

POLITEKNIK KESEHATAN TANJUNG KARANG
JURUSAN GIZI

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Gambaran perilaku *picky eater* dan status gizi anak TK Al-Azhar 16 Bandar Lampung

xiii + 42 halaman + 10 tabel, 2 gambar, 7 lampiran

ABSTRAK

Menurut berbagai penelitian (Hardianti, dkk tahun 2018, Anggraini, dkk tahun 2021, Anggun 2018) didapatkan anak prasekolah lebih banyak yang memilih-milih makanan dibandingkan dengan yang tidak memilih-milih makanan. Dampak dari *picky eater* itu sendiri akan mempengaruhi keadaan kesehatan gizi melalui tingkat konsumsi makan anak. Anak akan cenderung memilih makanan yang disukainya dan nafsu makan mulai terjadi penurunan. Anak *picky eater* tidak mau berbagai kelompok makanan, yang paling banyak sayuran, buah, dan kacang. Tujuan penelitian ini untuk mengetahui gambaran perilaku *picky eater* dan status gizi anak-anak TK Al-Azhar 16 Bandar Lampung.

Jenis penelitian ini adalah metode deskriptif. Populasi dalam penelitian ini seluruh siswa TK Al-Azhar 16 Bandar Lampung. Sampel pada penelitian ini adalah total populasi sebanyak 42 siswa. Lokasi penelitian dilaksanakan di TK Al-Azhar 16 Bandar Lampung pada bulan April 2023. Analisis data dalam penelitian ini menggunakan analisis univariat.

Hasil penelitian diperoleh sebanyak 2,4% anak gizi buruk, 11,9% anak gizi kurang, 61,9% anak gizi baik, 19% anak gizi lebih, dan 2,4% anak obesitas menurut indeks IMT/U, serta 76,2% pengetahuan ibu cukup dan 83% anak memiliki perilaku *picky eater*.

Diharapkan agar sekolah mengadakan penyuluhan tentang gizi seimbang dan makanan bervariasi, dan diharapkan kepada orang tua untuk meluangkan waktunya untuk makan bersama anak agar membuat suasana makan menjadi menyenangkan, dan motivasi anak agar mengkonsumsi makanan yang bergizi seimbang dan bervariasi.

Kata kunci : *picky eater*, status gizi, pengetahuan, ibu
Daftar bacaan : 42 (2013 – 2022)

**TANJUNGKARANG HEALTH POLYTECHNIC
DEPARTMENT OF NUTRITION**

Final Project, Mei 2023

Alya Yus'r Alsy

Description of picky eater behavior and nutritional status of children at TK Al-Azhar 16 Bandar Lampung.

xiii + 42 pages + 10 tabels, 2 pictures, 7 attachment

ABSTRACT

Preschoolers aged 3 to 6 years a child in growth and development. According to various studies, it was found that preschool children are more picky about food than those who are not picky about food. The impact of the picky eater itself will affect the state of nutritional health through the child's food consumption level. Children will tend to choose the food they like and their appetite begins to decrease. Picky eater children don't want various food groups, which are mostly vegetables, fruit, and nuts. The purpose of this study was to describe the behavior of picky eaters and the nutritional status of children at Kindergarten Al-Azhar 16 Bandar Lampung.

This type of research is descriptive method. The population in this study were all students of TK Al-Azhar 16 Bandar Lampung. The sample in this study is the total population of the total population of 42 students. The research location was carried out at TK Al-Azhar 16 Bandar Lampung in April 2023. Data analysis in this study used univariate analysis.

The results showed that 2.4% of severely thinnes children, 11.9% of thinnes children, 61.9% of normal children, 19% of overweight children, and 2.4% of obese children according to the BMI/age index, 76.2% mother's knowledge is sufficient, and 83% is children are picky eater behavior.

It is hoped that schools will hold counseling about balanced nutrition and varied food, and it is hoped that parents will take the time to eat with their children so that the atmosphere of eating is enjoyable, and motivate children to consume nutritious, balanced and varied foods.

Keywords : picky eaters, nutritional status, knowledge, mother.
Daftar bacaan : 42 (2013 – 2021)