

PERBEDAAN STATUS GIZI, POLA MAKAN, RIWAYAT KEJADIAN DIARE, DAN PENGETAHUAN GIZI SEIMBANG ORANG TUA ATAU PENGASUH PADA ANAK PENYANDANG *AUTISME SPECTRUM DISORDER* (ASD) DAN NON-ASD DI DKI JAKARTA TAHUN 2024

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Abstrak

Autism Spectrum Disorder (ASD) adalah sekumpulan kondisi gangguan bersosialisasi dan berkomunikasi. Anak dengan ASD berisiko mengalami overweight karena pola makan selektif dan kurangnya pengetahuan gizi orang tua, serta sering mengalami diare akibat kekurangan enzim untuk mencerna zat gizi tertentu. Tujuan dari penelitian ini adalah untuk mengetahui perbedaan status gizi, pola makan, riwayat kejadian diare, dan pengetahuan gizi seimbang orang tua atau pengasuh ASD dan non-ASD. Penelitian ini menggunakan desain *case-control* dengan 102 sampel (51 ASD dan 51 Non-ASD) yang diambil melalui *cluster random sampling*. Data status gizi diperoleh dari pengukuran antropometri, pola makan melalui kuesioner SQ-FFQ, dan pengetahuan gizi orang tua serta riwayat diare dari kuesioner. Analisis data menggunakan uji beda rata-rata *Independent Sample T-test* atau *Mann Whitney*. Hasil menunjukkan perbedaan signifikan pada status gizi TB/U ($p=0.006$), frekuensi konsumsi makanan pokok ($p=0.018$), protein hewani ($p=0.014$), produk olahan susu ($p=0.001$), jumlah konsumsi makanan pokok ($p=0.016$), produk olahan susu ($p=0.003$), asupan lemak ($p=0.037$), asupan serat ($p=0.033$), frekuensi diare ($p=0.042$), dan durasi diare ($p=0.042$). Namun, tidak ada perbedaan signifikan pada status gizi IMT/U (0.410) dan skor pengetahuan gizi orang tua ($p=0.855$). Oleh karena itu, dapat disimpulkan bahwa anak ASD dan non-ASD memiliki perbedaan pada status gizi, pola makan, dan riwayat kejadian diare.

Kata Kunci: *Autism Spectrum Disorder* (ASD), Anak Usia Sekolah, Status Gizi, Pola Makan, Diare, Pengetahuan Gizi.

DIFFERENCES BETWEEN NUTRITIONAL STATUS, DIETARY PATTERNS, DIARRHEA HISTORY, AND NUTRITIONAL KNOWLEDGE OF PARENTS OR CAREGIVERS IN CHILDREN WITH AUTISM SPECTRUM DISORDER (ASD) AND NON-ASD IN DKI JAKARTA 2024

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Abstract

Autism Spectrum Disorder (ASD) is characterized by difficulties in social interaction and communication. Children with ASD are at risk of being overweight due to selective eating patterns and parents' lack of nutritional knowledge, and they often experience diarrhea due to enzyme deficiencies. This study aims to determine the differences in nutritional status, dietary patterns, diarrhea history, and nutritional knowledge of parents or caregivers of ASD and non-ASD children. The research uses a case-control design with 102 samples (51 ASD and 51 non-ASD) obtained through cluster random sampling. Nutritional status data were collected from anthropometric measurements, dietary patterns through the SQ-FFQ, and parents' nutritional knowledge and children's diarrhea history through questionnaires. Data analysis utilized Independent Sample T-test or Mann Whitney tests. Results showed significant differences in nutritional status (height-for-age, $p=0.006$), frequency of staple food consumption ($p=0.018$), animal protein ($p=0.014$), dairy products ($p=0.001$), amount of staple food consumption ($p=0.016$), dairy products ($p=0.003$), fat intake ($p=0.037$), fiber intake ($p=0.033$), frequency of diarrhea ($p=0.042$), and duration of diarrhea ($p=0.042$). However, there were no significant differences in BMI-for-age ($p=0.410$) and parents' nutritional knowledge scores ($p=0.855$). Therefore, it can be concluded that ASD and non-ASD children have differences in nutritional status, dietary patterns, and diarrhea history.

Keyword: Autism Spectrum Disorder (ASD), School-Aged Children, Nutritional Status, Dietary Patterns, Diarrhea, Nutritional Knowledge.