

The Association of Parenting Styles, Snacking Habits, and Food Types with Picky Eating Behavior Among School-Aged Children (6–12 Years) at Al Furqan Elementary School Jember

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ABSTRACT

Picky eating behavior may affect children's nutritional intake and potentially hinder growth and development. This study aimed to analyze the relationship between parenting style, snacking habits, food types, and picky eating behavior among school-aged children aged 6–12 years at SD Al Furqan Jember. This quantitative study employed a cross-sectional design involving 184 respondents selected through proportionate stratified random sampling. Data were collected using the PSDQ, CEBQ, FFQ, and a snacking habits questionnaire. Data were analyzed using the Chi-Square test. The results showed that 75.5% of respondents were categorized as picky eaters, 75% experienced democratic parenting, 57.6% had poor snacking habits, and 59.8% consumed less diverse food types. Chi-Square analysis revealed no significant relationship between parenting style ($p=0.052$), snacking habits ($p=0.979$), or food types ($p=0.172$) and picky eating behaviour among school-aged children at SD Al Furqan Jember.

Keywords: *picky eater, parenting style, snacking habits, food type*