

ABSTRAK
HUBUNGAN PERILAKU MEMILIH MAKANAN (*PICKY EATING*)
DENGAN STATUS GIZI REMAJA PUTRI DI SMPN 1 NGORO
KABUPATEN MOJOKERTO

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Masalah gizi pada remaja masih menjadi perhatian karena dapat berdampak terhadap pertumbuhan, perkembangan, dan kesehatan. Salah satu faktor yang dapat memengaruhi status gizi remaja adalah perilaku memilih makanan (*picky eating*), yang berpotensi menyebabkan asupan zat gizi menjadi tidak optimal. Penelitian ini bertujuan untuk menganalisis hubungan perilaku memilih makanan (*picky eating*) dengan status gizi remaja putri di SMP Negeri 1 Ngoro Kabupaten Mojokerto. Penelitian ini menggunakan metode kuantitatif dengan desain analitik korelasional melalui pendekatan *cross-sectional*. Sampel penelitian berjumlah 114 remaja putri yang dipilih menggunakan teknik *purposive sampling*. Instrumen yang digunakan adalah *Adult Eating Behaviour Questionnaire* (AEBQ) untuk mengukur perilaku *picky eating*, sedangkan status gizi dinilai menggunakan Indeks Massa Tubuh menurut Umur (IMT/U). Analisis data dilakukan menggunakan uji Chi-Square. Hasil penelitian menunjukkan bahwa sebagian besar responden tidak mengalami *picky eating* (67,5%) dan memiliki status gizi normal (57,9%). Sebanyak 73,0% responden yang mengalami *picky eating* memiliki status gizi tidak normal, sedangkan 72,7% responden yang tidak mengalami *picky eating* memiliki status gizi normal. Hasil uji Chi-Square menunjukkan nilai $p = 0,000$ ($p < 0,05$), sehingga terdapat hubungan yang signifikan antara perilaku memilih makanan (*picky eating*) dengan status gizi remaja putri di SMP Negeri 1 Ngoro Kabupaten Mojokerto. Hasil penelitian ini menunjukkan bahwa perilaku *picky eating* berkaitan dengan status gizi remaja putri.

Kata kunci: *picky eating*, status gizi, remaja putri, perilaku makan

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ABSRACK
**THE ASSOCIATION BETWEEN PICKY EATING BEHAVIOR AND THE
NUTRITIONAL STATUS OF FEMALE ADOLESCENTS AT SMPN 1
NGORO MOJOKERTO REGENCY**

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Nutritional problems among adolescents remain a public health concern because of their adverse effects on growth, development, and overall health. One factor that may influence adolescents' nutritional status is picky eating behavior, which has the potential to result in inadequate nutrient intake. This study aimed to analyze the association between picky eating behavior and the nutritional status of female adolescents at SMP Negeri 1 Ngoro, Mojokerto Regency. This study employed a quantitative method with a correlational analytic design using a cross-sectional approach. A total of 114 female adolescents were selected through purposive sampling. Picky eating behavior was assessed using the Adult Eating Behaviour Questionnaire (AEBQ), while nutritional status was determined based on Body Mass Index-for-Age (BMI-for-age). Data were analyzed using the Chi-square test. The results showed that most participants did not exhibit picky eating behavior (67.5%) and had normal nutritional status (57.9%). Among participants with picky eating behavior, 73.0% had abnormal nutritional status, whereas 72.7% of those without picky eating behavior had normal nutritional status. The Chi-square test showed a statistically significant association between picky eating behavior and nutritional status ($p = 0.000$; $p < 0.05$). These findings indicate that picky eating behavior is associated with the nutritional status of female adolescents.

Keywords: *picky eating, nutritional status, female adolescents, eating behavior.*

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