of the goals in clean and healthy behavior. There are 10 indicators of clean and healthy behavior in family settings, one of them is the consumption of vegetables and fruit every day. This study aims to analyze the relationship between family support and the consumption of vegetables and fruits in children. The research design used in this study is research cross sectional. The research sample is Golden Christian School elementary school students. The time of the study was in May and June 2018. The results showed that there was no significant relationship between emotional and assessment support for vegetable and fruit consumption behavior in children. There is a significant relationship between instrumental support and information support with vegetable and fruit consumption behaviors in children, respectively p-value 0.015 and 0.041. It is recommended that the school provide knowledge to parents whose children are vulnerable not to consume vegetables and fruits in order to support the healthy indonesia program with a family approach.

Keywords: *family support, behavior, consumption, vegetables, fruit*

Introduction

Health development is an effort carried out by all components of the Indonesian nation to increase awareness, willingness, and ability to live a healthy life for everyone in order to realize the conditions of Indonesian people who have optimal health degrees. The healthy Indonesia program is the main health development program which was later planned to be achieved through the Ministry of Health Strategic Plan for 2015-2019.

The Ministry of Health's strategic plan 2015-2019 confirms the healthy Indonesia program through the family approach (PIS-PK) in support of the healthy

living community movement (GERMAS). The family approach is one of the ways the public health center can increase the reach of targets and increase community access to health services by visiting families.

Healthy Indonesia program through the family approach is implemented by public health center with the following characteristics such as the main target is the family, prioritizing promotive-preventive efforts, accompanied by strengthening community-based health efforts, active home visits by public health center to increase outreach and total coverage, and life cycle approach.

The family approach is one way for the public health center to increase the reach of targets and improve access to health services in the working area by visiting families. The public health center does not only provide health services inside the building but also exits the building by visiting family in the working area. The family as a focus on the approach of implementing the health Indonesia program because there are five family functions, one of which is the health care function (The

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Health Care Function). The function of health care is to maintain the health condition of family members so that they continue to have high productivity. This function is developed into a family task in the health sector, while family tasks in health care are recognize the health development disorder of each family member, make decisions for appropriate health measures, provide care to sick family members, maintaining a favorable home atmosphere for the health and personality development of family members, maintaining mutual relations between families and health facilities.

The family approach is the development of home visits by the public health center and an expansion of the community health care effort, which includes several activities, one of which is the utilization of data and information from the family health profile for community empowerment and public health center management, because the family is one support system in supporting the culture of healthy living in the family. So that family support is needed to behave in the consumption of vegetables and fruit every day. Clean and healthy life behaviour in the household or family structure is

one of the targets of the order in clean and healthy life behaviour. There are ten indicators of clean and healthy life behaviour in family settings, one of which is the consumption of vegetables and fruit every day.

Materials and Method

This research uses quantitative methods with a cross-sectional design. The study was conducted at the Golden Christian School of Palangka Raya in May-June 2018. The sample used was 42 children from grades V and VI. Family support is defined by emotional support, assessment support, instrumental support, and information support. Vegetable and fruit consumption behavior are expressed by ever consuming fruit vegetables ≥ 1 time per week and never consuming vegetables and fruits. Analysis of the data used is the statistical test chi-square because the data is categorical with 2 levels.

Findings and Discussion

Relationship of respondent characteristics with vegetables and fruits consumption behavior

Table 1. Relationship of Respondent Characteristics with Vegetables and Fruits Consumption Behavior

Variables	Vegetables and Fruits Consumption Behavior				Odd Ratio (95% CI)	P Value
	Consumed fruit & vegetables once a week		Not consumed vegetables & fruits			
	n	%	n	%		
Age						
10 years	10	47.6%	11	52.4%	0.455 (0.131-1.58)	0.350
11 years	14	66.7%	3	33.3%		
Sex						
Male	11	61.1%	7	38.9%	1.33 (0.384-4.6)	0.893
Female	13	54.2%	11	45.8%		
Favourite food						
Vegetable and fruit	1	25%	3	75%	0.217 (0.021-2.29)	0.404
Others	23	60.5%	15	39.5%		

Adolescent or adolescence is a critical period of transition from child to adult. Genetic, nutritional and other environmental factors are considered to play a role in puberty. Physical changes that occur in this period of puberty are also followed by emotional and physical anxiety. Psychosocially, adolescent growth is divided into 3 stages: early, middle, and late adolescent. Each stage has its own characteristics. Everything that interferes with the process of physical and hormonal maturation in adolescence can affect psychological and emotional development so that a good understanding of the process of change that occurs during adolescence from all aspects.¹ Adolescence is the beginning of someone in adopting dietary behavior that tends to be settled in the future. Current adolescent diets tend to consume less vegetables and fruit.²

Consumption of vegetables and fruit in adolescents can be influenced by various things. As many as 61.1% of adolescent boys ever consumed vegetables and fruit more than equal to 1 times a week and 54.2% of adolescent girls had consumed more than 1 times a week of vegetables and fruit. Teenage boys in this study had a higher percentage of consuming vegetables and fruit than teenage girls as was the case with Anggraeni and Suadiarti's research in 2018 showing that male teenagers preferred to consume vegetables and fruits.³

The results showed no relationship between sex with vegetable and fruit consumption behavior. There is no relationship of gender with vegetable and fruit consumption behavior (p-value 0.941).² There is no significant relationship between sex and vegetable and fruit consumption (p-value 0.435).³ Adolescent girls have poorer dietary habits than male.⁴

Favorite food or termed food preference is whether or not someone likes a food that is influenced by various factors. Food preferences are considered as a determining factor in consuming foods including vegetables and fruit.⁵ The love of fruit and vegetables has a direct relationship to the consumption of vegetables and fruit in adolescents, similar things expressed by other studies that state the taste and liking for a food is closely related to a person's consumption behavior, including vegetables and fruits. The results of statistical analysis showed no relationship between food preferences or favorite foods with vegetable and fruit consumption behavior. Most of the respondents chose other food preferences such as cooked chicken, steak, noodles, fried rice, potatoes. There was no significant relationship between food preferences on vegetable and fruit consumption behavior.⁶

Relationship of family suport with vegetables and fruits consumption behavior

Table 2. Relationship Family Suport with Vegetables and Fruits Consumption Behavior

Variables	Vegetables and Fruits Consumption Behavior				Odd Ratio (95% CI)	P Value
	Consumed fruit & vegetables once a week		Not consumed vegetables & fruits			
	n	%	n	%		
Family Support in the Form of Information					4.71 (1.25-17.7)	0.041
Never informed	18	72%	7	28%		
Ever informed (always or sometimes)	6	35.3%	11	64.7%		
Family Support in the Form of Assessment					3.7 (1.01-13.9)	0.090
Never given rating	18	69.2%	8	30.8%		
Ever given rating (always or sometimes)	6	37.5%	10	62.5%		
Instrumental Support					14.6 (1.59-134.09)	0.015
Never	23	67.6%	11	32.4%		
Ever (always and sometimes)	1	12.5%	7	87.5%		
Emotional Support					0.63 (0.18-2.2)	0.687
Never	12	52.2%	11	47.8%		
Ever (always and sometimes)	12	63.2%	7	36.8%		

The family is the smallest social unit in society and can have a major influence on the social changes and the child's closest environment.⁷ The role of the family environment is one of the pillars of the dam shape the good and bad of the human person so that it develops well. One of the roles of the family is in fulfilling children's nutrition. Good parental knowledge will be very helpful in directing children to consume vegetables and fruits.⁸ The role of fathers and mothers is very important for the growth and development of children and the formation of children's character including in consuming food.

Information support from the family in this case is expressed by supporting information in the form of the content and benefits of vitamins in vegetables and fruit. The role of the family as an information provider is a form of implementation for children to consume vegetables and fruit. Families who introduce various types of vegetables and fruits and always provide information related to the importance of consumption of vegetables and fruit can stimulate children to increase consumption of vegetables and fruit to the recommended.

The results showed that there was a significant relationship between information support and vegetable and fruit consumption behavior. The same thing was shown by the results of the Afif and Sumarmi research in 2017 that there was a significant relationship between the role of the mother as an educator and initiator of the consumption of vegetables and fruits (p-value=0.003).⁹

Appraisal support can be used as subjective norm, subjective norms are individual perceptions about whether others will support or not the realization of actions or behavior. Subjective norms can also be interpreted as a result of one's beliefs about what other people or groups think, combined with their motivation to adjust. An individual will intend to display a certain behavior if he perceives that other important people think that he should do it. Suppose someone believes that a person is considered important as a parent wants that person to consume fruits and vegetables or vice versa. Then in addition to trust, this person must have the motivation to follow what the person desires that was considered important earlier, to consume fruit and vegetables. Parents have a role in providing social support to children. as a form of support for children to carry out healthy behaviors, the role of parents includes providing rules, discipline, gifts and support that influence the interaction between parents and children.¹⁰

This study shows that there is no significant relationship between assessment support and vegetable and fruit consumption behavior. There is no significant relationship between subjective norms in the form of assessment support with vegetable and fruit consumption behavior.¹¹

One of the roles of the family in instilling behavior of eating vegetables and fruit is to take advantage of the yard by growing vegetables and fruit and provide vegetables and fruit every day at home, does not have to be expensive, easy to find and affordable prices.¹² The results showed there was a relationship between instrumental support and consumption of vegetables and fruit. Family instrumental support is expressed by providing different vegetables and fruits every day.

In the study of the availability of vegetables and fruit at school is positively related to the consumption of vegetables and fruit in adolescents. Even though food preferences are low, if the availability of fruits and vegetables is good enough, consumption will increase. The types of food that are available have more opportunities to be consumed, while the types of food that are not available will not be consumed by people. So efforts to provide more vegetables and fruit can increase consumption of these foods.¹³

Parents play a role in providing emotional support so that the process of approaching healthy habits, such as healthy eating behavior will be created properly. This support is perceived by the child as an effort to form behaviors that are appropriate to the child and the environment. Parental support has a positive correlation with eating behavior, nutritional status and psychological development of children. the attitude of parents gives an indirect effect on children in having preferred foods, as well as children's eating habits. For example, children will choose different types of food when being watched by parents.¹⁴ The results of this study indicate there is no relationship between emotional support and vegetable and fruit consumption behavior.

Conclusion

The results of this study showed 42.9% of adolescents did not consume vegetables and fruits. The love of fruit and vegetables has a direct relationship to the consumption of vegetables and fruit in adolescents, similar things expressed by other studies that state the

taste and liking for a food is closely related to a person's consumption behavior, including vegetables and fruits. The results of statistical analysis showed no relationship between food preferences or favorite foods with vegetable and fruit consumption behavior. Most of the respondents chose other food preferences such as cooked chicken, steak, noodles, fried rice, potatoes. The results showed that there was a significant relationship between information support and vegetable and fruit consumption behavior. The results showed there was a relationship between instrumental support and consumption of vegetables and fruit. Family instrumental support is expressed by providing different vegetables and fruits every day

Ethical Clearance: This research has gone ethical feasibility testing by the Ethical Research Commission of the Polytechnic of Health, Ministry of Health, Palangka Raya.

Source Funding: This study was done by self-funding from the authors.

Conflict of Interest: The authors declare that they have no conflict interests.

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