

FAKTOR DETERMINAN KEJADIAN *PICKY EATING* PADA USIA PRASEKOLAH 2-5 TAHUN

(STUDY DI TK NEGERI KOTA BIMA)

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ABSTRAK

Latar Belakang : Prevalensi *Picky Eating* pada anak prasekolah masih cukup tinggi di Indonesia. *Picky Eating* jika dibiarkan terus-menerus dan tidak segera ditangani menjadi salah satu risiko masalah gizi pada anak.

Tujuan : Menganalisis faktor-faktor apa saja yang paling berpengaruh dengan kejadian *Picky Eating* pada usia pra-sekolah 2-5 tahun di TK Negeri Kota Bima.

Metode : Penelitian ini merupakan penelitian *cross-sectional*, dilakukan di TK Negeri kelurahan Rite Kota Bima. Besar sampel dalam penelitian ini yaitu 41 anak usia 2-5 tahun dengan metode *stratified random sampling*. Data yang diambil meliputi perilaku *Picky Eating*, asupan zat gizi, antropometri, pola asuh, pengetahuan gizi ibu dan kebiasaan makan. Pengambilan data menggunakan kuesioner *Picky Eating*, pola asuh, pengetahuan gizi ibu, kebiasaan makan (*ffq*), dan formulir *food recall* 3x24 jam. Uji beda menggunakan uji *Mann-Whitney* dan uji *Chi-Squared*.

Hasil : Penelitian menunjukkan ada perbedaan pola asuh ($p=0,005$), pengetahuan gizi ibu ($p=0,010$) dan kecukupan asupan energi ($p=0,004$), lemak ($p=<0,001$), protein ($p=0,010$) antara balita *Picky Eating* dan *Non Picky Eating*, tetapi tidak ada perbedaan asupan karbohidrat ($p=0,062$) dan status gizi ($p=0,269$).

Simpulan : Ada perbedaan antara kecukupan asupan energi, protein, dan lemak pada anak prasekolah *Picky Eating* dan *Non Picky Eating*, akan tetapi tidak ada perbedaan dalam persen kecukupan asupan karbohidrat, zat besi dan status gizi.

Kata Kunci : *Picky Eating*, pola asuh, kecukupan asupan gizi, status gizi, balita

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**DETERMINANT FACTORS OF *PICKY EATING* INCIDENCE AT PRESCHOOL AGE 2-5 YEARS
(STUDY IN BIMA CITY PUBLIC KINDERGARTEN)**

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ABSTRACT

Latar Belakang : The prevalence of *Picky Eating* in preschoolers is still quite high in Indonesia. *Picky Eating* if left unattended and not treated immediately becomes one of the risks of nutritional problems in children.

Tujuan : To analyze factors- factors are most influential with the incidence of *Picky Eating* at the pre-school age of 2-5 years in Bima City.

Metode : The study was a cross-sectional study, conducted in the Rite village, Bima City. The sample size in this study was 41 children aged 2-5 years with a stratified random sampling method. The data taken include *Picky Eating* behavior, nutrient intake, anthropometry, parenting, maternal knowledge and eating habits. Data collection used *Picky Eating* questionnaires, parenting, maternal knowledge, eating habits (ffq), and a 3x24-hour food recall form. The different tests used the Mann-Whitney test and the Fisher's Exact Test.

Hasil : The result shows there are differences in parenting ($p=0.000$) and percent adequacy of energy intake ($p=0.004$), lemak ($p<0.001$), protein ($p=0.010$), between *Picky Eating* and *Non-Picky Eating* toddlers, but there is no difference in carbohydrate intake ($p=0.062$) iron (0,288)and nutritional status ($p=0.269$).

Simpulan : There is a difference between the percent adequacy of energy, protein, fat, and iron intake in *Picky Eating* and *Non Picky Eating* preschoolers, but there is no difference in the percent adequacy of carbohidrat intake, and nutritional status.

Kata Kunci : *Picky Eating*, parenting, maternal knowledge, adequacy of nutritional intake, nutritional status of children.

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