

## THE EFFECT OF GIVING PAPAYA FRUIT ON INCREASING THE APPETITE OF TODDLERS AGED 2-5

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### ABSTRACT

**Background:** Decreased appetite in toddlers can affect nutritional status and growth. Papaya (*Carica papaya* L.) contains vitamins, minerals, and the enzyme papain, which plays a role in increasing appetite. **Purpose:** This study aimed to determine the effect of papaya supplementation on increasing the appetite of toddlers aged 2–5 years. **Methods:** The research method used a pre-experimental design with a one-group pretest-posttest design. A sample of 20 toddlers was selected using simple random sampling. The intervention consisted of providing 100 grams of papaya daily for 14 days. Appetite was measured using the Visual Comstock method, and data were analyzed using the Wilcoxon test. **Results:** The results showed that the median appetite before the intervention was 2.00 and increased to 4.00 after the intervention. The Wilcoxon test obtained a p-value of 0.000 ( $p < 0.05$ ), indicating a significant effect of papaya supplementation on increasing the appetite of toddlers aged 2–5 years. **Conclusion:** Providing papaya can be an effective and easily accessible non-pharmacological alternative to increase toddler appetite.

Keywords: Papaya fruit, appetite, toddlers, nutrition