

ABSTRAK



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HUBUNGAN KEBIASAAN SARAPAN, *PICKY EATING*, DAN AKTIVITAS FISIK TERHADAP STATUS GIZI ANAK USIA PRA SEKOLAH PADA MASA PANDEMI COVID-19

VI Bab, 95 Halaman, 8 Tabel, 3 Gambar, 11 Lampiran

Latar Belakang : Salah satu masalah gizi pada anak usia prasekolah adalah kekurangan berat badan dan kelebihan berat badan. Masalah gizi yang muncul akan berdampak pada terganggunya status gizi anak.

Tujuan : Menganalisis hubungan antara kebiasaan sarapan, *picky eating*, dan aktivitas fisik terhadap status gizi anak prasekolah.

Metode Penelitian : Desain penelitian yang digunakan adalah penelitian *cross-sectional* dengan melibatkan 87 anak prasekolah dari TKQ At-Thalita dan TKQ Nurul Huda. Teknik analisis menggunakan uji korelasi *spearman rank*. Pengumpulan data dilakukan dengan menggunakan kuesioner kebiasaan sarapan pagi, kuesioner *picky eating*, dan kuesioner *Early Year-Physical Activity Questionnaire* (EY-PAQ).

Hasil penelitian : Ada hubungan antara kebiasaan sarapan ($p=0,0001$, $r=0,393$) dan status gizi pada anak prasekolah, ada hubungan antara aktivitas fisik dengan status gizi anak pra sekolah ($p = 0,011$, $r = -0,272$), tetapi tidak ada hubungan antara pilih-pilih makan dengan status gizi anak usia pra sekolah ($p = 0,438$, $r = -0,084$).

Kesimpulan : Dapat disimpulkan bahwa kebiasaan sarapan dan aktivitas fisik merupakan faktor yang berhubungan dengan status gizi.

Kata kunci : anak pra sekolah, kebiasaan sarapan, *picky eating*, aktivitas fisik, status gizi

ABSTRACT



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RELATIONSHIP OF BREAKFAST HABITS, PICKY EATING, AND PHYSICAL ACTIVITY TOWARD NUTRITIONAL STATUS OF PRE SCHOOL CHILDREN DURING COVID-19 PANDEMIC

VI Chapter, 95 Pages, 8 Tables, 3 Pictures, 11 Appendices

Background : One type of nutritional problem in pre-school age children is underweight and overweight. Nutritional problems that arise will have an impact on the disruption of children's nutritional status.

Objective : Analyzing the relationship between breakfast habits, picky eating, and physical activity on the nutritional status of pre-school children.

Methods : This research is a cross-sectional study involving 87 pre-school children from TKQ At-Thalita and TKQ Nurul Huda. The analysis technique used the Spearman rank correlation test. Data were collected using the breakfast habits questionnaire, the picky eating questionnaire, and the Early Year-Physical Activity Questionnaire (EY-PAQ) questionnaire.

Result : There was a relationship between breakfast habits ($p=0.0001$, $r=0.393$) and nutritional status in pre-school children, there was a relationship between physical activity and nutritional status of pre-school children ($p=0.011$, $r=-0.272$), but there was no relationship between picky eating and the nutritional status of pre-school children ($p=0.438$, $r=-0.084$).

Conclusion : It can be concluded that breakfast habits and physical activity are factors related to nutritional status.

Keyword : pre-school children, breakfast habits , picky eating, physical activity, nutritional status.