

# THE EFFECT OF “THREE CHOREOGRAPHER - COACH - CONSULTANT” PARENTING ROLE ON PERCEPTION OF CHILD OBESITY AMONG CARE GIVERS

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## ABSTRACT

**Background:** One way to look at parenting is as a progression of “the three Cs”. Parents start out as choreographers of children’s lives, progress to coaches, and ultimately to consultants. As choreographers, parents decide the structure to the children days, plan their mealtimes, bedtimes, outings, activities, preschool, and schools they will attend. As coaches, parents watch their child at home, at play, in social situations, or at school. They give suggestions. As consultants, parents give opinions to children and advice when it is solicited, but do not take it personally when their recommendations are not followed. This study aimed to assess the effect of triple C parenting on improving perception regarding child obesity among care givers.

**Subjects and Method:** This was a non-randomized experiment conducted at a pre-school in Surabaya, East Java, in February 2018. A sample of 60 child care givers were allocated into two groups, consisting of 30 care givers who played the triple C parenting role, and 30 care givers who served as controls. The dependent variable was perception on child obesity. The independent variable was triple C parenting role. The data on perception regarding child obesity was measured by questionnaire and compared between the two groups by Mann-Whitney.

**Results:** The mean favorable perception of child obesity was higher in the triple C parenting group than in the control group ( $p = 0.001$ ).

**Conclusion:** Triple C parenting role can improve the perception regarding child obesity among child care givers.

**Keywords:** triple C parenting, perception, obesity, child.

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