

## Factors Related to Snack Consumption Behavior at SDN 1 Purwoharjo Banyuwangi

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### ABSTRACT

This thesis discusses the behavior of elementary school student snacks consumption. Based on the facts in the field shows that 78% of children consume snacks in the school environment (BPOM, 2008). Food snacks that contain fat, energy, and high salt must be limited, because it can provide excessive energy intake, resulting in an increase in the risk of over nutrition that causes one of the triggers for degenerative diseases such as stroke, diabetes mellitus, coronary heart disease and so forth. Besides consuming foods that are not good hygiene level can cause interference with the digestive tract, for example typhus, mutah, nausea, diarrhea and so forth (Yuliasuti, 2012) Therefore this study discusses the description of the behavior of consumption of snacks and factors related to the behavior of consumption of snacks. The design of this study was cross sectional. The population in this study was all students in grades IV, V, and VI at SDN I Purwoharjo with a sample of 72 students. The sampling method used is simple random sampling. The instrument used was a questionnaire. This study uses the Spearman Rank test. Based on the results of the R test sig. R count  $0,000 < 0,05$ , i.e. there is a relationship between variable student characteristics (including gender, knowledge), allowance, parental characteristics (including parental education, parents' occupation) with snack consumption behavior. From this research it is expected to provide information and increase students' knowledge, to choose and consume snacks properly and correctly.

**Keywords:** Children school, snack, snacks consumption behavior

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### INTRODUCTION

The formation of the quality of Human Resources (HR) starts at school age which will affect the quality when it reaches productive age. School-age children are a group of the nation's future generations that have the potential to advance development in the future, in this case one of the things that is of serious concern is School Food Snacks (PJAS) (Febryanto, 2016). Consumption of staple

foods and consumption of street foods will affect nutritional status. Consuming less varied snack foods will cause a lack of energy and protein intake, thus increasing the risk of incidence of underweight nutrition (Purnawijaya, 2018). Snack food is food and drinks that are served and sold on roadsides and in public places that can be consumed directly.

The results of a survey by the Food and Drug Administration (BPOM) in 2008 showed that 78% of children consumed snacks in the school environment. Data from Riskesdas East Java in 2013, shows that the behavior of risky food consumption in East Java residents aged  $\geq 10$  years has the most consumption of seasonings as much as 80.5%, followed by sweet foods and drinks as much as 50.2%, and fatty foods as much as 49.5. Research by Kristianto et al (2013) in several elementary schools in Batu City states that almost all school-age children (95-96%) consume snacks. A preliminary study conducted at SDN 1 Purwoharjo using the interview method of 10 children all consuming snacks at the time At school, 7 of them snack at food vendors around the school, while 3 other children snack in the school canteen.

The behavior of consuming food can be influenced by several factors according to Green's theory, namely behavioral factors (Behavior Cause) and non-behavioral factors (Non Behavior Cause). Behavior is determined by 3 main factors, namely predisposing, enabling and reinforcing factors (Fitri, 2012). Predisposing factors are factors that facilitate or predispose a person's practice, which are included in these factors, namely gender, knowledge, habits of carrying supplies and breakfast habits. The enabling factor is the availability of facilities and infrastructure or facilities for the occurrence of health practices, which are included in this factor, namely the availability of snacks and pocket money. Driving factors are factors that encourage or reinforce the practice, which are included in these factors, namely advertisements, peers and parental characteristics (including education and work) (Safriana, 2012).

Predisposing factors in this study were student characteristics including gender, knowledge and pocket money. According to Apriadi quoted by Khoirunnisa (2010), gender is a factor that determines the level of a person's food needs. Boys have a higher frequency of consumption of snacks than girls (Feubner, 2003). Another predisposing factor is knowledge. Knowledge is a determining factor in how humans think, feel and act (Oemarjoedi in Indahyani, 2015). Wowor's research, et al (2018) states that there is a relationship between knowledge and snack consumption behavior among students at SDN 16 and SDN 120 Manado. Pocket money is an amount of money that parents or caregivers give to their children (Safriana, 2012). The results of Novitasari's (2005) research show that there is a relationship between the amount of pocket money and the frequency of consumption of snack foods.

The enabling factor in this research is the availability of snacks. The availability of snacks is the availability of access to street food in the school environment, where snacks are provided and ready to be consumed (Ayuniyah et al, 2015). According to research by Aprillia (2011), unhealthy snacks such as high-sodium, high-sugar, and high-fat snacks are mostly available in schools or around schools.

The reinforcing factor in this study is the characteristics of the parents. Parental characteristics include education and employment. Parental education is the last formal education that parents complete (Safriana, 2012). Mothers who have higher education and knowledge of nutrition tend to provide safe food for their children (Notoatmodjo, 2003). Work is an activity that is carried out daily, the types of work activities include unemployment, self-employment, civil servants and private employees (Notoadmodjo, 2012). The results of research conducted by Yuliasuti (2012) show that there is a significant relationship between snacking behavior and father's job.

Data from the Banyuwangi District Health Office in 2018 regarding the assessment of the nutritional status of elementary school aged children showed that children with the highest underweight nutritional status were found in Purwoharjo district with 294 students. Purwoharjo sub-district is one of the districts with the third high prevalence of stunting, which is 49 students. Through a preliminary study conducted at SDN 1 Purwoharjo, the number of students at SDN 1 Purwoharjo

was 393 students. The school provides 5 canteens and 1 student cooperative, besides that there are also food vendors around the school. Students can buy snacks at food vendors around the school, because the school does not prohibit students from doing snacks at food vendors around the school. Based on this, the researcher wanted to conduct research on the factors related to the behavior of consuming snacks at SDN 1 Purwoharjo.

## MATERIALS AND METHODS

The type of research method chosen is a Correlational Analysis, while the meaning of the Correlational Analysis method is a statistical analysis that seeks to find a relationship or influence between two or more variables. This research was conducted at SDN 1 Purwoharjo in June-July 2019. The dependent variable in this study is the behavior of consumption of snacks. The independent variables of the study were gender, knowledge, pocket money, parental education and parental occupation.

The research design used an observational study with cross sectional design, because the data were collected at the same time and the variables studied were measured only once. This research was started by using a questionnaire related to children's characteristics, pocket money, knowledge, parental characteristics and then carried out a relationship test analysis of the snack consumption behavior. The population in this study were 208 Grade 4 and 6 Students at SDN 1 Purwoharjo.

The samples observed were 72 students in grade 4, 5 and 6. Samples were taken from these 3 classes by simple random sampling. The reason for choosing a sample of grades 4,5 and 6 was because in these groups generally already had the ability to read, write well, and were able to remember and answer questionnaires that were given well so that it was easy to work with in data collection. The data collection method in this study is a questionnaire. Data analysis using Rank Spearman.

## RESULTS

Research related to factors related to snack consumption behavior at SDN 1 Purwoharjo found that from 72 respondents most of the respondents were male, namely 40 respondents (55.6%). For knowledge, it is known that most respondents have moderate knowledge, namely 44 respondents (61.1%). Most of the respondents had a large amount of pocket money, namely 57 respondents (79.2%). Most of the respondents had fathers with secondary education, as many as 34 people (47.2%). Of the 72 respondents, almost half of the respondent's mothers had mothers with secondary education, as many as 33 people (45.8%). From a behavior perspective, it can be seen that 37 respondents (51.4%) often consume snacks.

The results of research related to the behavior of consumption of snacks, especially the gender variable, with the behavior of consuming snacks at SDN 1 Purwoharjo can be seen in table 1.

Table 1. Relationship between gender and snack consumption behavior

Gender	Snack consumption behavior										
	Very often		Often		Rarely		Sometimes		Total		Sig
	n	%	n	%	n	%	n	%	N	%	
Male	25	67.6	7	58.3	7	36.8	1	25.0	40	55.6	0.014
Female	12	32.4	5	41.7	12	63.2	3	75.0	32	44.4	
Total	37	100	12	100	19	100	4	100	72	100	

Table 1 shows that out of 72 male respondents often consume snacks, 25 respondents (67.6%) are greater than 12 female respondents (32.4%). After the Spearman Rank statistic was tested, it was found that the sig value was 0.014 < 0.05, so it was concluded that there was a relationship between gender and snack consumption behavior at SDN 1 Purwoharjo.

The results of the research related to the knowledge of snacking variables with the consumption behavior of snacks at SDN 1 Purwoharjo can be seen in table 2.

Table 2 . The relationship between knowledge of snacks and consumption behavior of snacks

Snack knowledge	Snack consumption behavior										Sig
	Very often		Often		Rarely		Sometimes		Total		
	n	%	n	%	n	%	n	%	N	%	
Less	11	29.7	2	16.7	0	0	0	0	13	18.1	0.035
Moderate	18	48.6	9	75.0	16	84.2	1	25	44	61.1	
Good	8	21.6	1	8.3	3	15.8	3	75	25	20.8	
Total	37	100	12	100	19	100	4	100	72	100	

Table 2 shows that of the 72 respondents the most knowledgeable was moderate, namely 18 respondents (48.6%) who frequently consumed snacks. After the Spearman Rank statistic was tested, it was obtained a sig value of  $0.035 < 0.05$ , so it was concluded that there was a relationship between knowledge and consumption behavior of snacks at SDN 1 Purwoharjo.

## DISCUSSION

The results showed that of the 72 respondents, most of the respondents were male, namely 40 respondents (55.6%) often consumed snacks. Gender is a factor that determines the level of a person's food needs. Men usually need a higher food intake than women, this is also related to the physical activity carried out by men is usually greater than that of women, with the high need for food, men will consume street food more often than women. (Aulia, 2012).

Psychologically, boys and girls have different behavioral tendencies because of the different divisions of the brain boys tend to use the right side of the brain. The utilization of this brain formation affects the shaping of the behavior of girls and boys in everyday life. Looking at the practical side, boys tend to choose snacks without a long thought process (Safriana 2012). The results of this study are in line with Safriana's (2012) research which shows that there is a relationship between gender and behavior in choosing snacks. Male respondents at SDN 1 Purwoharjo often consume snacks than female students. This is comparable to the activities of male students who are very much.

Knowledge is a determining factor in how humans think, feel and act (Oemarjoedi in Fauziyah 2015). Providing knowledge about snacks that are often encountered in everyday life which is done repeatedly will lead to an impetus to put this knowledge into practice. Knowledge is not only obtained from schools but also from parents (Safriana 2012). The results of statistical tests show that there is a relationship between knowledge and food consumption behavior. The results of this study are in line with Wowor's research, et al (2018) which states that there is a relationship between knowledge and snack consumption behavior. Another study conducted by Triasari (2015) shows a relationship between knowledge about safe snacks and the behavior of choosing snacks.

Febriyanto's research (2016) also shows a significant relationship between knowledge and snack selection behavior. Most of the respondents at SDN 1 Purwoharjo have moderate knowledge of snacking. The proportion of students who have moderate or high knowledge rarely consumes snacks compared to students who have less knowledge. So that there is a relationship between knowledge of snacks and consumption behavior of snacks. Obtaining pocket money is often a habit for children who are expected to learn to manage and be responsible for their pocket money (Safriana, 2012). Of the 72 respondents, most of the respondents had a large amount of pocket money, namely 57 respondents (79.2%).

The result of statistical test shows that there is a relationship between pocket money and snack consumption behavior. This is in line with Rahayu's research (2017) that there is a significant relationship between pocket money and the selection of snack foods. Likewise with Fitri's research (2012), there is a relationship between the amount of pocket money and the habit of consuming street food. Most of the respondents at SDN 1 Purwoharjo have a large amount of pocket money. The respondent's allowance is related to the parent's job. Respondents who have a father and mother who work mostly get a large amount of pocket money. This encourages students to frequently buy snacks and consume them. So that there is a relationship between pocket money and snack consumption behavior.

Parents who have relatively fixed income can at least provide family social security that is relatively safe when compared to casual work (Kunanto in Safriana 2012). Of the 72 respondents, almost all of the respondents' fathers had jobs, namely 66 people (91.7%). Of the 72 respondents, almost half of the respondents had working mothers, namely 42 people (58.3%).

The results of statistical tests show that there is a relationship between the work of parents and the behavior of consuming snacks. This is in line with Safriana's (2012) research that the father's job also affects the consumption of snacks on the child's pocket money. Another study, namely the research of Syahabuddin (2013) also shows that there is a relationship between mother's work and the behavior of consuming healthy snacks for school age children. Respondents who have working mothers consume more snacks than respondents who have mothers who do not work. This happens because working mothers pay less attention to their children because they are busy at work so that respondents who have working mothers tend to consume snacks frequently (Yuliastuti, 2012).

Parents' education is an important factor in children's development. Well educated parents can receive all information from outside, especially about good childcare practices. how to maintain their children's health, education and so on (Safriana, 2012). Research conducted at SDN 1 Purwoharjo almost half of the respondents have a father with secondary education (graduated from high school and vocational high school). Of the 72 respondents, most of the respondents had fathers with secondary education, as many as 34 people (47.2%), while for the education of 72 respondents, almost half of the respondents had mothers with secondary education, namely as many as 33 people (45.8%) .

The results of statistical tests show that there is a relationship between father's education and mother's education with the behavior of consuming snacks. This is in line with research according to Safriana (2012) that most of the high category of fathers' education affects their children in choosing snacks. This study is also in line with Syahabuddin's research (2013) which shows that there is a relationship between maternal education and the behavior of consuming healthy snacks for school age children.

The behavior of consuming snacks is influenced by the insight and perspective of other factors related to the right action, on the other hand, the behavior of consuming snacks is also influenced by a person's insight or perspective on nutritional problems. The behavior of snacks is basically a form of application of eating habits that are consumed including trust, frequency of eating, and selection of snacks (Febryanto, 2016). It is known that the highest snack consumption behavior is 37 respondents (51.4%) frequently consuming snacks.

Of all respondents h ampir half of the students often consume snacks. This is due to the lack of education about nutrition and snack foods are rarely provided in these schools. The results of this study also indicate that most students like to eat snacks.

## CONCLUSION

Knowledge and pocket money are the highest factors related to student behavior in consuming snacks. Nearly half of the students frequently consume snacks. This could be due to the lack of counseling on nutrition and snack food is rarely provided in these schools so that students do not

prioritize the nutrition contained in the snacks they buy. The biggest reason respondents like snacks is to fill their stomachs, because they like to be hungry at rest or play.

In addition to providing education about nutrition, more attention is needed from parents to children. For example, preparing a regular breakfast every day and bringing healthy food supplies will be far better than giving a lot of pocket money. It is hoped that children will be able to reduce consumption of snacks sold at school or outside of school and switch to liking and become accustomed to healthy home-style food which is certainly safer for consumption, more nutritious and without chemicals such as food coloring, preservatives etc. Such parental attention has a greater chance of successfully fulfilling optimal nutrition for growth and development.

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