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HUBUNGAN PERILAKU MAKAN ORANG TUA DENGAN KEJADIAN PICKY EATER PADA ANAK PRASEKOLAH DI RA HJ. SOEBANDI

ABSTRAK

Latar Belakang : *picky eater* merupakan permasalahan pola makan yang umum terjadi pada anak prasekolah. Perilaku makan orang tua merupakan faktor yang mempengaruhi dari *picky eater*. Sehingga orang tua memberikan role model dalam perilaku makan sangat penting bagi anak.

Tujuan : dari penelitian ini dapat mengetahui hubungan perilaku makan orang tua dengan kejadian *picky eater* pada anak prasekolah di TK RA Haji Soebandi di wilayah Kecamatan Bawen.

Metode : Penelitian ini dengan menggunakan desain penelitian yaitu *deskriptif korelasional* Pendekatan dengan *cross sectional*. populasi penelitian ini sebanyak 152 dengan jumlah sampel 110 responden. Perilaku makan orang tua dengan alat ukur menggunakan kuesioner *Adults Eating Behavior Questionnaire (AEBQ)*. Perilaku *picky eater* pada anak prasekola dengan alat ukur menggunakan kuesioner *Child Eating Behavior Questionnaire (CEBQ)*. Data dianalisis menggunakan uji chi-square.

Hasil : penelitian perilaku makan orang tua baik sebanyak 61 responden (55,5%). Anak yang tidak mengalami perilaku *picky eater* sebanyak 77 responden (77.0%). Ada hubungan signifikan antara perilaku makan orang tua dengan perilaku *picky eater* pada anak prasekolah (3-4 tahun) di RA Hj Soebandi.

Kesimpulan : menunjukan ada hubungan yang signifikan perilaku makan orang tua dengan perilaku *picky eater* pada anak prasekolah (3-4 tahun) di RA Hj Soebandi, karena uji statistic menggunakan uji chi-square nilai signifikansinya sebesar $0,000 < 0,05$.

Saran : seharusnya orang tua diharapkan memperhatikan perilaku makan bergizi dan bervariasi makanan dalam pemilihan makanan dengan cara makan orang tua sendirinya, agar anak tidak menjadi *picky eater*.

Kata Kunci : Perilaku Makan Orang Tua, *Picky Eater*, Anak Prasekolah

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ABSTRAK

Background : Picky eater is a common eating pattern problem in preschool children. Parental eating behavior is a factor that influences picky eating. So parents provide role models in eating behavior is very important for children.

Objective: This study aims to determine the relationship between parental eating behavior and the incidence of picky eating in preschool children at RA Haji Soebandi Kindergarten in Bawen District.

Method: This study used a descriptive correlational research design with a cross-sectional approach. The population of this study was 152 with a sample of 110 respondents. Parental eating behavior was measured using the Adults Eating Behavior Questionnaire (AEBQ) questionnaire. Picky eater behavior in preschool children was measured using the Child Eating Behavior Questionnaire (CEBQ) questionnaire. Data were analyzed using the chi-square test.

Results: The study of good parental eating behavior was 61 respondents (55.5%). Children who did not experience picky eater behavior were 77 respondents (77.0%). There was a significant relationship between parental eating behavior and picky eater behavior in preschool children (3-4 years old) at RA Hj Soebandi.

Conclusion: shows that there is a significant relationship between parental eating behavior and picky eater behavior in preschool children (3-4 years old) at RA Hj Soebandi, because the statistical test using the chi-square test has a significance value of $0.000 < 0.05$.

Suggestion: Parents should pay attention to nutritious eating behavior and a variety of foods in choosing food based on the way the parents themselves eat, so that children do not become picky eaters

Keywords : Parents Eating Behavior, Picky Eater, Preschool Children