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Program Studi Keperawatan
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“Pengaruh *Hypnparenting* Terhadap Peningkatan Nafsu Makan Anak *Toddler* Yang Mengalami *Picky Eater* Di Desa Wonorejo Kecamatan Pringapus Kabupaten Semarang.”

ii + 7 halaman + 7 tabel + 2 gambar + 23 lampiran

Abstrak

Latar Belakang: Anak usia *toddler* sering mengalami masalah *picky eater* yang mempunyai dampak nafsu anak menjadi menurun. *Hypnparenting* yang bekerja langsung pada alam bawah sadar anak untuk mendisiplinkan anak secara mudah tanpa paksaan bisa dilakukan, dengan *hypnparenting* orangtua bisa mengatasi berbagai macam masalah yang dialami anak diantaranya yaitu mengompol, *picky eater*, sulit tidur, malas belajar, suka menggigit jari dan masalah lain yang tidak dikendaki orangtua.

Tujuan Penelitian: Mengetahui pengaruh *hypnparenting* terhadap peningkatan nafsu makan anak *toddler* yang mengalami *picky eater* di Desa Wonorejo Kecamatan Pringapus Kabupaten Semarang

Desain Penelitian : Penelitian ini menggunakan pendekatan kuantitatif dengan metode *quasi eksperiment* dengan desain *non equivalent control group*. Populasi penelitian ini adalah 257 anak. Jumlah sampel sebanyak 20 anak, menggunakan teknik *purposive sampling* dan pengumpulan data dengan kuesioner pengukuran nafsu makan (Judarwanto, 2010). Menggunakan uji *Wilcoxon* dengan uji *Mann Withney*.

Hasil : Ada pengaruh *hypnparenting* terhadap peningkatan nafsu makan anak *toddler* yang mengalami *picky eater* di Desa Wonorejo Kecamatan Pringapus Kabupaten Semarang didapatkan nilai *p-value* sebesar $0,000 < \alpha 0,05$

Saran : Diharapkan orangtua bisa menerapkan teknik *hypnparenting* untuk meningkatkan nafsu makan dengan cara mensugesti anak agar bisa makan dengan mudah tanpa pilih-pilih makanan dan mensugesti anak agar patuh dengan orangtua.

Kata Kunci : *hypnparenting*, nafsu makan, *picky eater*, *toddler*

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“The Effect of Hypnoparenting toward The Increase of Appetite on Toddler Who Experience Picky Eater at Wonorejo Village, Pringapus Sub-District, Semarang Regency”
iii + 74 pages + 7 tables + 2 images + 23 attachments

Abstract

Background : Toddler, often experience picky eater which has the effect of decreasing children's appetite. Hypnoparenting that work directly on children's subconscious to discipline them easily without coercion can be done with hypnoparenting parents can overcome various kinds of problems experienced by children including bedwetting, picky eater, insomnia, lazy learning, likes biting fingers and other problems parents don't want.

Objective : To know the effect of hypnoparenting toward the increase of appetite on toddler who experience picky eater at Wonorejo Village, Pringapus Sub-District, Semarang Regency

Research design: This study used a quantitative approach with a quasi experiment method with a non equivalent control group design. The population of this study were 257 children. The samples were 20 children, by using purposive sampling technique and collecting data with questionnaire about appetite by (Judarwanto, 2010). The bivariate data analysis used Mann Withney Test

Results: There is effect of hypnoparenting toward the increase of appetite on toddler who experience picky eater at Wonorejo Village, Pringapus Sub-District, Semarang Regency, obtained p-value $0,000 < \alpha(0.05)$

Suggestion: Parents are expected to use hypnoparenting techniques to increase appetite by suggesting children to eat easily without choosing food and suggesting children to obey their parents

Keywords: hypnoparenting, appetite, picky eater, toddler