

Hubungan Perilaku *Picky Eater* Dengan Kejadian Konstipasi, Pola Pertumbuhan, Dan Status Gizi Pada Balita Lembaga Masyarakat Desa Hutan (LMDH) KPH Kendal

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ABSTRAK

Latar Belakang: Perilaku *picky eating* menyebabkan terjadinya sejumlah masalah kesehatan balita. Dampak dari *picky eating* meliputi konstipasi, penurunan status gizi, hingga pola pertumbuhan yang tidak sesuai dengan garis pertumbuhan yang ideal. Dampak buruk dari perilaku *picky eater* ini ialah terjadinya *stunting* dan *wasting* pada balita.

Tujuan: Penelitian ini bertujuan untuk mengetahui keterkaitan antara perilaku *picky eater* dengan konstipasi, pola pertumbuhan, dan status gizi pada balita di Lembaga Masyarakat Desa Hutan (LMDH) KPH Kendal.

Metode: Penelitian yang dilakukan adalah studi potong lintang (*cross-sectional*) yang melibatkan balita berusia 24-59 bulan di LMDH KPH Kendal, tepatnya di Desa Cacaban. Jumlah subjek dalam penelitian ini sebanyak 50 balita, yang dipilih dengan metode total sampling. Analisis data dilakukan secara univariat dan bivariat (*uji chi-square*).

Hasil: Di LMDH KPH Kendal, ditemukan bahwa 31 dari 50 balita menunjukkan perilaku *picky eater*. Analisis data mengungkapkan adanya hubungan yang signifikan antara perilaku *picky eater* dan pola pertumbuhan anak, yang disebabkan oleh asupan gizi yang tidak mencukupi, sehingga menghambat proses pertumbuhan balita di wilayah tersebut. Sementara itu, terdapat hubungan antara perilaku *picky eater* dengan kejadian konstipasi dan status gizi pada balita yang disebabkan oleh asupan cairan yang cukup sehingga mampu melunakkan feses serta asupan karbohidrat dan protein yang cukup. Temuan penelitian menyebutkan bahwa perilaku *picky eater* berkaitan dengan pola pertumbuhan ($p\text{-value} < 0,001$). Perilaku *picky eater* tidak berhubungan dengan konstipasi ($p\text{-value} = 0,261$) dan status gizi subjek ($p\text{-value} = 0,559$).

Kesimpulan: Sebanyak 31 subjek mempunyai perilaku *picky eater*. Temuan penelitian menyebutkan bahwa perilaku *picky eater* berkaitan dengan pola pertumbuhan. Perilaku *picky eater* tidak berhubungan dengan konstipasi dan status gizi.

Kata Kunci : Picky Eater, Konstipasi, Status Gizi, Pola Pertumbuhan

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The Relationship Between Picky Eating Behavior and Constipation, Growth Patterns, and Nutritional Status in Toddlers of the Lembaga Masyarakat Desa Hutan (LMDH) KPH Kendal.

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ABSTRACT

Background: The prevalence of picky eating behavior had been increasing significantly, becoming a national and even international issue that needed attention. Picky eating behavior caused various health problems that were harmful to toddlers, including constipation, malnutrition, and growth patterns that did not align with ideal growth curves. The most severe impact of picky eating behavior was the occurrence of stunting and wasting in toddlers.

Objective: This study aimed to determine the correlation between picky eating behavior and constipation, growth patterns, and nutritional status in toddlers at the Forest Village Community Institution (LMDH) of KPH Kendal.

Method: This research was a cross-sectional study involving toddlers aged 24–59 months in the LMDH KPH Kendal area, specifically in Cacaban Village. The study involved 50 toddlers, selected through total sampling. Data were analyzed using univariate and bivariate analysis (chi-square test).

Results: In LMDH KPH Kendal, 31 out of 50 toddlers exhibited picky eating behavior. Data analysis revealed a significant relationship between picky eating and children's growth patterns, which was caused by inadequate nutritional intake, thereby hindering the toddlers' growth in the area. Meanwhile, there was no significant relationship between picky eating behavior and the incidence of constipation and nutritional status in toddlers, which was due to adequate fluid intake that helped soften stools and sufficient intake of carbohydrates and proteins. The findings indicated that picky eating behavior was significantly associated with growth patterns (p-value < 0.001), while it was not associated with constipation (p-value = 0.261) and had no significant relationship with the nutritional status of toddlers in LMDH KPH Kendal (p-value = 0.559).

Conclusion: The findings indicated that picky eating behavior was significantly associated with growth patterns, while it was not associated with constipation and had no significant relationship with the nutritional status of toddlers in LMDH KPH Kendal.

Keywords : Picky Eater, Constipation, Nutritional Status, Growth Patterns

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