

ABSTRACT

Devita Mahardika Salsabila (2026). Implementation of *Storytelling* and *Play Therapy* as an Intervention to Reduce Food Refusal Behavior in Toddlers in the Working Area of Gribig Public Health Center, Malang City. Scientific Paper Case Study. DIII Nursing Study Program Malang, Health Polytechnic of the Ministry of Health Malang. Supervisor: Dr. Susi Milwati, S.Kp., M.Pd.

Food Refusal Behavior (GTM) is one of the common feeding problems among toddlers and may affect nutritional intake and child growth. Nationally, more than 40% of Indonesian toddlers, or approximately 10 million children, have experienced GTM in the form of partial or complete food refusal. This study aimed to identify changes in the level of GTM before and after the implementation of storytelling and play therapy interventions. A case study design was used involving two toddler subjects experiencing GTM. Data were collected through parent interviews and observations of feeding behavior during a five-day intervention period. Storytelling was conducted using storybooks about healthy foods, while play therapy involved educational games such as role-playing as a little chef, feeding dolls, and completing food-related puzzles. The results showed that both subjects experienced GTM before the intervention, with a feeding success score of 0%. After five days of storytelling and play therapy, the scores increased to 100% in both subjects. The improvement was indicated by better food acceptance, reduced food refusal behaviors, and a more comfortable and enjoyable mealtime atmosphere. It can be concluded that storytelling and play therapy have the potential to be effective non-pharmacological interventions for overcoming GTM in toddlers. It is recommended that future researchers develop more varied methods using different media, such as dolls and other supporting accessories, to make the interventions more attractive, interactive, and easier to implement.

Keywords: Food Refusal Behavior, *Storytelling*, *Play Therapy*, Toddlers