

ABSTRACT

Picky eater is food-picky behavior that often occurs on children especially early-age children. The factors that causes this behavior are exclusive breastfeeding and history of complementary feeding. Picky eater usually describes as the strong preference of children for food, won't try new food, inadequate of dietary diversity, and restrain of certain food groups. In the long term will be affect to children's nutritional status. This study purposes was to identify correlation between exclusive breastfeeding history and history of complementary feeding among children age 12-36 month with mother's perception of picky eater behavior and nutritional status at Puskesmas Sidotopo Surabaya.

This study was analytic observational study with cross sectional design. There were 75 children age 12-36 month as sample was chosen by simple random sampling. Mother was the respondent for this study. Data was collected by interview with questionnaire included mother and children characteristics, exclusive breastfeeding history, history of complementary feeding, mother's perception of picky eater behavior, and measured children's body weight and length or height. The data was analyzed with chi-square test.

The result showed that 48.7% of mother thought that their children have picky eater behavior. There were correlation between exclusive breastfeeding and history of complementary feeding with mother's perception of picky eater behavior ($p=0.000$; $p=0.000$), mother's perception of picky eater behavior with children nutritional status based on W/H ($p=0.04$), and based on W/A index ($p=0.029$). There was no correlation between exclusive breastfeeding and history of complementary feeding with children nutritional status based on W/H index ($p=0.547$; $p=0.288$) and based on W/A index ($p=0.118$; $p=0.285$).

Conclusion of this study is children who are not exclusive breastfeeding and inappropriate history of complementary feeding tend to have picky eater behavior. Children eating behavior will be affect toward their nutritional status. To minimize the picky eater behavior on children, mother expect to apply the right way to feed children and and handle the eating problem appropriately.

Keywords : mother's perception of picky eater behavior, exclusive breastfeeding history, history of complementary feeding, and nutritional status

ABSTRAK

Picky eater merupakan perilaku pilih-pilih makanan yang sering dialami oleh anak terutama pada usia dini. Faktor-faktor yang melatarbelakangi antara lain riwayat ASI Eksklusif dan riwayat pemberian Makanan Pendamping ASI (MP-ASI). *Picky eater* digambarkan dengan kecenderungan anak dalam memiliki preferensi makanan yang kuat, tidak mau mencoba makanan baru, konsumsi makanan yang kurang beragam, dan membatasi asupan beberapa kelompok makanan tertentu. Dalam jangka panjang akan berdampak pada status gizi anak. Penelitian ini bertujuan untuk mengidentifikasi hubungan riwayat ASI eksklusif, riwayat pemberian MP-ASI dengan persepsi ibu terhadap perilaku *picky eater* dan status gizi pada anak usia 12-36 bulan di Puskesmas Sidotopo.

Penelitian ini merupakan penelitian observasional analitik dengan desain penelitian *cross sectional*. Sampel penelitian sebesar 78 anak berusia 12-36 bulan menggunakan teknik pengambilan *simple random sampling*. Responden dari penelitian ini adalah ibu dari anak tersebut. Pengumpulan data dengan wawancara menggunakan kuisioner meliputi karakteristik ibu dan anak, riwayat ASI eksklusif, riwayat pemberian MP-ASI, persepsi ibu terhadap perilaku *picky eater*, serta pengukuran berat badan dan panjang badan atau tinggi badan. Analisis data menggunakan uji *Chi-Square*.

Hasil penelitian ini menunjukkan bahwa 48,7% ibu beranggapan bahwa anak memiliki perilaku *picky eater*. Terdapat hubungan antara riwayat ASI Eksklusif dan riwayat pemberian MP-ASI dengan persepsi ibu terhadap perilaku *picky eater* ($p=0,000$; $p=0,000$), persepsi ibu terhadap perilaku *picky eater* dengan status gizi anak berdasarkan indeks BB/TB atau BB/PB ($p=0,04$), dan berdasarkan indeks BB/U ($p=0,029$). Tidak terdapat hubungan antara riwayat ASI Eksklusif dan riwayat pemberian MP-ASI dengan status gizi anak berdasarkan indeks BB/TB atau BB/PB ($p=0,547$; $p=0,288$) dan berdasarkan indeks BB/U ($p=0,118$; $p=0,285$).

Kesimpulan dari penelitian ini adalah anak dengan riwayat tidak ASI Eksklusif dan riwayat pemberian MP-ASI yang tidak sesuai cenderung memiliki perilaku *picky eater*. Perilaku makan anak akan berpengaruh terhadap status gizi anak. Untuk meminimalisir terjadinya perilaku *picky eater* diharapkan ibu melakukan penerapan cara pemberian makanan dengan benar dan penanganan permasalahan makan yang tepat.

Kata Kunci : persepsi ibu terhadap perilaku *picky eater*, riwayat ASI Eksklusif, riwayat pemberian makanan pendamping ASI (MP-ASI), status gizi