

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI
Tugas Akhir, Juni 2023

Junica Panca Amalia

Gambaran Perilaku *Picky Eating*, Asupan Gizi, dan Status Gizi pada Anak Balita di Desa Trimodadi Kabupaten Lampung Utara Tahun 2023

xiv + 95 halaman + 23 tabel, 5 gambar, 11 lampiran

ABSTRAK

Picky eating adalah suatu kondisi dimana anak memilih-milih makanan atau hanya mengonsumsi makanan yang itu-itu saja. *Picky eating* terjadi karena kurangnya variasi terhadap makanan yang diperkenalkan kepada anak. *Picky eating* sebagai salah satu perilaku makan yang mempengaruhi status gizi. Permasalahan gizi tidak hanya status gizi kurang tetapi anak pendek dan kurus juga dapat mempengaruhi tumbuh kembang anak. Penelitian ini bertujuan untuk mengetahui gambaran perilaku *picky eating*, asupan gizi, dan status gizi pada anak balita di Desa Trimodadi.

Rancangan penelitian yang digunakan yaitu penelitian deskriptif. Penelitian ini dilakukan pada bulan Mei 2023. Populasi dalam penelitian ini adalah balita dengan usia 1-5 tahun dengan jumlah 186 balita dan mendapatkan sampel 66 balita. Pengambilan sampel dilakukan dengan metode teknik *simple random sampling*. Lokasi penelitian ini di Desa Trimodadi, Kabupaten Lampung Utara. Analisis data yang digunakan pada penelitian ini yaitu analisis univariat.

Hasil penelitian menunjukkan bahwa 59,1% balita di Desa Trimodadi mengalami *picky eating*. Masalah gizi yang ada terdapat 10,6% balita gizi kurang, 15,2% gizi lebih berdasarkan indeks BB/U, 34,9% balita pendek berdasarkan indeks TB/U, 3% balita gizi buruk dan 30,3% balita gizi lebih berdasarkan indeks BB/PB. Mayoritas asupan makan balita sebesar 69,8% asupan energi kurang, 51,5% asupan protein kurang, 65,2% asupan zat besi kurang dan 33,3% asupan zinc kurang.

Dari hasil penelitian ini diharapkan pihak Desa Trimodadi dapat bekerja sama dengan kader untuk menyampaikan informasi kepada ibu balita agar memberikan perhatian lebih dalam pemberian asupan gizi agar mampu mempertahankan status gizi dalam keadaan normal. Perlu mengenalkan beragam jenis makanan pada anak secara berkala, agar dapat mendorong anak untuk mengenal makanan yang makin beragam sehingga anak mudah menerima makanan yang akan menciptakan suasana makan yang menikmati.

Kata Kunci : *picky eating*, status gizi, asupan makanan
Daftar Bacaan : 61 (2003-2022)

HEALTH POLITECNIC TANJUNGKARANG
NUTRITION DEPARTEMENT
Final Report, June 2023

Junica Panca Amalia

Description of Picky Eating Behavior, Nutrition Intake, and Nutritional Status in Toddlers in Trimodadi Village, Province Lampung in 2023

xiv + 95 pages + 23 table, 5 pictures, 11 attachment

ABSTRACT

Picky eating is a condition where children are picky about food or only consume the same food. Picky eating occurs due to a lack of variety in the foods that are introduced to children. Picky eating occurs due to the lack of variety in the food introduced to the child. Picky eating as one of the eating behaviors that affects nutritional status. Nutritional problems are not only malnourished but stunting and thin children can also affect children's growth and development. This study aims to determine the description of picky eating behavior, nutritional intake, and nutritional status in children under five in Trimodadi Village.

The research design used is descriptive research. This study was conducted in May 2023. The population in this study was toddlers aged 6-36 months with a total of 186 toddlers and a sample of 66 toddlers. Sampling is carried out using the simple random sampling technique method. The location of this study is in Trimodadi Village, North Lampung Regency. The data analysis used in this study is univariate analysis.

The results showed that 59.1% of toddlers in Trimodadi Village experienced picky eating. The existing nutritional problems there is 10.6% underweight toddlers, 15.2% overweight based on weight for age index, 34.9% stunting toddlers based on length for age index, 3% malnourished toddlers and 30.3% more overweight toddlers based on weight for length index. The majority of infant food intake was 69.8% less energy, 9.1% more energy, 51.5% less protein intake, 25.8% more protein, 65.2% less iron intake and 33.3% less zinc intake.

From the results of this study, it is hoped that Trimodadi Village can work together with cadres to convey information to mothers of toddlers to pay more attention to providing nutritional intake in order to be able to maintain nutritional status under normal circumstances. Need to introduce various types of food to children periodically, in order to encourage children to recognize increasingly diverse foods so that children easily accept foods that will create an atmosphere of eating that enjoys.

Keywords : *picky eating, nutritional intake, and nutritional status*
Reference : *61 (2003-2022)*