

**PROGRAM STUDI S1 KEBIDANAN FAKULTAS KEBIDANAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Literature Review, Juli 2026**

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**Hubungan Perilaku *Picky Eater* dengan Status Gizi (*Underweight*) pada Anak
Prasekolah**

Xi + 82 Halaman + 7 Tabel + 10 Lampiran

ABSTRAK

Perilaku *Picky Eater* (pilih-pilih makanan) pada anak prasekolah diduga berkontribusi terhadap kejadian *Underweight*, namun bukti ilmiah yang ada masih menunjukkan hasil yang tidak konsisten. Rendahnya pemahaman tentang mekanisme hubungan antara kedua variabel menyebabkan intervensi yang diberikan seringkali tidak tepat sasaran. Penelitian ini bertujuan untuk mengidentifikasi hubungan perilaku *Picky Eater* dengan kejadian *Underweight* pada anak prasekolah berdasarkan bukti empiris, menganalisis mekanisme pengaruh *Picky Eater* terhadap penurunan status gizi, mengidentifikasi faktor-faktor yang memoderasi atau memediasi hubungan tersebut, serta merumuskan rekomendasi intervensi berbasis bukti. Metode penelitian menggunakan *Literature Review* dengan mengacu pada pedoman PRISMA (*Preferred Reporting Items for Systematic Reviews and Meta-Analyses*) dan kerangka PICOS. Sebanyak 7 artikel terbitan 2018–2026 yang relevan dianalisis melalui tahap identifikasi, skrining, penilaian kelayakan, dan sintesis data. Hasil menunjukkan bahwa hanya 2 dari 7 artikel (28,6%) yang melaporkan hubungan signifikan antara *Picky Eater* dengan *Underweight*, sementara 5 artikel lainnya (71,4%) tidak menemukan hubungan bermakna mekanisme hubungan diduga melalui defisit asupan zat gizi makro, namun anak dapat melakukan kompensasi dari susu, camilan, atau makanan favorit sehingga status gizi tetap normal, faktor yang memoderasi hubungan meliputi ukuran sampel, prevalensi *Underweight*, kompensasi asupan energi total, serta faktor sosial ekonomi dan budaya dan rekomendasi intervensi yang dihasilkan adalah fokus pada pemenuhan asupan energi total dan penerapan pola asuh responsif, bukan semata-mata mengubah perilaku *Picky Eater*. Temuan ini menegaskan bahwa perilaku *Picky Eater* tidak selalu berdampak langsung terhadap *Underweight* karena status gizi lebih ditentukan oleh kecukupan asupan energi total. Dari hasil penelitian ini, peneliti merekomendasikan agar tenaga kesehatan memberikan edukasi kepada orang tua untuk tidak panik berlebihan, memastikan kecukupan energi total anak, menerapkan pola asuh responsif, serta memantau pertumbuhan secara teratur.

Kata Kunci: *Picky Eater*, *Underweight*, Status Gizi, Anak Prasekolah, *Literature Review*

Daftar Bacaan: 2018–2026

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*Literature Review, Juli 2026***

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**The Relationship Between *Picky Eater* Behavior and (*Underweight*)
Nutritional Status in Preschool Children**

Xi + 82 Pages + 7 Tables + 10 Appendices

ABSTRACT

Picky Eater behavior in preschool children is thought to contribute to *Underweight*, yet the existing scientific evidence remains inconsistent. Poor understanding of the mechanisms underlying the relationship between these two variables often leads to ineffective interventions. This study aimed to identify the relationship between *Picky Eater* behavior and *Underweight* in preschool children based on empirical evidence, analyze the mechanisms by which *Picky Eater* behavior affects nutritional status decline, identify factors that moderate or mediate this relationship, and formulate evidence-based intervention recommendations. The research method employed a literature review guided by the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) framework and the PICOS framework. A total of 7 relevant articles published between 2018 and 2026 were analyzed through identification, screening, eligibility assessment, and data synthesis stages. The results showed that only 2 out of 7 articles (28.6%) reported a significant relationship between *Picky Eater* behavior and *Underweight*, while the other 5 articles (71.4%) found no significant relationship the proposed mechanism involves deficits in macronutrient intake, although children may compensate with milk, snacks, or favorite foods, thereby maintaining normal nutritional status moderating factors include sample size, *Underweight* prevalence, compensation for total energy intake, and socioeconomic and cultural factors; and the recommended interventions focus on ensuring adequate total energy intake and implementing responsive feeding practices, rather than merely attempting to change *Picky Eater* behavior. These findings confirm that *Picky Eater* behavior does not always directly lead to *Underweight*, as nutritional status is more determined by total energy intake adequacy. Based on these results, the researcher recommends that healthcare providers educate parents not to panic excessively, ensure their children's total energy intake is adequate, apply responsive feeding practices, and monitor growth regularly.

Keywords: *Picky Eater, Underweight, Nutritional Status, Preschool Children, Literature Review*

Reading List: 2018–2026