

**ABSTRAK**

**Latar Belakang :** Tidak diberikannya ASI eksklusif dapat menyumbang masalah nutrisi serta anak berisiko *picky eating* yaitu kondisi dimana menolak mengonsumsi makanan tertentu. *Picky eating* biasanya berhenti dalam waktu 2 tahun, mereka yang berhenti *picky eating* setelah lebih dari usia 2 tahun cenderung lebih sulit untuk menerima jenis makanan baru. Hal ini bisa jadi tidak menguntungkan untuk pertumbuhan dan status nutrisi anak. Penelitian dilakukan untuk menganalisis hubungan antara riwayat pemberian ASI eksklusif dengan *picky eating* dan status nutrisi pada anak usia prasekolah. **Metode :** Metode penelitian ini adalah analitik observasional dengan desain penelitian *cross sectional*. Pengambilan sampel menggunakan teknik *total sampling*. Pengambilan data dilakukan di 3 PAUD wilayah Puskesmas Simomulyo yaitu PAUD Tunas Harapan, Tunas Harapan Kita I, dan Bunda Pertiwi pada bulan Oktober 2019 dengan menggunakan data primer dan sekunder. Data primer diambil dengan menggunakan kuesioner yang diberikan kepada orang tua siswa untuk mengukur riwayat pemberian ASI eksklusif serta *picky eating*. *Picky eating* diukur menggunakan *Child Eating Behaviour Questionnaire* (CEBQ). Status nutrisi diukur dengan melakukan pengukuran antropometri anak. Analisis data menggunakan uji korelasi *chi square* dan *fisher exact*. **Hasil :** Hasil penelitian didapatkan sampel sebanyak 78 responden dari 3 PAUD. Rata-rata usia anak adalah 48.37 bulan dengan median 49. Sebanyak 62.8% berjenis kelamin perempuan, 55.1% merupakan anak kedua atau lebih, 88.5% melakukan pemantauan pertumbuhan rutin, 53.8% berada dalam *extended family*, dan 73.1% anak diasuh oleh orang tua. Persentase anak yang mendapat riwayat pemberian ASI eksklusif sebesar 25.6%, prevalensi anak dengan *picky eating* sebanyak 70.5%. Pengukuran status nutrisi didapatkan 1.3% anak termasuk kategori kurus dan 83.3% normal. Hasil analisis hubungan riwayat pemberian ASI eksklusif dengan *picky eating* menunjukkan nilai  $p=0.004$ ;  $cc=0.312$ . Tidak ada hubungan antara *picky eating* ( $p=0,819$ ) dan riwayat pemberian ASI eksklusif ( $p=0,626$ ) dengan status nutrisi pada anak usia prasekolah. **Kesimpulan :** Ada hubungan riwayat pemberian ASI eksklusif dengan *picky eating* pada anak usia prasekolah. Tidak ada hubungan antara *picky eating* dan riwayat pemberian ASI eksklusif dengan status nutrisi pada anak usia prasekolah.

Kata Kunci : ASI eksklusif, *picky eating*, status nutrisi, anak prasekolah

**ABSTRACT**

**Background :** Not giving exclusive breastfeeding to children can had an impact such as contributing to nutritional problems as well as children at risk of picky eating, a condition where they refuse to eat certain foods. Picky eating usually stops within 2 years as part of the growth process, those who stop picky eating after more than 2 years tend to be more difficult to accept new types of food. This may be unfavorable for a child's growth and nutritional status. The study was conducted to analyze the relationship between the history of exclusive breastfeeding with picky eating and nutritional status in preschoolers. **Method :** This research method was observational analytic with cross sectional research design. Sampling used a total sampling technique. Data was collected in 3 PAUD Simomulyo Puskesmas, Tunas Harapan, Tunas Harapan Kita I, and Mother Earth in October 2019 using primary and secondary data. Primary data was collected using a questionnaire given to parents to measure the history of exclusive breastfeeding and picky eating. Picky eating was measured using Child Eating Behavior Questionnaire (CEBQ). Nutritional status was measured by taking anthropometric measurements of children. Data analysis used chi square and fisher exact correlation tests. **Results :** The results obtained a sample of 78 respondents from 3 PAUD. The average age of children was 48.37 months with a median of 49.00. The result showed 62.8% of children were female, 55.1% were second or more children, 88.5% had routine growth monitoring, 53.8% were in extended families, and 73,1% of children were taken care by their parents. The percentage of children who received a history of exclusive breastfeeding was 25.6%, the prevalence of children with picky eating was 70.5%. Nutritional status measurements found 1.3% of children included in the thin category and 83.3% normal. The results of the analysis of the relationship history of exclusive breastfeeding with picky eating showed  $p$  value= 0.004;  $cc=0.312$ . There was no relationship between picky eating ( $p = 0,819$ ) and history of exclusive breastfeeding ( $p = 0.626$ ) with nutritional status in preschool children. **Conclusion :** There was a relationship between exclusive breastfeeding history with picky eating in preschool children. There were no relationship between exclusive breastfeeding history and picky eating with nutritional status in preschool children.

**Keywords:** exclusive breastfeeding, picky eating, nutritional status, preschool children