

INTISARI

Latar Belakang: *Picky eating* atau disebut juga *fussy eating* adalah perilaku anak untuk menolak dan memilih-milih makanan. Anak *picky eating* cenderung mengonsumsi makanan yang anak suka. Kekurangan gizi dan gangguan tumbuh kembang anak merupakan salah satu manifestasi dari perilaku *picky eating*. Perilaku makan anak dipengaruhi oleh banyak faktor. Salah satu faktor yang memengaruhi adalah perilaku makan orang tua.

Tujuan: Mengidentifikasi hubungan perilaku makan orang tua dengan perilaku *picky eating* pada balita serta gambaran dan karakteristik keluarga.

Metode: Penelitian merupakan penelitian kuantitatif *cross sectional*. Penelitian dilaksanakan pada bulan Oktober-Desember 2019 dengan subjek penelitian sejumlah 94 responden pada 2 posyandu di Puskesmas Pengasih 2 Kulon Progo. Penelitian menggunakan kuesioner *Child Eating Behaviour Questionnaire* dan *Parental Modelling of Eating Behaviours Scale*. Analisis data menggunakan *Kruskal wallis*, *Mann whitney*, dan *Spearman rank*.

Hasil Penelitian: Data menunjukkan 50% anak mengalami *picky eating*. Tidak terdapat hubungan bermakna secara langsung antara perilaku makan orang tua dengan perilaku *picky eating* balita ($p=0,912$). Data menunjukkan hubungan bermakna antara perilaku *desire to drink* dengan *unintentional modelling* ($p=0,033$) dan *desire to drink* dengan *behavioural consequence* ($p=0,027$). Analisis data menunjukkan tidak ada perbedaan perilaku *picky eating* balita pada pendapatan keluarga dan usia balita ($p=0,347$; $p=0,158$).

Kesimpulan: Tidak ada hubungan antara perilaku makan orang tua dengan perilaku *picky eating*.

Kata Kunci: *Picky eating*, Perilaku Makan, Balita, Perilaku Makan Orang Tua

ABSTRACT

Background: Picky eating or fussy eating is a child behavior to reject or choose food. Child with picky or fussy eating tends to consume child's favorite food. Nutritional deficiency and growth-and-development disorder in child is a manifestation of picky eating behavior. One of influencing factors is parental eating behavior.

Purpose: To Identify the relationship between parental eating behavior with infant picky eating and family characteristics.

Method: This research was a quantitative cross-sectional research. This research have done in October-December 2019 with 94 subjects in 2 integrated healthcare centre at Pengasih 2 Primary Public Health Center, Kulon Progo. The research use Child Eating Behaviour Questionnaire and Parental Modelling of Eating Behaviours Scale. Data analysis used *Kruskal wallis*, *Mann whitney*, and *Spearman rank*.

Result: The result shows 50% children has picky eating. There is no relationship between parental eating behavior with picky eating 1-5 years children($p=0,912$). But the data show significant relationship between desire to drink behavior with unintentional modelling ($p=0,033$) and desire to drink with behavioral consequence ($p=0,027$). Data analysis show there was no relationship between family income and children age were not related to picky eating behavior ($p=0,347$; $p=0,158$).

Conclusion: There was not relationship between parental eating behavior with picky eating behavior.

Keyword: Picky eating, Eating behavior, Parental Eating Behavior, 1-5 years children