

**HUBUNGAN *PICKY EATER* DENGAN PERILAKU MAKAN ANAK USIA
SEKOLAH DASAR DI DESA CIANTRA KECAMATAN CIKARANG SELATAN
KABUPATEN BEKASI**

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ABSTRAK

Anak usia sekolah merupakan anak usia mulai dari 6 sampai 12 tahun, pada masa ini anak mulai tertarik untuk mencoba makanan yang menarik dan makanan yang baru dia ketahui. Anak usia sekolah selalu menginginkan sesuatu yang menurutnya menarik baik jenis makanan ataupun mainan. Makanan yang paling disukai oleh anak usia sekolah yaitu makanan yang rasanya manis dan lengket seperti susu, roti, coklat atau dapat disebut juga sebagai makanan kariogenik. Perilaku pemilihan jenis makanan tertentu dan sulit menerima bahan makanan baru, yang berujung pada tumbuh kembang anak tersebut dapat disebut juga sebagai *picky eater*. Prevalensi *picky eater* sangat beragam, penelitian di Cina menunjukkan proporsi *picky eater* pada anak usia 7-12 tahun sebanyak 59%. Prevalensi *picky eater* pada anak usia 7 tahun di negara Singapura sebesar 46%. Proporsi *picky eater* di Indonesia lebih tinggi sebesar 60% pada usia 6-12 tahun,. Prevalensi *picky eater* di Jawa Timur sebesar 46,21% pada anak sekolah dasar. Prevalensi *picky eater* di Jawa Tengah pada anak usia sekolah dasar sebesar 52,4%. Prevalensi *picky eater* di Jawa Barat usia 6-12 sebesar 51,3%. Penelitian ini bertujuan untuk menganalisis hubungan *picky eater* dengan kebiasaan makan anak usia sekolah di Desa Ciantra Kecamatan Cikarang Selatan Kabupaten Bekasi. Metode penelitian menggunakan desain *cross-sectional study*. Sampel penelitian anak usia sekolah umur 7–12 tahun menggunakan kuesioner perilaku *picky eater* dan *Food Frequency Questionare (FFQ)*. Hasil penelitian dari hasil analisis bivariat menggunakan uji *Chi-Square* menunjukkan bahwa nilai *p-value* 0,183. Kesimpulannya yaitu tidak ada hubungan yang signifikan antara perilaku *picky eater* dengan kebiasaan makan pada anak usia sekolah dasar di Desa Ciantra Kecamatan Cikarang Selatan Kabupaten Bekasi.

Kata kunci: Perilaku *picky eater*, kebiasaan makan

ABSTRACT

School-age children are children aged from 6 to 12 years, at this time children begin to be interested in trying interesting foods and foods that they just know. School-age children always want something that they think is interesting, either a type of food or a toy. Foods that are most preferred by school-age children are foods that taste sweet and sticky such as milk, bread, chocolate or can also be called cariogenic foods. The behavior of choosing certain types of food and finding it difficult to accept new food ingredients, which leads to the child's growth and development can also be called a picky eater. the prevalence of picky eaters is very diverse, research in China shows the proportion of picky eaters in children aged 7-12 years as much as 59%. The prevalence of picky eaters in children aged 7 years in Singapore is 46%. The proportion of picky eaters in Indonesia is 60% higher at the age of 6-12 years. The prevalence of picky eaters in East Java is 46.21% in elementary school children. The prevalence of picky eaters in Central Java in elementary school age children is 52.4%. The prevalence of picky eaters in West Java aged 6-12 is 51.3%. This study aims to analyze the relationship between picky eaters and the eating habits of school-age children in Ciantra Village, South Cikarang District, Bekasi Regency. The research method used a cross-sectional study design. The research sample was school-age children aged 7–12 years using a picky eater behavior questionnaire and a Food Frequency Questionnaire (FFQ). The results of the study from the results of bivariate analysis using the Chi-Square test showed that the p-value was 0.183. The conclusion is that there is no significant relationship between picky eater behavior and eating habits in elementary school age children in Ciantra Village, South Cikarang District, Bekasi Regency.

Keywords: *Picky eater behavior, eating habits*