

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

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Agil Sapta Nugraha

Hubungan Perilaku Picky Eater dengan Status Gizi pada Anak Prasekolah
xvii + 92 hal + 2 bagan + 12 tabel + 15 lampiran

Abstrak

Status gizi merupakan hal yang penting untuk di perhatikan dalam proses pertumbuhan dan perkembangan anak prasekolah. Data Survei Status Gizi Indonesia (SSGI) 2022, prevalensi balita dengan gizi buruk di Indonesia mencapai 7,7%, naik 0,6% dibandingkan tahun sebelumnya. Status gizi buruk dapat terjadi karena beberapa faktor salah satunya adalah anak-anak yang suka memilih makanan (*picky eaters*). Tujuan penelitian ini menganalisis hubungan perilaku *picky eater* dengan status gizi pada anak prasekolah. Penelitian ini merupakan penelitian dengan desain korelasional dan pendekatan *cross sectional*. Populasi adalah anak umur 4-5 tahun sebanyak 130 anak. Sampel sebanyak 98 anak menggunakan rumus slovin error 5%. Teknik sampling menggunakan *Purposive sampling*. Uji statistic yang digunakan yaitu *sperman rank (rho)* dengan ketentuan $\alpha < 0,05$. Hasil penelitian menunjukkan nilai $p \ 0,000 < 0,05$. Dapat disimpulkan bahwa terdapat hubungan yang signifikan antara perilaku *picky eater* dengan status gizi pada anak prasekolah dengan keeratan korelasi (r) sedang dan arah korelasi positif, dimana jika anak yang memiliki perilaku *picky eater* maka lebih berisiko mengalami status gizi kurang dan sebaliknya jika anak memiliki perilaku non *picky eater* maka lebih mengalami status gizi baik. Dengan demikian hasil penelitian ini dapat dijadikan untuk menyusun strategi untuk mengatasi status gizi pada anak prasekolah.

Kata kunci: Perilaku *picky eater*, Status gizi, Anak prasekolah
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ABSTRACT
MUHAMMADIYAH UNIVERSITY OF JEMBER
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Agil Sapta Nugraha

*The Relationship Between Picky Eating Behavior and Nutritional Status in
Preschool Children*
xvii + 92 pages + 2 chart + 12 tables + 15 appendices

Abstract

Nutritional status is an important factor to consider in the growth and development of preschool children. According to the 2022 Indonesian Nutrition Status Survey (SSGI), the prevalence of malnourished infants in Indonesia reached 7.7%, an increase of 0.6% compared to the previous year. Poor nutritional status can occur due to several factors, one of which is children who are picky eaters. The purpose of this study is to analyze the relationship between picky eating behavior and nutritional status in preschool children. This study is a correlational study with a cross-sectional approach. The population consisted of 130 children aged 4–5 years. The sample size was 98 children, calculated using the Slovin error formula with a 5% margin of error. Purposive sampling was used. The statistical test employed was the Spearman rank correlation (ρ) with a significance level of $\alpha < 0.05$. The results showed a p -value of $0.000 < 0.05$. It can be concluded that there is a significant relationship between picky eating behavior and nutritional status in preschool children, with a moderate correlation (r) and a positive correlation direction, meaning that children with picky eating behavior are at higher risk of malnutrition, while children without picky eating behavior are more likely to have good nutritional status. Thus, the results of this study can be used to develop strategies to address nutritional status in preschool children.

Keywords: *Picky eating behavior, Nutritional status, Preschool children*
Bibliography 60 (2019-2024)