



Analysis of Children's Consumption Patterns Based on Cultural, Economic, Social and Food Access Factors in Karang Tumaritis Village, Nabire District, Central Papua

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ABSTRACT

This research aims to analyze children's consumption patterns based on cultural, economic, social and food access factors in Karang Tumaritis Village, Nabire District. A qualitative method with a case study approach was used involving 24 informants selected through purposive sampling, consisting of health workers, community leaders and parents. Data collection was carried out through in-depth interviews, participant observation and documentation. The research results show that cultural factors influence preferences for traditional foods such as sweet potatoes, cassava and river fish, economic limitations cause low quality and less varied food choices, the influence of peers and the media encourages the consumption of unhealthy snacks, and dependence on markets and limited garden space become obstacles to food access. Then, the main challenges include lack of nutritional knowledge, economic limitations, and low parental attention. Therefore, improvement strategies include serving attractive foods and nutrition education. The research recommends strengthening nutrition education, using local food, and cross-sector synergy to improve children's healthy and sustainable consumption patterns.

INTRODUCTION

The Child growth is an important indicator of the quality of life in an area which is influenced by various factors including food consumption patterns. Unbalanced consumption patterns contribute to nutritional problems which lead to growth disorders such as stunting, poor nutrition, or obesity (Herawati, 2020). In Indonesia, stunting is still a serious public health problem with long-term implications for cognitive development, economic productivity and health (WHO, 2014). The prevalence of stunting in Nabire Regency increased from 21.6% in 2021 to 22.2% in 2023 (BPS, 2023). Research by Eka et al. (2024) at the Karang Tumaritis Community Health Center found that 46.2% of 106 toddlers experienced stunting and 56.6% had poor eating behavior. Based on the Annual Report of the Nabire District Health Service, from January to November 2024, there were 18 stunted toddlers (37.5%) out of 48 toddlers in Karang Tumaritis Village (Nabire District Health Office, 2024).

Children's consumption patterns are influenced by various interrelated factors. Cultural factors determine the type of food consumed and considered beneficial or taboo for children (Sari, 2018). Economic factors, especially family income level, influence the ability to access nutritious food (Rahmadani, 2023). Family socio-economic conditions, including parental education level, make an important contribution to food choices and feeding practices (Rohman, 2019). The availability and access of food in the surrounding environment also determines the quality and diversity of food consumption (Indriani, 2020). In areas such as Nabire District, the combination of these factors creates complex challenges in meeting children's nutritional needs. Limited access to nutritious food, limited nutritional knowledge, and traditional feeding practices that do not always meet nutritional needs are obstacles in efforts to improve children's nutritional status (Amalia, 2021).

This research aims to analyze children's consumption patterns based on cultural, economic, social and food access factors in Karang Tumaritis Village, Nabire District, Central Papua Province. Specifically, the research aims to describe children's consumption patterns based on customary and cultural factors, family economic factors, and social factors.

THEORETICAL REVIEW

Ecological Model in Children's Consumption Patterns

The ecological model was developed by Bronfenbrenner (1979) and adapted for nutritional studies by Story et al. (2008) provides a comprehensive framework for understanding the factors that influence children's eating behavior and consumption patterns. The model identifies four interrelated levels of influence: the individual (biological and psychological characteristics), the social environment (family, friends, and social networks), the physical environment (availability and accessibility of food), and the macroenvironment (culture, economic status, political systems, and marketing).

In this context, children's consumption patterns are not solely determined by individual choices, but are shaped by complex interactions between various environmental factors (Contento, 2016). This ecological model is the basis for understanding how cultural, economic, social factors and food access

simultaneously influence the formation of children's eating patterns in Karang Tumaritis Village.

Food Security Theory and Nutrition Access

The concept of food security developed by FAO (2017) includes four main dimensions: availability, access, utilization and stability. This theory emphasizes that household food security does not only depend on the physical availability of food, but also the economic ability to access food, the knowledge to use it optimally, and the stability of food supplies over time (Barrett, 2010). The latest development of this theory is the concept of "food environment" proposed by Turner et al. (2018), who emphasize that food consumption behavior is influenced by the food environment around individuals, including the type of food available, price, quality and marketing. In the context of rural areas such as Karang Tumaritis Village, limited food environments can be a strong determinant in shaping children's consumption patterns.

Social Cognitive Theory and the Formation of Children's Food Preferences

Social Cognitive Theory developed by Bandura (1986) emphasizes the role of observational learning and modeling in shaping behavior. In the context of eating behavior, this theory explains how children develop food preferences through observing parents, peers, and figures in the media (Birch & Anzman, 2010). Research from Birch and Fisher (1998) shows that children's food preferences are formed through exposure (repeated exposure), associative conditioning (associating food with positive/negative experiences), and social learning (learning from role models). Patrick and Nicklas (2005) expand this understanding by emphasizing that the social environment, especially the family, forms a "food culture" that influences children's food choices, including the type, amount and time of eating.

Social Determinants of Health Theory

The Social Determinants of Health theory developed by WHO emphasizes that the social, economic and environmental conditions in which people are born, grow, live and work significantly influence their health (Marmot & Wilkinson, 2006). Research from Black et al. (2013) show that socio-economic factors, such as poverty, low education, and social inequality, have a direct impact on children's nutritional status through their influence on food availability, eating behavior, and parenting patterns. In the context of child nutrition, Coleman-Jensen et al. (2016) identified that family food security is strongly influenced by socio-economic factors, and has a direct impact on the quality and quantity of food consumed by children. This theory provides a basis for understanding how socio-economic inequality in Karang Tumaritis Village can contribute to differences in consumption patterns and nutritional status of children.

Behavior Change Theory and Nutritional Intervention

The Health Belief Model (Rosenstock, 1974) and the Theory of Planned Behavior (Ajzen, 1991) provide frameworks for understanding how interventions

can be effective in changing nutrition-related behavior. These theories explain that behavior change is influenced by perceptions of risk, perceived benefits, obstacles faced, and self-efficacy in making changes. Contento (2016) developed an integrated nutrition intervention model, emphasizing the importance of a multilevel approach that not only targets individual knowledge but also changes the environment to support healthy behavior. Thaler and Sunstein's (2008) concept of "nudge theory" adds a new dimension to nutritional interventions by emphasizing the importance of environmental changes to encourage healthier food choices without eliminating individual freedom of choice. This theoretical framework provides a basis for understanding the complexity of factors that influence children's consumption patterns in Karang Tumaritis Village and developing effective interventions in improving children's nutritional status.

METHODOLOGY

This research uses a qualitative approach with a case study method to understand in depth children's consumption patterns based on cultural, economic, social and food access factors. The research location is in the working area of the Karang Tumaritis Community Health Center, Karang Tumaritis Village, Nabire District, Central Papua Province, carried out in March-April 2025.

The research informants were selected using purposive sampling, totaling 24 people consisting of key informants (nutrition officers and Heads of Community Health Centers), main informants (Village Heads and Tribal Heads), and supporting informants (mothers of toddlers and husbands). The criteria for supporting informants are mothers who have children aged 12-59 months who live in the working area of the Karang Tumaritis Health Center.

Data collection was carried out through three methods: (1) in-depth interviews with semi-structured guidelines; (2) participatory observation of family consumption patterns and environmental conditions; and (3) documentation from reports from the Puskesmas and related agencies. All interviews were recorded with the informant's consent and transcribed verbatim for analysis.

Data analysis uses the thematic analysis method with the steps: (1) transcription of interview data; (2) coding data to identify main themes; (3) categorization and thematization based on factors that influence consumption patterns; (4) interpretation and triangulation of data from various sources; and (5) preparation of research results and conclusions. To ensure the validity and credibility of the data, source triangulation, method triangulation, and member checking were used.

RESEARCH RESULTS

Informant Characteristics

The characteristics of the informants varied in terms of age, education and occupation. The key informants consisted of a nutrition officer (40 years) and the Head of the Community Health Center (45 years) with bachelor's and master's degrees. The main informants include the Village Head (55 years old, high school) and the Tribal Head (68 years old, not finished elementary school). The majority of supporting informants are housewives with an age range of 25-39

years and educational levels vary from no school to high school. The diversity of informant backgrounds provides a comprehensive perspective on the issues studied.

Children's Consumption Patterns Based on Customary and Cultural Factors

The results of the interviews revealed that local customs and culture play an important role in shaping children's consumption patterns in Karang Tumaritis Village. The traditional leader stated: "In our tradition, children from childhood are given food from nature such as sweet potatoes, cassava and river fish. That is what makes them strong." Traditional food is considered part of a child's cultural heritage and a source of physical strength. This is supported by another informant's statement: "Some families still choose foods such as sago, sweet potatoes and local side dishes because that is what they have known from the past." Eating habits passed down from generation to generation are still widely practiced, especially in families that maintain traditional lifestyles. The choice of local food is not only due to limited access, but also because of internalized beliefs in culture.

Children's Consumption Patterns Based on Family Economic Factors

Family economic factors are the main determinant in shaping children's consumption patterns. Three quotes from informants show consistent views about economic challenges that have a direct impact on the quality and diversity of food:

"Sometimes it's difficult to buy side dishes every day, so it's just rice and vegetables or salted fish. Economy is very influential, often eating as little as possible because there is not enough money. The average family has a low economic background, it is difficult to buy a variety of food."

Families with limited incomes tend to provide cheap food such as rice, simple vegetables or simple side dishes. The inability to buy a variety of foodstuffs, especially animal protein sources and fruit, indicates a potential nutritional gap in children.

Children's Consumption Patterns Based on Social Factors

Social factors, especially the influence of the social environment and the media, greatly influence children's consumption patterns. One informant stated: "My child likes snacks because he sees his friends snacking too, so I sometimes follow suit." This reflects how social encouragement from the peer environment influences parental decisions. Another informant added, "Children often imitate their friends in eating snacks, especially those who live near the center of the village." It emphasizes that geographical proximity to centers of social activity has an impact on children's consumption preferences.

Food Availability in the Family

Food availability is influenced by access to food sources and economic conditions. "Not all families have gardens, so they depend on the market, which is sometimes expensive." It indicate dependence on the market as a challenge for families without land to farm. Another informant emphasized: "We only eat what is available from the garden, sometimes when we go to the market we can't afford it," reflecting limited purchasing power and attachment to what the garden produces.

Challenges in Meeting Children's Nutritional Needs

Meeting children's nutritional needs faces multidimensional challenges. "Children sometimes have difficulty eating, especially when they are teething. I try to find ways to keep them eating," describing the technical difficulties in ensuring children's nutritional intake. Health workers emphasized: "The main challenges are lack of knowledge and costs, so children's nutrition is not adequate." It indicate that ignorance about nutrition and financial limitations are the main causes of inadequate nutrition for children.

Strategy to Improve Children's Consumption Patterns

Society implements various adaptive strategies to improve children's consumption patterns. "I make food that looks cute, so that children are interested and want to eat vegetables," reflecting a visual-emotional approach to increase children's interest in healthy food. Another strategy is setting a feeding rhythm: "I feed little but often, so that the child doesn't get bored and remains enthusiastic about eating." Meanwhile, the role of the community is also important. They encourage interesting nutrition education and counseling for parents and children, showing the importance of sustainable nutrition education as a collective strategy.

The Role of Community Health Centers in Improving Children's Consumption Patterns

Karang Tumaritis Community Health Center plays an important role through promotive and preventive services, even though it is faced with limitations. "Usually we can only provide counseling at posyandu, if there are biscuits or milk from the program, we give them." It indicates that nutritional interventions are still incidental and depend on the particular program. Another informant emphasized the importance of collaboration. The nutrition program is already running, but it needs cross-sector collaboration to make it more effective. The partnership with the village government is also well established. As informant states they often collaborate with the Puskesmas for posyandu and counseling activities. It highlights that there is synergy between the Puskesmas and the village government structure in reaching the community.

DISCUSSION

Customary and Cultural Factors in Children's Consumption Patterns

Customary and cultural factors have a significant influence on children's consumption patterns in Karang Tumaritis Village, where traditional food choices

such as sweet potatoes, cassava, river fish and sago are part of cultural identity. This finding is consistent with research by Mulyani et al. (2022) in Ende Regency, NTT, who found that local beliefs regarding certain types of food are still widely practiced and have an impact on children's nutritional intake.

Puspitasari and Wulandari (2023) also found that the use of local culture-based foods such as cassava and river fish remains dominant in children's consumption patterns in inland areas of Central Kalimantan, even when there is access to modern food. This confirms that cultural values passed down from generation to generation shape food preferences, as was also found by Rahmawati et al. (2024) in West Papua, where traditional food is more trusted because it is considered more natural and safe according to ancestral habits.

An important implication of these findings is the need for a culture-based approach in nutrition interventions. Programs that respect local wisdom and strengthen the use of nutritious traditional food will be more acceptable and have the potential to have a long-term impact on improving the nutritional status of children in the area.

Economic Factors in Children's Consumption Patterns

Family economic conditions are the main determinant in shaping children's consumption patterns in Karang Tumaritis. Economic limitations cause families to tend to choose cheap and less nutritious food, such as rice with simple side dishes. This finding is in line with research by Dewi et al. (2023) who found that low-income families in Jakarta have consumption patterns that are dominated by carbohydrates with limited animal protein.

Drewnowski et al. (2010) emphasized that families with lower incomes are often forced to choose cheap food that is not always nutritious. Furthermore, Lin et al. (2012) proves that a less nutritious diet in families with low socioeconomic status can cause deficiencies in micronutrients such as iron, vitamin A and zinc, which have implications for stunted growth and less than optimal cognitive development.

The findings of this research underscore the importance of economic-based interventions in child nutrition programs, such as nutritious food subsidies, conditional direct cash assistance, or family economic training to increase the ability to access nutritious food. An approach that only focuses on education without improving economic access will be less effective in improving children's nutritional status.

Social Factors in Children's Consumption Patterns

The influence of the social environment, especially peers and the media, plays a significant role in shaping children's food preferences in Karang Tumaritis Village. Children tend to imitate their friends in choosing snacks, and parents often give in to please their children. This is consistent with research by Prasetya and Oktaviani (2022) which found that peer factors greatly influence children's food preferences in Sleman Regency, especially in the school environment.

Research by Dewi et al. (2023) emphasized that exposure to social media and television plays a major role in increasing fast food consumption in school-

aged children. Children who often watch advertisements for foods high in sugar and fat have a higher tendency to choose these foods. Wulandari and Setiawan (2024) also found that young children begin to develop eating preferences based on what the social groups around them consume.

These findings emphasize that nutritional interventions need to consider the child's social context. Approaches that target only individuals will be less effective than comprehensive interventions involving communities, schools, and the media. Regulation of snacks in schools, promotion of healthy food through the media, and peer group education are important strategies for changing children's food preferences in a healthier direction.

Food Availability in the Family

Food availability in households in Karang Tumaritis Subdistrict is greatly influenced by land ownership and access to markets. Dependence on markets as the main source of food is a challenge for landless families, while limited purchasing power limits the diversity of foods that can be accessed. This finding is in line with research by Rachmawati et al. (2023) which shows that household food security is strongly correlated with the existence of productive land and the ability to manage garden products. Nurlaela and Siregar (2022) found that families with high dependence on markets in poor urban areas of Jakarta face a greater risk of a nutritional crisis when food prices increase. Supriyadi et al. (2024) also identified that family food diversity in Papua is low because access to markets is difficult and agricultural products are not diverse.

The implication of these findings is the importance of programs to increase family food security, such as developing family gardens, supporting small-scale agricultural technology, and market interventions that support access to nutritious food for low-income communities. Programs like this can improve food availability and diversity at the household level, which in turn will have a positive impact on children's nutritional status.

Challenges in Meeting Children's Nutritional Needs

The challenges of fulfilling children's nutrition in Karang Tumaritis Subdistrict are multidimensional, including technical difficulties in feeding, low nutritional knowledge, economic limitations, and lack of parental attention. The complexity of this challenge is in line with research by Marlina et al. (2022) who found that low maternal nutritional literacy and misperceptions of children's food needs were the main obstacles to fulfilling nutrition in Sigi Regency.

Susanto and Liana (2023) revealed that mothers with low levels of education tend not to know the importance of animal protein in children's growth and development. Meanwhile, Fauziah and Salim (2024) found that busy working parents and shifting care to other family members were risk factors for chronic malnutrition in children.

These findings emphasize that nutritional interventions need to be holistic, not only targeting maternal knowledge but also involving the entire family and social support system. Psychosocial support programs for families, practical nutrition education tailored to economic conditions, and empowering health cadres as family companions are important strategies to overcome this challenge.

Strategy to Improve Children's Consumption Patterns

The community in Karang Tumaritis Subdistrict has developed various adaptive strategies to improve children's consumption patterns, such as presenting food in an attractive manner, feeding more frequently, and participating in nutrition education. This strategy is in line with research by Hapsari et al. (2022) which shows that serving food in cute shapes and bright colors significantly increases vegetable consumption in young children.

Widyastuti and Azhar (2023) also found that giving small but frequent feedings helped increase energy and protein intake in picky toddlers. Meanwhile, Maulida and Karsono (2024) emphasized that the success of nutrition education programs is largely determined by community involvement and an extension style that is adapted to local characteristics.

These findings indicate that local strategies that have been developed by communities have a strong scientific basis and have the potential to be effective if strengthened through program support. An approach that supports this local strategy with training, educational media, and strengthening posyandu will be more sustainable than external interventions that do not take into account local wisdom and community capacity.

The Role of Community Health Centers in Improving Children's Consumption Patterns

Karang Tumaritis Community Health Center plays an important role in improving child nutrition, especially through posyandu activities and counseling, although it still faces constraints on resources and program continuity. These results are consistent with the research of Oktarina et al. (2023) which shows that the success of nutrition programs is very dependent on the consistency of posyandu implementation and support from health cadres.

Nuraini and Hasan (2022) underline the importance of cross-sector coordination between community health centers, villages and social services in expanding the reach of nutrition education. Ramadhani et al. (2024) also found that the success of the program to increase children's food consumption was influenced by the activeness of health workers in household-based education.

The findings of this research emphasize the importance of strengthening the capacity of community health centers in the context of human resources, educational media, and monitoring systems to ensure the long-term success of nutrition programs. Collaboration between community health centers, village governments and community leaders is key in building sustainable nutrition interventions that reach all levels of society.

CONCLUSIONS AND RECOMMENDATIONS

Children's consumption patterns in Karang Tumaritis Village are influenced by a complexity of interrelated factors. Cultural factors maintain the presence of traditional foods such as sweet potatoes, cassava and river fish in children's diets. Economic factors limit families' access to nutritious and varied food, which has an impact on the quality of children's nutritional intake. Social

factors, especially the influence of peers and the media, encourage the consumption of unhealthy snacks and fast food.

Availability of food in the family is still a challenge due to limited land ownership and purchasing power, creating dependence on markets that are vulnerable to price fluctuations. The main challenges in fulfilling children's nutrition include technical difficulties when feeding, low nutritional knowledge, economic limitations, and lack of parental attention.

The community has developed adaptive strategies such as serving attractive foods, providing regular but flexible feeding patterns, and participating in nutrition education. Puskesmas play an important role through posyandu and counseling, but their effectiveness is limited by the availability of resources and program continuity.

Based on research findings, several intervention strategies are recommended. For Community Health Centers: Increasing the intensity and reach of nutrition education through various approaches (posyandu, home visits, and local media); strengthening cross-sector collaboration; and developing educational media that is contextual to local culture. For Regional Government: Support programs to increase family food security through the development of family gardens; promote nutritious traditional foods as part of cultural identity; and facilitating affordable market access for nutritious food. For Families: Increase awareness and knowledge about balanced nutrition; apply creative strategies in serving children's food; and limiting consumption of unhealthy snacks with healthy food alternatives based on local food. It is hoped that the implementation of these recommendations can contribute to improving children's consumption patterns and reducing the prevalence of stunting in Karang Tumaritis Village on a sustainable basis.

FURTHER STUDY

This study has several limitations that need to be noted. A qualitative approach with a limited number of informants (24 people) and a focus on one subdistrict limits the generalization of findings to a wider context. In addition, data collection in a relatively short period of time (two months) cannot fully capture the dynamics of changes in consumption patterns throughout the year which may be influenced by the harvest season or fluctuations in food prices. Other factors such as the influence of information technology and the transformation of traditional foods have not been explored in depth. For future research, it is recommended to use mixed methods which combine a qualitative approach with quantitative anthropometric and food intake measurements to assess the direct impact of consumption patterns on nutritional status. Longitudinal research with long-term observations is also needed to understand changes in consumption patterns over time as well as the effectiveness of interventions. In addition, comparative studies between several regions with different socio-cultural characteristics in Central Papua can provide a more comprehensive understanding of contextual influences on children's consumption patterns.

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