

## Hubungan *Picky Eating* dan Kualitas Diet dengan Status Gizi pada Anak Prasekolah

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### ABSTRAK

**Latar Belakang:** *Picky eating* mengacu pada perilaku makan hanya jenis tertentu dan enggan mencoba makanan baru sehingga asupan tidak bervariasi yang berisiko pada terjadinya masalah gizi. Kualitas diet perlu diperhatikan untuk mengetahui mutu asupan guna mencegah masalah gizi anak. **Tujuan:** Mengetahui hubungan *picky eating* dan kualitas diet dengan status gizi pada anak prasekolah.

**Metode:** Penelitian *observasional* dengan *desain cross sectional*. Subjek dipilih secara *consecutive sampling* sebesar 97 subjek. Data yang diambil yaitu *picky eating*, data asupan untuk kualitas diet, aktivitas fisik, tinggi dan berat badan anak, usia ibu, pendidikan ibu, pendapatan keluarga, dan jumlah anak. Status gizi dikategorikan berdasarkan *z-score* berat badan menurut tinggi badan (BB/TB), berat badan menurut umur (BB/U) dan tinggi badan menurut umur (TB/U). Data diuji dengan analisis korelasi *spearman rank* dan regresi linier berganda dengan CI 95%.

**Hasil:** Persentase *picky eating* sebanyak 39%, kualitas diet rendah 92%, aktivitas fisik kurang 37% dari total subjek. Rerata *z-score* BB/TB, BB/U, dan TB/U adalah  $-0,41 \pm 1,36$  SD,  $-0,9 \pm 1,26$  SD, dan

$-1,01 \pm 1,26$  SD. Terdapat hubungan *picky eating* dengan status gizi BB/TB ( $p=0,012$ ) dan BB/U ( $p=0,016$ ). Tidak terdapat hubungan kualitas diet dengan status gizi ( $p>0,05$ ) namun moderasi berhubungan dengan BB/U ( $p=0,040$ ).

**Simpulan:** Terdapat hubungan *picky eating* dengan status gizi BB/TB dan BB/U. Tidak terdapat hubungan kualitas diet dengan status gizi, namun moderasi berhubungan dengan status gizi BB/U anak prasekolah.

**Kata Kunci:** *Picky eating*, Kualitas Diet, Status Gizi, Anak Prasekolah

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## The Associations Picky eating and Diet Quality with Nutrition Status in Preschool Children

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### ABSTRAK

**Background:** Picky eating refers to the behavior of children who only want to eat certain types of food and do not want to try new foods, so that intake is not varied and there will cause nutritional problems. Diet quality needs to be considered to determine the quality intake to prevent children's nutritional problems.

**Objective:** To determine the relationship between picky eating and diet quality with nutritional status in preschool children

**Methods:** This analytical observational study with cross-sectional research design. Subjects were selected by consecutive sampling, involving 97 subjects. Data included eating behavior, food consumption for diet quality, physical activity, child's height, and weight, maternal age, education level, family income, and number of children. Nutrition status was categorized based on the z-score of body weight for height (BB/TB), body weight for age (BB/U) and height for age (TB/U). Analysis utilized Spearman's test and multiple linear regressions (95% CI).

**Result:** The percentages of picky eating were 39%, low diet quality was 92%, and low physical activity was 37%. The mean z-score of BB/TB, BB/U, and TB/U were  $-0,41 \pm 1,36$  SD,  $-0,9 \pm 1,26$  SD, and  $-1,01 \pm 1,26$  SD. Picky Eating related with nutritional status of BB/TB ( $p=0,012$ ) and BB/U ( $p=0,016$ ). No significant accorded between diet quality and nutritional status ( $p>0,05$ ) but moderate related with BB/U ( $p=0,040$ ).

**Conclusion:** Picky eating related to nutritional status of BB/TB and BB/U. No significant accorded between diet quality and nutritional status but moderate related with BB/U

**Keywords:** Picky eating, Diet Quality, Nutrition status, Preschool

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