

ABSTRAK

FAKTOR YANG MEMPENGARUHI PERILAKU *PICKY EATER* PADA ANAK USIA PRASEKOLAH (3-5 TAHUN) DI DESA LANGGONGSARI KECAMATAN CILONGOK KABUPATEN BANYUMAS

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Latar Belakang: Perilaku *picky eater* sering dialami anak usia prasekolah. Perilaku *picky eater* digambarkan bahwa anak cenderung menolak makanan baru, konsumsi makanan yang kurang, dan membatasi asupan beberapa kelompok makanan tertentu. *Picky eater* dapat mengakibatkan gangguan pertumbuhan dan mempengaruhi status gizi anak. Beberapa faktor yang melatarbelakangi *picky eater* yaitu pola asuh orang tua, praktik pemberian makan, pengetahuan ibu, kondisi fisik anak, status gizi, dan riwayat ASI eksklusif.

Tujuan : Untuk mengetahui faktor yang mempengaruhi perilaku *picky eater* pada anak usia prasekolah di Desa Langgongsari Kecamatan Cilongok Kabupaten Banyumas.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan pendekatan *cross-sectional*. Responden pada penelitian ini berjumlah 98 responden dengan menggunakan teknik *cluster random sampling*. Pengumpulan data primer menggunakan kuesioner dengan analisis univariat bivariat, dan multivariat.

Hasil: Hasil analisis bivariat menunjukkan hubungan antara praktik pemberian makan ($p = 0,012$), pola asuh orang tua ($p = 0,007$), pengetahuan ibu ($p = 0,000$), dan status gizi ($p = 0,007$) dengan perilaku *picky eater* pada anak prasekolah. Variabel yang paling berpengaruh yaitu variabel pengetahuan ibu dengan $p\text{ value} = 0,003$; OR = 9.265 ; 95% ; CI 2.117- 40.545.

Kesimpulan: Ibu yang mempunyai pengetahuan buruk akan beresiko memiliki anak yang mengalami *picky eater* 9.2 kali dibandingkan ibu yang mempunyai pengetahuan baik. Salah satu upaya pencegahan yang dapat dilakukan yaitu meningkatkan edukasi dan intervensi pada orang tua balita demi menjangkau tumbuh kembang balita yang optimal dan mencegah terjadinya perilaku pilih-pilih makan.

Kata Kunci: *Picky Eater*, Pengetahuan Ibu, Praktik Pemberian Makan

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ABSTRACT

FACTORS INFLUENCING PICKY EATER BEHAVIOR IN PRESCHOOL CHILDREN (3-5 YEARS OLD) IN LANGGONGSARI VILLAGE, CILONGOK SUB-DISTRICT, BANYUMAS DISTRICT

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Background: Picky eater behavior is common in preschool-aged children. Picky eater behavior is described by children who tend to reject new foods, consume less food, and limit the intake of certain food groups. Picky eater can lead to growth disorders and affect the nutritional status of children. Some of the factors behind picky eaters are parenting, feeding practices, mother's knowledge, child's physical condition, nutritional status, and history of exclusive breastfeeding.

Objective: To determine the factors that influence picky eater behavior in preschool-age children in Langgongsari Village, Cilongok District, Banyumas Regency.

Method: This study is a quantitative study with a cross-sectional approach. Respondents in this study totaled 98 respondents using cluster random sampling technique. Primary data collection using questionnaire with univariate, bivariate, and multivariate analysis.

Results: The results of bivariate analysis showed the relationship between feeding practices ($p = 0.012$), parenting patterns ($p = 0.007$), maternal knowledge ($p = 0.000$), and nutritional status ($p = 0.007$) with picky eater behavior in preschool children. The most influential variable is maternal knowledge variable with p value = 0.003; OR = 9.265; 95%; CI 2.117- 40.545.

Conclusion: Mothers who have poor knowledge will be at risk of having children who experience picky eaters 9.2 times compared to mothers who have good knowledge. One of the prevention efforts that can be done is to increase education and intervention in parents of toddlers in order to reach optimal toddler growth and development and prevent picky eating behavior.

Keyword: Picky Eater, Mother's Knowledge, Feeding Practices

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