

Sundanese Dining Etiquette as a Medium for Character and Moral Development in Children: Parental Contributions

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Abstrak

Kurangnya perhatian terhadap pembiasaan tata krama dalam kehidupan sehari-hari dapat memengaruhi pembentukan karakter dan kecerdasan moral anak. Tata krama makan budaya Sunda merupakan warisan budaya yang dapat menjadi media untuk menanamkan nilai moral dan membangun karakter generasi muda. Penelitian ini bertujuan untuk menganalisis peran orang tua dalam menanamkan tata krama makan budaya Sunda untuk mencapai kecerdasan moral anak. Metode penelitian yang digunakan adalah *Systematic Literature Review (SLR)* dengan penelusuran literatur pada basis data elektronik, yaitu *Google Scholar*, *ERIC*, dan *Taylor and Francis*. Sebanyak 30 artikel relevan dianalisis secara tematik, kemudian disajikan dalam bentuk tabel dan analisis naratif. Hasil penelitian menunjukkan bahwa orang tua memegang peranan penting sebagai pendidik, panutan, dan pengawas dalam membantu anak mencapai kecerdasan moral. Tahapan yang dicapai anak meliputi *moral knowing*, *moral feeling*, dan *moral action*. Pembiasaan tata krama makan budaya Sunda melalui kerja sama yang kuat antara ibu dan ayah berdampak positif terhadap pembentukan karakter anak, seperti kemandirian, kedisiplinan, dan kesantunan. Simpulan dari penelitian ini adalah peran aktif orang tua dalam membimbing dan mengawasi anak pada setiap tahapan perkembangan moral sangat diperlukan untuk mencapai kecerdasan moral. Perluasan cakupan literatur dapat dilakukan untuk mengeksplorasi budaya lokal lainnya sebagai alternatif dalam pembentukan kecerdasan moral anak.

Kata Kunci: Karakter, Etika Makan Sunda, Kecerdasan Moral, Kontribusi Orang Tua

Abstract

The lack of attention to instilling proper etiquette in daily life can affect the development of children's character and moral intelligence. Sundanese dining etiquette, as a cultural heritage, serves as a medium to instill moral values and build the character of younger generations. This study aims to analyze the role of parents in instilling Sundanese dining etiquette to achieve children's moral intelligence. The research method employed is a *Systematic Literature Review (SLR)* by conducting a literature search on electronic databases, including *Google Scholar*, *ERIC*, and *Taylor and Francis*. A total of 30 relevant articles were thematically analyzed and presented in tables and narrative analysis. The findings reveal that parents play a crucial role as educators, role models, and supervisors in supporting children to achieve moral intelligence. The stages children experience include *moral knowing*, *moral feeling*, and *moral action*. The habituation of Sundanese dining etiquette, through strong collaboration between mothers and fathers, positively impacts children's character formation, such as independence, discipline, and politeness. This study concludes that parents' active roles in guiding and supervising their children during each stage of moral development are essential for achieving moral intelligence. Expanding the scope of literature is recommended to explore other local cultures as alternatives for fostering children's moral intelligence.

Keywords: Character, Sundanese Dining Etiquette, Moral Intelligence, Parental Contributions

1. INTRODUCTION

Moral intelligence is the center of human intelligence that refers to social knowledge and is related to goodness and universal values in society. Not only limited to moral knowledge, moral intelligence is also related to moral feelings and moral actions (Auliya et al., 2021; Huerta et al., 2018). By having moral intelligence, children will be able to behave politely according to the norms that apply in society and will be carried over into adulthood (Andarwulan et al., 2021; Tabroni & Suarni, 2022), so it is important for early childhood to have moral intelligence in order to understand and determine what is right and wrong. Moral intelligence needs to be built early on through the help of the family, especially the role of parents in setting examples, guiding, and explaining moral values.

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The role of parents in optimizing children's moral intelligence is very important, children get direct experience from interactions with both parents. With the role of parents, children will get education about ethics, religious foundations, morality and other good habits (Fauzi et al., 2021; Rachmad et al., 2023). Teaching ethics, especially table manners to children, is not only teaching the value of politeness, table manners are manners as a form of respecting sustenance. Children need to be taught to read prayers before and after eating, eat using the right hand, not leave food, and other table manners according to the culture that applies in society, one of which is Sundanese table manners (Thambu, 2017; Yuliana et al., 2023).

Parents in the Sundanese tribe emphasize the value of politeness in everyday life. Referring to the phrase "*Silih Asah, Silih Asih, Silih Asuh*" Sundanese culture teaches the principles of mutual respect, mutual love, and mutual help. In the context of dining etiquette, parents play a role in teaching politeness when eating, such as not speaking loudly while eating, prioritizing older people, and eating together with great intimacy (Kaliannan & Chandran, 2010; Mahesa et al., 2022). This habit teaches moral values, that small actions taken can reflect an attitude of respect for others. Parents in the Sundanese tribe teach dining etiquette to their children from an early age, so that it becomes a real form of the role of parents in shaping the character of children so that they have social sensitivity and empathy for their environment (Azzahra & Fakhruddin, 2021; Sunaryo & Fauziati, 2023). Children's moral intelligence is not limited to moral knowledge, parents must guide children to think and behave morally through the habit of Sundanese cultural dining ethics. This finding needs to be studied because it concerns the welfare of children related to moral intelligence, especially regarding the extent of the capacity to think, feel, and behave morally in Sundanese cultural dining ethics and the benefits for parents in how to instill it (Nurjanah et al., 2022; Yosepty, 2022).

Ideally, in Sundanese cultural dining etiquette, parents should teach children to read prayers first before and after eating, sitting position when eating is sitting with legs folded, not leaving food, and not eating while talking (Ayatrohaedi et al., 1989; Risdayah et al., 2021). However, the facts in the field do not match. Based on several previous studies, parents sometimes forget to instill the habit of reading prayers there is physical activity when eating such as eating while running around, watching TV, to eating while lying face down. It is not uncommon for children to be picky eaters to emotional disorders in avoiding food (Green et al., 2015; Kosaka et al., 2023; Sağlam & Ünal, 2019).

Previous studies have discussed the role of parents and children's moral intelligence, but tend to focus on general values without considering the specifics of a region such as Sundanese culture. Studies on the role of parents in instilling eating ethics in a region are also rare. Usually, research only discusses cultural principles and values, without explaining in detail the application of these values. The urgency of this study is to use a Systematic Literature Review to achieve a comprehensive understanding. This method collects various data from books and scientific journals (Habsy, 2017; Lame, 2019), to explore the core of the discussion in depth and identify variables that have not been widely studied (Andriani, 2022; Xiao & Watson, 2019). This systematic review allows for global and local comparisons so that the research results become a new contribution.

The novelty of this analysis found that eating habits reflect behavior, so parents need to introduce eating etiquette according to their regional culture such as Sundanese culture. The role of parents is not only to teach eating etiquette, but to ensure every stage of children's moral development, such as moral knowing, moral feeling, and moral action through daily activities. The contribution of this study provides a guide for parents to accompany children to achieve moral intelligence through eating etiquette, and a description of the stages of moral development according to Thomas Lickona's theory. Referring to this

theory, children will have a consistent character and act without coercion. This study offers a new perspective on the role of parents in parenting, enriching pedagogical discourse, and improving the quality of children’s character in eating etiquette. The aim is to examine the role of parents in children’s moral intelligence through SLR in Sundanese eating culture.

2. METHODS

This study uses a qualitative methodology, through a systematic literature review to investigate the role of parents in improving children’s moral intelligence through Sundanese cultural dining ethics. It aims to identify the current implementation of parents based on relevant data sources and gain a deeper understanding of previous research (Xiao & Watson, 2019). The results of the study can be in the form of an analysis of the distribution of literature based on theory, empirical data, methods used, and types of research obtained. The data source criteria were selected comprehensively by searching for relevant studies in the last 5 years or published between January 2019 and December 2023, through the Publish or Perish (PoP) search engine. The database includes Google Scholar, Eric, and Taylor and Francis as electronic search engines. Data search using the keywords “Parental roles, moral intelligence, dining etiquette, and Sundanese culture”. The inclusion criteria for this study include articles published in the last 5 years, studies involving parents and children as participants, studies investigating moral intelligence and eating ethics, and studies published in journals in English or Indonesian. As for the exclusion criteria, studies will be excluded from the meta-analysis if the research background does not match the social and cultural context in Indonesia, and the quality of the article is low or not indexed. In accordance with the inclusion and exclusion criteria, the distribution of articles by country and type of index is presented in Table 1.

Table 1. Distribution of Articles

Subgroups	Number of Studies
Country	
Asia	28
Europe	2
Type Index	
Scopus	8
Non-Scopus	22

The use of the systematic literature review method certainly follows the flow of guidelines that will be carried out. In this study, the systematic literature review process was carried out by following the stages as in Figure 1. In general, detailed stages in research conducted determine the aims and limitations of the research related to the role of parents and moral intelligence. Moreover apply criteria inclusion and exclusion against the background and index to produce 42 relevant articles. Re-evaluating based on inclusion and exclusion criteria such as topic relevance, methodological quality, and suitability of the Sundanese cultural context resulted in 30 articles. The entire article to ensure that the content matches the research objectives. Tabulating metadata includes title, author name, year of publication, research methods, and research results. Grouping data into two major themes, namely the role of parents in moral intelligence and the urgency of implementing Sundanese cultural dining etiquette for children. Analyze the data further with thematic analysis to identify relationships between variables and making conclusions based on the findings obtained to answer research questions.

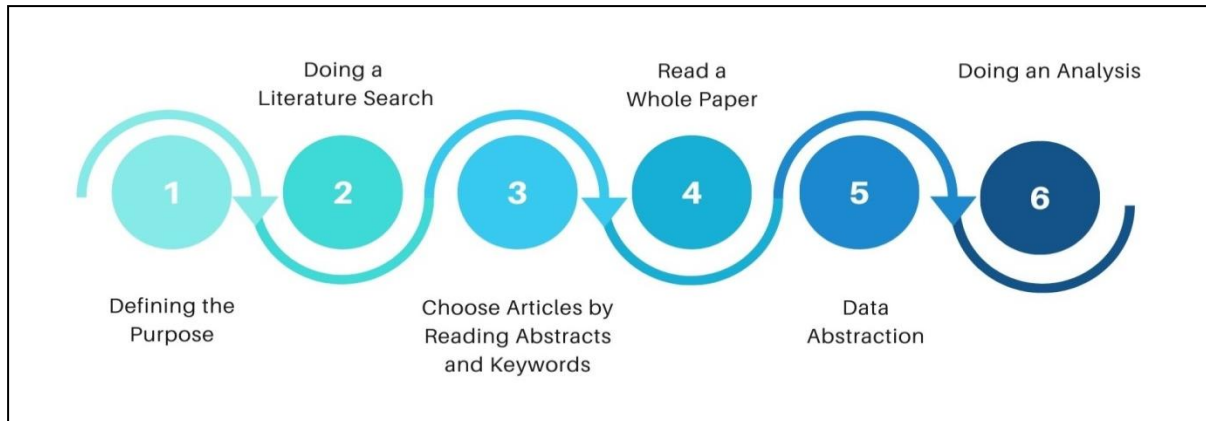


Figure 1. Stages of the Systematic Literature Review Method

3. RESULTS AND DISCUSSION

Results

The role of parents is the attitude or behavior of parents towards children as a form of support, guidance, and motivation. Parents play an important role in the growth and development of children and provide guidance and support, especially in terms of education. The role of parents in social education includes teaching children to behave in a respectful, loving manner, and most importantly teaching them to behave politely. The results of research on the role of parents in children's moral intelligence are presented in [Table 2](#).

Table 2. Research on the Role of Parents in Children's Moral Intelligence

No.	Author & Year	Research purposes	Participant	Research result
1.	(Sari et al., 2020)	See influence pattern foster care and genetics to development character child.	Parent student.	Parenting patterns and the role of parents influential positive on formation character child.
2.	(Sahithya et al., 2019)	Reviewing difference culture in pattern foster.	Parents and children.	The parenting style applied greatly influences the future. child.
3.	(Susanto & Suyadi, 2020)	Testing the role of parents to moral intelligence	Parents, grandmother, caregivers.	The role of parents more influence children's moral intelligence than grandmother's care or caregiver.
4.	(Sahithya et al., 2019)	Reviewing pattern models foster family with working mother.	Parent with children 0-4 years and mothers work in a factory.	The role of both parents more important for development child than parenting one parent.
5.	(Ceka & Murati, 2016)	Understand pattern foster parents in instill morals in children.	22 parents at Bakti Nusa Indah Kindergarten.	The role of parents with pattern foster democratic effective instill morals since early with love

No.	Author & Year	Research purposes	Participant	Research result
				love and without coercion .
6.	(Tan et al., 2020)	Describe role of parents in to care for child until formation draft self.	Study of At-Taujih Journal and Psychology talent.	The role of parents is very influential attitude child, concept positive self-appear from good direction and understanding.
7.	(Sari et al., 2020)	See connection digital literacy and the role of parents in the ability think critical child.	70 students in Yogyakarta.	The role of parents more influence children's moral knowing than digital literacy.
8.	(Tosun & Mihci, 2020)	Researching knowledge Sundanese teenagers about traits and ethics Eat typical Sundanese.	99 students.	For increase awareness ethics Eat Sundanese culture in the next generation furthermore required the role of parents.
9.	(Kistoro, 2021)	Researching factor main formation character by parents and patterns foster.	Children aged 5-6 years.	Good or bad character child determined by the role of parents and patterns foster.
10.	(Susanto & Suyadi, 2020)	Describe role of parents in increase moral intelligence.	Various studies bibliography.	The role of parents is very important for children's moral intelligence with supervise direct and maintain values positive.
11.	(Susanto & Suyadi, 2020)	Know style proper parenting for build moral intelligence.	Various studies bibliography.	The role of parents that involves parenting authoritative significant in increase children's moral intelligence.
12.	(Hermino & Arifin, 2020)	Know role of parents in to form character children in the digital age.	7 respondents parents and children.	Parent play a role in accompany children so as not to do things negative not moral.
13.	(Mehdizadeh et al., 2020)	Review beliefs and patterns foster in predict behavior child.	414 families in Indonesia.	Role and style parenting influenced religious beliefs, so that effective to form behavior child through support.
14.	(Hawes et al., 2017)	Know role of parents in moral religious development in children age early.	Various studies literature.	The role of parents has a great influence on the moral development of children, increasing quality parent self in

No.	Author & Year	Research purposes	Participant	Research result
15.	(Sokip et al., 2019)	Describe role of parents to character child.	Various studies literature.	knowledge social required for to form a person of good character character. Parent play a role important in education character children in 5 aspects: as educator, facilitator, companion + supervisor, motivator, and role model.
16.	(Tohri et al., 2022)	To know role of parents in to form character ethnic group child in Muara Tiku village.	Parents and children.	The role of parents important for to plant character positive children to become a good and moral person glorious.
17.	(Susanto & Suyadi, 2020)	See role of parents in increase children's moral development.	Parents and children.	Parent play a role in supervise the moral learning process, through communication with give chance speak, ask, and appreciate opinion child.
18.	(Sahithya et al., 2019)	See connection behavior social child with style parenting.	378 children.	The role of parents in determine pattern foster related with development social It means attitude child influential to how are parents determine attitudes and patterns foster him.

Table 3. The Urgency of Implementing Eating Etiquette in Sundanese Culture for Early Age Children

No	Author & Year	Research purposes	Participant	Research result
1.	(Beilstein et al., 2021)	Designing application for learn ethics Eat.	-	Understanding ethics Eat impact positive on understanding rule eat and be polite polite.
2.	(Støle et al., 2020)	Analyze habit Eat child based on social status.	Children.	Habituation ethics Eat can increase attitude politeness child.
3.	(Mehdizadeh et al., 2020)	Revealing connection understanding mother and cultural	Parents and children.	Dining etiquette beneficial for to plant unity, formation characters, and

No	Author & Year	Research purposes	Participant	Research result
4.	(Roeser et al., 2012)	transfer to child. Table manner training for Mother For human resource development.	Mothers from Padang Sakti Village.	introduction culture. Dining etiquette aiming For add insight, skills, and confidence self.
5.	(Payu et al., 2022)	Increase experience learning child.	90 students.	Application of ethics Eat appreciate culture and improve understanding manners.
6.	(Istiningsih & Agung Rokhimawan, 2022)	Review manners eat on a meal plan healthy at Sultan Agung Islamic Kindergarten 02.	11 children age 4-5 years.	Habituation Eat healthy and civilized increase independence, cleanliness, and obedience child.
7.	(Abdel-Raheem, 2022)	Analyze children's moral development in taboo custom Sundanese.	Various literature study.	Dining etiquette and culture taboo teach politeness, caring, and respect.
8.	(Zhou & Lu, 2024)	Analyze implementation mark hadith about manners eating in children.	Teacher and child.	Dining etiquette and hygiene part from manners that reflect religious values.
9.	(Cebollero-Salinas et al., 2022)	to educate manners Eat through games and questions answer.	Students at the Al Ikhlas Mosque TPA.	Education ethics Eat impact positive to improvement character child.
10.	(Tamba, 2021)	Increase discipline child in ethics Eat through method Photo tell a story.	Children aged 5-6 years.	Dining etiquette build discipline children and discipline strengthen ethics Eat child.
11.	(Hampp et al., 2021)	Practice independence and manners Eat child age early.	Student Group B3 of Islamic Kindergarten Bina Lembaga.	Dining etiquette is one of mandatory characters implanted because it is very influential for development children in adulthood.
12.	(Widiastuti et al., 2022)	Reviewing formation character religious through manners Eat.	Children aged 7-8 years.	Instilled dining etiquette can increase character child through stage moral development, namely moral <i>knowing</i> , moral <i>understanding</i> , and moral <i>action</i> .

Discussion

The Role of Parents in Forming Children's Moral Intelligence

Moral intelligence is ability for understand moral issues, in particular in determine something that is right and wrong in order to be able to behave according to morals.

Implementation moral intelligence in children aiming for help develop a sense of empathy and sensitivity social, understanding moral values, and form establishment children to have a sense of responsibility responsible, ethical, and have integrity. In the process of learning morals, it is necessary active parental role give direction and guidance to children. The role of parents is very important in build children's moral intelligence, parents play a role direct in supervise every behavior child and try always guard values positive through harmonious communication (Asyahidah et al., 2021; Damayanti & Saputri, 2022; Uswatun & Rohayati, 2023). Habituation moral values in activity daily child naturally cause different responses, in matter this is the old man must accompany and accompany children to be obedient and compliant to moral values as well as play a role in to plant positive character since small (Widiyanto & Nurfaizah, 2023; Yanto, 2022). As the main role model, parents must own quality self-good in knowledgeable and also socialize, so that children own a person of good character character sublime.

Balanced parental roles with pattern foster or style appropriate care can be the right strategy in to form behavior and character child, specifically to delivery child from small until adult, child will more wise in determine good and bad attitudes (Asbari et al., 2019; Sahithya et al., 2019). Implementation pattern appropriate care, can to form concepts positive in children when ethical. Form pattern foster care applied for guide and teach habituation good in ethical eat among them, patterns foster democratic and authoritative (Hamdani & Hermaleni, 2020; Rohmalimna et al., 2022). In the pattern foster this is the old man guide child with full love and affection Darling without coercion or neglect. Besides That communication in parental supervision intertwined in a way positive like give chance For speak, ask, and appreciate opinion child (Hamdani & Hermaleni, 2020; Rachmad et al., 2023). So that form pattern foster No only in the form of attitude or only verbal actions, but also in the form of non-verbal actions. Parents can create warm and friendly communication in convey direction and guidance, so child feel safe and far from tension. Not only pattern influential foster care to behavior child, but behavior and characteristics children can also influence parents in determine attitudes and patterns foster him (Nuraeni & Lubis, 2022; Zarra-Nezhad et al., 2022). So that in determine pattern proper care for children, parents need understand characteristics child moreover formerly.

Religious beliefs held by parents can involved in to form behavior child. In faith or religion exists prohibitions, values, and goals that parents can apply in guide and direct child (Adinugraha, 2018; Purnama et al., 2022). So that parents can teach moral values using refined and full language patience. If the child difficult apply habituation okay, parents can commemorate child with refined language without using a high tone. The role of parents no only just teach good ethics, but parents also play a role in increase awareness will importance ethics in a culture to be maintained its sustainability and can inherited to generation furthermore (McGhee & Grant, 2017; Putri et al., 2019). So that child can know culture the area start from environment closest.

The Relevance of Sundanese Cultural Dining Etiquette Moral Intelligence

Sundanese culture contains Lots values and goals that teach moral values, including in activity eating. Dining etiquette Sundanese culture does not only teach procedures eat on top table, but also the values and meanings contained so that can increase attitude polite, mark the politeness contained teach child For behave respect others especially those who are more old (Arif & Listiana, 2023; Oncini, 2020). In ethics eat Sundanese culture, values implied politeness like put people first old or a respected person, because usually the person who is more young man who took food, so that no may eat to precede because considered no polite. In the context of moral intelligence, ethics eat Sundanese culture can become relevant means in help child reach intelligence the moral through stage moral development, starting from

teaching moral knowing, moral feeling, and moral action (Peng et al., 2021; Yusantika, 2023). This in accordance with Thomas Lickona's theory, the most basic habituation process, begins with introduce ethics Eat Sundanese culture, recognizing a number of the rules, and implement in life daily.

Education about ethics eat impact positive to improvement character child, in particular in change characteristic become more good, such as independence, life clean and obedient rule (Andari & Widhyasmaramurti, 2020; Fadilla et al., 2023; Sholeh & Basuki, 2022). Therefore that, the implementation ethics eat own impact big in life daily children, especially in habits before and after eating. Implementation ethics eat Sundanese culture can become habituation good for children (Fadilla et al., 2023; Kuhon et al., 2022). The habit of Sundanese people eating use hand direct, requires child wash hand moreover formerly good that before and after eat. Through activity this child used to wash hands, so that embedded for always guard cleanliness and independence for do without parental orders, and add outlook in skills and increase confidence self (Hamidah et al., 2020; Kustina & Erhamwilda, 2021). Eating etiquette also teaches child for can give thanks. Pray before and after eat interpreted as a form of gratitude on sustenance given, so child taught for no leaving food or "ngaremeh". Leaving food considered to be grateful enjoyment god, so that teach child for eat with neat. The good habit will become a delivery positive that influences moral development of children in the future come (Riska et al., 2023; Wulantaka & Suyadi, 2020).

Parent Strategies and Challenges in Instilling Sundanese Cultural Eating Etiquette

Teach ethics eat Sundanese culture must done directly by parents, so that parents play a role as educator and role model for give guidance, direction, and examples to child such as getting used to pray before and after eating out with hand right, and teach prohibitions when eat for example eat no make a sound or "Ceplak", and not may leaving food or "Ngaremeh". The good habituation can applied optimally through guidance carried out directly by parents than through caregiver or member other families (Auliya et al., 2021; Fauzi et al., 2021). Collaboration between mother and father are very important for maximize moral development through ethics eat Sundanese culture, especially in monitor every stage moral development (Haryanto et al., 2022; Taufan, 2022). Parents need ensure that child capable know, understand, and apply a number of rule when eating, one of them no may eat while walk or running around and eating with mouth make a sound or "Ceplak".

Implementation ethics eat Sundanese culture in reality become a challenge, especially in style modern life that is all about fast. Working parents often difficult take time out time For apply values the in a way directly, because lack of chance for eat together (Hermawan, 2013; Karendehi et al., 2016). Modernization and globalization often shift values culture local, so that child not enough support tradition culture like ethics eat Sundanese culture. Besides that, some prohibition eat clash with condition moment this is for make child want to eat old people must do various matter like invite eat while play, go for a walk, or let child eat alone although messy. Overcoming matter said, parents need implementing practical strategies like set time eat together regularly on weekends, and teach values Sundanese culture with flexible and contextual, such as let child study eat alone although messy. It is teach independence in children, so that's where the role of parents appear. Dining etiquette Sundanese culture becomes contribution mark culture in reach moral intelligence for children, besides for appreciate uniqueness the area can also increase understanding to manners (Claridades et al., 2019; Razalli et al., 2022). Most of the existing literature support importance role of parents as mentor main in help child reach moral intelligence through habituation ethics eat Sundanese culture. Thomas Lickona's theory about moral development provides strong foundation in understand this process through stages moral development.

4. CONCLUSION

The results of the data analysis show that ethics become reflection character somebody in behave and behave. Findings this to line under role of parents in accompany child reach moral intelligence, through implementation ethics eat Sundanese culture. In terms of this is the old man play a role as educator in guide and direct child, as role model in give example direct to children, and as supervisor in supervise every stage moral development, starting from moral knowing to ensure child know a number of rules, moral feeling ensures child have a sense of initiative and empathy in do it, and moral action ensures child capable apply good rules when eat. Based on study analysis role of parents to children's moral intelligence, study this expected can become perspective new and guide practical for parents and teachers in to plant children's moral intelligence through habituation ethics eat. With apply ethics eat Sundanese culture of parents can become example like honor food and care cleanliness. Teachers as educators outside house can integrate values the in activity learning for strengthen character children. The lack of article that discusses ethics eat specifically related culture area become limitations study this is for development study upcoming recommended expand review systematic and do studies field so that the data is more relevant.

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