RELATIONSHIP OF PICKY EATER BEHAVIOR WITH NUTRITIONAL STATUS IN PRESCHOOLERS

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Abstract

The highest prevalence of malnutrition toddlers in Padang city in 2017 is known to reach 300 underfives found in Pauh sub-district. Malnutrition caused because eating one of which is the behavior of a picky eater. Picky eater occurs in pre-school age children experience changes in eating patterns generally picky eating. The purpose of this study was to determine the behavior of Picky Eater Relationship with Nutritional Status on Preschooler in kindergarten Al Hidayah Village Padang Pauh Subdistrict Cupak Tangah 2019. This type of research analytic survey with cross sectional study. The sampling technique is "Total Sampling" with a sample of 48 parents or caregivers who have pre-school children in kindergarten Al Hidayah. This study used the weighing instrument BB / U and questionnaires Child Eating Behaviour Questionnaire (CEBQ). Univariate analysis shown in the table of frequency distribution and bivariate using Chi-square test. The results showed less than half (25.0%) children had good nutritional status, more than half (52.1%) children had behavioral picky eater and there is a relationship between the behavior of a picky eater with nutritional status among preschool children in kindergarten Al Hidayah 2019 p value = 0.001 (p <0.05). From the results of this study it can be concluded that nutritional status is related to picky eating behavior. Suggested for kindergarten to be more active Hidayah socialize programs nutritional status of children by providing counseling, especially parents about the behavior of a picky eater with nutritional status of pre-school children.

Keywords: Pre-School; Nutritional Status; Picky Eater

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1. Introduction

In general, nutritional problems are a state of lack of nutritious food intake or an imbalance of nutrients needed for growth and are caused by low nutritional intake marked by weight loss (Handayani, 2017) Based on data from the World Health Organization (WHO) in 2016, there were around 45% of child deaths worldwide including children under 5 years old due to nutritional problems. The incidence of malnutrition occurs mostly in low and middle income countries such as, South Asia which has the highest prevalence of malnutrition in the world at 46%, followed by Sub Sahara Africa 28%, and the lowest in Central and Eastern Europe. Malnutrition can also be found in developing countries such as Indonesia (WHO, 2016).

Data obtained from the Health Office of West Sumatra Province in 2016. The city of Padang is the highest coverage of nutritional cases in infants. Comparison of 68 (15.2%) compared to Sijunjung 42 (9.4%), Mentawai 40 (8.9%), and 50 cities as much as 39 (8.7%) (West Sumatra Provincial Office Data, 2016).

Based on data on the prevalence of monitoring the nutritional status of children under five in Padang in 2017 stated that the District of Pauh has the highest malnutrition rate of 300 people. The nutritional status data is known based on BB / U category, namely toddlers with malnutrition as much as 60 (20.00%) (Padang City Health Office, 2017).

Nutritional status is an expression of a state of balance in the form of certain variables. This is used as an indicator of good or bad daily food supply (Mardalena, 2017).

Factors that influence nutritional status consist of internal and external factors. Internal factors include income, education, employment, culture, diet. While external factors include age, physical condition, and infection. One of the factors that influence nutritional status is eating patterns, including picky eaters, the child will pick and choose food and lead to poor nutritional status in children.

The behavior of children who have the habit of picking out food is called picky eater. Picky eater is a habit of children who have behaviors that refuse to eat, have difficulty consuming food or drinks and children only eat a few types of food and have difficulty accepting new foods or drinks (Hariani et al., 2015).

Pre-school age experiences a process of changing eating patterns where children in general have difficulty eating, picking out foods refusing to eat, and only eating certain foods. The phenomenon of picky food in preschoolers can occur as a result of technological developments that are easily obtainable such as advertisements and the internet that is very aggressively promoting fast food (fast food) that looks interesting but may not necessarily be believed to contain nutritional value and can affect behavior will choose foods that are more attractive than the nutritional composition (Steinsbekk et al., 2017).

The phenomenon of picky food in pre-school children is often a problem for parents because their children only want the same food and not nutritious. Children tend to choose fast food, attractive packaging, attractive colors, odors, and textures, and foods containing unhealthy preservatives (Galgamuwa et al., 2017)

Research conducted by (Wijayanti & Rosalina, 2018) about the relationship between picky eater behavior and nutritional status in preschool children in Nurul Izzah Islamic Kindergarten, Barat Unggaran Subdistrict, Semarang, showed that there were 53 picky eater behaviors (53.5%), more nutritional status 61 children (61.6%) out of 207 respondents. According to Hardianti et al., (2018), about the relationship between picky eater behavior and nutritional status values in children under the age of 4-6 years in PWP 1 Plaju Kindergarten, there were 71 children (65.7%) not picky eater, good nutrition as much as 51 children (47.2%), from 108 respondents it can be concluded that there is no relationship between picky eater behavior and nutritional status in children with a p value of 0.142.
Based on data obtained from the Pauh Health Center, the problem of nutritional status mostly occurs in Al Hidayah Kindergarten, Cupak Tangah Village, as many as 46 children (Pauh Health Center Data, 2018).

Based on an initial survey conducted by researchers on January 23, 2019 through interviews with mothers, caregivers of children, and grandmothers who have preschool children in Al-Hidayah Kindergarten using z-scores found 6 (60%) children with poor nutritional status 3 (30%), malnutrition 3 (30%) by observing the condition of the child found that his body looked thin, and 4 (40%) children with good nutritional status. Furthermore, using the Child Eating Behavior Questionnaire (CEBQ), 6 out of 10 children (60%) have long eating behavior, have difficulty eating or chewing, have the habit of choosing foods such as, children do not like vegetables and prefer snacks (snacks)), such as choosing sweet foods, unique shapes, and prepared foods, instant noodles and sweets. The purpose of this study was to determine the relationship between Picky Eater Behavior and Nutritional Status in Preschool Children in Al Hidayah Kindergarten, Cupak Tangah Village, Pauh District, Padang City in 2019.

2. Method

This type of research is analytic survey research with cross sectional study approach that aims to determine the relationship of picky eater behavior with nutritional status in pre-school age children in kindergarten Al Hidayah Cupak Tangah Village, Pauh District, Padang City in 2019. The independent variable is picky eater and the dependent variable is status nutrition.

The population in this study were all pre-school children in Al Hidayah Kindergarten, Cupak Tangah Subdistrict, Pauh District, Padang City in 2019 as many as 48 people. The sample in this study were all parents or caregivers (grandmothers, grandfathers, baby sitters) who had pre-school children who were in Al Hidayah Kindergarten, Cupak Tangah Village, Pauh District, Padang City. All populations were sampled using the Total sampling technique (Sugiyono, 2017).

In this study all samples had met the predetermined sample criteria so that the total sample total was 48 people. The inclusion sample criteria are parents or caregivers (grandmother, grandfather, baby sitter) who have preschool children in Al Hidayah kindergarten who are willing to be respondents and agree to follow the research procedures and sign informed consent as research evidence, parents or caregivers (grandmother, grandfather , baby sitter) who have preschool children who were in place at the time of the study, and respondents who followed the research procedure until the final stage. In this study did not use exclusion criteria because all the population was willing to be examined into a research sample.

Picky eater is measured using a questionnaire adopted from the Child Eating Behavior Questionnaire (CEBQ). The nutritional status instrument uses an indicator of body weight according to age (BB / U) using a scale.
Univariate analysis is used to find the value of the frequency distribution of the independent variable, picky eater and the dependent variable, namely nutritional status in pre-school age children.

Data processing was performed by a computer program to see the relationship between the independent variable, picky eater and the dependent variable, namely nutritional status using the Chi Square test, where significant data was obtained with a p value of 0.001 or <0.05. Pre-school age children in Al Hidayah Kindergarten Cupak Tangah Village, Pauh Padang District in 2019.

3. Results and Discussion

Distribution of Nutrition Status Frequency in Pre-School Age Children at Al Hidayah Kindergarten, Cupak Tangah Subdistrict, Pauh District, Padang City in 2019.

Table 1. Distribution of Nutrition Status Frequency in Pre-School Age Children in Al Hidayah Kindergarten in 2019 (n = 48)

No	Nutrition Status	f	%
1.	Bad	11	22.9
2.	Less	14	29.2
3.	Good	12	25.0
4.	More	11	22.9
	Total	48	100

Based on table 1 shows that less than half (25.0%) have good nutritional status in pre-school children at Al Hidayah Kindergarten.

Table 2. Frequency Distribution of Picky Eater Behavior in Children Pre-school at Al Hidayah Kindergarten in 2019 (n = 48)

No	*Picky Eater Behaviour*	f	%
1.	*Not Picky Eater*	23	47.9
2.	*Picky Eater*	25	52.1
	Total	**48**	**100**

Based on table 2 shows that more than half (52.1%) of pre-school age children in Al Hidayah kindergarten have picky behavior.

Table 3. Frequency Distribution of the Relationship of Picky Eater with Behavior Nutritional Status in Pre-School Age Children in Al Hidayah Kindergarten in 2019 (n = 48)

Picky Eater	Bad		Less		Good		More		Total		p value
	f	%	f	%	f	%	f	%	f	%	
Not Picky Eater	5	21.8	2	8.6	11	47.8	5	21.8	23	47.9	
Picky Eater	6	24.0	12	48.0	1	4.0	6	24.0	25	52.1	0.001
Total	11	22.9	14	29.2	12	25	11	22.9	48	100	

Based on table 3 shows that the proportion of respondents who have picky eater behavior is more found in respondents who have less nutritional status as many as 12 respondents (48%), compared to malnutrition 6 respondents (24%), nutrition more than 6 respondents (24%), and good nutrition 1 respondent (4%). Chi-square statistical test results obtained p value = 0.001 (p ≤ 0.05), then there is a relationship between behavior and nutritional status in pre-school children in Al Hidayah Kindergarten, Cupak Tangah Village, Pauh District, Padang City in 2019

Nutritional Status in Pre-School Age Children

Based on the results of the study found less than half of 25% of respondents have good nutritional status in pre-school age children in Al Hidayah Kindergarten Cupak Tangah Village, Pauh District, Padang City in 2019. The results of this study are almost the same as the results of research conducted by Fadila et al., (2019) on Knowledge Relations and maternal behavior about balanced nutrition with nutritional status in kindergarten children in Yosowilangun Lor Village Lumajang District showed 42.6% results with good nutritional status. This means that in this study shows there is still poor nutritional status in children. Nutritional status is an expression of a state of balance in the form of certain variables. This is used as an indicator of good or bad daily food supply (Junaid, 2018).

Based on the results of research considering the child is in its infancy, children need adequate nutrition and balanced nutrition for their bodies. If not fulfilled will cause the child to have a low body weight, weakness, lethargy, lack of appetite, disturbed activity, and have excess body weight and will have an impact on development and disrupted growth resulting in changes in the child's nutritional status and child development. Nutrition and nutrition of children is very influential so it requires good nutritional status to support growth and development because the child is currently still in very rapid growth.

This is also evidenced from the results of the questionnaire analysis of poor nutritional status as many as 43.8% often not eating their food. Less than half of children experiencing malnutrition 43.8% often determine he does not like a type of food even though he has never tried it.

More nutritional status of 43.8% often eat various types of food. And only a quarter of children with good nutrition 54.2% often taste new foods. Problematic nutritional status will affect the development and growth of children will be disrupted.

Picky Eater Behavior in Preschool Children

Based on research results obtained more than half 52.1% of pre-school children have picky eater behavior. The results of the study differed from the results of a study conducted by (Kurnia & Muniroh, 2018) about the relationship between picky eater behavior and the level of nutrient adequacy in children which obtained 34.2% picky eater. This means that this study has a lot of picky eater behavior in children.

Picky eater is a habit of children who have food picking behavior, refuse to eat, have difficulty consuming food or drinks and children only eat a few types of food and have difficulty accepting new foods or drinks (Hariani et al., 2015)

According to (Emmett et al., 2018), picky eaters have the characteristics of eating long, eating slowly or rejecting foods that are consistent with certain tastes, textures, temperatures, or odors, rejecting foods that are first known to them, showing strong food preferences either favorite foods or no, don't eat the food, and it's hard to eat.

Based on the results of the study found 48 respondents among 25 (52.1%) experienced picky

eater. This is because pre-school age children experience a process of changing eating patterns where children generally have difficulty eating, picking out foods such as snacks and fast food, refusing to eat, and only eating certain foods. This is evidenced from the questionnaire analysis in which 47.9% of respondents often refused new foods that were first known, 43.8% of respondents often did not eat their food, 58.3% of respondents often ate slowly or long, 45.8% of respondents often had difficulty eat, 60.4% of respondents often cannot eat if they already eat snacks.

Relationship of Picky Eater Behavior with Nutritional Status in Pre-School Age Children

Based on the research results obtained 25 respondents have picky eater behavior, found 12 respondents (48%) have underweight nutritional status compared to 6 respondents (24%) have poor nutritional status, 6 respondents (24%) have over nutritional status, and 1 respondent (4 %) have good nutritional status. Chi-square statistical test results obtained p value = 0.001 (p ≤ 0.05), it was found that there is a relationship between picky eater behavior with nutritional status in pre-school children in kindergarten Al Hidayah Cupak Tangah Village, Pauh District, Kota Padang 2019.

The results of this study are almost the same as (Utami, 2017) about the relationship between picky eater behavior and nutritional status in preschool children in kindergarten in the Darul Umarah Puskesmas Work Area in Aceh Besar District. with p value 0.002. And almost the same research conducted by (Wijayanti & Rosalina, 2018)about the relationship between picky eater behavior and nutritional status in pre-school children in Nurul Izzah Islamic Kindergarten, Barat Unggaran Subdistrict, Semarang, showed that there was a correlation between picky eater behavior and nutritional status in kindergarten children with p value 0.002.

Based on the results of the study found that there is a relationship between picky eater behavior and nutritional status in pre-school age children in Al Hidayah Kindergarten, Cupak Tangah Village, Pauh District. This is because children often choose foods such as snacks (snacks), long meals, and difficulty eating. It was proven from the questionnaire analysis (60.4%) that respondents often could not eat if they had eaten snacks, 58.3% of respondents often ate slowly or for long periods, and 45.8% of respondents often had difficulty eating. This shows that picky eater behavior is very influential on children's nutrition because picky eater can change the pattern of children's behavior towards the fulfillment of nutrition and will have problems on children's nutrition, motor activity, development and growth disturbed. Therefore the need for the role of parents in monitoring children's eating patterns to avoid malnutrition in children so that children's food intake can be fulfilled properly. By giving enough food. Give praise when the child is able to spend his food.

4. Conclusions and Suggestion

Less than half of the 25% have good nutritional status in pre-school children in Al Hidayah Kindergarten, Cupak Tangah Subdistrict, Pauh Padang District in 2019. More than half of 52.1% of pre-school age children in Al Hidayah Kindergarten have picky eater behavior. There is a relationship between picky eater behavior and nutritional status in pre-school age children in Al Hidayah Kindergarten, Cupak Tangah Village, Pauh District, Padang City in 2019 p value = 0.001 (p < 0.05).

It is recommended that educational institutions and especially teaching lecturers be able to provide insight into educational knowledge, and as reading material about so that it can be useful. Used as a comparison or input for further research and is expected to the TK Al Hidayah to be more active in improving the nutritional status of children and parents are expected to increase knowledge and skills in good eating patterns and socialize programs about the nutritional status of children by providing counseling especially to parents about picky eater behavior with nutritional status in pre-school children.

5. Acknowledgements

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