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PERAN KELUARGA DALAM MEMBENTUK KEBIASAAN MAKAN PADA ANAK USIA PRASEKOLAH DI TK PERTIWI KEDUNGPUCANG KECAMATAN BENER KABUPATEN PURWOREJO

ABSTRAK

Latar Belakang: Masa prasekolah merupakan periode penting dalam pembentukan kebiasaan makan anak. Keluarga berperan melalui penyediaan makanan, praktik pemberian makan, lingkungan makan, dan keteladanan orang tua.
Tujuan Penelitian: Menganalisis peran keluarga dalam membentuk kebiasaan makan anak prasekolah di TK Pertiwi Kedungpucang Bener Purworejo.
Metode Penelitian: Metode kualitatif dengan pendekatan deskriptif. Informan terdiri dari 7 orang tua sebagai informan utama serta 1 guru TK dan 1 bidan sebagai informan pendukung. Data diperoleh melalui wawancara mendalam, observasi, dan dokumentasi, dengan keabsahan data melalui triangulasi sumber.
Hasil Penelitian: Penelitian menunjukkan bahwa orang tua berperan dalam menyediakan makanan, mendampingi anak saat makan, mengenalkan makanan, memberikan contoh perilaku makan, serta membujuk anak tanpa memaksa. Faktor yang memengaruhi kebiasaan makan meliputi ketersediaan dan jenis makanan di rumah, pola pemberian makan, keteladanan orang tua, serta keterlibatan anggota keluarga. Sebagian anak masih menunjukkan picky eating, menolak nasi, sayur, dan buah, mengalami kesulitan makan, serta memiliki kecenderungan mengonsumsi makanan manis.
Kesimpulan: Keluarga memiliki peran penting dalam membentuk kebiasaan makan anak sehingga diperlukan pembiasaan makan sehat secara konsisten melalui kerja sama keluarga, sekolah, dan tenaga kesehatan.
Kata kunci: Peran keluarga, kebiasaan makan, anak prasekolah, picky eating.
Daftar Pustaka: 51 (2018-2025)

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THE ROLE OF THE FAMILY IN SHAPING EATING HABITS OF PRE-SCHOOL CHILDREN AT PERTIWI KEDUNGPUCANG KINDERGARTEN, BENER SUB-DISTRICT, PURWOREJO REGENCY

ABSTRACT

Background: The pre-school period is a critical phase in shaping children's eating habits. Families play a pivotal role through food provision, feeding practices, the dining environment, and parental role modeling.
Objective: To analyze the role of the family in shaping the eating habits of pre-school children at Pertiwi Kedungpucang Kindergarten, Bener, Purworejo.
Methods: This study utilized a qualitative method with a descriptive approach. Informants consisted of 7 parents as main informants, along with 1 kindergarten teacher and 1 midwife as supporting informants. Data were gathered through in-depth interviews, observations, and documentation, with data trustworthiness established via source triangulation.
Results: The findings indicate that parents actively contribute by providing food, accompanying children during meals, introducing new foods, modeling eating behaviors, and persuading children to eat without coercion. Key factors influencing eating habits include the availability and types of food at home, feeding practices, parental modeling, and the involvement of family members. However, some children still exhibit picky eating behaviors, rejecting rice, vegetables, and fruits, experiencing feeding difficulties, and showing a strong preference for sweet foods.
Conclusion: Families play an essential role in forming children's eating habits. Therefore, consistent healthy eating habits need to be cultivated through collaborative efforts among families, schools, and healthcare professionals.
Keywords: Family role, eating habits, pre-school children, picky eating.
References: 51 (2018–2025)