

Hubungan Perilaku Makan Ibu dan Faktor Lainnya dengan Perilaku Picky Eating pada Anak Usia Pra-Sekolah di Sekolah Islam Al-Azhar 10 dan Evfia Land School di Kota Serang Tahun 2013

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Abstrak

Penelitian ini bertujuan untuk mengetahui gambaran umum perilaku makan ibu serta faktor lainnya, yaitu interaksi saat makan, variasi makanan anak, riwayat ASI eksklusif dan riwayat BBLR, serta hubungannya dengan perilaku picky eating pada anak usia pra-sekolah di sekolah Islam Al-Azhar 10 dan EvFiA Land School, di Kota Serang tahun 2013. Penelitian ini merupakan penelitian kuantitatif dengan desain penelitian cross sectional. Sampel dalam penelitian ini adalah sebanyak 151 sampel dengan rentang usia antara 2-6 tahun. Pengambilan data dilakukan pada bulan April-Mei dengan instrumen penelitian berupa kuesioner dan catatan makanan anak.

Hasil penelitian menunjukkan terdapat 35,1% siswa berperilaku picky eating. Penelitian ini juga menemukan bahwa terdapat 38,4% ibu yang berperilaku picky eating. Uji statistik menggunakan uji chi square menunjukkan ada hubungan antara variabel perilaku makan ibu, interaksi saat makan dan variasi makanan anak dengan perilaku picky eating pada anak. Namun uji tersebut menunjukkan tidak ada hubungan antara variabel ASI eksklusif dan riwayat BBLR dengan perilaku picky eating pada anak.

Penelitian ini menyarankan agar orang tua memberikan contoh perilaku makan yang baik kepada anak, meluangkan waktu makan bersama, menghindari perilaku memaksa atau merayu saat anak sulit makan, dan meningkatkan variasi makanan anak.

This research is aim to understand the description of mothers' eating behavior and other factors, such as interaction during meals, children's food variety, history of exclusive breastfeeding and history of low birth weight, as well as the relation with picky eating behaviors of preschooler children at Al-Azhar 10 Islamic School and EvFiA Land School in Serang, 2013. This research was quantitative with cross-sectional design. The number of samples in this study was 151 with ages ranging between 2-6 years of age. This study was conducted on April-May use questionnaire and children food diary.

The results found that there were 35,1% of students with picky eating behavior. The study also found that there were 38,4% of mother with picky eating behavior. Statistical test using the chi square test showed that there was relation between maternal eating behavior variables, interaction during meals, variety of children's food and picky eating behavior in children. However, the test showed that there was no association between history of exclusive breastfeeding and history of low birth weight variables with picky eating behavior in children.

This study suggests parents to provide a good example of eating behavior to the children, spare time to eat together, avoid forcing or seducing when a child is not eating properly, and increase children food variety.