

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Hubungan *Selective Eating* Dengan Kejadian Stunting Pada Anak Usia 12-60 Bulan Di Desa Jelbuk Kabupaten Jember.

xi + 100 hal + 2 bagan + 17 tabel + 20 lampiran

Abstrak

Stunting merupakan suatu kondisi pada anak yang mengalami keterlambatan pertumbuhan atau gagal tumbuh akibat kekurangan gizi berkepanjangan yang dimulai sejak dalam kandungan ibu pada 1.000 hari pertama kehidupan hingga usia 23 bulan. Salah satu faktor yang diduga berkontribusi terhadap stunting adalah *selective eating*, yaitu perilaku anak yang menolak untuk mencoba atau mengonsumsi berbagai jenis makanan tertentu. Penelitian ini bertujuan untuk mengetahui hubungan *selective eating* dengan kejadian stunting pada anak usia 12-60 bulan di Desa Jelbuk Kabupaten Jember. Jenis penelitian ini adalah penelitian analitik kuantitatif dengan desain korelasional dan pendekatan cross-sectional. Sampel berjumlah 164 orang tua dan anak usia 12-60 bulan yang dipilih menggunakan teknik simple random sampling. Data *selective eating* dikumpulkan menggunakan kuesioner *Child Eating Behaviour Questionnaire* (CEBQ), dan data stunting diperoleh melalui pengukuran antropometri tinggi badan dan panjang badan menurut umur (TB/U) dan (PB/U) kemudian dibandingkan dengan standar z-score WHO. Analisis data dilakukan menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan bahwa dari 164 anak, sebanyak 81 anak (49%) memiliki perilaku *selective eating* dan 83 anak (51%) non *selective eating*. Sedangkan 73 anak (44%) mengalami stunting dan 91 anak (56%) tidak mengalami stunting. Hasil uji *Chi-Square* menunjukkan bahwa terdapat hubungan yang signifikan antara *selective eating* dengan kejadian stunting dengan nilai $p < .001$. Kesimpulan penelitian ini yaitu terdapat hubungan yang signifikan antara *selective eating* dengan kejadian stunting pada anak usia 12-60 bulan di Desa Jelbuk Kabupaten Jember. Anak dengan *selective eating* memiliki risiko yang lebih tinggi mengalami stunting. Penelitian ini diharapkan dapat menjadi dasar intervensi gizi serta edukasi kepada orang tua mengenai pentingnya pola makan seimbang pada anak usia dini.

Kata Kunci : *Selective Eating*, Stunting, Anak Usia 12-60 Bulan
Daftar Pustaka 40 (2020 – 2025)

Abstract

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The Relationship Between Selective Eating and Stunting in Children Aged 12-60 Months in Jelbuk Village, Jember Regency.

xi + 100 pages + 2 drawings + 17 tables + 20 appendices

Abstract

Stunting is a condition in children who experience growth retardation or failure to thrive due to prolonged malnutrition that begins in the mother's womb in the first 1,000 days of life until the age of 23 months. One of the factors suspected of contributing to stunting is selective eating, which is the behavior of children who refuse to try or consume certain types of food. This study aims to determine the relationship between selective eating and the incidence of stunting in children aged 12-60 months in Jelbuk Village, Jember Regency. This type of research is a quantitative analytical study with a correlational design and a cross-sectional approach. The sample consisted of 164 parents and children aged 12-60 months selected using a simple random sampling technique. Selective eating data were collected using the Child Eating Behavior Questionnaire (CEBQ), and stunting data were obtained through anthropometric measurements of height and length according to age (H/A) and (L/A) then compared with the WHO z-score standard. Data analysis was performed using the Chi-Square test. The results showed that of the 164 children, 81 children (49%) had selective eating behavior and 83 children (51%) were non-selective eaters. Meanwhile, 73 children (44%) experienced stunting and 91 children (56%) did not experience stunting. The results of the Chi-Square test showed a significant relationship between selective eating and the incidence of stunting with a p-value <.001. The conclusion of this study is that there is a significant relationship between selective eating and the incidence of stunting in children aged 12-60 months in Jelbuk Village, Jember Regency. Children with selective eating have a higher risk of experiencing stunting. This study is expected to be the basis for nutritional interventions and education to parents about the importance of a balanced diet in early childhood.

Keywords : Selective Eating, Stunting, Children Aged 12-60 Months
Bibliography 40 (2020 – 2025)