

HUBUNGAN *PICKY EATER* DAN RIWAYAT PENYAKIT INFEKSI DENGAN KEJADIAN *UNDERWEIGHT* PADA BALITA DI WILAYAH KERJA PUSKESMAS CILANGKAP KOTA DEPOK

Nur Rahwani Saputri

Abstrak

Latar Belakang: *Underweight* merupakan kondisi ketika berat badan balita tidak sesuai dengan usianya (BB/U). Perilaku *picky eater* erat kaitannya dengan kejadian *underweight*, karena mempengaruhi asupan nutrisi balita. *Picky eater* merupakan perilaku anak pilih-pilih makanan dan hanya mau makan makanan tertentu. Pada usia balita, imunitas masih lemah sehingga rentan terhadap penyakit dan kurang nafsu makan. Jika terinfeksi, asupan gizi terganggu sehingga berat badan balita bisa menurun. **Tujuan:** Penelitian ini bertujuan untuk mengetahui adanya hubungan antara *picky eater* dan riwayat penyakit infeksi dengan kejadian *underweight* pada balita di wilayah kerja Puskesmas Cilangkap Kota Depok. **Metode:** Desain penelitian yang digunakan yaitu penelitian kuantitatif dengan metode pendekatan *cross-sectional*. Sampel yang digunakan berjumlah 120 responden dengan teknik pengambilan sampel menggunakan purposive sampling. Penelitian ini dilaksanakan pada bulan November - Desember 2024. Pengambilan data dilakukan melalui pengukuran secara langsung terhadap berat badan, serta pengisian kuesioner *Child Eating Behaviour Questionnaire* (CEBQ). Analisis data penelitian ini dilakukan dengan uji *Chi-Square*. **Hasil:** Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara *picky eater* ($p=0,000$) dan riwayat penyakit infeksi ($p=0,000$) dengan kejadian *underweight* pada balita di wilayah kerja Puskesmas Cilangkap Kota Depok. Penelitian ini diharapkan mampu menjawab hubungan kejadian *underweight* yang disebabkan oleh perilaku *picky eater* dan prevalensi penyakit infeksi. Bagi peneliti selanjutnya diharapkan dapat mengembangkan faktor-faktor lain penyebab *underweight* pada balita.

Kata Kunci: Balita, Penyakit Infeksi, *Picky Eater*, *Underweight*

THE RELATIONSHIP BETWEEN PICKY EATER AND A HISTORY OF INFECTION DISEASES WITH THE INCIDENCE OF UNDERWEIGHT IN TODDLERS IN THE WORK AREA OF PUSKESMAS CILANGKAP, DEPOK CITY

Nur Rahwani Saputri

Abstract

Background: Underweight is when a toddler's weight is inappropriate for their age (weight-for-age). The behaviour of picky eaters is closely related to the occurrence of underweight, as it affects the nutritional intake of toddlers. Picky eating is a behaviour where children are selective about their food and only want to eat certain foods. At the toddler age, immunity is still weak, making them susceptible to diseases and having a poor appetite. If infected, nutritional intake is disrupted, causing the toddler's weight to decrease. **Objective:** This study aims to determine the relationship between picky eaters and a history of infectious diseases with the incidence of underweight toddlers in the work area of Puskesmas Cilangkap, Depok City. **Method:** The research design used is quantitative research with a cross-sectional approach. The sample used consisted of 120 respondents using a purposive sampling technique. The data collection commenced in November – December 2024. Picky eater is measured using a questionnaire adopted from the Child Eating Behaviour Questionnaire (CEBQ). The nutritional status instrument uses a scale to indicate body weight according to age (BB / U). The data analysis for this research was conducted using the Chi-Square test. **Results:** The research findings indicate a significant relationship between picky eaters ($p=0.000$) and a history of infectious diseases ($p=0.000$) with the incidence of underweight toddlers in the work area of Puskesmas Cilangkap, Depok City. This research is expected to address the relationship between the incidence of being underweight caused by picky eating behaviour and the prevalence of infectious diseases. For future researchers, it is hoped that they can develop other factors causing underweight in toddlers.

Keywords: Infectious Diseases, Picky Eater, Toddler, Underweight