

## A Study to Assess the Child Eating Behaviour and Their Parenting Style Among School Age Children in Selected Schools in Bagalkote

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### Abstract

### Original Research Article

**Background:** Eating behavior represents individual appetitive traits which are related to the individual's regulation of food intake. Eating behavior develops at an early age. There is some evidence that parenting styles might impact on the child's eating behavior. The aim of this study was to investigate the relationship of different dimensions of positive and negative parenting styles with the child's eating behavior at a critical age period of the child's early development.

**Methods:** A Non-Experimental Descriptive research design, was used for present study. The samples of 80 children were selected by purposive sampling technique method. data was collected by self-structured questionnaires, child eating behavior questionnaire (CEBQ) and Parenting Styles Questionnaire (32-item version) The data analysis done by using descriptive and inferential statistics. **Results:** Findings of the study revealed shows that majority 16(20%) of child were having Slowness in eating and Satiety responsiveness, followed by 14(18%) of child were Enjoyment of food, 13 (16%) of child having Desire to drink, 11 (14%) of child were having emotional underrating, 5 (6%) of child were having food fussiness and food responsiveness. Findings of the present study shows that parenting style that out of 80 children and parents percentage (46%) is authoritative and (30%) is authoritarian and (24%) is permissive parenting style .study found that there was significant association between parenting style and child eating behaviours ( $\chi^2$  value = 15.85 Df=8 At P<0.05). **Conclusion:** According to this study ,majority of children's who study in school, deal with slowness in eating, which has a negative effect on their nutritional status and in parents majority was authoritative parenting style. Hence, It's important concern to adopt new healthy food and programs to reduce the parenting style and improve the child eating behavior among school age children

**Keywords:** Assess, parenting style, eating behavior, nutritional status, school.

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## INTRODUCTION

Parenting or child rearing promotes and supports the physical, cognitive, social, emotional, and development from educational infancy to adulthood. Parenting refers to the intricacies of raising a child and not exclusively a biological relationship.[1] A parenting style is a pattern of behaviours, attitudes, and approaches that a parent uses when interacting with and raising their child [2]. Parenting styles are constructs used to describe the different strategies parents tend to utilize when raising children. These styles encompass parents' behaviors and attitudes and the emotional environment in which they raise their children.[3] Parenting is a dynamic process, influenced by socio-cultural factors. It is an important contributing factor to child development

and childhood psychopathology. Research investigating association between parenting styles and child outcome are limited in India. This paper aims to review studies conducted in West and in India in order to study cultural differences in parenting styles and its outcome.[4] Eating (also known as consuming) is the ingestion of food. In biology, this is typically done to provide a heterotrophic organism with energy and nutrients and to allow for growth. Animals and other heterotrophs must eat in order to survive – carnivores eat other animals, herbivores eat plants, omnivores consume a mixture of both plant and animal matter, and detritivores eat detritus. Fungi digest organic matter outside their bodies as opposed to animals that digest their food inside their bodies. as part of a dieter as religious fasting. Limited consumption may be due to hunger or famine.[5]

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Eating is a complex behavior associated with both biological and social factors.[6] Eating problems are common in childhood and being seen in 25%-45% of healthy children. The period following the first year of life up to five years is when eating problems are most frequently reported and also when the child acquires eating habits.[7]

## MATERIALS AND METHODS

The research design selected for this study was non-experimental descriptive research design. the sample size comprises of 80 children's who are studying in kalidasa English medium school and Moulana Azad model school Navanagar Bagalkote. The sampling technique adopted for this study was purposive sampling technique. In the present study the data was collected by self-structured questionnaires for socio demographic variables, Parenting Styles Questionnaire (32-item version) and Child Eating Behavior Questionnaire (CEBQ) was used to assess the child eating behavior and their parenting style among school age children. The data analysis done by using descriptive and inferential statistical in terms of mean, frequency, distribution, percentage and spearman's correlation coefficient.

**Study design:** The study design adopted for this study non experimental Descriptive design.

### Setting of the study:

The present study was conducted at. In Sri Kalidas International public school, Navanagar Bagalkot and Moulana Azad model school, Navanagar Bagalkot.

### Participants:

In the present study participant were the children who are studying in the Sri Kalidas International public school, Navanagar Bagalkot and Moulana Azad model school, Navanagar Bagalkot. Who met the inclusion criteria were selected as sample for the study

### Instruments:

The study was conducted using a Structured Questionnaires with items related socio demographic data of parents and children and Child eating behavior questionnaire (CEBQ)to assess the child eating behavior and Parenting Styles Questionnaire (32-item version) to measure the parenting style.

### Description of data collection instruments

**Part I:** Questionnaires to assess socio-demographic data of parents and children

**PART II:** Child eating behavior questionnaire (CEBQ)

**Part III:** Parenting Styles Questionnaire (32-item version) will be used to measure the Parenting style

### Data Collection Procedures:

The data collection was carried out from 17-9-2025 to 30-12-2025, among children who are studying in Sri Kalidas International public school, Navanagar

Bagalkot and Moulana Azad model school, Navanagar Bagalkot. Permission was obtained from Principal and vice principal of the collage. Data was collected from parents by explaining the purpose of this study. Written consent was obtained from the study participants. According to the convenience and Gap between Period of the classes of children data was collected

### Variable under study:

The study variables for the present study are assessment of child eating behavior and their parenting style among school age children

**Sociodemographic Variables** in this study demographic variables refers to Age, Marital status, Number of children's, Housing, number of family members, type of family, education of mother, occupation of mother, education of father, occupation of father, family income, Residence, caste, Diet, Age of child, Birth order, Gender of child, Type of school.

### Statistical analysis:

The obtained data were statistically examined in terms of the objectives of the study using descriptive and inferential statistics. A master sheet was prepared with responses given by the study participants. Frequencies and Percentage was used for the analysis of demographic data, and Karl-Pearson's correlation coefficient was used to determine significance of association between Parenting style and their child eating behaviour. The Chi square( $\chi^2$ ) test to find out the association between socio demographic variables and parenting style and their child eating behavior.

### Ethical Clearance:

A certificate of ethical permission was obtained from ethical committee of the institution and written consent was taken from each participant.

### Data collection procedure:

The data collection was collected among children who are in kalidasa English medium school and Hospital Navanagar, Bagalkote and Moulana Azad Model school Navanagar Bagalkot. Permission was obtained from Dean, Medical superintendent and Managers of hospitals. Data was collected from staff nurses by explaining the purpose of this study. Written consent was obtained from the study participants. According to the convenience and duty shifts of NICU staff nurses' data was collected.

## RESULTS

### PART-I: distribution of socio-demographic variables

In this study 49% of parents were in age group of 25-35 years, 45% of parents were in age group of 36-45 years, and 6% of parents were in 46-55 years, according to their number of children they were having 59% of parents were having two children, 30% of parents were having three children, 9% of parents were having

more than three children, and 3% of parents were having one child. according to their housing they were having 34% of parents were having big house, 31% of parents were having pakka house, 16% of parents were having raw house, 15% of parents were having farmhouse and 4% of parents were having apartments. according to their residence 53% of staff nurses were living in urban area, 38% of staff nurses were living in rural area, and 9% of staff nurses were living in semi urban areas. according to their number of family members they were having 55% of parents were having four to five family members, 36% of parents were having more than five family members, and 9% of parents were having two to three family members. according to their type of family, they were having 69% of parents were having joint family and 31% of parents were having nuclear family. according to education of mother 43% of mother were having primary or less, 29% of mothers were having both high school / diploma and college/degree According to occupation of mother 50% of mother were having house wife, 19% of mothers were having private employee, 16% of mothers were having government employee, and 8% of mothers were having both business and wages. According to education of father 59% of fathers were having college/degree, 21% of fathers were having primary or less followed by 20% of fathers were having high school/diploma. According to occupation of father 44% of fathers were having private employee, 24% of fathers were having farmer, 18% of fathers were having government employee, 13% of fathers were having business and 3% of fathers were having wage. According to their family monthly income 35% of parents were having monthly income of > 20,000/- rupees, 33% of

parents were having monthly income of 15,000/- 20,000/- rupees, 20% of parents were having monthly income of 10,000/- 15,000/-rupees. 13% of parents were having monthly income of 5,000/-rupees. According to their residence 64% of parents were having rural and 36% of parents were having urban. According to their caste 76% of parents were having Hindu, 13% of parents were having Islam, 8% of parents were having other caste and 4% of parents were having Christianity. According to their diet 74% of parents were having mixed diet and 26% of parents were having vegitable diet. According to age of children 51% of children were having 6-8 years, 29% of children were having 11-12 years and 20% of children were having 9-10 years. According to birth order of children 38% of children were having second birth order, 36% of children were having first birth order, and 26% of children were having more than three birth order. According to gender of children 70% of children were having male and 30% of children were having female. According to children type of school 60% of children were having private school and 40% of children were having government school.

#### PART-II: Assessment of child eating behaviour questionnaire (CEBQ)

➤ child eating behaviour questionnaire (CEBQ) was designed to assess the child eating behavior. It ask about intake of food during a last month. This was comprehensively scored as a level of eating behavior. Items 1,2,3,4, and 5. are scored in the reverse direction

**TABLE-01: Frequency and percentage distribution score among children  
N=80**

CHILD EATING BEHAVIOUR QUESTIONNAIRE			
Si no.	description	frequency	percentage
1	Food responsiveness	5	6%
2	Emotional overeating	0	0%
3	Enjoyment of food	14	18%
4	Desire to drink	13	16%
5	Satiety responsiveness	16	20%
6	Slowness in eating	16	20%
7	Emotional undereating	11	14%
8	Food fussiness	5	6%

**Table 01** show that in this present study shows that majority 16(20%) of child were having Slowness in eating and Satiety responsiveness, followed by 14(18%) of child were Enjoyment of food, 13 (16%) of child

having Desire to drink, 11 (14%) of child were having emotional underrating 5 (6%) of child were having food fussiness and food responsiveness.

**TABLE-02 Assessment of mean, SD, median and range.  
N=80**

Observation	mean	sd	median	range	
CEBQ	3.115	1.191	11	3-40	

**Table-02:** Depicts that mean and SD score eating behaviour among school age children mean was

.3.115 with SD 1.191 Median was 11 and Range was 3-40.

**PART- III, Parenting Styles Questionnaire (32-item version)**

Parenting Styles Questionnaire (32-item version) scale was designed to assess the parenting style.

It asks about care and responsible to child as a parent during a last month which was comprehensively scored as a level of compassion satisfaction, to improve parenting activities and styles.

**TABLE-03 Frequency and percentage distribution Domains of parenting style of children of parents.**

N=80

Parenting style		
Descriptions	frequency	percentage
authoritative	37	46%
authoritarian	14	30%
permissive	19	24%

Table-03: Describe those parenting style results shown that the Frequency and Percentage of compassion satisfaction authoritative was 37 and 46%. followed by

authoritarian result was 14 and 30%, permissive result was 19 and 24%.

**PART IV: Association between child eating behaviour and their parenting styles.****Table No 4: Association between child eating behaviour and their parenting styles.**

N=80

variables	Df	Chi square value	p value
Parenting style	8	15.85	00446*
X			
Child eating behaviour			

\*: At the level of Significance P<0.05

Table no 4 depicts that there is significant association between the parenting style and child eating behaviours ( $\chi^2 = 15.85$ , Df=8 P<0.05).

**PART V: Association between child eating behaviours and socio demographic variable****Table-05: Association between child eating behaviours and social demographic variable**

N=80

Sl no.	Sociodemographic variables	df	X2 value	P value	interpretation
1	age	1	0.04	0.8415	NS
2	Marital status	1	0.68	0.4096	NS
3	Number of children	1	1.58	0.2088	NS
4	Housing	1	0.04	0.8415	NS
5	Number of family members	1	0.43	0.512	NS
6	Type of family	1	9.67	0.0019	Sign
7	education of mother	1	1.04	0.3078	NS
8	Occupation of mother	1	0.8	0.3711	NS
9	Education of father	1	0.64	0.4237	Ns
10	Occupation of father	1	0.64	0.4237	NS
11	Family income	1	0.53	0.4666	NS
12	Residence	1	4.89	0.023	Sign
13	Caste	1	0.14	0.7083	NS
14	Diet	1	0.01	0.9203	NS
15	Age of child	1	0.158	0.6985	NS
16	Birth order	1	4.89	0.027	Sign
17	Gender	1	1.19	0.2753	NS
18	Type of school	1	1.11	0.2921	NS

Df: Degree of freedom \* Significant at P<0.05, NS: Not significant

Table 5 show that the socio demographic variables like Type of family ( $\chi^2 = 9.67$ ) Residency ( $\chi^2$

= 4.89) and birth order of child ( $\chi^2 = 4.89$ ) had shown significant association with child eating behaviours

(CEBQ) among School age children. The other socio demographic variables such as number of children ( $\chi^2=1.58$ ), gender of child ( $\chi^2=1.19$ ), type of school ( $\chi^2=1.11$ ), Diet ( $\chi^2=0.01$ ), Number of family members

( $\chi^2=0.43$ ), housing ( $\chi^2=0.04$ ) and type of family ( $\chi^2=9.67$ ) did not show statistically significant association with child eating behaviours(CEBQ).

**TABLE-06: Association between Parenting style and social demographic variable  
N=80**

Sl no.	Sociodemographic variables	df	X2 value	P value	interpretation
1	age	4	8.32	0.0805	NS
2	Marital status	4	1.07	0.899	NS
3	Number of children	4	3.82	0.4309	NS
4	Housing	4	3.41	0.4917	NS
5	Number of family members	4	6.26	0.1806	NS
6	Type of family	2	0.55	0.7596	NS
7	education of mother	4	3.03	0.5528	NS
8	Occupation of mother	4	1.95	0.745	NS
9	Education of father	4	2.03	0.7302	NS
10	Occupation of father	4	2.84	0.5849	NS
11	Family income	4	1.5	0.8266	NS
12	Residence	2	3.58	0.167	NS
13	Caste	4	2.59	0.6286	NS
14	Diet	2	2.26	0.323	NS
15	Age of child	2	0.61	0.7371	NS
16	Birth order	4	2.34	0.6735	NS
17	Gender	2	1	0.6065	NS
18	Type of school	2	2.07	0.3552	NS

Df: Degree of freedom \* Significant at  $P<0.05$ , NS: Not significant

Table 6 show that the socio demographic variables like education of father ( $\chi^2 = 2.03$ ), diet( $\chi^2 = 2.26$ ), number of children  $\chi^2=3.82$ ), Residence ( $\chi^2=3.58$ ), education of mother( $\chi^2=3.03$ ), family income( $\chi^2=1.5$ ),age of parents ( $\chi^2=8.32$ ), housing ( $\chi^2=3.41$ ) and type of family ( $\chi^2=0.55$ ) did show statistically significant association with Parenting Styles Questionnaire (32-item version).

## DISCUSSION

The findings of the present study discussed in light of previous scientific studies in this chapter and discussion regarding findings of the presented in accordance with the objectives of the study and hypothesis. The current study aims at evaluating the evaluate the child eating behaviour and their parenting style among school age children, selected area of Bagalkot.

Findings of the present study shows that parenting style that out of 80children and parent's percentage (46%) is authoritative and (30%) is authoritarian and (24%) is permissive parenting style. Respectively the parenting style score reveals that out of 80 children's

Similar study was conducted by S Lau Leung (1992), to assess parenting style. It was reported that (73.2%) parents experienced a authoritative parenting, (20%) parents are authoritarian, and (6.8 %) parents are

permissive, mean  $\pm$  SD of male and female parents was  $77.51 \pm 29.70$ and  $81.56 \pm 29.09$ .[8]

Findings of the present study shows that child eating behavior that out of 80children that majority 16(20%) of child were having Slowness in eating and Satiety responsiveness, followed by 14(18%) of child were Enjoyment of food, 13 (16%) of child having Desire to drink, 11 (14%) of child were having emotional underrating,5 (6%) of child were having food fussiness and food responsiveness.

Similar study was conducted by Sirirassamee T, Hunchangsit P (2025), to assess child eating behavior. It was reported significantly. Boys scored higher on 'enjoyment of food' compared with girls ( $p<0.05$ ), as well as on 'desire to drink' ( $p<0.05$ ). Children in Grade 1 scored higher on 'satiety responsiveness' ( $p<0.001$ ) and 'slowness in eating' ( $p<0.001$ ).[9]

## LIMITATIONS

The study limited to sample of 80children were studying school of bagalkot district were assess the Parenting style and their child eating behavior among school age children in Kalidas international public school Navanagar, Bagalkot and Moulana Azada Model school Navanagar, Bagalkot.

## CONCLUSION

The main focus of this study was to assess the child eating behavior and their parenting style among school age children in Kalidas international public school Navanagar, Bagalkot. And Moulana Azada Model school Navanagar, Bagalkot.

#### **Declaration by authors**

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**Conflict of Interest:** The authors declare no conflict of interest.

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