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The Baby Led Weaning Method On Picky Eater Behavior In Toddlers

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Abstract:

In the first five years of a child's life, physical aspects develop very quickly, this period has an important role in forming eating habits in the future. Picky Eater behavior rejects several types of food, is only willing to consume a few types of food, is reluctant to try new dishes, and has a strong tendency to choose certain kinds of food. This Baby Led Weaning method gives children the opportunity to grasp and explore food on their own. To determine the effect of using the Baby Led Weaning method on picky eater behavior in toddlers. This research is pre-experimental with one group pre and posttest design. This sampling method uses purposive sampling with 36 respondents. This research instrument is in the form of a poster and child eating behavior questionnaire sheet for picky eater behavior. Data analysis using Wilcoxon signed rank test. The results of the Wilcoxon signed rank test hypothesis can be seen from the Sig value. (significant) namely 0.081. So, if the P value ≥ 0.05 (H_0 is accepted, H_a is rejected) which means there is no influence of the Baby Led Weaning Method on Picky Eater Behavior.

Keywords: Baby Led Weaning, Behavior, Picky Eater, Toddler.

Introduction

Toddlers, Generally referred to as babies under five years old, this stage marks a period of rapid development and progress (Willumsen and Bull, 2020). Often referred to as the "golden age", this phase includes rapid growth and development, it is a very important time to monitor a child's development closely, so that any abnormalities can be identified as soon as possible (Putra,

2022). This period covers the first 1000 days, starting from the womb until 2 years of age, and has important significance in influencing the child's physical and cognitive development (Ernawati *et al.*, 2020).

Baby Led Weaning commonly referred to as BLW is a new method of providing food to children (Addessi *et al.*, 2021). This method frees up the child's ability to feed food into his own mouth (Bono, Belinchón and Montoya, 2021). Baby Led Weaning is an alternative method of introducing complementary foods to children is the Baby Led Weaning (BLW) approach, where children are given the opportunity to eat themselves rather than being fed (Białek-Dratwa *et al.*, 2022). In the Baby Led Weaning method, the child does not go through a soft texture, but the child is immediately given solid food with a soft texture and finger food. Finger food is food that is served in pieces that are easy for babies to hold in their hands (Alfaro, Neira and Weisstaub, 2022). Providing finger food is given because one of the BLW techniques is to give babies greater freedom to be independent in choosing food (Arias-Ramos *et al.*, 2022).

Food provided in the form of finger food includes a wide selection of vegetables, fruit and biscuits with nutritional content that is good for health (Dewi *et al.*, 2023). The factors that influence the Baby Led Weaning (BLW) method are cooperation between mother and child (Pérez-Ríos *et al.*, 2020). This can be started when the child enters MPASI age so that he is able to eat by himself (Herni Noor Harjanti, 2019). If the mother feels anxious, tense, irritable can be a factor that causes difficulty in eating in the child (Cox *et al.*, 2024). Starting to eat at the age of 6 months (Arslan, Kurtuncu and Turhan, 2023). Providing food to children from an early age aims to support the smooth running of normal metabolic processes (Maharani and Maulida, 2017). According to research in 2022, LBW babies can gain weight using the kangaroo method, the mean value of low birth weight babies before treatment with the kangaroo method is 1900 grams, while after the kangaroo method treatment the mean value is 2150 grams (Siswanti Reny, *et al.*, 2022).

Picky Eaters namely the attitude of choice in food, usually found in the child's development stage and generally does not last long (Muflih *et al.*, 2023). Picky Eaters can cause nutritional deficiencies, especially in terms of nutrients in children's diets (Torizellia *et al.*, 2023). Picky Eater behavior arises from various actions involving preferences for certain foods, an unwillingness to try new dishes, limiting consumption of certain types of food, and a strong tendency to be picky about types of food (Hijja *et al.*, 2022).

Picky eater behavior is a child's attitude that is reluctant or inhibited when consuming food

or drink according to the type and quantity that is physiologically appropriate for his age, including actions such as opening his mouth without parental coercion, chewing, swallowing, and even smooth digestion without any pressure (Fertycia, 2022). The causes of Picky Eaters are parental aspects (mother-child interactions), child factors, psychological conditions (Biswas, Ghosh and Kabir, 2022).

Factors that cause picky eaters are food allergies, eating disorders, being picky about food, the child's actions when eating, the mother's view and attitude towards the child (Ilmiah *et al.*, 2019). Research in Singapore shows the proportion of Picky Eaters is 29.9% (Goh and Jacob, 2012), the prevalence of Picky Eaters among children in Taiwan is 72% (Lin *et al.*, 2018). Data in Indonesia shows that the incidence of Picky Eaters is around 20% in children under 5 years of age (Nugroho, 2020). Data in West Java, Depok City, in 2018, 59.6% of children experienced Picky Eaters (Fitria Budi Utami, 2020).

Data in Bogor Regency in 2022, 60.3% of children experienced Picky Eaters (Pebruanty *et al.*, 2022). Results of a preliminary study conducted by researchers at BPM Bd. Lisna Herapriyani, Ciherang Gede Village, obtained data from posyandu cadres on the number of mothers who have toddlers aged 12 – 36 months at BPM Bd. Lisna Herapriyani numbering 35 people. The results of interviews with 10 mothers showed that when children ate core foods they still did so using the traditional method or by being fed, but when they ate snacks their children used the Baby Led Weaning Method, and out of the 10 children who experienced picky eating, there were 6 of them.

Methodology

Participant characteristics and research design

This research is a pre-experimental research with one group pre and post test design. The location of the research was BPM Bd. Lisna Herapriyani, Bogor Regency. The research was carried out in June - July 2024. The population in this study was mothers with toddlers aged 12 to 36 months. This research instrument is in the form of a poster and a child eating behavior questionnaire sheet.

Sampling procedures

This sampling method uses purposive sampling. The inclusion criteria in this study are: mothers who have toddlers are willing to be respondents, mother who is willing to take the time

to visit. The exclusion criteria in this study were: mothers who have toddlers and are not willing to be respondents, mother who is not willing to take the time to visit.

Sample size, power, and precision

Respondents were divided into one groups of 36 toddlers. Respondents filled out the child eating behavior questionnaire, then the researchers distributed posters about the baby led weaning uses a combination realfoods and picky eater methods. Researchers fed the children 6 times in 2 weeks, after 2 weeks the respondents were asked to fill out the child eating behavior questionnaire again. Instruments used for Picky Eater measurements on The child questionnaire used is Child Eating Behavior Questionnaire (CEBQ) which has been tested for validity and reliability in various countries (Jimeno-Martínez *et al.*, 2022). The CEBQ consists of 8 subscales (Enjoyment of food (EOF), Food Responsiveness (FR), Desire to Drink (DD), Emotional Over Eating (EOE), Satiety Responsiveness (SR), Food Fussiness (FF), Emotional Unde – rating (EUE), Slowness in Eating (SE)), which are divided into 35 items. These items use a Likert scale, namely: 1 = Never, 2 = Rarely, 3 = sometimes, 4 = often, 5 = always.

Data analysis

Data analysis using univariate tests, and prerequisite tests consisting of normality tests and hypothesis testing with the Wilcoxon signed rank test.

Results

1. Respondent Characteristics

Table.1 Frequency Distribution Of Respondent Characteristics Based On Age And Gender Among Toddlers

Respondent Characteristics	Frequency	Percentage (%)
Age Toddlers		
12 – 24 months old	20	55.6
25 – 36 months old	16	44.4
Gender Toddlers		
Man	20	55.6
Woman	16	44.4
Parents' Occupation		
Work	4	11.1

Doesn't work	32	88.9
Parent's Education		
Elementary School	4	11.1
Junior High School	6	16.7
Senior High School	20	55.6
Diploma/Bachelor/ Master	6	16.7

Based on Table 1, show that of the 36 respondents, 20 respondents (55.6%) had toddlers aged 12-24 months old and 20 respondents (55.6%) had male toddlers, 32 respondents (88.9%) were not working, and 20 respondents (55.6%) had Senior High School for parent's education.

2. Picky Eater Behavior

Table.2 Frequency Distribution of Picky Eater Behavior

Picky Eater Behavior	Pretest		Posttest	
	Frequency	Percentage (%)	Frequency	Percentage (%)
Not Picky Eater	16	44.4	24	66.7
Picky Eaters	20	55.6	12	33.3

Based on Table 2, show that picky eater behavior before the baby led weaning method show that 20 respondents (55.6%) found that their toddlers behavior was picky eaters, and after the baby led weaning method show that 24 respondents (66.7%) found that toddlers behavior was not picky eaters.

3. The effect of baby led weaning method on toddler picky eater behavior

Table.3 The Effect Of Baby Led Weaning On Toddler Picky Eater Behavior

Category	N	Z	P Value
Pretest-Posttest	36	-1.743b	0.081

Based on Table 3. show that the results of the wilcoxon signed rank test hypothesis can be seen from the p value, namely 0.081. So if the p value is > 0.05 (H_0 is accepted, H_a is rejected) then there is no influence of the baby led weaning method on picky eater behavior.

Discussion

The results of this study are not in line with the findings of research by Ari Kusuma Sulyandari, Salimatul Ummah, Siti Haniyah with the title "The Influence of Picky Eaters on the Cognitive Development of Preschool Children". The results of the analysis can be concluded that 3 year old children have experienced picky eating as much as 31% of the 141 respondents, while 4 year olds were picky eaters as much as 26% and 41% of 141 respondents were picky eaters aged 5 – 6 years old, meaning that the older the child, the higher the picky eater. This is caused by the more children understand and recognize tastes, the more picky eaters they become. This means that children who are picky eaters have an effect on the child's cognitive abilities (Sulyandari, A.K, Ummah, S. Haniyah, 2021).

Picky Eaters namely, selective eating habits are often found at the child's developmental stage and generally do not last long (El-Lababidi, 2020). There are 3 aspects that cause Picky Eaters, namely: parental aspects (interaction between mother and child), child factors, psychological conditions (Astuti and Ayuningtyas, 2018).

For researcher Ari Kusuma Sulyandari, the children who were researched were currently at the school stage, which makes the results of this research different, whereas the children studied by me had not yet reached the school stage, so their food choices were still very high, which made the children become picky eaters (Sulyandari, A.K, Ummah, S. Haniyah, 2021). According to the researchers' assumptions, it can be concluded that picky eater behavior has no effect. This can also be influenced by children's cognitive development and the very different number of respondents.

The results of this research are not in line with Anggun Iis Sopiah Suryani's research entitled "Effectiveness of Baby LED Weaning on Picky Eaters in Babies Aged 7-12 Months". The analysis results obtained were that there was an influence of baby LED Weaning on picky eaters with a sig value of 0.000 (Suryani, Marlina and Hilmawan, 2023).

The results of this researcher are not in line with research by Ayu Fitria Utami et.al with the title "Becoming an independent feeder": infant's transition in solid food introduction through baby-led weaning" Analysis results show that in the control group (applying Conventional MPASI) 2 toddlers (13.33) out of 15 toddlers experienced Picky Eaters. Experimental group (given BLW method treatment) 15 toddlers (88.23)% of 17 toddlers experienced a change in picky eater behavior to become non-picky eater. With a p-value of 0.000 (Utami *et al.*, 2020).

The results of this research are also in line with Sumarni & Nahira's research with the title

"the effect of giving mp-asi using the baby led weaning method on babies' weight babies aged 9-12 months in the patingalloang community health center working area" the results of the analysis show that there is an effect of giving MP-ASI using the baby led weaning method on the weight of babies aged 9 – 12 years, nutritional intake plays an important role in optimizing the baby's growth and development. The amount of nutritional intake consumed is also influenced by the process of eating activities (Sumarni Sumarni and Nahira Nahira, 2023).

Picky Eaters habit of being picky about food, which often occurs during a child's growth period, generally does not last for a long period of time (Suryani *et al.*, 2022). This includes rejection of food prepared for him (Pesch *et al.*, 2020). This condition is often interpreted as a picky eater. When a child experiences a picky eater, but if left unchecked, it will cause the child's condition to become unfavorable and the child could even experience malnutrition due to being picky about food (Pratiwi, Sutiari and Utami, 2022). And if your child is already a picky eater, this can be done by always giving examples of healthy foods to the child (Nisa, Wiratmo and Marianna, 2021). Take time to eat with the child. Avoid forcing the child to eat quickly or always finish their food (Wijayanti, Astuti and Riawati, 2020). Don't scold the child if the child doesn't want to try the food (Idhayanti *et al.*, 2022). Don't like it, don't get into the habit of immediately making or providing substitute food if your child doesn't like it and doesn't want to eat it, be patient when introducing new food to your child, let him taste the food little by little, make the food look as attractive as possible (Tjandrajani *et al.*, 2016).

According to the researchers' assumptions, it can be concluded that picky eater behavior in toddlers has no effect. This can also be influenced by picky eater factors such as allergies to food, disorders of the child's eating process, being picky about food, the child's eating behavior when eating, the mother's attitude towards the child which can make the child become a picky eater (Ilmiah *et al.*, 2019).

Conclusions

The baby led weaning method, although statistically does not show a significant influence on picky eater behavior in toddlers aged 12 to 36 years, there is a tendency to decrease the frequency distribution of picky eaters during the pretest compared to the posttest. Providing the baby led weaning method can influence the development of toddlers in the aspect of independence in the eating process, improving children's oral and motor skills.

Conflict of Interest

The authors declare no conflicts of interest.

Author's Contribution:

All authors contributed to data collection, analysis, presentation, and discussion.

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