

## ABSTRAK

Christabella Kuncoko (0107210090)

### HUBUNGAN PICKY EATER DENGAN KEJADIAN STUNTING PADA BALITA USIA 1–3 TAHUN DI PUSKESMAS BALARAJA

(xv + 60 halaman: 3 gambar; 12 tabel; 3 bagan; 7 lampiran)

**Latar Belakang:** Asupan gizi berpengaruh besar terhadap tumbuh kembang balita. Salah satu persoalan kesulitan makan berupa perilaku *picky eater* pada balita menjadi penyebab berkurangnya asupan gizi. Perilaku *picky eater* dikenal sebagai perilaku memilah-milah makanan. Berbagai negara pada Benua Asia memiliki angka prevalensi *picky eater* yang tinggi. Penelitian tersebut semakin menegaskan bahwa perilaku *picky eater* adalah fenomena yang awam terjadi pada masa tumbuh kembang anak-anak. Permasalahan gizi utama yang berkaitan dengan tumbuh kembang balita adalah stunting. Stunting merupakan kondisi ketika tinggi badan anak di bawah minus dua standar deviasi dari median standar pertumbuhan anak berdasarkan *World Health Organization* (WHO). Tingginya angka prevalensi balita stunting di Indonesia mendorong peneliti untuk menelaah lebih lanjut mengenai hubungan antara perilaku *picky eater* dengan stunting pada balita.

**Tujuan Penelitian:** Mengetahui hubungan antara perilaku *picky eater* dengan kejadian stunting pada balita usia 1–3 tahun di Puskesmas Balaraja.

**Metode:** Penelitian ini menerapkan metode *cross-sectional* dan teknik *purposive sampling* pada balita usia 1–3 tahun di Puskesmas Balaraja. Data diambil dari pengukuran panjang/tinggi badan dan berat badan serta pengisian kuesioner. Pengolahan data dilakukan dengan uji *Chi Square* menggunakan SPSS.

**Hasil:** Dari total 63 sampel penelitian, sebanyak 15 anak (23,8%) merupakan *picky eater*. Sebanyak 7 anak (46,7%) mengalami stunting dari total 15 anak yang merupakan *picky eater*. Dari total 63 sampel penelitian, sebanyak 9 anak (14,3%) mengalami stunting. Hasil dari uji analisis *Chi Square* pada data penelitian ini didapati bahwa terdapat hubungan signifikan antara *picky eater* dengan kejadian stunting pada balita ( $p = 0,01$ ). Didapatkan OR (95% CI) = 20,125 (3,527 – 114,844), yang berarti anak yang *picky eater* memiliki peluang lebih besar untuk mengalami stunting sebesar 20,125 kali dibandingkan anak yang tidak *picky eater*.

**Kesimpulan:** Terdapat hubungan signifikan antara *picky eater* dengan kejadian stunting pada balita usia 1–3 tahun di Puskesmas Balaraja.

**Kata Kunci:** *Picky eater*, stunting, balita

**Referensi:** 46 (2013-2024)

## **ABSTRACT**

Christabella Kuncoko (0107210090)

### ***THE RELATIONSHIP OF PICKY EATER WITH STUNTING INCIDENTS IN TODDLER AGES 1-3 YEARS AT BALARAJA HEALTH CENTER***

*(xv + 60 pages; 3 figures; 12 tables; 3 charts; 7 attachments)*

**Background:** *Nutritional intake has a significant influence on the growth and development of toddlers. One of the problems with eating difficulties in the form of picky eater behavior in toddlers is the cause of reduced nutritional intake. Picky eater behavior is known as food sorting behavior. Various countries on the Asian continent have a high prevalence rate of picky eaters. This research further confirms that picky eater behavior is a phenomenon that commonly occurs during children's growth and development. Stunting is the primary nutritional problem related to toddlers' growth and development. Stunting is when a child's height is below minus two standard deviations from the median child growth standard based on the World Health Organization (WHO). The high prevalence rate of stunted toddlers in Indonesia has encouraged researchers to examine further the relationship between picky eater behavior and stunting in toddlers.*

**Objective:** *To determine the relationship between picky eater behavior and the incidence of stunting in toddlers aged 1-3 years at the Balaraja Community Health Center.*

**Methods:** *This research applies a cross-sectional and purposive sampling technique to toddlers aged 1-3 years at the Balaraja Community Health Center. Data was collected by measuring body length/height and weight and filling out questionnaires. Data processing was carried out using the Chi-Square test by SPSS.*

**Result:** *From 63 research samples, 15 children (23,8%) were picky eaters. A total of 7 children (46,7%) experienced stunting out of 15 picky eaters. Of the 63 research samples, 9 children (14,3%) experienced stunting. The results of the Chi-Square analysis in this research data indicate a significant relationship between picky eating and the incidence of stunting in toddlers ( $p = 0.01$ ). The Odds Ratio (OR) (95% CI) is 20.125 (3.527 – 114.844), which means that picky eaters have a 20.125 times greater chance of experiencing stunting compared to non-picky eaters.*

**Conclusion:** *There is a significant relationship between picky eaters and the incidence of stunting in toddlers aged 1-3 years at the Balaraja Community Health Center.*

**Keywords:** *Picky eater, stunting, toddler*

**References:** *46 (2013-2024)*