

## ABSTRACT

Motor development is the development of a child's ability to control their movement and closely related to the development of the motor centre in the brain. Difficulty eating animal based can cause nutritional deficiencies which negatively impact a child's development, especially motor development. This study was to analyse the association between eating difficulty animal based foods with motor development in preschoolers aged 4 in Setabelan Christian Kindergarten of Surakarta. This type of research was observational study with cross sectional design. The population were all the preschoolers aged 4. Sample was determined using simple random sampling technique with Slovin's formula and 33 research subjects included in this study. The research variables are eating difficulty on animal based foods as independent variables and motor development in preschoolers as dependent variable. Data analysis using Chi Square. As many as 54,5% preschoolers identified having eating difficulty. Chi square test results showed there was a relationship between eating difficulty on animal based foods with motor development of preschoolers with value of  $p < 0,05$ .

Keywords: eating difficulty on animal based foods, motor development, preschoolers

## ABSTRAK

Perkembangan motorik adalah perkembangan unsur kematangan pengendalian gerak tubuh yang berkaitan dengan perkembangan pusat motorik di otak. Sulit makan pangan hewani merupakan salah satu alasan terjadinya defisiensi zat gizi yang dibutuhkan dalam perkembangan anak, khususnya perkembangan motoriknya. Penelitian ini bertujuan untuk menganalisis hubungan sulit makan pangan hewani dengan perkembangan motorik pada anak prasekolah di TK Kristen Setabelan Surakarta usia 4 tahun. Penelitian dengan desain *cross sectional* dilaksanakan di TK Kristen Setabelan Surakarta. Populasinya seluruh murid TK Kristen Setabelan Surakarta berusia 4 tahun sebanyak 48 siswa. Pengambilan sampel dengan menggunakan rumus *Slovin*, didapatkan 33 subyek penelitian yang ditentukan dengan teknik *simple random sampling*. Variabel penelitian yaitu sulit makan pangan hewani sebagai variabel bebas dan perkembangan motorik sebagai variabel terikat. Data primer dikumpulkan dengan wawancara dengan bantuan kuesioner. Analisis data menggunakan uji statistik Chi Square. Anak prasekolah yang teridentifikasi mengalami sulit makan pangan hewani sebesar 54,5%. Hasil uji Chi Square menunjukkan ada hubungan antara sulit makan pangan hewani dengan perkembangan motorik anak prasekolah dengan nilai  $p < 0,05$ .

Kata kunci: sulit makan pangan hewani, perkembangan motorik, anak prasekolah