

Hubungan perilaku picky eating dengan status gizi pada anak berusia 2-6 Tahun di wilayah Jakarta Tahun 2020: Suatu studi awal = The relationship between picky eating behavior and nutritional status in children aged 2-6 Years old in Jakarta in 2020: An Early study

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Abstrak

Latar belakang: Anak berusia 2-6 tahun berada pada fase terbaik untuk pertumbuhan dan perkembangan fisik dan otak mereka, sehingga penting untuk memastikan kebutuhan gizi anak tercukupi. Anak dengan perilaku picky eating cenderung menolak makanan baru atau asing dan selektif terhadap makanan, menyebabkan terbatasnya jumlah dan variasi asupan makan anak. Hal ini memunculkan kemungkinan tidak tercukupinya kebutuhan nutrisi anak, yang dapat menyebabkan gangguan pada pertumbuhan dan perkembangan anak.

Tujuan: Mengetahui hubungan antara perilaku picky eating dengan status gizi pada anak.

Metode: Penelitian ini menggunakan desain potong lintang. 64 subjek merupakan anak berusia 2-6 tahun di wilayah Jakarta yang memenuhi kriteria inklusi. Penggolongan anak sebagai picky eating atau tidak picky eating didapatkan melalui kuesioner Child Eating Behaviour. Status gizi diukur berdasarkan z-skor berat badan per tinggi badan. Data dianalisis menggunakan Uji Fisher ($p < 0,05$).

Hasil: Persentase anak picky eating pada populasi anak di wilayah Jakarta adalah 46,9%. Rata-rata skor food fussiness yang digunakan sebagai cut-off adalah 2,75. Prevalensi perilaku picky eating tertinggi di usia 3 tahun sampai usia 4 tahun dengan 4 tahun sebagai puncak (58%). Sebagian besar status gizi subjek populasi adalah normal (90,6%). Terdapat perbedaan proporsi status gizi antara picky eating dan tidak, anak dengan status gizi kurang lebih banyak ditemukan pada anak yang pilih-pilih makanan (6,7% pada kelompok picky eating dan 2,9% pada yang tidak), namun tidak bermakna secara statistik ($p > 0,05$).

Simpulan: Tidak ada hubungan perilaku picky eating dengan status gizi pada anak berusia 2-6 tahun.

.....Background: Children aged 2-6 years are in the best phase for growth and development of their physical and brain, so it is important to ensure that children's nutritional needs are fulfilled. Children with picky eating tend to refuse new or unfamiliar foods and are selective about food, causing limitation of the quantity and variety of children's food intake. This raises possibility that the child's nutritional needs are not fulfilled, which can cause disruption to the child's growth and development.

Aim: To determine the relationship between picky eating behavior and nutritional status in children aged 2-6 Years Old in Jakarta in 2020.

Methods: This study used a cross sectional design. 64 subjects were children aged 2-6 years in the Jakarta area who met the inclusion criteria. The classification of children as picky eating or not picky eating is obtained through the Child Eating Behavior Questionnaire. Nutritional status was measured based on weight per height z-score. Data were analyzed using Fisher's Test ($p < 0,05$).

Results: The percentage of picky eatings in the child population in DKI Jakarta is 46.9%. The mean food fussiness score which were used as the cut-off was 2.75. The highest prevalence of picky eating behavior occurs at the age of 3 to 4 years with the peak at 4 years (58%). Most of the population has normal nutritional status (90.6%). There is a difference in the proportion of nutritional status between childrens who

were picky and those who do not. Children with poor nutritional status are more often found in children who are picky eaters. However, statistics showed that there is no relationship between picky eating behavior and nutritional status ($p > 0,05$).

Conclusion: There is no relationship between picky eating behavior and nutritional status in children aged 2-6 years.