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**HUBUNGAN PERILAKU *PICKY EATER* DENGAN STATUS GIZI ANAK
PADA USIA PRASEKOLAH DI KB DARUL FUTUH CIKULAK
KECAMATAN WALED KABUPATEN CIREBON**

xiv + 66 lembar + 6 tabel + 2 bagan + 14 lampiran

ABSTRAK

WHO menyatakan bahwa 15,7% anak prasekolah di seluruh Dunia mengalami kekurangan berat badan dan 6,6% anak usia prasekolah kelebihan berat badan. *Picky eater* merupakan salah satu faktor risiko mal nutrisi karena *picky eater* cenderung mengkonsumsi lebih sedikit energi, karbohidrat, protein, lemak, vitamin dan mineral dibandingkan dengan anak *non-picky eater*. Anak *picky eater* cenderung memiliki berat badan kurang. Anak *picky eater* beresiko lebih tinggi memiliki berat badan kurang, kenaikan berat badan inadkuat dan kekurangan zat gizi.

Penelitian ini merupakan penelitian kuantitatif dengan analisis korelasional menggunakan pendekatan *cross sectional*. Populasi penelitian ini adalah anak usia prasekolah di KB Darul Futuh Cikulak Kecamatan Waled Kabupaten dengan jumlah sampel sebanyak 37 responden. Instrument yang digunakan adalah kuesioner. Teknik pengambilan sampel menggunakan teknik total sampel. Analisa data menggunakan uji *Spearman Rank*.

Hasil penelitian ini menunjukkan uji korelasi spearman hubungan perilaku *picky eater* dengan status gizi diperoleh nilai r (*Correlation Coeficient*) sebesar 0.443 dengan *p-value* 0,006. Angka koefisien bernilai positif yaitu 0.443, sehingga hubungan kedua variabel searah dengan demikian dapat diartikan bahwa semakin tidak *picky eater* semakin baik status gizi dan semakin *picky eater* status gizi semakin tidak baik.

Kata Kunci : *Picky Eater*, Status Gizi, Usia Prasekolah

Kepustakaan : 30 (2015-2022)

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*Relationship Between Picky Eater Behavior And The Nutritional Status of
Preschool Children at KB Darul Futuh, Waled District, Cirebon Regency*

xiv + 66 pages + 6 table + 14 Charts

ABSTRACT

WHO states 15.7% of preschool worldwide are underweight and 6.6% of preschool are overweight. Picky eaters are a risk factor for malnutrition because picky eaters tend to consume less energy, carbohydrates, protein, fat, vitamins and minerals compared to non-picky eaters. Picky eaters tend to be underweight. Picky eater children are at higher risk of having underweight, inadequate weight gain and nutritional deficiencies.

This research is quantitative study with correlational analysis using a cross sectional approach. The population of this study were preschool age children in KB Darul Futuh Cikulak, Waled District, Regency with a total sample of 37 respondents. The instrument used was a questionnaire. The sampling technique uses the total sample technique. Data analysis used the Spearman rank test.

The results of this study showed that the Spearman correlation test between picky eater behavior and nutritional status obtained an R (Correlation Coefficient) was 0.433 with p-value of 0.006. the coefficient number is positif, namely 0.443, so that the relationship between the two variables is in the same direction, thus it can be interpreted that the less picky eater, the better nutritional status and the more picky eater, the worse nutritional status.

Keywords : Picky Eater, Nutritional Status, Preschool Age

Literature : 30 (2015-2022)