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UNIVERSITAS SILIWANGI

TASIKMALAYA

PROGRAM STUDI GIZI

2024

ABSTRAK

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**HUBUNGAN *PICKY EATER* DENGAN KEJADIAN *UNDERWEIGHT*
PADA ANAK USIA PRASEKOLAH**

Anak usia prasekolah merupakan usia kelompok rawan terkena masalah gizi, salah satunya yaitu kekurangan asupan gizi. Kebiasaan pilih-pilih makanan pada anak usia prasekolah merupakan tanda anak mengalami *picky eater* yang dapat menyebabkan kekurangan asupan jangka panjang dan mengakibatkan *underweight*. Tujuan penelitian ini menganalisis hubungan antara *picky eater* dengan tingkat kecukupan energi, protein, lemak dan karbohidrat dengan kejadian *underweight* anak usia prasekolah di RA Miftahul Islam Gununganjung Kabupaten Tasikmalaya. Penelitian ini dilakukan dengan pendekatan studi *cross sectional*. Sampel diambil sebanyak 80 anak atau seluruh anak didik dengan menggunakan teknik *purposive sampling*. Pengumpulan data menggunakan kuesioner *child eating behaviour questionnaire* (CEBQ) untuk mengukur *picky eater*, *food recall* 2x 24 jam dan indeks BB/U digunakan untuk menilai status gizi balita. Analisis data dilakukan dengan uji *chi-square*. Hasil penelitian menunjukkan ada hubungan yang bermakna antara *picky eater* dengan tingkat kecukupan energi ($p\text{-value}=0,003$), karbohidrat ($p\text{-value}=0,001$), protein ($p\text{-value}=0,000$), dan lemak ($p\text{-value}=0,000$), serta ada hubungan antara *picky eater* dengan kejadian *underweight* ($p\text{-value}=0,001$). Penelitian ini juga menunjukkan ada hubungan tingkat kecukupan energi ($p\text{-value}=0,000$), protein ($p\text{-value}=0,000$), lemak ($p\text{-value}=0,000$) dan karbohidrat ($p\text{-value}=0,000$) dengan kejadian *underweight*. Kesimpulan ada hubungan bermakna antara *picky eater* dengan tingkat kecukupan energi, protein, lemak dan karbohidrat, ada hubungan bermakna *picky eater* dengan kejadian *underweight* serta ada hubungan bermakna antara tingkat kecukupan energi, protein, karbohidrat dan lemak pada anak usia pra sekolah. Diharapkan orang tua agar menjaga tingkat kecukupan gizi anak dengan memberikan asupan makanan sesuai dengan kebutuhan anak supaya terhindar dari *underweight*, dan mengenalkan beragam jenis makanan, agar mendorong anak untuk mengenal makanan yang lebih beragam, sehingga anak lebih mudah menerima makanan dan tidak memilih-milih makanan.

Kata Kunci: *Picky Eater*, Prasekolah, *Underweight*

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2024**

ABSTRACT

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**THE RELATIONSHIP OF PICKY EATER WITH UNDERWEIGHT IN
PRESCHOOL AGE CHILDREN**

Preschool children are an age group that is vulnerable to nutritional problems, one of which is a lack of nutritional intake. The habit of being picky about food in preschool children is a sign that the child is a picky eater which can cause long-term lack of intake and result in underweight. The purpose of this study was to analyze the relationship between picky eaters and the level of energy, protein, fat and carbohydrate adequacy with the incidence of underweight in preschool children at RA Miftahul Islam Gunungtanjung, Tasikmalaya Regency. This study was conducted using a cross-sectional study approach. Samples were taken as many as 80 children or all students using a purposive sampling technique. Data collection used the child eating behavior questionnaire (CEBQ) to measure picky eaters, 2x 24-hour food recall and BB/U index were used to assess the nutritional status of toddlers. Data analysis was carried out using the chi-square test. The results of the study showed a significant relationship between picky eaters with energy adequacy levels (p-value = 0.003), carbohydrates (p-value = 0.001), protein (p-value = 0.000), and fat (p-value = 0.000), and there was a relationship between picky eaters with the incidence of underweight (p-value = 0.001). This study also showed a relationship between energy adequacy levels (p-value = 0.000), protein (p-value = 0.000), fat (p-value = 0.000) and carbohydrates (p-value = 0.000) with the incidence of underweight. The conclusion is that there is a significant relationship between picky eaters with energy, protein, fat and carbohydrate adequacy levels, there is a significant relationship between picky eaters with the incidence of underweight and there is a significant relationship between energy, protein, carbohydrate and fat adequacy levels in preschool children. It is expected that parents will maintain the level of nutritional adequacy of their children by providing food intake according to their needs to avoid underweight, and introducing various types of food, to encourage children to get to know more diverse foods, so that children will find it easier to accept food and not be picky eaters.

Keywords: Picky Eater, Preschool, Underweight