

The Relationship Between Picky Eater Behavior and Nutritional Status and Macronutrient Intake in Children at Kartini 02 Kindergarten Jember

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ABSTRACT

Early childhood is often referred to as the "golden age" or the golden period. During this time, nearly all of a child's potential experiences a sensitive phase for rapid growth and development. In this growth phase, a child requires a balanced diet and increased nutrition intake to support their growth and development. Common nutritional status issues in children include overnutrition, undernutrition, and malnutrition, with undernutrition being the most prevalent issue in Indonesia. Undernutrition in children is caused by both internal and external factors, one of which is picky eater behavior. Children who are picky eaters tend to choose only the foods they like or avoid the foods they dislike, and if left unchecked, this behavior can lead to low nutrient intake and growth disturbances. This study aims to determine the relationship between picky eater behavior, nutritional status, and macro nutrient intake in children at TK Kartini Jember. The study uses an observational correlation method with a cross-sectional approach. The population of this study consists of 44 children, using total population sampling. The instrument used to assess picky eater behavior is the Child Eating Behavior Questionnaire (CEBQ), while nutritional status data were obtained from the z-score of weight-for-height (W/H) and body mass index-for-age (BMI/A). The data were analyzed using the Spearman Rho correlation test. The results showed that 24 respondents (54.5%) were undernourished, 16 respondents (36.4%) had good nutrition, and 4 respondents (9.1%) were obese. The conclusion of this study is that there is a significant relationship between picky eater behavior and nutritional status (BMI/A) for children over 5 years old and (W/H) for children under 5 years old at TK Kartini Jember, supported by a p-value <0.05. Additionally, there is a significant relationship between picky eater behavior and macro nutrient intake in children at TK Kartini Jember, also supported by a p-value <0.05.

Keywords: *children, picky eaters, nutritional status, macronutrient adequacy*