

ABSTRACT**The Picky Eater Determinants of Children Aged 1-3 Years Old
(A Study in Public Health Center of Jabon, Sidoarjo)**

Picky eater is an issue related to children growth and development, having negative effect to weight, nutrition deficiency and lack of food consumption variation. In a long term, if this issue is not immediately managed, it can cause unhealthy or slow growth and development effects to children. The research objective was to investigate the picky eater determinants of children aged 1-3 years old consisting of 3 factors, namely family factor, children factor, and environment factor with total of 13 variables. This study was analytic with case control. The sample of the population used in this research were all children aged 1-3 years. From the total numbers of 106 children, they were divided into case group (n=53) and control group (n=53) and were analyzed by means of logistic regression multiple analysis. This research showed that 10 variables had influences contributing in selective eating disorder in children aged 1-3 years old. They were: children digestive diseases, lack of interaction between mother and children, parents selective food eating behavior, absence of exclusive breastfeeding, lack of 6 months minimum age to provide complementary food of breast milk, non-parents child care, socio-cultural view of prohibited food, improper eating frequency between consumption and age, improper mealtimes, improper feeding techniques. The research recommends that parents are expected to improve their children's nutrition by giving exclusive breast milk properly to the newborn baby until 6 months old, and continue it until the next 2 years. Parents are also hoped to give breast milk complementary food properly.

Key words: Picky eater, children aged 1-3 years old, feeding techniques, breastfeeding.