

Penerapan prinsip cognitive behavioral therapy untuk mengatasi masalah selective eating pada anak usia 7 tahun = Application of cognitive behavioral therapy principle to overcome selective eating problem in a 7-year-old child

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Abstrak

Penelitian ini bertujuan melihat bagaimana prinsip *Cognitive Behavioral Therapy* (CBT) dapat digunakan untuk mengatasi masalah makan selektif (*selective eating*) pada anak perempuan usia 7 tahun. Menggunakan desain penelitian kuasi-eksperimental dengan subjek tunggal (n=1), partisipan diberikan program intervensi *Yuk Makan!* dengan prinsip CBT yang terdiri dari 5 sesi psikoedukasi dan 4 sesi pemaparan (*exposure*). Pengukuran perilaku *selective eating* dilakukan pada fase *baseline* (*pre-test*), tepat setelah sesi intervensi terakhir diberikan (*post-test*), dan pada fase *follow up* selang 2 bulan kemudian. Secara kuantitatif, program *Yuk Makan!* belum sepenuhnya mampu mengatasi perilaku *selective eating* partisipan. Namun, program berhasil meningkatkan ketertarikan partisipan terhadap makanan serta kecenderungan untuk merasa lebih nyaman dalam situasi makan, yang terlihat dari peningkatan skor *enjoyment of food* pada alat ukur CEBQ. Secara kualitatif, program *Yuk Makan!* mampu meningkatkan kualitas perilaku makan partisipan, yang terlihat dari pencapaiannya dalam mengubah pemikiran negatif terhadap makanan menjadi pemikiran yang lebih positif. Baik partisipan, orang tua, dan guru juga melaporkan peningkatan kepuasan terhadap perilaku makan partisipan di rumah dan sekolah. Dengan demikian, dapat disimpulkan bahwa program intervensi *Yuk Makan!* dengan prinsip CBT mampu meningkatkan kualitas perilaku makan partisipan.

.....This study aims to see how Cognitive Behavioral Therapy (CBT) principle can be applied to overcome selective eating problem in a 7-year-old female child. Using quasi-experimental design with single case subject (n=1), participant was given the *Yuk Makan!* intervention program which consisting of 5 psychoeducation sessions and 4 exposure sessions. Measurement of selective eating behavior were carried out in the baseline phase (pre-test), right after the last intervention session was given (post-test), and in the follow-up phase 2 months later. Quantitatively, the results depict that *Yuk Makan!* program was not fully able yet to overcome participant's selective eating behavior. However, the program succeeded in increasing participant's interest in food and higher tendency to feel more comfortable in eating situations, as evidenced by the increasement in *enjoyment of food* score on CEBQ measuring instrument. Qualitatively, the *Yuk Makan!* program was able to improve the quality of participant's eating behavior, shown by her achievement in changing negative thoughts toward food into more positive thoughts. Participant, parents, and teacher also reported an increased satisfactory on participant's eating behavior, both at home and school. Thus, it can be concluded that the *Yuk Makan!* intervention program with CBT principle is able to improve eating behavior quality of participant.