

ABSTRAK



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HUBUNGAN ANTARA PENERAPAN JUMLAH DAN JADWAL PADA PEMBERIAN MAKAN, RIWAYAT *PICKY EATING* ORANG TUA DENGAN KERAGAMAN MAKANAN PADA ANAK *PICKY EATER* USIA PRASEKOLAH

Latar Belakang: Perilaku *picky eating* merupakan masalah yang umum terjadi pada usia *toodler* dan prasekolah. Pemberian makan berperan dalam selera dan preferensi makan, yang terdiri dari jumlah dan jadwal yang akan berdampak pada keragaman makanan. Selain itu, orang tua dengan riwayat *picky eating* dapat mempengaruhi anaknya untuk memiliki kesempatan menjadi *picky eater*.

Tujuan: Menganalisis hubungan antara penerapan jumlah dan jadwal pada pemberian makan, riwayat *picky eating* orang tua dengan keragaman makanan pada anak *picky eater* usia prasekolah.

Metode Penelitian: Desain penelitian ini adalah *cross sectional* dengan sampel sebanyak 34 anak. Data penerapan jumlah dan jadwal menggunakan *food recall 2x24 jam*, data riwayat *picky eating* orang tua menggunakan form *Adult Picky Eating Behaviour Questionnaire (APEQ)*, data keragaman makanan menggunakan form *Individual Dietary Diversity Score (IDDS)*, dan kejadian *picky eating* pada anak menggunakan form *Child Picky Eating Behaviour Questionnaire (CEBQ)*. Analisa data menggunakan uji *Chi-square* dan uji *Fisher's Exact Test*.

Hasil penelitian: Ada hubungan antara jadwal makan ($p=0.043$) dan riwayat *picky eating* orang tua ($p=0.016$) dengan kejadian *picky eating* pada anak prasekolah. Ada hubungan antara kejadian *picky eating* dengan keragaman makanan pada anak prasekolah ($p=0.006$). Tidak ada hubungan antara jumlah makanan yang terdiri dari jumlah energi ($p=1.000$), jumlah protein ($p=0.405$), jumlah lemak ($p=1.000$), dan jumlah karbohidrat ($p=1.000$) dengan kejadian *picky eating* pada anak prasekolah.

Kesimpulan: Ada hubungan antara jadwal makan dan riwayat *picky eating* orang tua dengan kejadian *picky eating* pada anak prasekolah TK Wijaya. Ada hubungan kejadian *picky eating* dengan keragaman makanan anak prasekolah TK Wijaya.

Kata kunci: *pilih-pilih makanan, keragaman makanan, riwayat pilih-pilih makan orang tua, pemberian makan*

ABSTRACT



ESA UNGGUL UNIVERSITY
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THE RELATIONSHIP AMONG THE APPLICATION OF AMOUNT AND SCHEDULE OF FEEDING, PARENTS PICKY EATING HISTORY TO DIVERSITY OF FOODS IN PRESCHOOL-AGED CHILDREN WITH PICKY EATERS

Background: Picky eating behavior is common problem among toddlers and preschoolers. Feeding application play a role in taste and eating preferences, consist of amount and schedule that can be impactful to food diversity. Moreover, parents with picky eating history can influence their children to have chance to be picky eaters.

Objective: Analyzing the relationship among the application of amount and schedule of feeding, parents picky eating history to diversity of foods in preschool-aged children with picky eaters.

Methods: The design of this study is cross sectional with a sample of 34 preschool aged children. The amount and schedule of feeding taken by 2x24 hours of food recall, parents picky eating history used Adult Picky Eating Questionnaire (APEQ) form, diversity of food used Individual Dietary Diversity Score (IDDS) form, and picky eating incidents used Child Eating Behavior Questionnaire (CEBQ).

Result: There were significant relations between schedule of feeding ($p=0.043$) and parents picky eating history ($p=0.016$) to picky eating incidents in preschool-aged children. There was significant relations between picky eating incidents to diversity of foods in preschool-aged children ($p=0.006$). There were no significant relations between amount of food consist of energy intake ($p=1.000$), protein intake ($p=0.405$), fat intake ($p=1.000$), and carbohydrate intake ($p=1.000$).

Conclusion: There were significant relation between schedule of feeding and parents picky eating history to picky eating incidents in Wijaya kindergarten. There was significant relation between picky eating incidents to diversity of food in Wijaya kindergarten

Keywords: picky eaters, food diversity, parents picky eating history, feeding application