

Parental Restriction and Children's Appetitive Traits: A Study Among Children Aged 5-11 Years Old in Dubai Private Schools

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Abstract : This study explores associations between parental restriction and children's appetitive traits, putting to test the hypothesis that parental 'restriction' is associated with having a child with stronger food approach tendencies (food enjoyment (FE) and food over-responsiveness (FR)). The participants, from 55 nationalities, targeting 1081 parents of 5- to 11-year-old children from 7 private schools in Dubai, UAE, who completed self-reported questionnaires over the 2011-2012 school year. The questionnaire has been a tailored amalgamation of CEBQ and CFQ in order to measure the children's appetitive traits and parental restriction, respectively. The findings of this quantitative, descriptive, cross-sectional analysis confirmed the hypothesis in that 'parental restriction' was positively associated with child food responsiveness (r , 0.183), food enjoyment (r , 0.102). To conclude, as far as the figures depict, the parents controlling their children's food intake would seemingly a reverse impact on their eating behaviour in the short term.

Keywords : parental restriction, children, eating behaviour, schools in Dubai

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