

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Hubungan Lama Penggunaan *Gadget* Dengan Perilaku *Picky Eater* Berbasis Teori *Problematic Smartphone Use* Pada Anak Prasekolah Di Kabupaten Bondowoso

Xviii + 68 Lembar + Daftar Pustaka 3 + 18 Tabel + 24 Lampiran

Abstrak

Masa prasekolah merupakan fase penting perkembangan anak yang rawan mengalami gangguan makan seperti *picky eater*, yang salah satunya dipicu oleh penggunaan *gadget* berlebihan tanpa pengawasan, sesuai teori *Problematic Smartphone Use*. Penelitian ini bertujuan untuk menganalisis hubungan antara lama penggunaan *gadget* dengan perilaku *picky eater* berbasis teori *Problematic Smartphone Use* pada anak prasekolah di Kabupaten Bondowoso. Desain penelitian ini menggunakan desain korelasional dengan pendekatan *cross-sectional*. Populasi penelitian adalah seluruh orang tua yang memiliki anak prasekolah di TK Negeri Pembina Bondowoso sebanyak 146 orang. Sampel berjumlah 107 responden, dipilih menggunakan teknik *simple random sampling*. Instrumen yang digunakan adalah kuesioner lama penggunaan *gadget* dan kuesioner *Child Eating Behavior Questionnaire (CEBQ)*. Analisis data menggunakan uji *Spearman Rho*. Hasil penelitian menunjukkan sebagian besar anak prasekolah menggunakan *gadget* secara abnormal (>120 menit/hari) sebesar 73,8%. Sebanyak 91,6% anak menunjukkan perilaku *picky eater*. Ada hubungan positif yang signifikan antara lama penggunaan *gadget* dengan perilaku *picky eater* dengan kekuatan hubungan sedang ($p = < 0.001$; $r = 0,509$). Kesimpulannya semakin lama durasi penggunaan *gadget*, semakin berkecenderungan anak mengalami perilaku *picky eater*. Peran orang tua sangat penting dalam mengawasi penggunaan *gadget* dan menerapkan pola makan sehat.

Kata Kunci: *Gadget, Picky Eater, Anak Prasekolah*

Daftar Pustaka: (2020 – 2024)

ABSTRACT

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Relationship Between Length of Gadget Use and Picky Eater Behavior Based on Problematic Smartphone Use Theory in Preschool Children in Bondowoso Regency

Xvii + 69 Sheet + Bibliography 3 + 18 Table + 24 Attachment

Abstract

Preschool age is an important phase of child development that is prone to eating disorders such as picky eaters, one of which is triggered by excessive use of gadgets without supervision, according to the theory of Problematic Smartphone Use. This study aims to analyze the relationship between the length of gadget use and picky eater behavior based on the theory of Problematic Smartphone Use in preschool children in Bondowoso Regency. This study design uses a correlational design with a cross-sectional approach. The study population was all parents who had preschool children at Pembina Bondowoso State Kindergarten, totaling 146 people. The sample consisted of 107 respondents, selected using a simple random sampling technique. The instruments used were a questionnaire on the duration of gadget use and a Child Eating Behavior Questionnaire (CEBQ) questionnaire. Data analysis used the Spearman Rho test. The results showed that most preschool children used gadgets abnormally (>120 minutes/day) by 73.8%. As many as 91.6% of children showed picky eater behavior. There was a significant positive relationship between the duration of gadget use and picky eater behavior with a moderate relationship strength ($p = <0.001$; $r = 0.509$). In conclusion, the longer the duration of gadget use, the more likely the child is to experience picky eater behavior. The role of parents is very important in supervising gadget use and implementing a healthy diet.

Keywords: Gadget, Picky Eater, Preschool Children
Bibliography: (2020 – 2024)