

# Risk Factors For Picky Eater In Preschool Children In An- Namiroh Kindergarten, Pekanbaru City

*by Rany 7 Rany*

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# Risk Factors For Picky Eater In Preschool Children In An-Namiroh Kindergarten, Pekanbaru City

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**Abstract:** A picky eater is a behavior of children who do not consume a variety of diverse foods so that it can cause the failure of growth and development, decreased intelligence, not focus on learning, cause infection, malnutrition, and even stunting in children. The purpose of the study was to determine the risk factors for the occurrence of picky children in pre-school aged children in Pekanbaru's An Namiroh 4 Kindergarten in 2019. The type in this study is a type of quantitative analytic research with Cross-Sectional design. The location of this study will be conducted in Pekanbaru's An Namiroh 4 Kindergarten in 2019. The population in this study were all kindergarten children at An Namiroh 4 Kindergarten Pekanbaru in 2019, which were 113 kindergarten children aged pre-school. Data collection using questionnaires, measuring TB and weight. The analysis used was univariate and bivariate analysis with a chi square test with a confidence level of 95%. The results showed that the relationship between knowledge of mothers and the incidence of picky eater in pre-school age children obtained a value (P-value = 0.014), the relationship between eating behavior of mothers with the incidence of picky eater in pre-school age children, obtained a value (P-value = 0.032), the relationship between authoritarian parenting and picky events in pre-school age children, obtained a value (P-value = 0.017, Exclusive Asi relationship with picky events in preschool-age children, obtained a value (P-value = 0.008) It is suggested to the teaching teacher in An Namiroh 4 Pekanbaru kindergarten to always see what food the child brings and give advice or input to the parents if the child is given food that is not diverse.

**Index Terms:** Picky eater, Knowledge of maternal nutrition, mother's eating behavior, mother's parenting, and exclusive breastfeeding

## 1 INTRODUCTION

Picky Eater is a behavior of children who do not consume diverse food variations, accompanied by rejection of certain types of food that are not liked, restrictions on certain types of food, especially vegetables and fruit, and are always not interested in food in various ways done (Ramadan, 2017). A picky eater is characterized by changes in behavior, lethargy, loss of appetite, and weight loss, this condition can certainly interfere with children's health. Unfortunately, many parents are mistaken in getting around picky eater by giving milk as a solution, when in fact milk is only a complement (Rini, 2018). Research conducted in the United States by Shim (2011), which relates to picky eaters in preschoolers includes lack of food variation (58.1%), rejection of vegetables, fruit, meat, and fish (55.8%), and preference for methods certain cooking (51.2%). Research results in the Netherlands also showed that the prevalence of picky eater was highest at the age of 3 years (27.6%) when compared to 1.5 and 6 years of age (Chano, 2015). Research in Canada also found that picky eaters have a risk that is 2 times greater for being underweight at age 4.5 years than children who have never been picky eaters. Underweight will interfere with the development of intelligence, the learning process is more susceptible to infection, increasing the severity of the disease, to increase mortality (Dubois, 2007). Meanwhile, research by The Gateshead Millennium Baby Study in (2006) in the United Kingdom said, 20% of parents said their children had eating problems, with the highest prevalence of children wanting to eat only certain foods. In Indonesia, the results of Imawati's study (2010) stated that the prevalence of children under five who had difficulty eating was (23.9%), (45.5%) of which were picky eater children (Imawati, 2010). Research Saraswati (2012), states

that 82% of pre-school age children in Early Childhood Education Kasih Ananda, Bekasi experienced picky eater children, and research in Riau found that children who experienced picky eater were 35.4% (Kesuma, 2015). According to the Ministry of Health (2012), there are around 53% of children in under the age of 5 years suffer from malnutrition caused by a lack of food to meet daily nutritional needs. The problem that will arise from this picky eater behavior is the low nutritional value of the food eaten, resulting in a child's nutritional status is low and included in the category of nutritional deficiency. Children with picky eaters can have a lower Body Mass Index (BMI) value than children who are not picky eaters. This can result in health problems such as a weak immune system and digestive problems (Dovey et al, 2008 in Ramadan, 2017). If this problem continues the child will experience growth or stunting failure, stunting children will be shorter than normal children their age and have a delay in thinking (Rini, 2018). Based on the results of the 2017 Nutrition Monitoring shows that the prevalence of stunting toddlers in Indonesia is still high, with a percentage of 29.6% above the limit set by WHO (20%) and stunting is also ranked fifth with children with severe malnutrition in the world. Rosie's research results (2012), which states that the mother's knowledge of nutrition has a significant effect on eating difficulties in children. By getting the results of the study of p-value = 0.003 < 0.05 it means that a meaningful relationship is obtained between the mother's knowledge of the difficulty of eating in children.

According to Anggraini's research (2014), mothers have an important role in children's eating behavior. Some studies say that the behavior of picky eaters in children is influenced by parents' eating behavior. Parents' eating habits are formed from the culture and norms prevailing in the society. Children who grow up from families who are lazy to eat will encourage lazy eating behavior too (Sulistyoningsih, 2012). The results of research conducted by Nafratilawati (2014) from the results of statistical tests found a significant relationship between parenting parents with difficulty eating in preschool children (3-5 years) in kindergarten Leyangan, Semarang Regency.

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According to researchers that seen from the results of research and analysis showed a significant relationship between authoritarian parenting with difficult eating behavior in preschool children, this means that the mother's parenting is very important for the formation of behavior and character of the child because children often imitate the habits and behavior of parents both mother or father including imitating the eating habits of the mother or father. Research Results Finistrella et al. (2012) states, as many as 31.5% of children who experience picky eaters and food neophobia have the nutritional status of being obese and can even be obese because of the picky eating behavior of children making food consumption uneven, especially fruit and vegetable consumption. Lack of consumption of fruits and vegetables is then replaced by consumption of processed foods, grains, and snacks that are high in calories so that it is one of the triggers for obesity and obesity and the results of research Antoniou et al. (2016) and Barse et al. (2015), states that picky eater children tend to be malnourished and less likely to experience obesity compared to children who are not picky eater. The results showed that exclusive breastfeeding for up to 6 months can reduce the likelihood of picky eater (AT, 2003), and children who are exclusively breastfed reduce the risk of having picky eater behavior, desire to eat foods that are cooked in a certain way, and neophobia (Shim, Kim & Mathai, 2011). Based on the results of an initial survey conducted by the author in 3 (three) kindergartens namely Nurul Iman Kindergarten, Nurul Islam and An Namiroh Kindergarten 4 Pekanbaru. Of the 3 (three) kindergartens there is An Namiroh 4 Kindergarten Pekanbaru, with the reason the author chose An Namiroh 4 Kindergarten Pekanbaru because of the Education Reference data in Tangkerang Selatan District Bukit Raya Kindergarten An Namiroh 4 Pekanbaru has the most pre-school age children in Pekanbaru City. At the time of the initial survey, the results of the interview the authors get from 10 parents whose children go to school in An Namiroh Kindergarten 4 Pekanbaru 8 pre-school children experience picky eater which is marked by picking out food, refusing if fed, closing mouth, difficult to eat, eat only a little, and only want to eat foods that are preferred, while 2 toddlers do not experience picky eater. Based on the existing problems, the authors are interested in researching "Risk Factors for Occurrence of Picky Eater in Pre-school age children in An Namiroh 4 Pekanbaru Kindergarten".

## 2 REVIEW OF LITERATURE

### 2.1 Definition of a Picky Eater

Picky eater according to Priyana (2008), is the protection of children who may not or refuse to eat, or overcome the difficulty of eating food or drink with the appropriate type and amount physiologically (natural and reasonable), which is opened from now with no coercion, chewing, consumed, until absorbed indigestion without coercion and the provision of certain vitamins and drugs.

## 3 METHOD

This type of research is quantitative analytic. Cross-Sectional research design that explains the relationship of one variable with other variables in the population studied to find the relationship of Risk Factors for the occurrence of Picky Eater events in Pre-School Children in Kindergarten An Namiroh 4 Pekanbaru. The population in this study were all

kindergarten children in An Namiroh 4 Pekanbaru Kindergarten in 2019, namely as many as 113 kindergarten children who were preschool-aged (principal data of AN Namiroh 4 Pekanbaru Kindergarten). The sample in this study all pre-school age children who are in An Namiroh 4 Pekanbaru kindergarten with respondents mothers who have children in An Namiroh 4 Kindergarten Pekanbaru. The sample size was 71 preschool-age children. The sampling technique in this study is the Total Sampling technique, with the reason that the population is not so much. Samples taken from this study are all pre-school age children in An Namiroh 4 Kindergarten with respondents who have children in An Namiroh 4 Kindergarten Pekanbaru in 2019 totaling 113 pre-school age children, this has exceeded the minimum sample size namely 71 pre-school age children. Data analysis using the Chi-square test.

## 4 RESULT AND DISCUSSION

### 4.1 Relationship of Knowledge with Picky Eater

**Table 1**  
Relationship of Knowledge with Picky Eater

Variable	Picky Eater Incident						P value	POR 95% CI
	Picky Eater		Not picky Eater		Total			
	n	%	n	%	n	%		
Knowledge								
Less	23	57,5	17	42,5	40	100	0,041	2,446 (1,111-5,383)
Well	26	35,6	47	64,4	73	100		
Total	49	43,4	64	56,6	113	100		

Based on table 1 above shows from the number of respondents 40 people with less knowledge, known 23 people (57.5%) who experienced picky eater, while from the number of respondents 73 people with good knowledge, known 26 people (35.6%) experienced picky eater. Statistical test results using Chi-square obtained P-value = 0.041 <  $\alpha$ 0.05, then  $H_0$  is accepted and  $H_a$  is rejected, it can be concluded that there is a relationship between knowledge and Picky eater. From the analysis results obtained POR = 2.446 > 1. This means that respondents with less risk knowledge 2.4 times experiencing Picky Eater compared to respondents with good knowledge. According to researchers, the relationship between maternal knowledge and the incidence of picky eater is seen from the data of maternal characteristics in table 7, the majority of education is in the high school level of 95 people (84.1%), so the higher the level of mother's knowledge, the higher also for children not affected by picky eater. Suggestion, Even though mothers have no education, mothers should know the benefits of what their children eat. Maybe you can learn through trending social media or from YouTube, you can learn from there.

#### 4.2 The Relationship Between Mother's Eating Behavior and Picky Eater

**Table 2**  
The Relationship Between Mother's Eating Behavior and Picky Eater

Variable	Picky Eater Incident						P value	POR 95% CI
	Picky Eater		Not picky Eater		Total			
	n	%	n	%	n	%		
Mother's eating behavior								
Food Chooser	18	62,1	11	37,9	29	100	0,032	2,798 (1,171-6,686)
Not a picky eater	31	36,9	53	63,1	84	100		
Total	49	43,4	64	56,6	113	100		

The table 2 shows that 29 respondents (62.1%) had picky eater behavior from the mother's eating behavior. As for the number of respondents 84 people with eating behavior of mothers who did not choose food, it is known that 31 people (36.9%) experienced picky eater. Statistical test results using Chi-square obtained P-value = 0.032 <math>\alpha</math>0.05, that there is a significant relationship between mother's eating behavior with Picky eater. From the analysis results obtained POR = 2.798 > 1. This means that respondents with mothers who chose risky foods 2.7 times experienced picky eater compared to respondents with mothers who did not choose food. This research is in line with Carruth (2000), which concerns that mothers who are picky about food influence their children's picky eating behavior. A child may be less willing to try new foods that his mother has never tasted. Children will receive less foreign food if they observe the behavior of their parents also picky eating, maternal behavior will continue to influence the child's picky eating behavior. According to researchers, the relationship between maternal eating behavior and picky eater events is seen from the data of maternal characteristics in table 7 of the majority 7 education at the high school level of 95 people (84.1%) so the higher the level of knowledge of the mother is obtained, the higher also for mothers to know the number of lack of nutritional intake if you choose food to Mothers who choose when eating and do not want to eat a variety of foods, the child follows the mother's treatment. Suggestion, mothers should have good and healthy eating behavior that can be shown to children, for example when mothers eat what their children dislike, mothers should try first and tell their children so that children also eat.

#### 4.3 The Relationship Between Mother's Parenting and Picky Eater

**Table 3**  
The Relationship Between Mother's Parenting and Picky Eater

Variable	Picky Eater Incident						P value	POR 95% CI
	Picky Eater		Not picky Eater		Total			
	n	%	n	%	n	%		
Mother's parenting								
Authoritarian	21	61,8	13	38,2	34	100	0,017	2,942 (1,281 - 6,756)
Democratic	28	35,4	51	64,6	79	100		
Total	49	43,4	64	56,6	113	100		

Based on table 3 above shows from the number of respondents 34 people with authoritarian parenting, known to 21 people (61.8%) who experienced Picky Eater. As for the number of respondents 79 people with democratic parenting, 8 people (35.4%) experienced picky eater. Statistical test results using Chi-square obtained P-value = 0.017 <math>\alpha</math>0.05, there is a significant relationship between parenting with Picky Eater. From the analysis results obtained POR = 2,942 > 1. It means that respondents with parenting authoritarian mothers are at risk 2.9 times experiencing Picky Eater compared to respondents with democratic parenting mothers. This study is in line with Najib (2016), with the title "Relationship between mother's parenting and eating difficult behavior in pre-school age children in kindergarten al-Ikhwah, Pontianak" states that the analysis of the relationship between maternal parenting and eating behavior of preschoolers in Kindergarten Al-Ikhwah Pontianak obtained a value of p = 0,000 (p <math>\alpha</math>0.05), which means there is a relationship between parenting mothers with difficult eating behavior of preschoolers in Kindergarten Al-Ikhwah Pontianak. According to researchers that seen from the results of research and analysis showed a meaningful relationship between authoritarian parenting with difficult eating behavior in preschoolers, this means that parenting is very important for the formation of behavior and character of children because children often mimic habits and the behavior of parents, both mother, and father, includes imitating the eating habits of the mother or father. Therefore, parenting greatly influences the growth and development of children especially eating habits so that poor parenting can cause children to experience difficulty eating behavior. Suggestions, mothers must have many ways and ideas for children so that the child wants to eat what he dislikes, for example, mothers can feed their children while playing and get to know vegetables one by one while providing the benefits contained in the food.

#### 4.4 Exclusive Breastfeeding Relationship with Picky Eater

**Table 4**  
Exclusive Breastfeeding Relationship with Picky Eater

Variable	Picky Eater Incident						P value	POR 95% CI
	Picky Eater		Not picky Eater		Total			
	n	%	n	%	n	%		
Exclusive breastfeeding								
Not exclusive breastfeeding	30	57,7	22	42,3	52	100	0,008	3,014 (1,393-6,525)
Exclusive breastfeeding	19	31,1	42	68,9	61	100		
Total	49	43,4	64	56,6	113	100		

Based on table 4 above shows from the number of respondents 52 people with no exclusive breastfeeding, known to 30 people (57.7%) who experienced a picky eater. As for the number of respondents 61 people with exclusive breastfeeding, it is known that 94 people (31.1%) experienced picky eater. Statistical test results using Chi-square obtained P-value = 0.008 <math>\alpha</math>0.05, there is a significant relationship between exclusive breastfeeding with Picky eater. From the analysis results obtained POR = 3.014 with 95% CI 1.11-5.38), meaning that respondents who are not exclusively breastfed

risk 3 times experiencing Picky Eater compared to respondents with exclusive breastfeeding. This is in line with the study of Shim, J (2011), entitled "Children who are exclusively breastfed for 6 months have a lower chance of developing preferences for certain food preparation methods by 78% (95% CI: 19% to 94%), food rejection of 81% (95% CI: 31% to 94%), and food neophobia by 75% (95% CI: 11% to 93%). Breastfeeding and the introduction of complementary foods after the age of 6 months reduces the likelihood of difficult eating in early childhood. This study documents the relationship between infant feeding practices and the development of voter eating behavior in early childhood. According to researchers, the majority of mothers do not give exclusive breastfeeding to their children on the grounds, mothers cannot leave work, are busy, and have milk sometimes it doesn't come out so it requires the mother to give formula milk. Suggestion, however busy, the mother must have time for the child to be fulfilled by the child, or maybe too busy, the mother can store the milk in the refrigerator or breastfeeding.

## 5 CONCLUSION

Based on the results of interviews conducted by researchers at An Namiroh 4 Kindergarten Pekanbaru, it can be concluded that:

1. There is a relationship between exclusive breastfeeding and the incidence of picky children
2. There is a relationship between maternal parenting with the incidence of picky eater children
3. There is a relationship between maternal eating behavior and the incidence of picky eater children
4. There is a relationship between maternal nutrition knowledge and the incidence of picky eater children

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