

Hubungan Perilaku *Picky Eater* dengan Tingkat Kecukupan Mikronutrien Zink dan Zat Besi pada Balita 24-59 Bulan di LMDH Kendal

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ABSTRAK

Latar Belakang : Balita 12-59 bulan rentan kekurangan zat besi dan zinc yang menghambat pertumbuhan. Sekitar 60,3% balita *picky eater*, dipengaruhi berbagai faktor. Kekurangan zat besi dan zinc mempengaruhi perkembangan dan meningkatkan risiko infeksi. Penelitian ini mengkaji hubungan *picky eater* dengan kecukupan zat besi dan zinc pada balita di LMDH Kendal.

Tujuan : Untuk mengetahui hubungan *picky eater* dengan tingkat kecukupan mikronutrien *zinc* dan zat besi pada balita usia 24-59 bulan LMDH Kendal.

Metode : Penelitian ini menggunakan desain observasional cross-sectional dengan survei di LMDH Kendal, Desa Cacaban, melibatkan 50 balita usia 24-59 bulan dan ibu balita. Variabel bebas adalah perilaku *picky eater*, variabel terikat tingkat kecukupan zinc dan zat besi, serta variabel perancu meliputi pendapatan orang tua, pendidikan orang tua, riwayat infeksi, dan status gizi.

Hasil: Hasil analisis bivariat menunjukkan adanya hubungan antara *picky eater* *p-value* (0,001) dan pendapatan orang tua *p-value* (0,001) dengan tingkat kecukupan mikronutrien *zinc* dan zat besi. Analisis multivariat menunjukkan adanya pengaruh yang signifikan antara *picky eater* (OR=49,778;95%CI:8,966-276,360;p=<0,001) dengan tingkat kecukupan mikronutrien *zinc*.

Simpulan: Terdapat hubungan antara *picky eater* dengan tingkat kecukupan mikronutrien *zinc* dan zat besi

Kata Kunci: balita, *picky eater*, sng, zat besi, pendapatan

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The Relationship Between Picky Eater Behavior and the Adequacy of Zinc and Iron Micronutrient Levels in Children Aged 24-59 Months at LMDH Kendal

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ABSTRACT

Background: Children aged 12-59 months are vulnerable to iron and zinc deficiencies that hinder growth. About 60.3% of toddlers are picky eaters, influenced by various factors. Iron and zinc deficiencies affect development and increase the risk of infection. This study examines the relationship between picky eating behavior and the adequacy of iron and zinc intake in toddlers at LMDH Kendal.

Objective: To determine the relationship between picky eating behavior and the adequacy of micronutrient zinc and iron intake in toddlers aged 24-59 months at LMDH Kendal.

Methods: This study used a cross-sectional observational design with a survey conducted at LMDH Kendal, Cacaban Village, involving 50 toddlers aged 24-59 months and their mothers. The independent variable was picky eater behavior, the dependent variables were the adequacy levels of zinc and iron, and the confounding variables included parental income, parental education, history of infection, and nutritional status.

Results: Bivariate analysis showed a relationship between picky eating behavior p-value (0,001) and parental income p-value (0,001) with the adequacy of zinc and iron micronutrients. Multivariate analysis indicated a significant effect of picky eating behavior (OR=49,778;95%CI:8,966-276,360;p=<0,001) on the adequacy of zinc and iron micronutrients.

Conclusion: There is a relationship between picky eating behavior and the adequacy of zinc and iron micronutrients.

Keywords: toddlers, picky eater, zinc, iron, income.

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