

ABSTRAK

Latar Belakang: Status gizi anak merupakan salah satu masalah gizi yang ada di Indonesia yang dimana masa prasekolah adalah masa dimana anak mengalami perilaku pilih-pilih makanan yang akan berdampak pada kebiasaan makan dimasa depan. Karena itu, perilaku *picky eating* menjadi salah satu penyebab yang berperan penting dalam penentuan status gizi anak prasekolah, serta kualitas konsumsi juga dapat mempengaruhi status gizi anak prasekolah sebab anak mulai banyak memiliki kegiatan, anak mulai terpengaruh pada teman hingga mempengaruhi selera makan dan kebiasaan makan. **Tujuan:** Menganalisis hubungan antara perilaku *picky eating* dan kualitas konsumsi terhadap status gizi anak prasekolah. **Metode:** Desain penelitian yang digunakan adalah penelitian *cross sectional* dengan melibatkan 47 anak prasekolah dari TK An Nurmaniyah dan RA Al Ma'mur. Teknik analisis data menggunakan uji *Chi Square*. Pengumpulan data dilakukan dengan menggunakan *Child Eating Behavior Questionnaire (CEBQ)* untuk menilai perilaku *picky eating* nya dan menggunakan *Food Record 3x24 jam* yang akan dianalisis menggunakan metode *Diet Quality Index - International (DQI-I)*. **Hasil:** Ada hubungan antara perilaku *picky eating* dengan staus gizi anak prasekolah ($p=0.028$, $p<0.05$) namun tidak ada hubungan antara kualitas konsumsi dengan status gizi anak prasekolah ($p=0.298$, $p>0.05$). **Kesimpulan:** Dapat disimpulkan bahwa perilaku *picky eating* merupakan faktor yang berhubungan dengan status gizi anak prasekolah.

Kata Kunci: anak prasekolah, DQI-I, kualitas konsumsi, perilaku *picky eating*, status gizi.

ABSTRACT

Background: Children's nutritional status is one of the nutritional problems in Indonesia where the preschool period is a time when children experience picky eating behavior that has an impact on the formation of their eating habits in the future. Therefore, picky eating behavior is one of the causes an important role in determining the nutritional status of preschool children, and the quality of consumption can also affect the nutritional status of preschool children because in this period child activity is increasing, children begin to be influenced by friends to affect appetite and eating habits. **Objective:** The purpose of this study was to analyze the relationship between picky eating behavior and quality of consumption on the nutritional status of preschool children. **Methods:** The study is a cross-sectional design that was conducted on 47 preschool children from An Nurmaniyah Kindergarten and RA Al Ma'mur. Data analysis technique using Chi-Square test, using a child eating behavior questionnaire (CEBQ) to assess their picky eating behavior and using a 3x24 hours Food Record which will be analyzed using the Diet Quality Index - International (DQI-I) method. **Result:** There is a relationship between picky eating behavior and nutritional status of preschool children ($p=0.028$, $p<0.05$) but there is no relationship between quality of consumption and nutritional status of preschoolers ($p=0.298$, $p>0.05$). **Conclusion:** It can be concluded that picky eating behavior is a factor related to the nutritional status of preschool children.

Keywords: preschool children, picky eating, quality of consumption, DQI-I, nutritional status.