

ABSTRACT

Picky eater is a feeding problem that often happens in children especially pre-school ages. This problem influenced by underlying factors, one of which is the history of complementary feeding. Picky eater related with refusal certain foods at children, so it makes the variety of food limited. When picky eater was ignored, it will affect the nutrient intake and nutritional status. This research was aimed to look for the correlation between history of complementary feeding with picky eater behavior and nutritional status in pre-school aged children in PAUD Anggrek 1 Siwalankerto Surabaya.

This research was an analytic observational study with cross sectional design. The sample size of this research was 73 students. This research used random sampling technique. The data were collected through interviews using questionnaires about maternal and child characteristics, picky eater behavior, 2x24 hours food recall, food frequency, and measurement of body weight and height. The data was analyzed by Chi square test.

The results showed 58.9% of pre-school children was picky eater. There was correlation between the history of complementary feeding and picky eater behavior ($p = 0.001$). However, there was no correlation between picky eater behavior and adequacy of carbohydrates ($p = 0.086$), fats ($p = 0.086$), proteins ($p = 0.400$), and nutritional status ($p = 0.943$) in pre-school children.

The conclusion of this research is the history of complementary feeding will determine the child's eating behavior, but picky eater not always correlative with the lack of nutrient intake and nutritional status. The parents are suggest to do appropriate feeding method and handled feeding problems to minimize picky eater behavior from children.

Keywords: Picky eater behavior, history of complementary feeding, and nutrition status

ABSTRAK

Picky eater atau pilih-pilih makan sering dialami oleh anak terutama usia pra sekolah. Hal ini tidak terlepas dari beberapa faktor yang melatarbelakangi, salah satunya riwayat pemberian Makanan Pendamping ASI (MP-ASI). *Picky eater* berkaitan dengan penolakan makanan tertentu pada anak sehingga variasi makanan menjadi terbatas. Apabila perilaku *picky eater* dibiarkan terus menerus akan mempengaruhi asupan dan berdampak pada status gizi. Sehingga, penelitian ini bertujuan untuk mengetahui hubungan riwayat pemberian MP-ASI dengan perilaku *picky eater* dan status gizi pada anak usia pra sekolah di PAUD Anggrek 1 Siwalankerto Surabaya.

Penelitian ini merupakan penelitian observasional analitik dengan desain penelitian *cross sectional*. Sampel penelitian sebesar 73 siswa menggunakan teknik pengambilan *random sampling*. Pengumpulan data dengan wawancara menggunakan kuesioner tentang karakteristik ibu dan anak, perilaku *picky eater*, *food recall* 2x24 jam, *food frequency*, serta pengukuran berat badan dan tinggi badan. Data dianalisis menggunakan uji *chi square*.

Hasil penelitian menunjukkan terdapat 58,9% anak pra sekolah yang mengalami perilaku *picky eater*. Terdapat hubungan riwayat pemberian Makanan Pendamping ASI (MP-ASI) dengan perilaku *picky eater* ($p=0,001$). Namun, tidak ada hubungan antara perilaku *picky eater* dengan tingkat kecukupan karbohidrat ($p=0,086$), lemak ($p=0,086$), protein ($p=0,400$), dan status gizi ($p=0,943$) pada anak pra sekolah.

Kesimpulan dari penelitian ini adalah riwayat pemberian MP-ASI akan menentukan perilaku makan anak. Namun, perilaku *picky eater* tidak selalu berkaitan dengan tingkat asupan gizi dan status gizi kurang pada anak. Sehingga diharapkan orang tua melakukan penerapan cara pemberian makanan dan penanganan permasalahan makan yang tepat untuk meminimalisir anak mengalami *picky eater*.

Kata kunci: Perilaku *picky eater*, riwayat MP-ASI, status gizi