

NIK. 3112770849
**HUBUNGAN POLA KONSUMSI MAKANAN TINGGI GULA DENGAN
KEMAMPUAN MENGELOLA EMOSI PADA ANAK USIA DINI DI
KOBER TUNAS HARAPAN DESA GUNUNGSARI**

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ABSTRAK

Latar Belakang: Kemampuan mengelola emosi merupakan aspek penting dalam perkembangan anak usia dini. Salah satu faktor yang diduga memengaruhinya adalah pola konsumsi makanan tinggi gula yang dapat memengaruhi fungsi neurotransmitter dan kestabilan glukosa darah. **Tujuan:** Mengetahui hubungan pola konsumsi makanan tinggi gula dengan kemampuan mengelola emosi pada anak usia dini di Kober Tunas Harapan Desa Gunungsari. **Metode Penelitian:** Penelitian ini menggunakan jenis penelitian kuantitatif dengan desain korelasional dan pendekatan cross sectional melibatkan 48 anak yang dipilih menggunakan teknik total sampling. Data dikumpulkan menggunakan Food Frequency Questionnaire (FFQ) yang dimodifikasi dan telah dilakukan uji validitas isi pada ahli gizi di RSUD Ciamis. Kemudian untuk kuisioner Emotional Regulation Checklist (ERC) dilakukan uji validitas kemudian dianalisis menggunakan uji Spearman Rank ($\alpha = 0,05$). **Hasil:** Mayoritas anak memiliki konsumsi gula kategori sedang (58,3%) dan kemampuan mengelola emosi kategori optimal (52,1%). Uji Spearman Rank menunjukkan hubungan yang signifikan ($r = 0,762$; $p = 0,0001$). **Kesimpulan:** Terdapat hubungan yang kuat antara pola konsumsi makanan tinggi gula dengan kemampuan mengelola emosi. Semakin tinggi konsumsi gula, semakin rendah kemampuan anak dalam mengelola emosi.

Kata kunci: pola konsumsi makanan tinggi gula, kemampuan mengelola emosi, regulasi emosi, anak usia dini.

**THE RELATIONSHIP BETWEEN HIGH-SUGAR FOOD CONSUMPTION
PATTERNS AND EMOTIONAL REGULATION ABILITY IN EARLY
CHILDHOOD AT KOBER TUNAS HARAPAN, GUNUNGSARI VILLAGE**

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ABSTRACT

Background: Emotional regulation is an essential aspect of early childhood development. One factor that is suspected to influence emotional regulation is the consumption pattern of high-sugar foods, which may affect neurotransmitter function and blood glucose stability. **Objective:** To determine the relationship between high-sugar food consumption patterns and emotional regulation among early childhood children at Kober Tunas Harapan, Gunungsari Village. **Methods:** This quantitative study employed a correlational design with a cross-sectional approach involving 48 early childhood children selected using a total sampling technique. Data were collected using a modified Food Frequency Questionnaire (FFQ), which had undergone content validity testing by a nutrition expert at Ciamis Regional General Hospital (RSUD Ciamis). Emotional regulation was assessed using the Emotional Regulation Checklist (ERC), which had been tested for validity. Data were analyzed using the Spearman Rank correlation test with a significance level of $\alpha = 0.05$. **Results:** Most children had a moderate level of high-sugar food consumption (58.3%), while the majority demonstrated optimal emotional regulation (52.1%). The Spearman Rank test revealed a significant correlation between high-sugar food consumption patterns and emotional regulation ($r = 0.762$; $p = 0.0001$). **Conclusion:** There is a strong relationship between high-sugar food consumption patterns and emotional regulation in early childhood. Higher consumption of high-sugar foods is associated with poorer emotional regulation.

Keywords: *high-sugar food consumption patterns, emotional regulation, emotion regulation, early childhood.*