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HUBUNGAN *PICKY EATER* DENGAN BERAT BADAN PADA ANAK USIA PRASEKOLAH DI TK ISLAM AL-HUDA

ABSTRAK

Latar Belakang : Picky eater merujuk pada kondisi di mana anak hanya mau makan makanan tertentu dan menolak mencoba makanan baru. Perilaku ini sering ditemukan pada anak prasekolah dan merupakan salah satu masalah gizi, karena anak yang picky eater cenderung mengonsumsi lebih sedikit energi, protein, karbohidrat, vitamin, dan mineral

Tujuan : Untuk mengetahui hubungan *picky eater* dengan berat badan anak.

Metode : Metode yang digunakan dalam penelitian ini adalah metode deskriptif korelatif dengan pendekatan cross sectional study. Jumlah sampel 60 anak usia prasekolah. Pengambilan sampel menggunakan purposive sampling yakni memilih sampel secara teknik sampling non random sampling.

Hasil : Hasil penelitian menunjukkan perilaku picky eater sebanyak 18 responden (30%) dengan berat badan pada kategori kurus 19 responden (31,7%). Hasil analisa data uji *Spearmann* didapatkan nilai $p\ value = 0,000 < \alpha (0,05)$, maka dapat disimpulkan bahwa ada hubungan yang bermakna antara *picky eater* dengan berat badan anak prasekolah di TK Al-Huda.

Kesimpulan : Terdapat hubungan yang bermakna antara *picky eater* dengan berat badan anak prasekolah di TK Al-Huda. Dibuktikan dari analisa data uji *Spermann* didapatkan nilai $p\ value = 0,000 < \alpha (0,05)$.

Kata kunci : Picky eater Anak, Berat badan Anak Prasekolah

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ABSTRACT

Background: Picky eater refers to a condition where children are selective about the foods they eat and refuse to try new foods. This behavior is commonly observed in preschool-aged children and is considered a nutrition-related issue, as picky eaters tend to consume fewer calories, proteins, carbohydrates, vitamins, and minerals.

Objective: To determine the relationship between picky eater behavior and children's body weight.

Method: This study used a descriptive correlational method with a cross-sectional approach. The sample consisted of 60 preschool-aged children. Purposive sampling was used, a non-random sampling technique, to select the participants.

Results: The study found that 18 respondents (30%) exhibited picky eater behavior, with 19 respondents (31.7%) categorized as underweight. Data analysis using the Spearmann test revealed a p-value of $0.000 < \alpha (0.05)$, indicating a significant relationship between picky eater behavior and body weight among preschool children at TK Al-Huda.

Conclusion: There is a significant relationship between picky eater behavior and body weight among preschool children at TK Al-Huda, as confirmed by *Spearmann* test ($p\text{-value} = 0.000 < \alpha (0.05)$).

Keywords: Picky eater, Body weight.