

ABSTRACT

**THE DEVELOPMENT OF MOTHERS SELF DETERMINATION IN
PREVENTION OF PICKY EATING AT TODDLER WITH A HEALTH
PROMOTION MODEL APPROACH**

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Introduction: Picky eating is a picky behavior that can trigger the occurrence of lack of protein-energy, obesity, emotional sensitivity, lack of nutrition, and even stunting due to prolonged poor nutrition. The purpose of this study was to develop of mothers self-determination in the prevention of picky eating at toddler with a health promotion model approach. **Method:** This study uses a cross-sectional design with 136 respondents. Samples were selected using cluster sampling techniques. Data collection by a questionnaire that has been tested for validity and reliability. The variables in this study are personal factors of mothers, attitudes related to behavior, specific cognitive behavior, commitment, and picky eating prevention behavior. Data were analyzed using partial least square. **Results:** The results showed that mothers personal factors related to cognitive behavior-specific and affect, attitudes related to behavior, and behavioral factors to prevent picky eating; cognitive behavior-specific and affect related to commitment and behavioral prevention of picky eating; attitudes related to behavior related to commitment and behavioral prevention of picky eating; and commitment related to behavioral prevention of picky eating. **Conclusion:** Development of maternal self-determination in the prevention of picky eating at toddlers is formed from personal factors of mother, specific cognitive behaviors and attitudes, attitudes related to behavior, and commitment. The output of this model is a module and needs to be applied in future studies to measure effectiveness in increasing maternal self-determination and creating behavioral prevention of picky eating in toddlers.

Keywords: mothers, picky eating, self determination, toddler

ABSTRAK

Pengembangan Model *Self Determination* Ibu dalam Pencegahan *Picky Eating* pada Anak Usia *Toddler* dengan Pendekatan *Health Promotion Model*

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Pendahuluan: *Picky eating* merupakan perilaku pilih-pilih makanan yang dapat memicu terjadinya kurang energi protein, obesitas, sensitivitas emosional, gizi kurang bahkan *stunting* akibat gizi buruk yang berkepanjangan. Penelitian ini bertujuan untuk mengembangkan *self determination* ibu dalam pencegahan *picky eating* pada anak usia *toddler* dengan pendekatan *health promotion model*. **Metode:** Penelitian ini menggunakan desain *cross-sectional* dengan 136 responden. Sampel dipilih menggunakan teknik *cluster sampling*. Pengumpulan data menggunakan kuesioner yang telah diuji validitas dan reliabilitasnya. Variabel dalam penelitian ini adalah faktor personal ibu, sikap yang berhubungan dengan perilaku, kognitif behavior spesifik, komitmen, dan perilaku pencegahan *picky eating*. Data dianalisis menggunakan *partial least square* dengan nilai $t > 1,96$. **Hasil:** Hasil penelitian menunjukkan bahwa faktor personal ibu mempengaruhi kognitif behavior spesifik dan afek, sikap yang berhubungan dengan perilaku, dan faktor perilaku pencegahan *picky eating*; kognitif behavior spesifik dan sikap mempengaruhi komitmen dan perilaku pencegahan *picky eating*; sikap yang berhubungan dengan perilaku berpengaruh terhadap komitmen dan perilaku pencegahan *picky eating*; dan komitmen mempengaruhi perilaku pencegahan *picky eating*. **Kesimpulan :** Pengembangan model *self determination* ibu dalam pencegahan perilaku *picky eating* pada anak usia *toddler* dibentuk dari faktor personal ibu, kognitif behavior spesifik dan sikap, sikap yang berhubungan dengan perilaku, serta komitmen. Output model ini berupa modul dan perlu diaplikasikan dalam penelitian selanjutnya untuk mengukur efektivitas dalam meningkatkan *self determination* ibu dan menciptakan perilaku pencegahan *picky eating* pada anak usia *toddler*.

Kata kunci: ibu, *self determination*, *picky eating*, *toddler*