

PARENTING STYLES AND CHILD-FEEDING IN YORUBA COMMUNITY OF NIGERIA

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Introduction

- Children have no say especially on issues that borders on their development and wellbeing in Yoruba community .
- parents have major influence in their children's lives.
- Their perception of how children should be raised is crucial to determining children's behaviour.

Introduction Contd.

- parenting is the process of caring for the physical, emotional, social, and intellectual development of a child from infancy to adulthood.
- Parenting behaviours are inherited from one's parents based on the particular style of parenting that is popular in that culture.

What Research says

- Two important elements which anchor parenting are parental responsiveness and parental demandingness.
- Parental responsiveness is the parents show of affection, acceptance, and involvement to children's special needs and demands.
- demandingness is the control, maturity demands, and supervision parents exercised on children.

What Research Says Contd.

- Four types of parenting was identified:
- Authoritarian parents (obedience, status-oriented and expect their orders obeyed without explanation)
- Authoritative parents (assertive, listening but not intrusive and restrictive)
- Uninvolved parents (low in both responsiveness and demandingness (Nancy 1999; Baumrind, 1991).
- Indulgent parents (permissive, non-directive and lenient)

Statement of the problem

- Observation has shown that:
 - ❖ Parenting styles is a predictors of social and moral behaviours in children
 - ❖ the extent to which this could influence the feeding habit of children in Yoruba Community has not been thoroughly examined.
- Hence this study conceptualized examining the influence between parenting style and feeding habit of children among Yoruba mothers in Yoruba community.

Objectives

- examine the parenting styles among Yoruba mother;
- assess child feeding practices among Yoruba mothers;
- determine the relationship between parenting styles and feeding practices of Yoruba Mothers; and
- examine the influence of parental factors on parenting styles and child feeding habits.

Research Question

- What are the parenting styles among Yoruba mothers in Nigeria?
- What are child feeding practices among Yoruba mothers in Nigeria?
- Is there any relationship between parenting styles and feeding practices of Yoruba Mothers?
- What are the influence of parental factors on parenting styles and child feeding habits?

Methodology

- survey research design.
- three hundred (300) Yoruba women from Ife Central LGA
- Instrument used
 - ❖ Parent-Child Feeding Styles' (PCFS) that measured parents' pattern and manner of feeding children.

Research Questions 1: What are the parenting styles among Yoruba mothers in Nigeria?

Table 1: Percentage Distribution on Mothers' Responses

S/N	Variables	Usually F	Sometime s F	Not at all F
1	When my child refuse new food, I will make him/ her see the value (Authoritative)	74 24.7%	128 42.7%	98 32.6%
2	My children must eat food I offer to them at all cost.(authoritarian)	157 52.3%	123 41.0%	20 6.7%
3	I give lots of junks to my children because I don't have time. (Laisse-faire or indulgent)	90 30.0%	199 66.3%	11 3.7%
4	I give my children whatever food they want. (Indulgent/Laisse- faire)	159 53.0%	109 36.3%	32 10.7%
5	I force my children to drink water regularly(Athoritarian)	106 35.3%	180 60.0%	14 4.7%

6	I regulate the amount of food my children consume so that they will not eat too much(authoritative / authoritarian)	42 14.0%	178 59.3%	80 26.7%
7	I do not tolerate my children leaving food on their plates at the end of the meal (Authoritarian)	78 26.0%	182 60.7%	40 13.3%
8	I monitor my children's intake of snacks .(Authoritative)	9 3.0%	41 13.7%	250 83.3%

Research Questions 2: What are child feeding practices among Yoruba mothers in Nigeria?

Table 2: Percentage Distribution of Participants' Responses

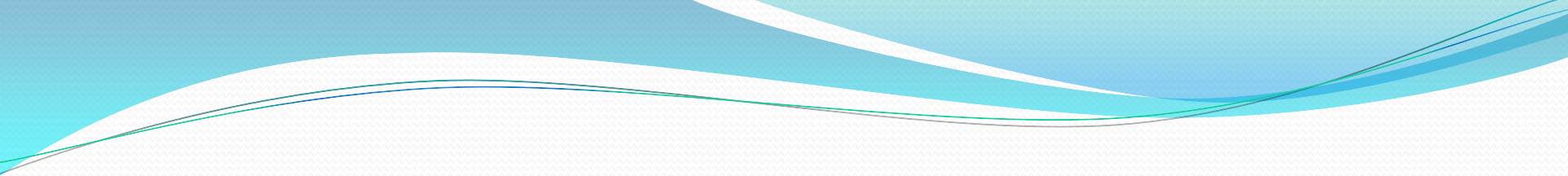
S/N	Variables	Usually F	Sometimes F	Not at all F
1	I force food down my child's throat	110 36.7%	162 7.3%	28 9.3%
2	I terrify him/her with cane for him/her to eat	106 35.3%	170 56.7%	24 8.0%
3	I do lose my temper the way he/she eats	151 50.3%	134 44.7%	15 5.0%
4	I pet him/her before he/she could eat	164 54.7%	111 37.0%	25 8.3%
5	I take time with my child when he/she is eating	104 34.7%	180 60.0%	16 5.3%
6	I do not give my child room to pick food	194 64.7%	88 29.3%	8 6.0%

7	Whatever I give my child to eat he/ she has to take it without any question	104 34.7%	172 57.3%	24 8.0%
8	I give room for my child to choose what to eat	32 10.7%	102 34.0%	166 55.3%
9	My child dares not eat meat unless he/she finishes his/her food	45 15.0%	154 51.3%	101 33.7%
10	When my child is eating, I monitor the size of morsel	37 12.3%	143 47.7%	120 40.0%
11	If my child shows reluctance to food, I will just leave him/her.	22 7.3%	165 55.0%	113 37.7%

Research Questions 3: Is there any relationship between styles and feeding practices of Yoruba Mothers?

Table 3: Correlation Matrix on Parental Styles and Feeding Practice

		Parenting styles	Child Feeding practices
Parenting Styles	Pearson Correlation	1	.486
	Sig. (2-tailed)		.001
	N	300	100
Child Feeding Practices	Pearson Correlation	.486	1
	Sig. (2-tailed)	.001	
	N	300	300

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- Table 3 shows that there is a relationship between parental styles of Yoruba mothers on the feeding practices of their children ($.001=p<0.05$)

Research Questions 4: What are the influences of parental factors on parenting styles ?

Table 4: Chi- Square Analysis of Parental Factors on Parental Styles

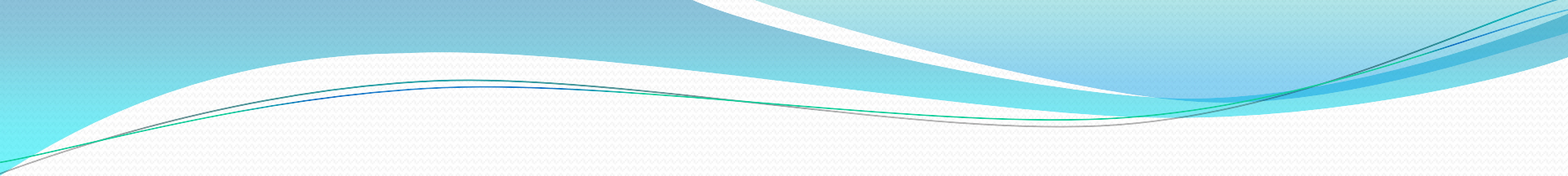
	Parental factors Variables	Chi-Square Values	Df	p- value	Decision
Parenting Styles	Mother's Age	3.938	4	.369	Not Significant
	Occupation	7.563	3	.488	Not Significant
	Educational Background	12.139	2	.269	Not Significant

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- Table 4 shows that the parental factors (age, occupation and educational background) is not significantly influencing parental styles of mothers.

Research Question 4b

Table 5 Chi Square Analysis of Parental Factors on Child Feeding Practices

	Parental factors	Chi-Square	Df	p- value	Decision
	Variable	Values			
Child's Feeding	Mother's Age	7.746	4	.406	Not Significant
	Occupation	57.189	3	.001	Significant
	Educational Background	5.432	2	.203	Not Significant

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- Table 5 shows that the age and educational background of mothers do not significantly influence child feeding practices but mothers' occupation is significant($\chi^2= 57.189;p<0.05$).

Summary of Findings

- Yoruba mothers did not monitor their children's intake of snacks.
- Yoruba mothers did not usually give their children an avenue to pick food themselves.
- parenting styles has a significant relationship with child feeding practices among Yoruba mother.
- parental factor variables have no significant influence on the parenting styles among Yoruba mother's, but parent occupation has a significant influence on child feeding

Discursion

- The findings showed that though most Yoruba parents do not monitor their children's intake of snacks they control their food intake. This tallied with Davison et. al. (2003).
- Findings also showed that parents are authoritarian in their feeding style for they do not usually give their children an avenue to pick food themselves.
- It was revealed that a significant relationship exist between parenting styles and child feeding practices among Yoruba mothers
- In table 4a of RQ 4, mother's age, occupation and educational background do not have significant influence on parenting style, while in table 4b only the mother's occupation has significant influence on child feeding

Conclusion and Recommendation

- children depend on parents for food which make parents' choices about feeding key determinants of children's eating experiences.
- Parents who establish regular mealtime routines and who engage in positive yet directive parenting practices during mealtimes have children with the best eating habits
- It is recommended that parents should utilized child-centered/ authoritative feeding style in order to shaping children eating practices.



END

- THANK YOU



