

ABSTRAK

Sefira Diva Azzahro

GAMBARAN PENGETAHUAN IBU, ASUPAN ZAT GIZI MAKRO, MIKRO DAN STATUS GIZI ANAK AUTISTIC SPECTRUM DISORDER (ASD) DI RUMAH ANAK PRESTASI NGINDEN SEMOLO SURABAYA

xv + 66 halaman + 16 tabel + 8 lampiran

Kesulitan komunikasi, sosial, dan makan, anak-anak dengan Autistic Spectrum Disorder (ASD) memiliki kebutuhan nutrisi khusus. Pola makan yang tidak tepat dapat berdampak pada status gizi anak ASD. Pengetahuan ibu sebagai pengasuh utama berperan penting dalam menentukan kualitas asupan makanan anak. Di Panti Asuhan Anak Berprestasi Nginden Semolo, Surabaya, tujuan penelitian ini adalah untuk mengetahui kesehatan gizi anak-anak dengan ASD, serta tingkat kesadaran dan konsumsi zat gizi makro dan mikro oleh para ibu. Penelitian ini menggunakan pendekatan potong lintang dan teknik deskriptif. Populasi adalah seluruh ibu dari anak ASD berusia 5–18 tahun di Rumah Anak Prestasi, dengan teknik total sampling sebanyak 15 responden. Data diperoleh melalui kuesioner, food recall 24 jam, dan pengukuran antropometri, serta dianalisis secara univariat. Sebagian besar anak ASD memiliki status gizi normal (66,7%), namun terdapat pula yang mengalami obesitas (26,7%) dan gizi lebih (6,7%). Asupan zat gizi makro menunjukkan sebagian besar anak mengalami defisit pada asupan energi (80%), karbohidrat (80%), dan lemak (73,3%). Asupan zat gizi mikro juga rendah, terutama vitamin D (100% defisit berat). Pengetahuan ibu termasuk dalam kategori baik (46,7%) dan cukup (46,7%). Anak ASD di Rumah Anak Prestasi masih mengalami ketidakseimbangan asupan zat gizi makro dan mikro. Pengetahuan ibu sebagian besar sudah baik dan cukup, namun perlu peningkatan agar dapat mendukung status gizi optimal anak ASD.

Kata Kunci: Autistic Spectrum Disorder, pengetahuan ibu, zat gizi makro, zat gizi mikro, status gizi

Daftar bacaan: 2 buku (2008-2019)

ABSTRACT

Sefira Diva Azzahro

Overview of Maternal Knowledge, macronutrient and micronutrient intake, and nutritional status of children with autism spectrum disorder (ASD) at Rumah anak prestasi nginden semolo Surabaya

xv + 66 pages +16 table +8 appendices

Children with Autism Spectrum Disorder (ASD) have specific nutritional needs due to impairments in communication, social interaction, and eating behavior. Inappropriate dietary patterns can significantly impact their nutritional status. Mothers, as primary caregivers, play a crucial role in determining the quality of their children's dietary intake. To describe maternal knowledge, macronutrient and micronutrient intake, and the nutritional status of children with ASD at Rumah Anak Prestasi Nginden Semolo Surabaya. This research employed a descriptive survey with a cross-sectional approach. The population consisted of all mothers of children with ASD aged 5–18 years at Rumah Anak Prestasi. A total sampling technique was used, involving 15 respondents. Data were collected through questionnaires, 24-hour food recall, and anthropometric measurements, then analyzed using univariate analysis. Most children with ASD had normal nutritional status (66.7%), while 26.7% were obese and 6.7% were overweight. Macronutrient intake showed that the majority experienced deficits in energy (80%), carbohydrates (80%), and fat (73.3%). Micronutrient intake was also low, especially vitamin D, where 100% of the children had severe deficiency. Maternal knowledge was categorized as good (46.7%) and moderate (46.7%). Children with ASD at Rumah Anak Prestasi still experience imbalances in macro- and micronutrient intake. While maternal knowledge is generally sufficient, further improvement is needed to support the optimal nutritional status of children with ASD.

Keywords: Autism Spectrum Disorder, maternal knowledge, macronutrients, micronutrients, nutritional status

Reading list: 2 books (2008-2019)