

## **ABSTRACT**

### ***A DESCRIPTIVE STUDY OF EATING BEHAVIOR AMONG SCHOOL-AGED CHILDREN AT SDN PAKIS 1 SURABAYA***

*(Descriptive Study)*

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*Eating behavior in school-aged children was a crucial aspect that played a significant role in supporting their growth, development, and academic achievement. The phenomenon observed by the researcher at SDN Pakis 1 Surabaya revealed that children tended to eat reluctantly, were selective in their food preferences, and displayed consumptive behavior. This study aimed to describe the eating behavior of school-aged children at SDN Pakis 1 Surabaya. The study design used was descriptive. The population in this study consisted of third-grade students at SDN Pakis 1 Surabaya who met the inclusion criteria. The total number of respondents in this study was 89, selected through simple random sampling. The instrument was used the Child Eating Behavior Questionnaire (CEBQ), which the parents filled out. The results of the descriptive statistical analysis of percentage proportions (ASDPP) showed that 68 respondents (76.4%) were categorized as food avoidant, while 21 respondents (23.6%) were classified as food approach. The principal of SDN Pakis 1 Surabaya was expected to collaborate with the Pakis Public Health Center in proposing nutrition education and regular nutrition monitoring programs, as well as continuing the communal eating program to support the development of healthy eating behavior from an early age.*

**Keywords:** *eating behavior, school-aged children, food avoidant, food approach*

## ABSTRAK

### GAMBARAN PERILAKU MAKAN PADA ANAK USIA SEKOLAH DI SDN PAKIS 1 SURABAYA

(Studi Deskriptif)

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Perilaku makan pada anak usia sekolah merupakan aspek penting yang berperan dalam mendukung pertumbuhan, perkembangan, serta pencapaian akademik anak. Fenomena yang ditemukan peneliti di SDN Pakis 1 Surabaya bahwa anak-anak malas makan, memilih-milih makanan yang dia sukai dan berperilaku konsumtif. Penelitian ini bertujuan untuk mengetahui gambaran perilaku makan pada anak usia sekolah di SDN Pakis 1 Surabaya. Desain penelitian yang digunakan adalah deskriptif. Populasi dalam penelitian ini adalah siswa kelas III SDN Pakis 1 Surabaya yang memenuhi kriteria inklusi. Jumlah sampel pada penelitian ini sebanyak 89 responden dan *sampling* yang digunakan yaitu *simple random sampling*. *Instrument* yang digunakan adalah *Child Eating Behavior Questionnaire (CEBQ)* yang diisi oleh orang tua. Hasil analisis statistik deskriptif proporsi *persentase* (ASDPP) menunjukkan bahwa anak-anak yang tergolong dalam kategori *food avoidant* (malas makan) sebanyak 68 responden (76,4%) dan 21 responden (23,6%) termasuk dalam kategori *food approach* (suka makan). Kepala sekolah SDN Pakis 1 Surabaya dapat bekerja sama dengan Puskesmas Pakis dalam mengusulkan program edukasi gizi dan pemantauan gizi secara teratur, serta melanjutkan program makan bersama untuk mendukung terbentuknya perilaku makan yang sehat sejak usia sekolah.

**Kata kunci:** perilaku makan, anak usia sekolah, *food avoidant*, *food approach*