

# Hubungan Riwayat Penerapan Responsive Feeding Dan Faktor Lainnya Terhadap Kejadian Picky Eating Pada Anak Usia 2-5 Tahun Di Jakarta Tahun 2022 = The Association Between History Of Responsive Feeding Practice And Other Factors With Picky Eating Among Children Aged 2-5 Years In Jakarta In 2022

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## Abstrak

Picky eating atau perilaku pilih-pilih makanan merupakan suatu kondisi dimana anak menolak makan, atau mengalami kesulitan saat mengonsumsi makanan dan minuman. Prevalensi kejadian picky eating di Indonesia masih cukup besar, yakni sebanyak 45.5%. Anak dengan perilaku picky eating juga banyak ditemukan di kota-kota besar, salah satunya di Jakarta dengan prevalensi sebesar 33.6%. Kesulitan makan pada anak yang dibiarkan terjadi dalam jangka waktu yang lama, akan menimbulkan beberapa dampak negatif, seperti dehidrasi, ketidakseimbangan elektrolit, kekurangan vitamin, dan mineral, serta defisiensi zat gizi. Kecenderungan perilaku picky eating erat hubungannya dengan cara orang tua memberikan makan kepada anak, pola asuh, pengetahuan gizi, orang tua pendapatan, dan ketersediaan makanan. Tujuan dari penelitian ini adalah untuk melihat hubungan dari beberapa faktor tersebut dengan perilaku picky eating, yang dilakukan dengan menggunakan metode kuantitatif dan desain studi cross-sectional. Penelitian ini menggunakan data primer dari pengisian kuesioner secara daring yang melibatkan 127 responden yang merupakan ibu dari anak usia 2-5 tahun yang berdomisili di DKI Jakarta. Hasil penelitian menunjukkan bahwa terdapat 27.6% anak usia 2-5 tahun di DKI Jakarta yang memiliki perilaku picky eating dan dapat disimpulkan bahwa terdapat adanya hubungan riwayat penerapan responsive feeding dengan perilaku picky eating ( $p\text{-value} = 0.016$ ). Variabel lain yang berhubungan secara signifikan ( $p\text{-value} < 0.05$ ) yakni pola asuh, pengetahuan gizi, dan ketersediaan makanan. Sementara itu, tidak ditemukan adanya hubungan yang signifikan ( $p\text{-value} > 0.05$ ) antara pendapatan orang tua dengan perilaku picky eating. Dengan demikian, orang tua diharapkan dapat memperhatikan faktor-faktor tersebut untuk dapat mencegah dan mengatasi kejadian picky eating pada anak.

.....Picky eating or picky eating behavior is a condition where a child refuses to eat, or has difficulty consuming food and drink. The prevalence of picky eating in Indonesia is still quite large (45.5%). Children with picky eating behavior are also commonly found in big cities, one of which is in Jakarta, with a prevalence of 33.6%. Eating difficulties in children that are allowed to occur for a long time will cause several negative impacts, such as dehydration, electrolyte imbalance, vitamin and mineral deficiencies, and nutritional deficiencies. The tendency for picky eating behavior is closely related to the way parents feed their children, parenting patterns, nutritional knowledge, parents' income, and food availability. The purpose of this study was to examine the relationship between these factors and picky eating behavior, which was carried out using quantitative methods and a cross-sectional study design. This study uses primary data from filling out online questionnaires involving 127 respondents who are mothers of children aged 2-5 years who live in DKI Jakarta. The results showed that there are 27.6% of children aged 2-5 years in DKI Jakarta who have picky eating behavior and it can be concluded that there is a relationship between a history of implementing responsive feeding and picky eating behavior ( $p\text{-value} = 0.016$ ). Other variables that were

significantly related ( $p\text{-value} < 0.05$ ) were parenting patterns, nutritional knowledge, and food availability. Meanwhile, there was no significant relationship ( $p\text{-value} > 0.05$ ) between parents' income and picky eating behavior. Thus, parents are expected to pay attention to these factors to be able to prevent and overcome the incidence of picky eating in children