

ASSOCIATIONS BETWEEN PARENTAL SOCIO-ECONOMIC STATUS AND QUALITY OF BREAKFAST AMONG PRIMARY SCHOOL CHILDREN IN KUPANG

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ABSTRACT

Background: Child consumption pattern determines eating habits in adulthood. Of particular importance is breakfast. Studies have shown that the proportion of primary school children who have breakfast in Kupang is 68.8% to 80%. This study aimed to analyze the associations between parental socio-economic status and quality of breakfast among primary school children in Kupang, East Nusa Tenggara.

Subjects and Method: This was an analytic observational study using cross-sectional design. This study was carried out in Kupang, East Nusa Tenggara. A total of 900 primary school students in Kupang were selected for this study using multistage random sampling technique. The dependent variable was breakfast quality. The independent variables were maternal education, maternal employment, parental income, and child nutritional status. Data were collected using questionnaires, weight scale, and microtoise. The data were analyzed by multiple logistic regression.

Results: Breakfast quality was associated with maternal education (OR= 62.15; 95% CI= 60.29 to 64.01; p= 0.001), maternal employment (OR= 23.81; 95% CI= 21.95 to 25.67; p= 0.001), parental income (OR= 15.74; 95% CI= 13.88 to 17.70; p= 0.001), and child nutritional status (OR= 46.84; 95% CI= 44.98 to 48.70; p= 0.001).

Conclusion: Breakfast quality is associated with maternal education, maternal employment, parental income, and child nutritional status.

Keywords: maternal education, maternal employment, parental income, breakfast quality

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