

INTISARI PENELITIAN

Latar Belakang: Usia 1-5 tahun merupakan masa yang penting untuk pertumbuhan dan perkembangan. Kecukupan zat gizi yang dibutuhkan dapat dipenuhi dengan pengenalan perilaku makan yang sehat sejak masa balita. Perilaku ini akan bertahan hingga usia dewasa. Namun, nyatanya perilaku *picky eating* sering muncul. Salah satu faktor yang mempengaruhi yaitu perilaku ibu sebagai pengasuh utama dalam pemberian makan pada balitanya.

Tujuan: Mengidentifikasi hubungan antara perilaku ibu dalam pemberian makan dengan perilaku *picky eating*.

Metode: Jenis penelitian yaitu analitik korelasi dengan rancangan penelitian *cross sectional*. Subjek penelitian 94 pasangan ibu dengan anak usia balita 1-5 tahun pada wilayah Kecamatan Pengasih dan memenuhi kriteria inklusi dan eksklusi. Perilaku *picky eating* diukur dengan instrumen *Child Eating Behaviour Questionnaire* yang dimodifikasi. Perilaku ibu dalam pemberian makan diukur dengan *Comprehensive Feeding Practice Questionnaire*. Analisis menggunakan *Pearson Product Moment*.

Hasil: Terdapat empat puluh tujuh anak balita (50%) memiliki perilaku *picky eating*. Aspek yang paling sering muncul yaitu perilaku keinginan makan menurun ketika emosi. Perilaku pemberian makan ibu yang paling sering dilakukan yaitu pengajaran tentang gizi. Tidak didapati adanya hubungan antara perilaku pemberian makan ibu dengan perilaku *picky eating*. Pendapatan keluarga, usia balita dan jenis kelamin balita juga tidak berhubungan dengan perilaku *picky eating*. Didapati hubungan antara pendidikan ibu dan pekerjaan ibu dengan perilaku *picky eating* ($p < 0,001$; $p = 0,002$).

Kesimpulan: Tidak didapati adanya hubungan antara perilaku pemberian makan ibu kepada balita dengan perilaku *picky eating*.

Kata kunci: *picky eating*, perilaku pemberian makan, balita

ABSTRACT

Background: Aged between 1-5 years is an important period for growth and development. Adequacy of nutrients can be met by the introduction of healthy eating behaviors since young. This behavior will last until adulthood. However, picky eating behavior often appears in reality. One of the influencing factors is the mother's feeding behavior as the primary caregiver in feeding her toddler.

Objective: To identify the relationship between maternal behavior in feeding with picky eating behavior.

Method: This was a correlation analytical research with cross sectional study design. Samples of the study consisted of 94 couples of mothers with children under the aged between 1-5 years in Kecamatan Pengasih that met the inclusion and exclusion criteria. Picky eating behavior was measured by a modified *Child Eating Behaviour Questionnaire*. Maternal behavior in feeding was measured by the *Comprehensive Feeding Practice Questionnaire*. Analysis using *Pearson Product Moment*.

Result: Forty-seven children under five years old or toddler (50%) have picky eating behavior. The most frequent child feeding behaviour aspect that arise is emotional undereating. Meanwhile, the most frequent maternal feeding behavior is teaching about nutrition. Then, there was no relationship between maternal feeding behavior with picky eating behavior. Also, family income, children age, and children gender is not related to picky eating behavior ($p=0,347$; $p=0,158$; $p=0,301$). However, there is a relationship between mother's education and mother's occupation with picky eating behavior ($p<0.001$; $p=0.002$).

Conclusion: There is not relationship between mother's feeding behavior with picky eating behavior.

Keywords: picky eating, feeding behavior, children 1-5 years old.