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THE INFLUENCE OF FAMILY TYPE AND SOCIO-ECONOMY ON INFANT FOOD CONSUMPTION PATTERNS HEALTH

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Abstract

Infants as the next generation in the future must have optimal qualifications. Health is one of the factors that greatly affect the quality of human resources. Healthy babies tend to become healthy adults too. Infant health is influenced by various things, one of which is diet and nutritional consumption. Type of family and socio-economic will influence diet and consumption of nutrients in terms of accessibility and affordability of food. The focus oThe goal of the influence of baby food intake habits and health on family type and socioeconomic status is examined in this study. By using multiple linear regression, it was discovered that this kind of family has a good impact on the overall health and eating habits of newborns. The health and food intake patterns of infants are significantly and partially influenced by the socioeconomic environment. Infant food intake habits and health are positively and significantly influenced, as indicated by the computed F value of 5.743. infant food consumption patterns health concurrently, and the influence of these two variables is 54.6% and the other 45.4% is influenced by factors outside the study.

Keywords: Family Type, Socio-Economy, Infant Food Consumption Patterns Health.

INTRODUCTION

Food as a basic human need for survival is included in a very important and strategic commodity , therefore it is necessary to pay attention so that it is always available in sufficient quantity, quality, safety, and at an appropriate price. In consuming food, It's critical to understand the amount and type so that it can meet nutritional needs, because 1 (one) type of food alone is not enough to fulfill it. Communities are encouraged to consume a variety of foods and obtain complete standards of nutritional balance needed to form healthy and quality human resources (Tejasari, 2003). Quality human resources can also be affected by health factors. Children's health is important to determine productivity starting from the beginning of life until they grow up, healthy babies will become healthy adults too. One of the diseases in children and underestimated by the general public is obesity. Environmental features from which a child is born contribute to a child's risk of developing obesity. Parents who do not receive information about nutrition, the lack of availability and affordability of healthy food contributes greatly to this problem. The quantity and quality of food consumed by children must be taken seriously because the food preferences chosen by children start early. Providing ready-to-eat food that contains high levels of sugar and fat is a fatal mistake made by parents so that their children can become obese (Rahmani & Muzayanah, 2018). In addition, parents who provide solid food to children who are not yet 6 months old have an increased risk of long-term conditions like diabetes, obesity, and celiac disease (Clayton et al., 2013).

Young people staying hydrated is essential since it has a big influence on their growth and development physically. The nutrition and lifestyle of childhood have a big impact on energy requirements and hunger. One mineral that is plentiful in water and necessary for proper hydration is potassium. Comparing Indonesia to ASEAN nations like Malaysia, the Philippines, Thailand, Vietnam, and India, water use is still low in Indonesia, at 14.6 liters per capita per year. As a result, meeting youths' water needs is crucial to their general health and wellbeing.

For the health of Indonesia's children, especially with regard to food intake, the country's nutrition is vital. Vietnam has the largest annual per capita rice consumption in the country, followed by Malaysia with 25 liters per person. The country has the highest food consumption in all of Asia. Compared to children in other nations, Indonesian children eat more rice. They also have a higher than average intake of calcium, with 23 mg consumed daily in Indonesia and 743 mg in the AS, with rice accounting for 20 percent of this daily intake. For the development of strong bones, hormones, enzymes, and energy, rice also offers vital nutrients.

Stunting is another issue brought on by inadequate nutrient consumption in addition to obesity. Unresolved stunting incidence will negatively affect the development of the following generation (Prendergast & Humphrey, 2014; Millward, 2017), as human resources are a nation's most valuable asset. Cognitive impairment, learning challenges, psychosocial dysfunction, and health issues are all brought on by stunting (de Onis & Branca, 2016; Casale et al., 2014). Stunting currently has an effect on family welfare and the national economy because it can lead to low work productivity (Schrijner & Smits, 2018; McGovern et al., 2017). The percentage of Indonesians who are stunted has decreased from 24.4% in 2021 to 21.6% in 2022. Since this number is still rather high, numerous programs need to be

It's critical that parents consider the timing of introducing solid food to infants, besides that infants must consume foods that are rich in nutrients, especially important ingredients such as vitamin D, iron , and Zn to encourage growth (Radhakrishnan, 2015). Ingredients that children should avoid consuming include: salt, added sugar, and saturated fat. Foods with these ingredients not only encourage obesity in children, but also program children's tastes to choose sweet, savory and fatty foods (Cogswell, et al., 2015). Early age is a golden time to influence children's preferences for healthy foods. The diet of pregnant women also shapes taste preferences in their babies, babies who are breastfed will also be exposed to the flavors of the food their mothers consume through breast milk. This condition determines what foods are known and liked by children (Beauchamp & Mennella, 2011).

Within a multi-member family system, parents are one of many individuals. Creating an environment where all family members are being healthy plays a big role in the family setting (Niermann, 2014). The family health climate is characterized by a shared understanding of what constitutes a healthy lifestyle. This describes how people evaluate health and value-related topics in their daily lives, such as routines, interaction patterns, and so forth. Family functioning, cohesiveness, conflict, communication, socioeconomic status, and parenting styles are all included in the conceptual framework. Youngsters can mimic the behaviors of those they see, particularly their parents and other primary caregivers. Food preferences that children acquire are influenced by their family's environment (Zarychta, et al., 2016). The qualities of food consumed with family.

The state of a society according to social and economic factors, such work and education, is referred to as its social economic status. It is an important determinant of a person's financial situation. The standard of the items produced by society determines the extent of its consumption. The quality of the raw material increases with the price of the product. Since they buy inexpensive things, young individuals who consume a lot tend to have high levels of consumption.

According to Fabiosa (2005), there is a positive correlation between the population's disposable income and consumption volume. The increasing per capita income of the population will raise the average purchasing power of the population, which will eventually lead to a rise in the percentage of the population's consumption of pork products that are high in carbohydrates and have higher calorie content, such as pork products made from soybeans. In addition, a high level of education has a negative impact on the income that consumers get. A higher level of education will make the consumer's consumption behavior more negative and less positive. As education levels rise, so does the need for people to understand not just what they need to eat and drink, but also what they need to know in order to be a good citizen and what other people need in order to live their lives. Pendidikan is a crucial investment that is necessary to obtain both good work and different needs.

Food consumption is influenced by both food quality and quantity. All the essential nutrients carbohydrates, proteins, vitamins, and minerals—are included in a balanced diet. Dietary carbohydrates are high in energy, but proteins are necessary for the formation of protoplasm and the provision of protein for development. The diet also contains minerals and vitamins. Everyone needs to strike a balance between eating and drinking since certain amounts of food are insufficient for some people and excessive for others. As a result, using particular meals can support keeping eating and drinking in moderation. Arrangements in the family by parents are influenced by socio-economic conditions, especially for infants and children. Infants and children are easily influenced by various factors including: social, psychological and environmental and family (Tanaka, et al., 2019). Good family economic conditions will affect the availability and affordability of nutritious food. This financial condition will facilitate accessibility and affordability of nutritious food which has a relatively higher price. Conversely, families who have low socioeconomic conditions will find it difficult in order to satisfy the dietary requirements of their families, especially infants who are in the golden age to develop brain capacity and so on. Families who are in low economic conditions will find it difficult to reach foods that are high in nutrition, they only focus on filling themselves first and pay little attention to the nutritional content.

The most notable effects on stunting in children are restricted eating and pressure to eat and drink, with the pressure to eat being the most significant factor. A balanced, healthful diet is essential for achieving the right levels of nutrients. (Dranesia, et al., 2019). Food consumption patterns are formed early on and are applied constantly throughout life. Provision of good nutrition in quantity and type can affect the development and growth of infants and children. A good diet must be formed early on so that it is beneficial for improving short-term health and avoiding unhealthy habits as an adult, this is also associated with adverse long-term health effects and the risk of stunting (Frank et al., 2016). Type of family and socio-economic conditions of the family can affect consumption patterns in infants. The bottom line is the availability and accessibility of food ingredients by families who have different types of family categories and socio-economic conditions. Based on the description above, the

authors aim to determine the influence of family type and socio-economy on infant food consumption patterns health in the West Sumatra region.

METHOD

Quantitative type research with multiple linear regression methods. The linear regression method was carried out finding out if the independent factors impact the dependent variable partially or simultaneously is the goal. (Leonanda & Purnama, 2020). The validity, reliability, heteroscedasticity, multicollinearity, normality, T, coefficient of determination, and F tests are the components of the linear regression method. There are 2 (two) independent variables in this study: family type (X_1) and social economy (X_2). While the research dependent variable is Infant Food Consumption Patterns Health (Y). The data collected was study employed a particular conceptual framework, and SPSS version 22 was used for data processing :

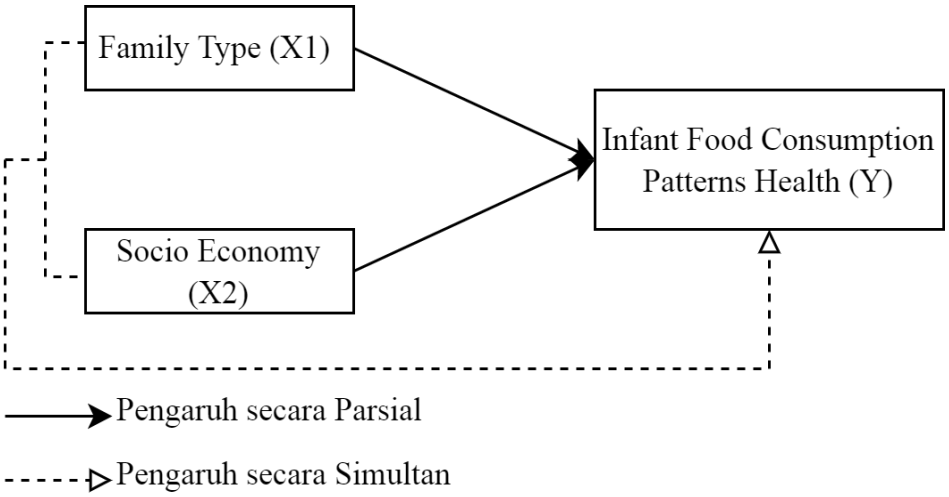

Figure 1: Conceptual Framework

Location and time the Investigations were conducted from June to July 2023. The study's population was babies who were in the area. In the research, families with infants ages between 1 month and 2 years. The samples in the study were taken from as many as 30 families. Data was collected utilizing a technique for random sampling of 30 respondents. The tool that is employed is a questionnaire with a Likert scale. The method used equation 1 illustrates how the values of independent and dependent variables are analyzed using the multiple linear regression technique.:

$$Y = a + \beta_1 X_1 + \beta_2 X_2 + e \quad (1)$$

Information :

a = Constant

β_1 β_2 = Regression Coefficient

Y = Infant Food Consumption Patterns Health

X_1 = Family Type

X_2 = Socio-Economy

e = Standard Error

RESULTS AND DISCUSSION

Validity Test and Reliability Test

Several pieces of evidence, such as content validity, construct validity, structural validity, and criterion validity, support the instrument's validity (Yusup, 2018). The goal of validity testing is to assess measurement accuracy. Comparing the r-count value with according to Purpasari & Pupita (2022), as seen in Table 1, the r-table value denotes validity checking, with findings deemed legitimate.

Table 1: The outcomes of the validity test have been assessed

Variable	Items	r_{count}	r_{table}	Information
FamilyType	X1.1	0.473 _	0.361	Valid
	X1.2	0.824 _ _	0.361	Valid
	X1.3	0.565 _	0.361	Valid
	X1.4	0.716	0.361	Valid
	X1.5	0.559	0.361	Valid
Social Economy	X2.1	0.759	0.361	Valid
	X2.2	0.387 _	0.361	Valid
	X2.3	0.688	0.361	Valid
	X2.4	0.765	0.361	Valid
	X2.5	0.678	0.361	Valid
Infant Food Consumption Pattern Health	Y. 1	0.783 _	0.361	Valid
	Y.2	0.626	0.361	Valid
	Y.3	0.775 _	0.361	Valid
	Y.4	0.541	0.361	Valid
	Y.5	0.576	0.361	Valid

The validity of the instrument can be declared valid if it has a Table 1 illustrates variables is represented by the r count, which is family type (X_1) and socio-economic (X_2) as well as the dependent variable infant food consumption pattern health (Y) are valid because they have $r_{count} > 0.361\ r_{table}$. Table 1 explains that the instruments in the study are true and applicable. for further testing.

An essential instrument for evaluating the dependability and quality of a good or service is the reliability test aims to see whether the measurements made are reliable and consistent as long as the measurements are carried out repeatedly. The Cronbach's Alpha method is the most commonly used general method, and the calculation results of this method are almost the same and equivalent to the Anova Hoyt and KR-20 methods. Reliability means that it can be trusted, which means that the tool has the ability to provide the right results according to existing conditions (Dewi, 2018). Reliability with table 2 displays the reliability test result for the Cronbach's Alpha technique, which is > 0.6.that has been processed using SPSS version 22.

Table 2: The findings of the reliability test have been carefully reviewed and validated

Variable	Croncbach's Alpha value	Information
Family Type (X_1)	0.6 45	Reliable
Socio-Economy (X_2)	0.6 52	
Infant Food Consumption Patterns Health (Y)	0.666 _	

Table 2 demonstrates the reliability of each and every variable, including dependent and independent variables. The fact that Croncbach's Alpha > 0.6 indicates this. The family type independent variable's health variable pertaining to baby food intake habits A Cronbach's Alpha score of 0.666 indicates that the variable is dependable, however a higher number indicates socio economic significance of 0.652.Normality test

In order to verify that the regression model is either normal or nearly normal, a statistical technique for evaluating the normal distribution of dependent and independent variables in a research investigation is the normality test. The test is often a Kolmogorov-Smirnov sampled non-parametric statistical analysis. According to Ginting and Silitonga (2019), if the data from the Kolmogorov-Smirnov test yields findings of the normality test, which were examined with SPSS version 22, are shown in Table 3 and Figure 2.

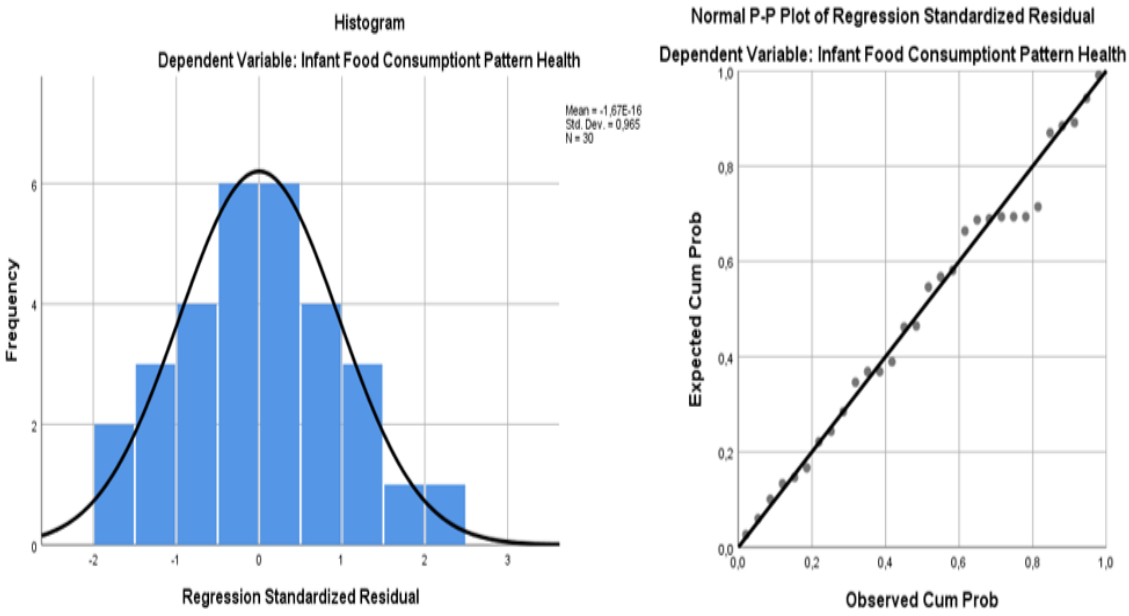

Figure 2: One statistical technique used to examine the distribution of data is the A statistical technique for assessing the degree of consistency between two or more variables is the normality test Plot

Table 3: The results of the normalcy test have been acquired

	Unstandardized Residuals
N	30
Kolmogorov-Smirnov	0.112
Asymp. Sig (2-tailed)	0.200

When the Asym.Sig (2-tailed) score is greater than 0.05, the to ascertain if the test is employed. As seen in Figure 2, the data in Table 3 display a normal distribution.

Multicollinearity Test

Regression models are validated by multicollinearity testing, a statistical technique that evaluates the relationship between independent variables. On the other hand, multicollinearity and orthogonality arise if the independent variables exhibit correlation. Independent variables that have a correlation of 0 between them are known as orthogonal variables. Independent variables with tolerance > 0.1 and VIF values < 10 indicate those where multicollinearity does not occur. The amount of large acceptable

collinearity must be determined by each researcher (Indri & Putra, 2022). Table 4 below displays the multicollinearity test results.

Table 4: The multicollinearity test results are shown

Variable	Tolerance	VIF
Family Type (X_1)	0.998 _	1,002
Socio-Economy (X_2)	0.998 _	1,002

Heteroscedasticity Test

Heteroscedasticity testing is useful The goal is to find out whether the data in the regression model differ in any way from the residual variants of all data. Testing the heteroscedasticity, the variables must be spread out and not form any pattern, so the model can be accepted (Nibayah, 2019). It means not all system levels have the same distribution of residuals, or the discrepancies between observed and expected values. independent variables(s).

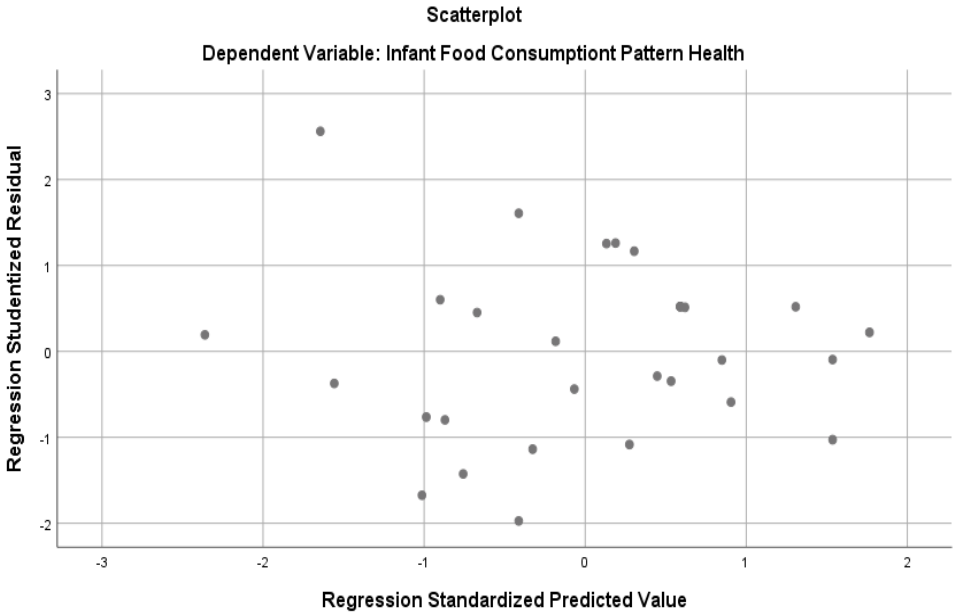

Figure 3: Heteroscedasticity test results are shown

Source: Processed data, 2023

Regression model satisfies the prerequisites—namely, that there is no heteroscedasticity—it can be approved. The heteroscedasticity Figure 3 displays the test results and shows that no clear pattern is formed by the scatter plot. That is, the study's regression model does not exhibit heteroscedasticity.

T test

(X_1) and socio economy (X2) influenced by the dependent variable was instant food consumption patterns health (Y) partially or individually (Wardani & Permatasari, 2022). Table 5 a multiple linear method test's findings are displayed in the text. processed using SPSS version 22.

Table 5: The Multiple Linear Method test results are shown

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	std. Error	Betas		
1	(Constant)	5.006	5,062		0.989	0.332
	FamilyType (X_1)	0.329	0.156	0.340	2.108	0.044
	Socio-Economy (X_2)	0.452	0.164	0.444	2,752	0.010

$$Y = 5{,}006 + 0{,}329X_1 + 0{,}452X_2 + e$$

1) Constant, infant food consumption pattern health which is not influenced by independent variables is 5.006.
2) X_1 = 0.329, indicating that the positive and significant influence given by family type (X_1) is 0.371 on the dependent variable infant food consumption pattern health (Y). If there is one increase, the effect of family type (X_1) on infant food consumption pattern health (Y) of 0.438.
3) X_2 = 0.452, showing the influence of socio-economy (X_2) on infant food consumption pattern health (Y) of 0.452. When there is an increase in the socio-economy, the positive and significant effect is 0.452.

Coefficient of Determination

You may use the squared correlation coefficient as a measure of determination (R 2). the determination test gets a correlation coefficient of $-1 < R^2 < +1$, meaning that the coefficient of determination is never negative. Meanwhile, if the With a value between 0 and $R^2 < 1$, the coefficient of determination has a range of 0 to 1 can also be expressed in percent (%) which explains that the variation in the Y variable is caused by R^2 (%) by changes in the variation in the X variable ('Ulum, 2018). Table 6 below shows the coefficient of determination that has been processed using SPSS version 22.

Table 6: The degree of determination in a collection of data is measured mathematically by the a mathematical notion called the coefficient of determination quantifies how determined a collection of data is (R^2)

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0.546 [a]	0.298	0.246	2,280

Table 6 explains that the study discovered that, with a 54.6% influence on the dependent variable and a 45.4% influence from external factors, family type and socioeconomic characteristics had a substantial impact on quick food consumption habits and health.

F test

For simultaneous testing the Lind et al. (2014) study looks at how independent factors affect the dependent variable simultaneously. Table 7 illustrates this SPSS version 22 was used for the investigation, and it had the F table and is more than 0.05.

Table 7: F Test Results

Model		Sum of Squares	Df	MeanSquare	F	Sig.
1	Regression	59,693	2	29,846	5,743	0.008b –
	Residual	140,307	27	5,197		
	Total	200,000	29			

Table 7 lists a significance value of 0.008 and an F_{count} of 5.743. F_{table} with a total of 30 respondents is 3,354. These results indicate that the family type and socio-economic variables with a computed F value of 5.743, greater than the F table 3.354, the study indicated that breastfeeding significantly effects baby food intake patterns of health.*Family type influences Infant Food Consumption Patterns Health*

With a computed F value of 5.743, greater than the F table 3.354, the study indicated that breastfeeding significantly affects baby food intake patterns of health family type on Infant Food Consumption Patterns Health. That is, the better the type of family, the better they will provide and provide the best food with patterns that are in accordance with efforts to maintain healthy food consumption patterns for infants.

Socio-Economy affects Infant Food Consumption Patterns Health

The study discovered a favorable and noteworthy partial impact from the socio-economy on Infant Food Consumption Patterns Health. That is, the better the infant family is socio-economically, the better the Infant Food Consumption Patterns Health and vice versa. The family will provide and give everything that is best for the baby, from managing the quality of the food to the diet.

Family type and socio economy affect infant food consumption patterns Health

Simultaneous testing with the F test obtained an $F_{count\ of}$ 5.743 > F_{table} 3.354 and 0.008 <0.05. According to the study, newborn food consumption habits are significantly improved by family type and socioeconomic status.

CONCLUSION

1) Family type variable has a substantial beneficial effect (p-value of 0.044 <0.05) and partially influences infants' food consumption patterns, as the study shows.Social-economy a T test result from the study showed that breastfeeding has a considerable favorable impact on the eating habits of infants as well as their overall health.
2) The research offers proof that baby food consumption patterns are significantly positively impacted by family type and socioeconomic status. These variables had a 54.6% effect, whereas 45.4% were influenced by variables not included in the research. The computed F values of 5.743 > F table 3.354 and 0.008 <0.05 served as the foundation for the findings.
3) According to the study, socioeconomic status and type of family have a major favorable impact on baby food intake habits and health. The $_{calculated\ F\ value\ of}$ 5.743 > F_{table} 3.354 and 0,006 < 0,05. The influence of the two variables namey family type and socio-economy on food consumption patterns health was 54,6% and 45,4% were influenced by other factors outside the study.

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