

GAMBARAN ASUPAN GIZI DAN STATUS GIZI PADA ANAK AUTISTIC SPECTRUM DISORDER (ASD) DI CAKRA AUTISM CENTER SURABAYA

Abstraks

Autisme atau yang dalam bahasa kedokteran diistilahkan dengan ASD (Autism Spectrum Disorders) merupakan gangguan perkembangan seseorang yang sangat mempengaruhi kemampuan sosial dan kemampuan untuk memenuhi kebutuhannya sendiri, yang dapat memberikan dampak negatif bagi keseluruhan anggota keluarga penderita (Posar&Visconti, 2016). Asupan makan pada anak terutama anak ASD harus mengandung sejumlah zat gizi, terutama karbohidrat, protein dan kalsium yang tinggi guna memenuhi kebutuhan fisiologik selama masa pertumbuhan dan perkembangan. Namun ada beberapa jenis makanan yang menyebabkan reaksi alergi pada anak ASD seperti konsumsi gluten dan kasein perlu dihindari karena penderita ASD umumnya tidak tahan terhadap gluten dan kasein. Hasil surveilans CDC (Central of Disease Control) dari Autism and Developmental Disabilities Monitoring (ADDM) pada tahun 2008-2012 menyebutkan bahwa prevalensi anak dengan ASD tetap tinggi sekitar 1 dari 68 anak (CDC, 2016). Menurut Judarwanto (2016), diperkirakan terdapat kurang lebih 12.800 anak penyandang autisme atau 134.000 penyandang spektrum Autis di Indonesia pada tahun 2015.

Metode pengumpulan data dilakukan dengan wawancara dan menggunakan formulir ffq-sq (food frequency questionnaire-semi quantitative). Populasi pada penelitian ini adalah seluruh pasien yang ada di rumah terapi Cakra Autism Center Surabaya berjumlah 30 anak dengan teknik pengambilan sampel dalam penelitian ini adalah *total sampling* yaitu teknik pengambilan sampel dimana jumlah sampel sama dengan populasi yaitu 30 anak.

Hasil penelitian ini menunjukkan bahwa dari 30 anak ASD di Cakra Autism Center, 26 anak berjenis kelamin laki-laki dan 4 perempuan serta diketahui hanya satu anak yang mengonsumsi sumber gluten dan seluruh anak tidak mengonsumsi makanan sumber kasein. Sebagian besar anak ASD di Cakra Autism Center memiliki asupan kurang pada energi dan lemak, normal pada protein, dan lebih pada karbohidrat dengan status gizi paling banyak yaitu normal.

Kata kunci: *Autistic Spectrum Disorder (ASD), Diet Gluten Free Casein Free, Asupan Gizi, Status Gizi*

DESCRIPTION OF NUTRITION INTAKE AND NUTRITIONAL STATUS IN AUTISTIC SPECTRUM DISORDER (ASD) CHILDREN AT CAKRA AUTISM CENTER SURABAYA

Abstract

Autism, or in medical terms termed ASD (Autism Spectrum Disorders), is a developmental disorder that greatly affects social ability and ability to meet their own needs, which can have a negative impact on the entire family member of the patient (Posar & Visconti, 2016). Food intake for children, especially children with ASD, must contain a number of nutrients, especially carbohydrates, protein and high calcium to meet physiological needs during the period of growth and development. But there are several types of foods that cause allergic reactions in ASD children such as consumption of gluten and casein need to be avoided because people with ASD are generally not resistant to gluten and casein. The CDC (Central of Disease Control) surveillance results from Autism and Developmental Disabilities Monitoring (ADDM) in 2008-2012 stated that the prevalence of children with ASD remained high at around 1 in 68 children (CDC, 2016). According to Judarwanto (2016), it is estimated that there are approximately 12,800 children with autism or 134,000 with autism spectrum in Indonesia in 2015.

The method of data collection is done by interviewing and using the form ffq-sq (semi-quantitative food frequency questionnaire). The population in this study were all patients who were at the Cakra Autism Center Surabaya therapy house totaling 30 children with the sampling technique in this study was total sampling which was a sampling technique in which the number of samples was the same as the population of 30 children.

The results of this study indicate that of 30 ASD children in the Cakra Autism Center, 26 children were male and 4 female and it was known that only one child consumed a gluten source and all children did not consume casein source foods. Most ASD children in the Cakra Autism Center have less intake of energy and fat, normal protein, and more carbohydrates with the most nutritional status is normal.

Keywords: *Autistic Spectrum Disorder, Diet Gluten Free Casein Free, Nutrition Intake, Nutritional Status*