

HUBUNGAN PERILAKU *PICKY EATER* DENGAN STATUS GIZI ANAK USIA *TODDLER* DI DESA CISAGA

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Intisari

Usia balita (1 sampai 3 tahun) sering disebut dengan usia emas, pada usia ini anak mengalami proses pertumbuhan dan perkembangan yang sangat pesat. Salah satu masalah yang dapat timbul pada masa pertumbuhan dan perkembangan anak adalah gizi. Pada usia ini, anak sangat rentan mengalami gizi buruk, bahkan gizi buruk, yang menjadi salah satu penyebab menjadi *picky eater* sehingga sulit makan atau hanya ingin makan satu jenis makanan saja. Penelitian ini bertujuan untuk mengetahui hubungan perilaku pilih-pilih makanan dengan status gizi balita di Desa Cisaga Kecamatan Cisaga Kabupaten Ciamis. *Metode penelitian* analitik kuantitatif dengan desain penelitian yang digunakan adalah *Cross Sectional* dengan jumlah sampel 63 orang yang dipilih melalui teknik *Cluster Random Sampling*. Hasil penelitian menunjukkan sebagian besar anak di Desa Cisaga berperilaku *picky eater* (60,3%) dan sebagian besar berstatus gizi baik (84,1%). Uji statistik yang digunakan yaitu *chi square* dengan nilai *p value* sebesar 0,092 sehingga *p value* > 0,05. Kesimpulan pada penelitian ini adalah tidak terdapat hubungan yang bermakna antara perilaku *picky eater* dengan status gizi anak usia *toddler* di Desa Cisaga.

Kata kunci : Anak usia *toddler*, *picky eater*, status gizi.

**THE RELATIONSHIP BETWEEN PICKY EATER BEHAVIOR AND
NUTRITIONAL STATUS OF TODDLER-AGE
CHILDREN IN CISAGA VILLAGE**

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Abstract

Toddler age (1 to 3 years) is often referred to as the golden age, at this age children experience a very rapid process of growth and development. One of the problems that can arise during the growth and development of children is nutrition. At this age, children are very vulnerable to malnutrition, even malnutrition, which is one of the causes of becoming a picky eater making it difficult to eat or only wanting to eat one type of food. This study aims to determine the relationship between picky eating behavior and the nutritional status of toddlers in Cisaga Village, Cisaga District, Ciamis Regency. Quantitative research method with research design used is Cross Sectional with a total sample of 63 people selected through the Cluster Random Sampling technique. The results showed that most of the children in Cisaga Village behaved as picky eaters (60.3%) and most of them had good nutritional status (84.1%). The statistical test used is chi square with a p value of 0.092 so that p value > 0.05. The conclusion in this study is that there is no significant relationship between picky eater behavior and the nutritional status of toddlers in Cisaga Village.

Keywords: Nutritional status, picky eater, toddler age children