

Hubungan Perilaku Makan Ibu saat Hamil dengan Perilaku Makan pada Anak
Usia *Toddler* (1-3 Tahun)

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Abstrak

Latar Belakang: Usia *toddler* merupakan masa emas dalam pertumbuhan dan perkembangan anak. Salah satu faktor yang menghambat tumbuh kembang anak adalah perilaku makan yang kurang baik. Perilaku makan anak mulai dibentuk sejak masa pranatal melalui transmisi cairan ketuban yang mengandung senyawa volatil yang berasal dari makanan yang dikonsumsi ibu selama masa kehamilan.

Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan perilaku makan ibu saat hamil dengan perilaku makan pada anak usia *toddler* (1-3 tahun).

Metodologi: Penelitian analitik korelasional dengan desain penelitian *cross sectional*. Jumlah total sampel 101 responden ibu dan anak di Desa Grendeng dan Sumampir, Kecamatan Purwoketo Utara II. Data dikumpulkan menggunakan kuesioner AEBQ untuk data perilaku makan ibu saat hamil dan CEBQ-T untuk data perilaku makan anak usia *toddler*. Uji analisis hubungan kedua variabel menggunakan uji korelasi pearson.

Hasil Penelitian: Hasil uji statistik menunjukkan *p-value* 0,001 (<0.05) dengan nilai r 0,552 yang artinya terdapat hubungan yang signifikan antara perilaku makan ibu saat hamil dengan perilaku makan pada anak usia *toddler* dengan kekuatan hubungan sedang.

Kesimpulan: Terdapat hubungan yang signifikan antara perilaku makan ibu saat hamil dengan perilaku makan pada anak usia *toddler* (1-3 tahun).

Kata kunci: Ibu hamil, perilaku makan, *toddler*

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The Relationship between Maternal Eating Behavior during Pregnancy and Eating Behavior in Toddler Children (1-3 Years Old)

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Abstract

Background: Toddler age is a golden period in the growth and development of children. One of the factors that inhibit children's growth and development is poor eating behavior. The child's eating behavior begins to be formed since the prenatal period through the transmission of amniotic fluid containing volatile compounds derived from food consumed by the mother during pregnancy.

Purpose: This study aimed to analyze the relationship between maternal eating behavior during pregnancy with eating behavior in toddlers (1-3 years old).

Methodology: Correlational analytic research with cross sectional research design. The total sample size was 101 mother and child respondents in Grendeng and Sumampir Villages, Purwoketo Utara II District. Data were collected using the AEBQ questionnaire for data on eating behavior of mothers during pregnancy and CEBQ-T for data on eating behavior of toddlers. Test the analysis of the relationship between the two variables used the pearson correlations.

Result: The results of statistical tests showed a p-value of 0.001 (<0.05) with an r value of 0.552, which means that there was a significant relationship between the maternal eating behavior during pregnancy and the eating behavior of toddlers with moderate relationship strength.

Conclusion: There was significant relationship between the maternal eating behavior during pregnancy and the eating behavior of toddlers (1-3 years).

Keywords: Eating behavior, pregnant women, toddler

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