

ABSTRACT



**ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH SCIENCES
NUTRITION DEPARTEMENT
UNDERGRADUATE TESIS, MARCH 2018**

REFIANITA AGUSTI

**THE FACTORS INFLUENCED PICKY EATER OCCURENCE OF THE
IV AND V GRADE STUDENTS AT JUARA ELEMENTARY SCHOOL OF
WEST JAKARTA YEAR 2018**

xvii+VI Chapter, 62 Pages, 4 Tables, 11 Figures, 13 Attacement

Background: Children who are 7 to 12 years old a phase in which eating disorders of the children are associated with their growth, characterized by unwillingness of the children to try new foods (neophobia); limiting certain types of foods, especially fruits and vegetables; extreme likes and dislikes toward certain foods; fluctuating appetite; and in extreme condition they are not even interested in food. Children with poor eating habits cannot fulfill their nutritional needs optimally.

Objective: To know the factors that influenced the occurrence of picky eater on the IV and V grade students at Juara Elementary School of West Jakarta Year 2018.

Method: This study was a quantitative research with cross sectional study design. The sample of this research was 46 respondents who were chosen by total sampling technique. To analyze the data used Chi-Square test in this research.

Result: The result of maternal statistic test with picky eater obtained $p=0,95$, the result of parents' income with picky eater obtained $p=0,80$, the result of history of exclusive breast milk with picky eater obtained $p=0,55$, history of complementary food of breast milk with picky eater obtained $p=0,55$, nutritional knowledge with picky eater obtained $p=0,95$, and picky eater with energy sufficiency obtained $p=0,58$

Conclusion: There was a significant relationship between maternal education, parents' income, history of exclusive breast milk, history of complementary food of breast milk, nutritional knowledge and the level of energy sufficiency with picky eater. It is hoped for further researcher to conduct similar research about picky eater with internal factors in junior high school and educate parents and teachers about picky eater.

Key words: Picky eater, External Factor, Elementary Students

Number of reading: 44 (2007-2017)