

# FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN STATUS GIZI (IMT/U) PADA *AUTISM SPECTRUM DISORDER* (ASD) USIA 5-18 TAHUN DI WILAYAH JABODETABEK TAHUN 2024

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## Abstrak

*Autism Spectrum Disorder* (ASD) di Indonesia diperkirakan bertambah sebanyak 500 kasus setiap tahun. Masalah gizi yang dihadapi oleh anak ASD serupa dengan yang dialami oleh anak normal pada umumnya. Penelitian ini bertujuan untuk mengetahui hubungan asupan energi, tingkat pendidikan ibu, pengetahuan gizi seimbang, pendapatan orang tua, dukungan keluarga, dan berat badan lahir dengan status gizi anak ASD. Penelitian ini menggunakan desain observasional dengan pendekatan *cross-sectional*. Pengambilan sampel dilakukan dengan teknik *purposive sampling* dengan jumlah sampel sebanyak 117 responden. Analisis data dilakukan dengan analisis univariat dan bivariat menggunakan uji Spearman Rank. Hasil penelitian menunjukkan bahwa anak ASD memiliki rata-rata status gizi normal (0,77). Uji bivariat menunjukkan adanya hubungan yang signifikan antara asupan energi ( $p=0,008$ ), pengetahuan gizi seimbang ( $p=0,020$ ), pendapatan orang tua ( $p=0,010$ ), dukungan keluarga ( $p=0,004$ ), dan berat badan lahir ( $p=0,012$ ) dengan status gizi anak ASD. Namun, tidak terdapat hubungan antara tingkat pendidikan ibu ( $p=0,627$ ) dengan status gizi anak ASD. Orang tua diharapkan dapat memantau pertumbuhan dan perkembangan anak, mengawasi asupan makanan anak, serta menyediakan bahan makanan berkualitas sesuai pedoman gizi seimbang untuk menu makanan anak. Oleh karena itu, disarankan agar orang tua meningkatkan pengetahuan tentang gizi seimbang serta mendapatkan dukungan dari keluarga agar dapat menjaga status gizi anak tetap optimal.

**Kata Kunci:** *Autism Spectrum Disorder*, Asupan Energi, Dukungan Keluarga, Pendapatan Orang Tua, Pengetahuan Gizi Seimbang.

**FACTORS RELATED TO THE NUTRITIONAL STATUS  
(BMI/U) OF AUTISM SPECTRUM DISORDER (ASD)  
PERSONS AGED 5-18 YEARS IN THE JABODETABEK AREA  
2024**

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**Abstract**

Autism Spectrum Disorder (ASD) in Indonesia is estimated to increase by 500 cases every year. The nutritional problems faced by ASD children are similar to those experienced by normal children in general. This study aims to determine the relationship between energy intake, maternal education level, knowledge of balanced nutrition, parental income, family support, and birth weight with the nutritional status of children with ASD. This research uses an observational design with a cross-sectional approach. Sampling was carried out using a purposive sampling technique, with a total sample of 117 respondents. Data analysis was carried out using univariate and bivariate analysis using the Spearman Rank test. The results showed that ASD children had an average normal nutritional status (0.77). Bivariate tests showed a significant relationship between energy intake ( $p=0.008$ ), knowledge of balanced nutrition ( $p=0.020$ ), parental income ( $p=0.010$ ), family support ( $p=0.004$ ), and birth weight ( $p=0.012$ ) with the nutritional status of children with ASD. However, there was no relationship between the mother's education level ( $p=0.627$ ) and the nutritional status of children with ASD. Parents are expected to be able to monitor children's growth and development, supervise children's food intake, and provide quality food ingredients according to balanced nutritional guidelines for children's diets. Therefore, it is recommended that parents increase their knowledge about balanced nutrition and get support from the family in order to maintain their children's nutritional status optimally

**Keywords:** Autism Spectrum Disorder, Energy Intake, Family Support, Parental Income, Knowledge of Balanced Nutrition