

ABSTRAK

HUBUNGAN PENGETAHUAN ORANGTUA TENTANG GIZI ANAK PRASEKOLAH DENGAN KEJADIAN *PICKY EATER* DI TK AISYIYAH PURWOKERTO UTARA

Baeti Amalia¹, Dian Susmarini², Meivita Dewi Purnamasari²

Latar Belakang: Anak prasekolah merupakan anak yang memasuki usia 3-5 tahun. Permasalahan umum yang dihadapi orangtua salah satunya *picky eater*, dimana anak akan menjadi pemilih terhadap makanan yang dikonsumsi. Fenomena *picky eater* banyak terjadi pada anak prasekolah. Pengetahuan orangtua tentang gizi menjadi hal yang penting untuk menangani perilaku tersebut. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan orangtua tentang gizi anak prasekolah dengan kejadian *picky eater* di TK Aisyiyah Purwokerto Utara.

Metode Penelitian: Penelitian ini merupakan penelitian kuantitatif dengan pendekatan *cross sectional*. Pengambilan sampel menggunakan teknik *consecutive sampling*. Besar sampel adalah 72 orangtua yang memenuhi kriteria inklusi. Analisis data menggunakan uji statistik *Chi Square* antara pengetahuan orangtua tentang gizi anak prasekolah dan perilaku *picky eater*.

Hasil Penelitian: Responden sebagian besar berada pada usia dewasa akhir (45,8%), tingkat pendidikan rata-rata SMA (44,4%), sosial ekonomi mayoritas dibawah UMR Banyumas (69,4%). Hasil uji *Chi Square* antara pengetahuan orangtua tentang gizi anak prasekolah dengan kejadian *picky eater* menunjukkan hasil yang signifikan yaitu *p value* 0,000 ($p < 0,05$) dan nilai *r* 0,598.

Kesimpulan: Ada hubungan antara pengetahuan orangtua tentang gizi anak prasekolah dengan kejadian *picky eater* di TK Aisyiyah Purwokerto Utara.

Kata kunci: *Picky eater*, pengetahuan orangtua, gizi, anak prasekolah

¹Mahasiswa Jurusan Keperawatan Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman

²Dosen Jurusan Keperawatan Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman

ABSTRACT

CORRELATION BETWEEN PARENT KNOWLEDGE ABOUT NUTRITION OF CHILDREN PRE SCHOOL WITH THE EVENT OF PICKY EATER IN AISYIYAH KINDERGARTEN NORTH PURWOKERTO

Baeti Amalia¹, Dian Susmarini², Meivita Dewi Purnamasari²

Background: Preschool children are children who enter the age of 3-5 years. One common problem faced by parents is one of them is Picky Eater, where children will become voters for food consumed. Picky Eater phenomenon occurs a lot in preschool children to experience a lack of nutrients in the body. Parents' knowledge about nutrition is an important thing to handle this behavior. This study aims to determine the relationship of parental knowledge about the nutrition of preschool children with the incidence of picky eater in Aisyiyah kindergarten North Purwokerto.

Research Method: This research is a quantitative study with a cross sectional approach. The sampling technique used consecutive sampling technique. The sample size was 72 parents who met the inclusion criteria. Data analysis used Chi Square statistical tests between parental knowledge about preschool children's nutrition and picky eater behavior.

Results: The majority of respondents were in late adulthood (45.8%), the average education level of high school (44.4%), the socio-economic majority was below the Banyumas Average Minimum Wages (69.4%). Chi square test results between parental knowledge about the nutrition of preschool children and the incidence of picky eater showed significant results, namely p value 0,000 ($p < 0.05$) and r value of 0.598.

Conclusion: There is a relationship between parental knowledge about the nutrition of preschool children and the incidence of picky eater in Aisyiyah kindergarten North Purwokerto.

Keywords: Picky eater, parental knowledge, nutrition, preschool children

¹Student of Nursing Department, Faculty of Health Sciences, Jenderal Soedirman University

²Lecturer of Nursing Department, Faculty of Health Sciences, Jenderal Soedirman University