

# HUBUNGAN PERILAKU MAKAN, ASUPAN ENERGI, ASUPAN ZAT GIZI MAKRO, DAN PENERAPAN DIET *GLUTEN FREE CASEIN FREE* DENGAN STATUS GIZI ANAK *AUTISM SPECTRUM DISORDER* (ASD) DI WILAYAH JABODETABEK TAHUN 2023

Nabila Aprilia

## Abstrak

Prevalensi autisme berdasarkan data yang teridentifikasi jaringan *Autism and Developmental Disabilities Monitoring* (ADDM) tahun 2000-2020 terus mengalami peningkatan setiap tahunnya. Prevalensi autisme diberbagai negara yang terus meningkat tidak lepas dari munculnya permasalahan, khususnya permasalahan gizi. Permasalahan gizi yang terjadi pada penyandang autisme ini sama seperti anak normal pada umumnya. Masalah gizi tersebut disebabkan beberapa faktor antara lain gangguan perilaku makan, terapi diet ketat, dan asupan makan yang tidak seimbang sehingga dapat meningkatkan risiko terjadinya status gizi kurang atau bahkan gizi lebih. Tujuan penelitian ini adalah untuk mengetahui hubungan perilaku makan, asupan energi, asupan zat gizi makro, dan penerapan diet *Gluten Free Casein Free* (GFCF) dengan status gizi anak *Austism Spectrum Disorder* (ASD) di wilayah Jabodetabek. Penelitian ini menggunakan desain studi *cross sectional* dengan teknik *quota sampling* dan sampel sebanyak 101 responden. Pengolahan data menggunakan uji *korelasi spearman*. Hasil uji bivariat menunjukkan tidak ada hubungan antara perilaku makan ( $p=0,300$ ,  $r=0,098$ ), asupan protein ( $p=0,223$ ,  $r=0,115$ ), asupan lemak ( $p=0,083$ ,  $r=0,163$ ), dan penerapan diet GFCF ( $p=0,544$ ,  $r=-0,544$ ) dengan status gizi. namun terdapat hubungan antara asupan energi ( $p=0,002$ ,  $r=0,293$ ) dan asupan karbohidrat ( $p=0,00$ ,  $r=0,382$ ) dengan status gizi anak ASD di Wilayah Jabodetabek. Perlu adanya analisis faktor lain yang dapat mempengaruhi status gizi anak ASD

**Kata Kunci** : *Autism Spectrum Disorder*, Perilaku Makan, Asupan Energi, Asupan Zat Gizi Makro, Gluten Kasein.

**THE RELATIONSHIP BETWEEN EATING BEHAVIOR, ENERGY INTAKE, MACRONUTRIENT INTAKE, AND THE APPLICATION OF THE GLUTEN-FREE CASEIN-FREE (GFCF) DIET WITH THE NUTRITIONAL STATUS OF AUTISM SPECTRUM DISORDER (ASD) CHILDREN IN JABODETABEK 2023**

**Nabila Aprilia**

**Abstract**

The increasing prevalence of autism in various countries cannot be separated from the problems, especially nutritional ones. Nutritional problems in children with autism are the same as those that occur in normal children. These nutritional problems are caused by several factors, including eating behavior disorders, diet therapy, and unbalanced food intake, which can increase the risk of undernutrition or even overnutrition. The purpose of this study was to determine the relationship between eating behavior, energy intake, macronutrient intake, and Implementation of GFCF diet with the nutritional status of autism children in Jabodetabek. This study used a cross-sectional design with quota sampling techniques. The sample in this study was 101 children with ASD. The data analysis in this study used the spearman rank test. The results of the bivariate showed no relationship between eating behavior ( $p = 0.300$ ,  $r = 0,098$ ), protein intake ( $p = 0.223$ ,  $r = 0,115$ ), fat intake ( $p = 0,083$ ,  $r = 0,163$ ), and the Implementation of the GFCF diet ( $p = 0.544$ ,  $r = -0,544$ ) with nutritional status. but there is a relationship between energy intake ( $p = 0.002$ ,  $r = 0,293$ ) and carbohydrate intake ( $p = 0.00$ ,  $r = 0,382$ ) with the nutritional status of ASD children in Jabodetabek. There is a need to analyze other factors that can affect the nutritional status of ASD children.

**Keywords :** Autism Spectrum Disorder, Eating Behaviour, Energy Intake, Macronutrients intake, Gluten Casein.