

HUBUNGAN *PICKY EATING* DENGAN KEJADIAN STUNTING PADA ANAK PRASEKOLAH DI TKA NURUL HUDA TUMARITIS KABUPATEN BOGOR

Parida Pebruanti

Abstrak

Stunting atau disebut juga tubuh pendek diartikan sebagai kondisi gagalnya pertumbuhan anak yang disebabkan kurangnya asupan zat gizi dalam waktu yang sangat lama akibat dari rendahnya kebutuhan nutrisi yang masuk kedalam tubuh. Salah satu penyebab terhambatnya pertumbuhan anak dapat dipengaruhi oleh perilaku *picky eating*. *Picky eating* memiliki karakteristik sering memilih-milih makan, menolak makanan dan hanya menyukai makanan yang dipilihnya, hal ini jika dibiarkan anak akan berpotensi mengalami kekurangan asupan nutrisi yang dapat mempengaruhi proses pertumbuhannya. Penelitian ini dilakukan untuk menganalisa hubungan antara *picky eating* dengan kejadian stunting pada anak prasekolah di TKA Nurul Huda Tumaritis Kabupaten Bogor. Metode yang digunakan yaitu deskriptif kuantitatif dengan desain cross sectional. Pengambilan sampel penelitian menggunakan total sampling yaitu berjumlah 73 ibu dan anaknya. Pengumpulan data dilakukan melalui kuesioner yang berisi data demografi dan *picky eating* yang ditentukan dengan menggunakan skala CEBQ (*Children Eating Behavior Questionnaire*), serta melakukan pengukuran tinggi badan anak. Hasil analisis dengan uji chi-square didapatkan nilai $p = 0,023$ ($p < 0,05$) yang artinya ada hubungan antara *picky eating* dengan kejadian stunting pada anak prasekolah di TKA Nurul Huda Tumaritis Kabupaten Bogor. Saran untuk penelitian selanjutnya agar melaksanakan penelitian dengan populasinya yang lebih luas.

Kata Kunci: Anak prasekolah, *Picky eating*, Stunting

CORRELATION BETWEEN OF PICKY EATING WITH STUNTING EVENTS IN PRESCHOOL CHILDREN IN TKA NURUL HUDA TUMARITIS, BOGOR REGENCY

Parida Pebruanti

Abstract

Stunting or also called short body is defined as a condition of failure of child growth caused by lack of nutrient intake for a very long time due to low nutritional needs that enter the body. One of the causes of stunted growth in children can be influenced by picky eating behavior. Picky eating has the characteristics of being picky eaters, refusing food and only liking the food they choose, this if left unchecked the child will have the potential to experience a lack of nutritional intake that can affect the growth process. This study was conducted to analyze the relationship between picky eating and the incidence of stunting in preschool children at TKA Nurul Huda Tumaritis, Bogor Regency. The method used is descriptive quantitative with cross sectional design. Sampling of the study used a total sampling of 73 mothers and their children. Data was collected through a questionnaire containing demographic and picky eating data determined using the CEBQ (Children Eating Behavior Questionnaire) scale, as well as measuring children's height. The results of the analysis using the chi-square test obtained a p value = 0.023 ($p < 0.05$), which means that there is a relationship between picky eating and the incidence of stunting in preschool children at TKA Nurul Huda Tumaritis, Bogor Regency. Suggestions for further research to carry out research with a wider population.

Keywords: Preschool children, Picky eating, Stunting