

# HUBUNGAN PERILAKU KESULITAN MAKAN DENGAN STATUS GIZI PADA ANAK USIA PRASEKOLAH DI DUSUN WANUJOYO KIDUL DESA SRIMARTANI KECAMATAN PIYUNGAN

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## INTISARI

**Latar Belakang :** Berbagai masalah makan dapat menyebabkan anak kehilangan nafsu makan atau kurang nafsu makan dan berdampak pada kesulitan makan pada anak. Kesulitan makan merupakan suatu bentuk perilaku yang ditandai dengan menolak makan, neophobia, dan memiliki makanan yang sangat disukai. Anak yang mengalami kesulitan makan akan berpengaruh terhadap jumlah asupan nutrisi yang dikonsumsi. Asupan nutrisi yang kurang akan menyebabkan kondisi kesehatan anak menjadi kurang baik, gangguan pertumbuhan dan perkembangan, serta dapat menyebabkan kematian.

**Tujuan Penelitian :** Mengetahui hubungan antara kesulitan makan dengan status gizi pada anak usia prasekolah di Dusun Wanujoyo Kidul Desa Srimartani Kecamatan Piyungan.

**Metode Penelitian :** Desain penelitian ini adalah deskriptif korelasi dengan pendekatan *cross sectional*. Sampel diambil dengan teknik *total sampling* sebanyak 30 anak usia prasekolah (3-5 tahun) di Posyandu Matahari Dusun Wanujoyo Kidul Desa Srimartani Kecamatan Piyungan. Instrumen penelitian adalah kuesioner kesulitan makan, pengukuran berat badan. Hasil penelitian dianalisis dengan uji *Spearman's Rank*.

**Hasil Penelitian :** Kesulitan makan pada anak usia prasekolah di Dusun Wanujoyo Kidul Desa Srimartani Kecamatan Piyungan kategori sedang (70%). Anak usia prasekolah di Dusun Wanujoyo Kidul Desa Srimartani Kecamatan Piyungan memiliki status gizi kurang (56,7%). Hasil uji *Spearman's Rank* diperoleh  $p=0,024$  dengan  $r = 0,441$ .

**Kesimpulan :** Ada hubungan antara kesulitan makan dengan status gizi pada anak usia prasekolah di Dusun Wanujoyo Kidul Desa Srimartani Kecamatan Piyungan dengan keeratan hubungan sedang.

Kata kunci: Perilaku Kesulitan Makan, Status Gizi, Anak Usia Prasekolah

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# THE CORELLATION BETWEEN EATING DIFFICULTIES BEHAVIOR WITH NUTRITION STATUS ON PRE-SCHOOL AGE CHILDREN IN WANUJOYO KIDUL, SRIMARTANI VILLAGE, PIYUNGAN DISTRICTS.

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## ABSTRACT

**Background:** Various eating problems can cause children to lose appetite or lack of appetite and impact to the eating difficulties. Eating difficulties is a form of behavior that characterized by refusing to eat, neophobia, and have preferred food. The children who have eating difficulties will give effect to the amount of the intake nutrients consumed. Less nutrient intake will lead the children to poor health conditions, growth and developmental disorders, and can cause death.

**Objective:** To know the relationship between eating difficulties behavior with nutrition status on pre-school age children program in Wanujoyo Kidul, Srimartani village, Piyungan districts.

**Methodology:** This study used descriptive correlation with *cross sectional* design. Sample was taken with total sampling technique and around 30 pre-school age children (3-5 years old) in Posyandu Matahari Wanujoyo Kidul, Srimartani village, Piyungan districts. This research used eating difficulties questionnaire as the instrument of study, weight measurement using weight scales. The results were analyzed by Spearman's Rank test.

**Findings:** Eating difficulties on pre-school age children in Wanujoyi Kidul, Srimartani village, Piyungan districts are in the medium category (70%). Pre-schoolers in Wanujoyo Kidul, Srimartani village, Piyungan districts are in less nutritional status (56,7%). *Spearman's Rank* test results obtained  $p = 0.024$  with  $r = 0.441$ .

**Conclusion:** There is a relationship between eating difficulties with nutritional status on pre-school age children program in Wanujoyo Kidul, Srimartani village, Piyungan districts with the intimacy of a moderate relationship.

*Keyword : eating difficulties behavior, nutritional status, pre-schoolage children*

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