

INTISARI PENELITIAN

Latar Belakang: Status gizi balita dapat dipengaruhi oleh 2 faktor, yaitu faktor langsung (anak) dan tidak langsung (orang tua). Perilaku *picky eater* merupakan salah satu kendala dalam pemenuhan kebutuhan nutrisi balita. Selain itu, perilaku ibu dalam pemberian makan juga memegang peran dalam menjaga status gizi balita.

Tujuan Penelitian: Mengetahui hubungan perilaku *picky eater* dan perilaku ibu dalam pemberian makan dengan status gizi pada balita.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan desain penelitian *cross sectional*. Responden dalam penelitian ini sebanyak 70 pasangan ibu dan balita di Desa Bugisan, Prambanan, Klaten, Jawa Tengah. Pengambilan data menggunakan kuesioner *Child Eating Behaviour Questionnaire* (CEBQ) dan *Comprehensive Feeding Practice Questionnaire* (CFPQ). Status gizi balita diukur berdasarkan indeks berat badan menurut tinggi badan (BB/TB). Analisis penelitian menggunakan uji *Chi Square* dan *Fisher*.

Hasil: Hasil penelitian menunjukkan bahwa mayoritas balita tidak mengalami perilaku *picky eater*. Sebagian besar perilaku ibu dalam pemberian makan tergolong dalam kategori baik. Mayoritas balita memiliki status gizi baik. Hasil uji *Fisher* antara perilaku *picky eater* dengan status gizi pada balita memperoleh *p value* $0,743 > 0,05$. Hasil uji *Chi Square* antara perilaku ibu dalam pemberian makan dengan status gizi pada balita memperoleh *p value* $0,155 > 0,05$.

Kesimpulan: Tidak terdapat hubungan perilaku *picky eater* dengan status gizi pada balita. Tidak terdapat hubungan perilaku ibu dalam pemberian makan dengan status gizi pada balita.

Kata kunci: balita, *picky eater*, perilaku ibu dalam pemberian makan, status gizi

ABSTRACT

Background: *The nutritional status of toddlers can be influenced by two factors: direct (child) and indirect (parents) factors. Picky eating is one of the obstacles to meeting the nutritional needs of toddlers. Furthermore, maternal feeding behavior also plays a role in maintaining the nutritional status of toddlers.*

Objective: *To determine the relationship between picky eating behavior and maternal feeding behavior with nutritional status in toddlers.*

Method: *This study is a quantitative research with a cross-sectional design. Respondents in this study were 70 pairs of mothers and toddlers in Bugisan Village, Prambanan, Klaten, Central Java. Data collection used the Child Eating Behavior Questionnaire (CEBQ) and Comprehensive Feeding Practice Questionnaire (CFPQ). The nutritional status of toddlers is measured based on the weight-for-height index. The study analysis used the Chi Square test and the Fisher test.*

Result: *The results of the study show that the majority of toddlers do not experience picky eating behavior. Most maternal feeding behaviors were categorized as good. The majority of toddlers had good nutritional status. The Fisher exact test between picky eating behavior and nutritional status in toddlers obtained a p-value of 0,743 > 0,05. The Chi-Square test between mothers' feeding behavior and nutritional status in toddlers obtained a p-value of 0,155 > 0,05.*

Conclusion: *There is no relationship between picky eating behavior and nutritional status in toddlers. There is no relationship between maternal feeding behavior and nutritional status in toddlers.*

Keywords: *maternal feeding behavior, nutritional status, picky eater, toddler*