

# Hubungan praktik pemberian makan oleh orang tua terhadap kejadian picky eating pada anak usia prasekolah di Indonesia = The relationship of parental feeding practices and the incident of picky aating in preschool age children in Indonesia

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## Abstrak

Picky eating atau perilaku pilih-pilih makanan sering terjadi pada anak usia prasekolah dan hal ini dapat disebabkan oleh banyak faktor. Picky eating dapat menyebabkan kekhawatiran tentang komposisi nutrisi dari makanan dan berbagai dampak kesehatan yang merugikan. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara praktik pemberian makan oleh orang tua terhadap kejadian picky eating pada anak usia prasekolah di Indonesia. Desain penelitian ini adalah desain cross sectional dan menggunakan instrumen Child Feeding Questionnaire (CFQ) serta Child Eating Behaviour Questionnaire (CEBQ). Penelitian ini dilakukan dengan melibatkan 457 responden yang dipilih dengan teknik multistage cluster sampling di 10 Provinsi di Indonesia yaitu Provinsi D.K.I Jakarta, Jawa Barat, Banten, Jawa Tengah, Jawa Timur, Sumatera Utara, Riau, Sumatera Selatan, Lampung, dan Sulawesi Selatan. Data dianalisis menggunakan analisis univariat dan bivariat (uji Chi Square). Hasil penelitian menunjukkan terdapat 37,4% anak berperilaku picky eating. Uji bivariat menunjukkan ada hubungan yang signifikan antara praktik tekanan untuk makan ( $p < 0,001$ ), pembatasan makanan ( $p < 0,001$ ), dan kontrol makan anak ( $p = 0,004$ ) dengan kejadian picky eating. Untuk mencegah perilaku picky eating pada anak, orang tua perlu melakukan pengenalan berbagai jenis makanan kepada anak tanpa tekanan atau paksaan, meluangkan waktu makan bersama, memberikan contoh perilaku makan yang baik, dan melibatkan anak dalam persiapan makanan.

.....Picky eating behavior often occurs in preschoolers and this may caused by many factors. Picky eating may cause concern about the nutritional composition of foods and various adverse health effects. This study aims to identify the relationship between parental feeding practices and the incidence of picky eating in preschool- aged children in Indonesia. The design of this study is a cross sectional design and used Child Feeding Questionnaire (CFQ) and Child Eating Behavior Questionnaire (CEBQ). This research was conducted by involving 457 respondents who were selected using a multistage cluster sampling technique in 10 provinces in Indonesia, namely D.K.I Jakarta, Jawa Barat, Banten, Jawa Tengah, Jawa Timur, Sumatera Utara, Riau, Sumatera Selatan, Lampung, and Sulawesi Selatan. Data were analyzed using univariate and bivariate analysis (Chi Square test). The results showed that there were 37.4% children with picky eating behavior. Bivariate test showed that there was a significant relationship between the practice of pressure to eat ( $p < 0.001$ ), food restriction ( $p < 0.001$ ), and food monitoring ( $p = 0.004$ ) with the incidence of picky eating. To prevent picky eating behavior in children, parents need to introduce various types of food to their children without pressure or coercion, spend time eating together, provide a good examples of eating behavior, and involve children in food preparation.