

**ABSTRACT**

***Factors Analysis of Picky Eating Behavior in Preschool Aged Children***

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***Introduction:*** Healthy food preferences and good eating practices develop in early childhood. Child's unwillingness to eat or being fussy while eating commonly found in preschool children. Parents reportedly struggled to make their children eat various food then having negative impacts on children and parents in their daily activities. This review study aimed to identify factors of picky eating behavior in preschool aged children.

***Methods:*** A systematic review searched three electronic databases (Scopus, Science Direct and ProQuest) for previous studies using a cross-sectional, cohort or case control design published between 2016 and 2020. The Joanna Briggs Institute Guideline used for assess quality and Prisma checklist for guided this review. Title, abstract, full-text and methodology were assessed for the eligibility of the studies. Data tabulation and narrative analysis of study findings was performed.

***Results:*** Fifteen studies which met inclusion criteria were used in this review with four broad thematic area regarding picky eating: factors related to social (n=9), factors related to environment (n=2), factors related to child's temperament (n=2) and cognitive factors (n=2). Thirteen out fifteen studies are using cross sectional method and the rest of studies using cohort and case control study respectively with 6129 participants from all studies and discussed factors related to picky eating behavior.

***Conclusion:*** Factors contributing to picky eating were social or environment that closely related to feeding practices and home feeding environment; child temperament that related to child characteristic and emotion whilst cognitive factors contributing to child mental representation of food.

***Keyword:*** Factors, Picky eating, Preschool