

ABSTRACT

THE RELATIONSHIP BETWEEN PARENTING STYLE AND *PICKY EATER* BEHAVIOR IN PRESCHOOL CHILDREN AT TK DHARMA WANITA PERSATUAN KESAMBEN KULON I

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Picky eating refers to a child's eating behavior characterized by food selectivity, the refusal of specific foods, and a reluctance to try new foods, potentially compromising nutritional intake. This study aimed to analyze the relationship between parenting styles and picky eating behavior among preschool children at Dharma Wanita Persatuan Kesamben Kulon 1 Kindergarten. A quantitative, correlational, cross-sectional research design was employed. The study was conducted at Dharma Wanita Persatuan Kesamben Kulon 1 Kindergarten, Wringinanom District, Gresik Regency, in July 2026. The study population consisted of all 50 parents of children at the kindergarten, selected using a total sampling technique. Parenting styles were assessed using the 32-item Parenting Styles and Dimensions Questionnaire (PSDQ), while picky eating behavior was measured using a 13-item questionnaire; data were analyzed via cross-tabulation. The results showed that the majority of parents practiced a democratic parenting style (27 children or 54%), followed by authoritarian (16 children or 32%) and permissive (7 children or 14%) styles; a large proportion of the children (74%) exhibited picky eating behavior. The Spearman Rho test yielded a p-value of 0.001 (less than the alpha level of 0.05) and a correlation coefficient of 0.450, leading to the acceptance of the research hypothesis (H1); this indicates a moderate correlation between parenting styles and picky eating behavior. Democratic parenting helped prevent picky eating and encouraged children to accept a variety of foods, although some children remained picky eaters due to sensitivities regarding taste or texture. Parents should adopt appropriate parenting styles to shape their children's eating habits and reduce picky eating behavior.

Keywords: parenting style, *picky eater*, preschool children

ABSTRAK**HUBUNGAN POLA ASUH ORANG TUA DENGAN PERILAKU *PICKY EATER* PADA ANAK USIA PRASEKOLAH DI TK DHARMA WANITA PERSATUAN KESAMBEN KULON I**

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Perilaku *picky eater* merupakan perilaku makan pada anak yang ditandai dengan kecenderungan memilih-milih makanan, menolak makanan tertentu, dan enggan mencoba makanan baru sehingga berpotensi memengaruhi kecukupan asupan gizi. Penelitian ini bertujuan menganalisis hubungan pola asuh orang tua dengan perilaku *picky eater* pada anak usia prasekolah di TK Dharma Wanita Persatuan Kesamben Kulon I. Desain penelitian adalah kuantitatif korelasional dengan rancangan *cross-sectional*. Penelitian dilaksanakan di TK Dharma Wanita Persatuan Kesamben Kulon I, Kecamatan Wringinanom, Kabupaten Gresik, pada bulan juli 2026. Populasi penelitian adalah seluruh orangtua anak di TK tersebut sebanyak 50 orang, dengan menggunakan teknik *total sampling*. Pola asuh diukur menggunakan kuesioner *Parenting Styles and Dimensions Questionnaire (PSDQ)* 32 item, sedangkan perilaku *picky eater* diukur menggunakan kuesioner *picky eater* 13 item, kemudian dianalisis dengan tabulasi silang (*crosstab*). Hasil penelitian menunjukkan bahwa sebagian besar orang tua menerapkan pola asuh demokratis 27 anak (54%), diikuti otoriter 16 anak (32%) dan permisif 7 anak (14%), sebagian besar anak mengalami perilaku *picky eater* (74%). Hasil uji *Spearman Rho* diperoleh nilai $p=0,001 < \alpha (0,05)$ dengan koefisien korelasi 0,450, sehingga H_1 diterima, artinya terdapat hubungan pola asuh orang tua dengan perilaku *picky eater* dengan kekuatan hubungan sedang. Pola asuh demokratis yang diterapkan mampu menjadikan anak tidak *picky eater*, lebih membantu anak menerima variasi makanan meski sebagian tetap *picky eater* akibat sensitivitas rasa atau tekstur. Orangtua menerapkan pola asuh yang tepat untuk membentuk kebiasaan makan anak dan mengurangi perilaku *picky eater* pada anak.

Kata kunci: pola asuh, *picky eater*, anak prasekolah