

ABSTRAK

Nurul Annisa : Hubungan Pengetahuan Gizi Pengasuh dan Asupan Energi Terhadap Status Gizi Anak Dengan Autism Spectrum Disorder (ASD) di SLB Negeri Autis Sumatera Utara. Skripsi. Prodi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2025.

Autism Spectrum Disorder (ASD) merupakan gangguan perkembangan saraf dengan prevalensi yang terus meningkat, memengaruhi sekitar 1 dari 100 anak di dunia dan ±3,2 juta anak di Indonesia. Anak dengan ASD rentan mengalami masalah gizi akibat pola makan yang tidak teratur, porsi kecil, dan selektivitas makanan, sehingga 72,2% mengalami defisiensi energi dengan rata-rata asupan 1.719,5 kkal. Status gizi berdasarkan IMT/U, 11,2% anak ASD usia 5–12 tahun tergolong kurus dan 18,8% gemuk. Peran ibu sebagai pengasuh utama sangat penting karena pengetahuan gizi berpengaruh terhadap konsumsi pangan dan status gizi anak. Penelitian ini bertujuan menganalisis hubungan pengetahuan gizi pengasuh dan asupan energi dengan status gizi anak autisme di SLB Negeri Autis Sumatera Utara.

Penelitian ini dilaksanakan pada Juli 2025 dengan desain *cross-sectional*. Sampel penelitian adalah seluruh anak dengan autisme yang memenuhi kriteria inklusi sebanyak 58 responden, dengan teknik pengambilan sampel *total sampling*. Data dikumpulkan melalui kuesioner pengetahuan gizi pengasuh, *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ) untuk menghitung asupan energi, serta pengukuran antropometri (IMT/U) untuk menilai status gizi. Analisis data dilakukan secara univariat dan bivariat menggunakan uji korelasi *Pearson*.

Hasil penelitian menunjukkan bahwa sebanyak 23 pengasuh anak dengan ASD (39,7%) memiliki pengetahuan gizi dalam kategori baik. Persentase kecukupan energi anak sebagian besar berada pada kategori normal yaitu 20 anak (34,5%). Status gizi berdasarkan IMT/U menunjukkan bahwa 30 anak dengan ASD (51,7%) memiliki gizi normal, dengan rata-rata Z-score -0,3225 yang masih dalam kategori baik. Analisis bivariat menunjukkan tidak terdapat hubungan signifikan antara pengetahuan gizi pengasuh dengan status gizi anak ($p = 0,44$; $p > 0,05$). Sebaliknya, terdapat hubungan signifikan antara asupan energi dengan status gizi anak ($p = 0,001$; $p < 0,05$) dengan koefisien korelasi 0,433, menunjukkan kekuatan hubungan positif sedang. Artinya, semakin tinggi kecukupan energi anak, semakin baik pula status gizinya.

Kata Kunci: Autisme, Pengetahuan Gizi, Asupan Energi, Status Gizi, Pengasuh, Anak Usia Sekolah.

ABSTRACT

Nurul Annisa: *The Relationship Between Caregivers' Nutritional Knowledge and Energy Intake on the Nutritional Status of Children with Autism Spectrum Disorder (ASD) at SLB Negeri Autis Sumatra Utara. Thesis. Nutrition Study Program. Faculty of Engineering, State. University of Medan. 2025.*

Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder with an increasing prevalence, affecting about 1 in 100 children worldwide and approximately 3.2 million children in Indonesia. Children with ASD are prone to nutritional problems due to irregular eating patterns, small portions, and food selectivity, with 72.2% experiencing energy deficiency and an average intake of 1,719.5 kcal. Based on BMI-for-age, 11.2% of children with ASD aged 5–12 years are underweight and 18.8% are overweight. The role of mothers as primary caregivers is crucial, as their nutritional knowledge influences children's food consumption and nutritional status. This study aims to analyze the relationship between caregivers' nutritional knowledge and energy intake with the nutritional status of children with autism at SLB Negeri Autis North Sumatra.

This study was conducted in July 2025 using a cross-sectional design. The sample consisted of all children with autism who met the inclusion criteria, totaling 58 respondents, selected through total sampling. Data were collected using a caregiver nutrition knowledge questionnaire, a Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) to assess energy intake, and anthropometric measurements (BMI-for-age) to evaluate nutritional status. Data analysis was performed using univariate and bivariate tests with Pearson correlation.

The results showed that 23 caregivers of children with ASD (39.7%) had good nutritional knowledge. Most children's energy adequacy levels were within the normal range, with 20 children (34.5%). Nutritional status based on BMI-for-age indicated that 30 children with ASD (51.7%) had normal nutrition, with an average Z-score of -0.3225, still within the normal category. Bivariate analysis revealed no significant relationship between caregivers' nutritional knowledge and children's nutritional status ($p = 0.44$; $p > 0.05$). Conversely, there was a significant relationship between energy intake and children's nutritional status ($p = 0.001$; $p < 0.05$) with a correlation coefficient of 0.433, indicating a moderate positive association. This means that the higher the child's energy adequacy, the better their nutritional status.

Keywords: Autism Spectrum Disorder, Nutritional Knowledge, Energy Intake, Nutritional Status, Caregivers, School-Age Children.