ABSTRAK : *Screen time* waktu yang dihabiskan di depan layar seperti menonton TV dan bermain handphone. Tingginya *screen time* pada usia 3-5 tahun dapat mempengaruhi pola konsumsi dan perilaku makan. Tujuan dari penelitian ini untuk mengetahui hubungan *screen time* terhadap pola konsumsi dan perilaku makan pada balita usia 3-5 tahun di Jabodetabek. Penelitian ini menggunakan desain *cross sectional* studi yang diukur dengan *google form* durasi *screen time*, CEBQ, PFSQ dan SQ-FFQ dengan jumlah 102 balita di wilayah Jabodetabek. Analisis data menggunakan uji hubungan *rank spearman*. Hasil didapatkan pada kategori ibu rumah tangga dan ibu bekerja, balita cenderung memiliki durasi *screen time* lebih dari 1 jam, namun pada ibu bekerja cenderung tidak memberikan anak gadget saat makan. Berdasarkan hasil analisis bivariat didapatkan $p<0,05$ yang menunjukkan terdapat hubungan *screen time* terhadap perilaku makan balita cenderung *satiety responsiveness*, *slowness in eating* dan *emotional under eating*. Hasil lain $p<0,05$ terdapat hubungan antara *screen time* terhadap pola konsumsi dan perilaku makan balita, balita cenderung mengkonsumsi protein hewani dibandingkan kelompok makanan lain. Ibu rumah tangga cenderung memiliki perilaku mendorong balita untuk makan, mengontrol kualitas serta kuantitas makanan dan merespon perasaan balita saat makan sedangkan pada ibu bekerja cenderung memiliki perilaku mendorong balita untuk makan. Semakin tinggi *screen time* balita, maka balita cenderung berperilaku lambat saat makan dan kurang memiliki keinginan untuk makan.

Kata Kunci : balita, perilaku makan, pola konsumsi, *screen time*

ABSTRACT : *Screen time is time spent in front of a screen, such as watching TV and playing on a mobile phone. High screen time at the age of 3-5 years can affect consumption patterns and eating behavior. The purpose of this study was to determine the relationship between screen time and consumption patterns and eating behavior in toddlers aged 3-5 years in Greater Jakarta. This study used a cross-sectional study design as measured by the google form screen time duration, CEBQ, PFSQ and SQ-FFQ with a total of 102 toddlers in the Greater Jakarta area. Data analysis used the Spearman rank relationship test. The results were obtained in the category of housewives and working mothers, toddlers tended to have a screen time duration of more than 1 hour, but working mothers tended not to give their children gadgets while eating. Based on the results of the bivariate analysis, it was found that p <0.05 which indicated that there was a relationship between screen time and toddler eating behavior, which tended to be satiety responsiveness, slowness in eating and emotional under eating. Another result, p<0.05, showed a relationship between screen time and consumption patterns and eating behavior of toddlers. Toddlers tend to consume animal protein compared to other food groups. Housewives tend to have the feeding behavior of encouragement to eat, control over eating and emotional feeding, while working mothers tend to have encouragement to eat. The higher a toddler's screen time, the more likely the toddler is to behave in slowness in eating and emotional under eating.*

Keywords : *eating behavior, consumption patterns, screen time, toddler*