

THE RELATIONSHIP BETWEEN *GADGET* EXPOSURE AND EATING
BEHAVIOR IN PRESCHOOL CHILDREN (3-5 YEARS OLD) AT SANAN
VILLAGE POSYANDU, MALANG CITY

Jihan Triamanda Valentine

Bachelor of Applied Nursing, Departement of Nursing, Health Polytechnic of the
Ministry of Health Malang, Malang, Jl. Besar Ijen 77C, Kota Malang

ABSTRACT

Eating behavior disorders commonly experienced by preschool children include negative eating behaviors, which can adversely affect nutritional balance and child growth. One of the contributing factors is the high exposure to gadgets, which makes children less sensitive to hunger and satiety cues. This study aimed to analyze the relationship between gadget exposure and eating behavior among preschool children aged 3–5 years at Posyandu Kampung Sanan, Malang City. This research employed a quantitative correlational design with a cross-sectional approach and was conducted in 16 October 2025. The sample consisted of 70 respondents selected using a total sampling technique. Data were analyzed using Spearman's Rho test with a significance level of $\alpha = 0,05$. The results showed that most children had high gadget exposure (47%), while negative eating behavior was found in almost all respondents (92.9%). The statistical test yielded an r value of -0.144 with a p -value of 0.234 , indicating no significant relationship between the two variables. Eating behavior in preschool children is influenced by various factors, including personal preference, socioeconomic status, culture, hunger, satiety, appetite, health conditions, and gadget exposure. Excessive gadget use also has the potential to disrupt the eating process, making children less responsive to hunger and satiety signals. Although the statistical relationship was not significant, controlling gadget use remains necessary, as these mechanisms may contribute to the development of negative eating behaviors in the long term.

Keyword: Gadget Exposure, Negative Eating Behavior, Preschool Children.