

# HUBUNGAN ASUPAN MAKAN, PRAKTIK PEMBERIAN MAKAN, *PICKY EATER* DAN SOSIAL EKONOMI DENGAN KEJADIAN STUNTING PADA BALITA (24-59 BULAN) DI WILAYAH KERJA UPTD PUSKESMAS DUREN SERIBU

Adinda Febriana

## Abstrak

Stunting masih menjadi isu utama terkait gizi kronis di seluruh dunia, yang telah menjadi permasalahan kesehatan global. Penelitian ini bertujuan menganalisis hubungan antara Asupan makan, praktik pemberian makan, *picky eater*, dan sosial ekonomi pada balita (24-59 bulan). Penelitian ini menggunakan desain studi *cross sectional* dengan teknik pengambilan sampel *random sampling*. Jumlah sampel sebanyak 101 responden di wilayah kerja Puskesmas Duren Seribu, Kecamatan Bojongsari, Kota Depok, Jawa Barat. Pengumpulan data asupan makan (energi, protein, lemak, dan karbohidrat) menggunakan *food recall 2x24 jam*, praktik pemberian makan menggunakan *Child Feeding Questionnaire (CFQ)* dan *picky eater* menggunakan *Children's Eating Behaviour Questionnaire (CEBQ)*. Analisis data yang digunakan adalah uji *chi-square* dan regresi logistik berganda. Hasil uji bivariat didapatkan bahwa terdapat hubungan Asupan energi, Asupan protein, praktik pemberian makan, pendidikan ibu, dan pekerjaan ibu signifikan berhubungan dengan stunting ( $p\text{-value} < 0,05$ ). Tidak terdapat hubungan antara asupan lemak, asupan karbohidrat, *picky eater*, pendapatan, pendidikan ayah, pekerjaan ayah dengan stunting ( $> 0,05$ ). Hasil uji multivariat didapatkan bahwa praktik pemberian makan, asupan protein dan pendidikan ibu yang rendah berhubungan dengan resiko stunting yang lebih tinggi.

**Kata Kunci:** stunting, asupan makan, praktik pemberian makan, *picky eater*, sosial ekonomi

# **The Relationship Between Dietary Intake, Feeding Practices, Picky Eating, and Socioeconomic Status with Stunting Prevalence in Toddlers (24-59 Months) in the Working Area of UPTD Duren Seribu Community Health Center**

**Adinda Febriana**

## **Abstract**

Stunting remains a major issue related to chronic malnutrition worldwide, which has become a global health problem. This study aims to analyze the relationship between food intake, feeding practices, picky eating, and socioeconomic status in toddlers (24-59 months). This study used a cross-sectional study design with a random sampling technique. The sample size was 101 respondents in the Duren Seribu Health Center, Bojongsari District, Depok City, West Java. Data collection on food intake (energy, protein, fat, and carbohydrates) was carried out using a 2x24-hour food recall, feeding practices using the Child Feeding Questionnaire (CFQ), and picky eating using the Children's Eating Behaviour Questionnaire (CEBQ). The data analysis used chi-square test and multiple logistic regression. The results of bivariate tests showed that energy intake, protein intake, feeding practices, mother's education, and mother's occupation were significantly associated with stunting ( $p$ -value  $< 0.05$ ). There was no relationship between fat intake, carbohydrate intake, picky eating, income, father's education, father's occupation with stunting ( $> 0.05$ ). The results of multivariate tests showed that feeding practices, low protein intake, and low mother's education were associated with a higher risk of stunting.

**Keywords:** stunting, dietary intake, feeding practices, picky eater, socio-economic