



Current Research in Education: Conference Series Journal

Journal homepage: <https://ejournal.upi.edu/index.php/crecs>



Is Consuming Junk Food Good for Children Aged 3-6 Years? Systematic Literature Review

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ABSTRACT

The growth period of children requires special attention with the increasing innovation of various junk foods that are easy to find. The purpose of this research is to provide insight to parents about the effects of excessive consumption of junk food on children and parents' efforts to minimise the effects of junk food. This study uses literature review, so that the SLR data collection is carried out by identifying, evaluating, and interpreting all research results that are relevant to certain topics to answer questions from the research. The results of this research raises three main themes, namely the image of consumption of junk food, the impact of consumption of junk food on children's health and the efforts of parents in the growth and development of children by reducing junk food. Each of these themes will be discussed in detail in this article. Thus, related to research on junk food being good for children aged 3-6 years, parents have responded that there are many impacts that are not good for children's development. The implications of the research results can be used as information for parents about the dangers of junk food on children's health and parents can prevent them from consuming it excessively.

ARTICLE INFO

Article History:

Submitted/Received 02 Nov 2023

First Revised 15 Jan 2024

Accepted 01 Mar 2024

First Available online 01 May 2024

Publication Date 01 Aug 2024

Keywords:

Child growth,

Child health,

Consumption of junk food.

1. INTRODUCTION

Junk food consumption is currently showing an adverse impact on health, especially for young children who are in their growth period. One piece of evidence is the increase in obesity rates in children aged 0-7 years in China, which has reached 6%. The number of obese children can be expected to increase to 6.64 million in 2030 (Romadona et al., 2021). Junk food consumption in Indonesia itself, specifically in the city of Bandung, as many as 52.6% of school students consume junk food with a frequency of more than 5 times per day. Meanwhile, 47.4% consume junk food more than twice a day (Siregar & Siagian, 2023). This can happen because a number of fast food restaurants have become popular in various places, in the city of Bandung there are 236 fast food restaurants that sell various types of junk food (Romadona et al., 2021). Based on this data, obesity is caused by excessive junk food.

Junk food means food that is low in nutrition. Lack of nutrition in junk food can affect a child's educational intelligence level. Junk food is high in MSG (monosodium glutamate), salt, sugar, saturated fat, dyes including tartrazine and chemicals that are not good for intelligence if consumed excessively (Rahayu & Munastiwi, 2019). However, in other words, all types of food containing minimal nutrition, such as snacks, canned food and dishes that are reheated repeatedly, can be categorised as junk food. One of the causes of obesity itself is consuming excessive amounts of junk food so that the child's growth process is less than optimal. Lack of nutrients in junk food can cause problems or disruption in education, including weakening children's intelligence.

Apart from that, social media is considered quite developed in Indonesia and has the opportunity to be used as a marketing place for business people who want to market their products/services. Social media is the most important part of a larger and more complete sales, service, communication and marketing strategy that reflects and adapts to the market and the people who interpret it (Fahmi et al., 2019). Social media is the most influential marketing tool that has evolved in a shorter time period and has thousands of connections exposed to marketing activities regardless of time, borders or region. This can increase interest in consuming junk food, one of which is the availability of delivery services which offer an effective way for those who are busy working or similar, making it easier for people to obtain junk food. Selling junk food through advertising on social media plays a major role in increasing consumption of junk food among consumers, especially teenagers and children. According to the American Institute of Medicine, children aged 2 to 11 years tend to buy junk food due to advertisements they see through various electronic media. Seeing this, is junk food good for children's health? Of course, if you look at the impacts, there are definitely positive and negative impacts. Like the positive impact of junk food itself, parents don't have to bother preparing breakfast for their children, the packaging can attract children's interest, the taste is delicious and can optimise the brain for children's growth and development. Then there are negative impacts for children who consume a lot of junk food, namely obesity, depression, digestive disorders, heart disease, stroke, cancer and diabetes if they consume it excessively. Behind all its pleasures, it is certain that junk food can increase health risks.

By using this literature study, the research will try to comprehensively analyse existing research related to the impact of junk food on children's development. The novelty of this analysis is that it allows the discovery that consumption of junk food has shown an unhealthy impact on children's growth. The main contribution of this research is to inform the public, especially parents, that consuming excessive amounts of junk food will have a

bad impact on children's growth, causing children to become obese. Based on the description above, the objectives of the research results on junk food consumption have been widely implemented, however, junk consumption on the health of early childhood is still minimally implemented. Start typing the body of your article here. Papers will outline the issue addressed and research questions.

2. METHODS

This research uses a systematic literature review in which SLR research is carried out by identifying, evaluating, and interpreting all research results that are relevant to certain topics to answer the research questions (Torres-Carrion et al., 2018). This systematic literature review method aims to find strategies that will help overcome the problems being faced and to identify different perspectives regarding the problem to be researched.

The data source for this research comes from research articles published in Indonesian language journals about whether junk food consumption in early childhood is good or not? obtained through an electronic database, namely Google Scholar, with a publication period from 2013 to 2023. The keywords used for the search were "Junk Food Consumption", and "The Impact of Junk Food on Children", as well as a combination of the following terms, "Junk Food Consumption Regarding Child Development", "The Cause of Obesity Begins with Junk Food Consumption" and "Parents' Perspectives Regarding Junk Food and Its Impact on Children's Health, Cognitive Function and Behavioral Problems".

The research was carried out with the aim of seeing various views on how important it is to maintain health, especially in eating patterns that come from processed or junk food and to support further research. Therefore, this research presents various aspects, namely the type and author of the research which includes location, year of publication, journal. The methods used, theories regarding junk food consumption and research results. Finally, the research explains why this review is important for further research and how research on junk food consumption in children is good and can contribute to the topic of good junk food consumption in children aged 3-6 years?

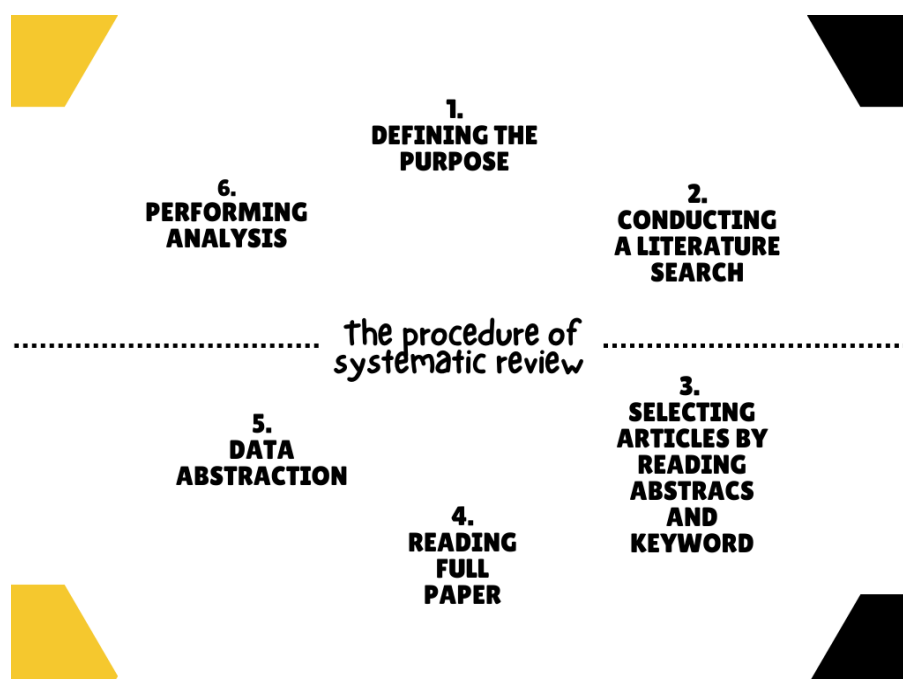


Figure 1. Systematic literature review procedure.

Based on Figure 1, the steps of the systematic review procedure, the process of preparing this article begins with the steps (1) defining the objectives to be discussed; (2) conduct a literature search; (3) selecting articles by reading the abstract and keywords; (4) read the full paper; (5) data abstraction; (6) carry out data analysis. The data analysis technique is thematic analysis using a method to analyse qualitative data which involves reading through a set of data and looking for patterns of meaning in the data to find themes.

3. RESULTS AND DISCUSSION

Based on the results of the literature search, the research results table below was obtained can be seen in table 1:

Tabel 1. Results of the literature.

Researcher and Year	Title	Research Result
1 Anshari, Z. (2019)	Description of Students' Knowledge, Attitudes and Actions Regarding Fast Food at Mts Al-Manar Medan	The results presented by the researchers were 69 respondents aged at most 14 years were 26 respondents (37.7%), the results showed that the majority of respondents had good knowledge about fast food, namely as many as 33 people (47.8%), the majority of respondents had a good attitude towards fast food (Fast Food), namely 38 people (55.1%), the majority of respondents had a frequent consumption frequency of fast food (Fast Food).) as many as 41 people (59.4%), Most of the respondents, namely 33 people (47.8%) had good knowledge, there were 20 people (29.0%) who frequently consumed fast food. Then of the 38 people (55.1%) who had a good attitude towards fast food, there were 25 people (36.2%) who frequently consume fast food. To reduce the impact of fast food, respondents should balance it with foods high in fiber such as vegetables and fruit, and exercising regularly.
2 Bains, A., and Rashid, M.A. (2013)	Junk food and heart disease	The results obtained by researchers are that most doctors are aware that consumption of junk food is associated with early heart disease. It can be explained that this relationship is influenced by low saturation in food which can increase the risk of obesity
3 Fahmi, M., Arif, M., Farisi, S., and Purnama, N. I. (2019)	The Role of Brand Image in Mediating the Influence of Social Media Marketing on Repeat Purchases at Fast-Food Restaurants in Medan City.	The results obtained from researchers are that social media marketing significantly influences brand image; brand image significantly influences repeat purchases; and, social media marketing significantly influences repeat purchases. Apart from that, social media marketing has been proven to have no significant effect on repeat purchases through brand image as a mediator

Researcher and Year	Title	Research Result
4 Karmilasari, K., Rahman, M. A., and Suriah, S. (2022).	Factors Associated with Junk Food Consumption Behavior in Toddlers (Preschool)	The results of this study show that the majority of toddlers (preschoolers) consume junk food frequently, 51 people (57.3%).
5 Martony, O. (2020).	Junk Food Favorite Foods and Their Impact on the Growth and Development of Children and Adolescents	The results showed that more teenagers studying in private schools skipped breakfast than those studying in public schools. This is most likely related to the early start times of private schools. Mass media has been found to be an influential factor influencing children's food choices. The study found that 45.7 percent of teens go out to dinner at least once a week. Even eating out is closely linked to fast food consumption. Teenagers who go out for dinner are twice as likely to consume junk food.
6 Rahayu, N., and Munastiwi, E. (2019).	Healthy Food Management in PAUD. Golden Age	The results of the research show that the management of healthy food at TKIT Al-Khairaat has been implemented well including: planning, organizing, implementing, and supervising, the advantages of healthy food management at TKIT Al-Khairaat include: a proper kitchen, a comfortable dining room, and suitable cutlery. The shortcomings of healthy food management at TKIT Al-Khairaat are that the food menu is less varied and there is no nutritionist. The impact of lunch management on students at TKIT Al-Khairaat consists of: direct and indirect impacts
7 Romadona, N. F., Aini, S. N., and Gustiana, A. D. (2021)	Parents' Perceptions Regarding Junk Food and Its Impact on Children's Health, Cognitive Function, and Behavioral Problems	The results and discussion show that children's consumption of junk food is quite high, namely 5-10 times per week. Parents' perceptions regarding the impact of junk food on health result in infectious diseases such as diarrhea and ARI.
8 Tanjaya, D., and Anggrianto, C. (2021).	Eating Out Trends, Cooking Activities, and Their Relationship in Supporting a Healthy Lifestyle	The results of the research show that the habit of eating out has many negative impacts, especially on health, with a lack of nutrients needed by the body and the amount of energy as well as the content of sodium, fat and other dangerous substances.

The results of data analysis show that there are three themes resulting from data collection. The three themes are images of junk food consumption, the impact of junk food

on health and parents' efforts to reduce junk food consumption. Each theme will be explained in **Table 2**.

Table 2. Table of images of junk food consumption.

Child's Name	Types of Junk Food	Weekly Consumption Frequency	Category
Shofiya	Sausage	2	43,6%
	Nuggets	2	
	Fried chicken	3	
Ikram	Nuggets	1	32,4%
	Fried chicken	2	
	Sausage	3	
	French fries	4	
Zahra	Nuggets	1	24%
	Fried chicken	2	
	French fries	2	

Based on table 1 of the findings (Anshari, 2019), there is a suitable reason that people eat junk food because the appearance and taste are popular with children. Teenagers and parents will see junk food as the main alternative in serving food, apart from the appearance of junk food, this has become a habit for parents to prepare their children's food when they are busy with activities outside the home. Researchers added findings from previous studies which revealed that hunger and temptation were reasons for eating junk food (Rosidin et al., 2019). The results of this research can be summarised in table 2 which provides findings regarding whether these reasons are appropriate for children and the type of food consumed by children has a significant impact on development, including aspects of intelligence. In the first column it shows that the child (Shofiya) consumes fried chicken more often in 3 weeks with a frequency of 43.6%, then in the second column the child (Ikram) more often consumes fried potatoes which have high carbohydrate content with consumption 4 in frequency per week so the data obtained shows 32.4% and finally (Zahra) obtained quite good data, namely 24% compared to the others. Therefore, it is very important for parents to pay attention to children's nutritional intake, monitor them and avoid giving them too much junk food.

3.1 The Impact of Fast Food on Children's Health

Fast food has a practical service, but behind that there is a negative impact on children's health, especially during their growth period, if they consume too much of it. Parents need to pay attention to the child's growth period so that it does not cause side effects that can cause the child to be late in his development. One of them is a body weight that is less than ideal for the child's age, as said by Dr. Octaviany from KlikDokter, the high sugar and salt content in junk food can increase the risk of obesity or above normal body weight. "Increasing body weight is one of the biggest impacts of the habit of eating junk food. "This is because fast food has a high sugar and salt content and does not provide any form of nutrition," he said. Excess weight or obesity in children can occur due to congenital disease or be acquired from excessive energy intake. The main factors causing overweight and

obesity are environmental factors that occur through an imbalance between diet, eating behaviour, physical activity and lifestyle changes.

Then, based on the results of previous findings, researchers found problems related to the impact of junk food on other health such as infectious diseases, stomach aches, colds, flu, dental caries and coughs. As stated by (Bains & Rashid, 2013), parents are actually aware that their children are more at risk of various diseases such as stomach aches and tooth decay due to consuming junk food.

Efforts that can be made by parents to prevent obesity or lack of stimulation during their growth period are children are given an explanation of the impacts that can be caused by consuming junk food, the impact given is better on physical health. Information about healthy and unhealthy foods such as junk food is important to teach children to become a healthy generation. Getting into the habit of consuming healthy food can have a positive impact as an adult. Meanwhile, unhealthy and balanced food threatens children's health (Rosidin et al., 2019). Therefore, when giving advice to children about the dangers of junk food, it is necessary to use sentences that are simple and easy for children to understand (Tanjaya & Anggrianto, 2021). This simple sentence will have a good impact on children's growth and development and can be understood by children when they receive advice from their parents.

Second, get children used to consuming fruit and vegetables, this is to maintain body health and children's growth and development will develop well. Third, cook healthy food such as cooking vegetables that contain lots of vitamins to maintain the body's immune system and finally limit consumption of junk food, although sometimes it is difficult to control children's food intake because children will cry and often refuse to eat if they are not given junk food (Karmilasari et al., 2022) this needs to be taken into account so that parents can find ways so that their children do not refuse to eat fruit or vegetables that contain vitamins for children's growth and development.

4. CONCLUSION

Based on the findings, can be conclude that parents understand the negative impact of junk food on their children's growth period, but parents do not know how to prevent children from consuming junk food frequently. However, they still balance giving junk food with healthy food by cooking their own food and paying attention to giving fruit and vegetables to their children. The implications of the results of this research can be used as additional information for parents about the dangers of giving junk food to children. Future research can also pay attention to the weaknesses of this research to deepen the findings of previous researchers. The author would like to express his thanks to the Early Childhood Teacher Education Study Program, Indonesian Education University, which has provided the author with the opportunity to carry out and explore the problem of junk food in early childhood.

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