

**HUBUNGAN DURASI *SCREEN TIME* PENGGUNAAN *GADGET*
DENGAN PERILAKU MAKAN BALITA 3-5 TAHUN
DI DESA SUKAMANAH**

SYAHIRA SYAHWA NOOR HAFIDZA

221FI01026

Program Studi D-III Kebidanan, Fakultas Ilmu Kesehatan,
Universitas Bhakti Kencana

ABSTRAK

Balita usia 3–5 tahun mengalami perkembangan pesat dan rentan terhadap pengaruh lingkungan, termasuk penggunaan *gadget*. *Screen time* yang tinggi dapat memengaruhi perilaku makan, seperti menolak makan tanpa layar atau kehilangan nafsu makan. Penelitian ini bertujuan untuk mengetahui hubungan durasi *screen time* penggunaan *gadget* dengan perilaku makan balita 3–5 tahun di Desa Sukamanah. Penelitian ini menggunakan metode *deskriptif korelasional* dengan pendekatan *cross-sectional*. Sampel sebanyak 75 orang tua balita dipilih dengan teknik *purposive sampling*. Instrumen yang digunakan adalah kuesioner durasi *screen time* dan *Children's Eating Behaviour Questionnaire* (CEBQ). Analisis data dilakukan menggunakan uji *Spearman*. Hasil menunjukkan bahwa sebagian besar balita memiliki durasi *screen time* >1 jam per hari (60,0%) dan perilaku makan kategori penghindar makanan (62,7%). Uji *Spearman* menunjukkan terdapat hubungan yang signifikan antara durasi *screen time* dengan perilaku makan balita ($p = 0,004$; $r = -0,326$). Hubungan tersebut bersifat negatif, artinya semakin tinggi *screen time*, semakin perilaku makan balita cenderung kurang baik. Durasi *screen time* yang tinggi dapat berkontribusi terhadap perilaku makan yang kurang baik pada balita. Disarankan agar orang tua membatasi penggunaan *gadget* dan meningkatkan kualitas interaksi saat makan, serta menciptakan kebiasaan makan yang sehat tanpa distraksi layar.

Kata kunci: Balita, *gadget*, perilaku makan, *screen time*

**THE RELATIONSHIP BETWEEN GADGET SCREEN TIME DURATION
AND EATING BEHAVIOR OF TODDLERS AGED 3-5 YEARS
IN SUKAMANAH VILLAGE**

SYAHIRA SYAHWA NOOR HAFIDZA

221FI01026

*Diploma III Midwifery Study Program, Faculty of Health Sciences,
Bhakti Kencana University*

ABSTRACT

Toddlers aged 3–5 years experience rapid development and are vulnerable to environmental influences, including gadget use. Excessive screen time can affect eating behavior, such as refusing to eat without a screen or losing appetite. This study aimed to determine the relationship between the duration of gadget screen time and the eating behavior of toddlers aged 3–5 years in Sukamanah Village.

This research employed a descriptive correlational method with a cross-sectional approach. A total of 75 parents of toddlers were selected using purposive sampling. The instruments used were a screen time duration questionnaire and the Children's Eating Behaviour Questionnaire (CEBQ). Data were analyzed using the Spearman rank correlation test. The results showed that most toddlers had screen time durations of more than 1 hour per day (60.0%) and exhibited eating behaviors categorized as food avoidant (62.7%). The Spearman test indicated a significant relationship between screen time duration and eating behavior ($p = 0.004$; $r = -0.326$). The relationship was negative, meaning that the longer the screen time, the poorer the toddler's eating behavior. Excessive screen time may contribute to poor eating habits in toddlers. It is recommended that parents limit gadget use, improve the quality of interactions during meals, and promote healthy eating routines free from screen distractions.

Keywords: Eating behaviour, gadget, screen time, toddlers