

## ABSTRACT

**Widyatiningrum, Alissa Maharani. 2024. *The Relationship between Feeding Patterns and Eating Behaviour of Parents with Picky Eating Behaviour of Preschool Children at University of Malang Laboratory Kindergarten, Malang City.* Thesis. Health Polytechnic of the Ministry of Health Malang, Main Supervisor: Dr. Yohanes Kristianto, M.FT., Co-Supervisor: Reni Wahyu Triningsih, SST., M.Kes.**

*Picky eater is an eating disorder or behaviour of children who tend to be picky eaters. This can cause children to experience energy and nutrient deficiencies that will interfere with child growth and development. The purpose of this study was to determine the relationship between feeding patterns and parental eating behaviour with picky eating behaviour of preschool children. This research method uses quantitative correlation with a cross sectional approach with a population of 41 mothers of preschool children aged 4-6 years. Through purposive sampling technique, a sample of 37 mothers of preschool children aged 4-6 years was determined. The instruments used were Parental Feeding Styles Questionnaire (PFSQ), Adult Eating Behaviour Questionnaire (AEBQ), and Child Eating Behaviour Questionnaire (CEBQ) tested with Spearman Rank correlation. The test results of parental feeding patterns with picky eating behaviour showed a very weak relationship (0.142) and a statistically insignificant relationship ( $p$ -value  $0.403 > 0.05$ ). The results of the test of parental feeding behaviour with picky eating behaviour obtained a very weak relationship (-0.040) and statistically there is an insignificant relationship ( $p$ -value  $0.815 > 0.05$ ). Suggestions for parents to pay attention to and recognise children's eating habits and provide varied and diverse foods when bringing lunch to school.*

**Keywords: *Feeding Pattern, Eating Behaviour, Picky Eating, Preschool Children.***