

INTISARI

Latar belakang: Gangguan spektrum autisme (GSA) merupakan gangguan perkembangan saraf yang kompleks dalam komunikasi dan perilaku. Selain aspek tersebut, anak GSA dapat memiliki gangguan sensitivitas sensorik dan selektivitas makanan yang mengakibatkan perubahan berat badan serta pertumbuhan. Hal ini dapat mengakibatkan kondisi malnutrisi yang berisiko untuk kesehatan anak di masa depan.

Tujuan: Untuk mengetahui apakah sensitivitas sensorik dan selektivitas makanan memiliki hubungan signifikan dengan status gizi pada pasien GSA di Pusat Layanan Autisme (PLA) dan Poli Tumbuh Kembang Pediatri Sosial (TKPS) RSUP Dr Sardjito, Yogyakarta.

Metode : Studi potong lintang dilakukan pada pasien GSA usia 3-10 tahun yang terdaftar pada bulan Januari hingga Februari 2023 di PLA dan Poli TKPS RSUP Dr. Sardjito, Yogyakarta. Sensitivitas sensorik dinilai dengan Profil Sensoris Singkat (PSS) sedangkan selektivitas makanan dinilai dengan adanya penghindaran kelompok makanan tertentu dalam waktu minimal 1 bulan. Pengambilan data dengan wawancara kepada orang tua. Pengukuran berat dan tinggi badan dilakukan dalam waktu yang sama. Analisis bivariat dan multivariat dilakukan untuk mengetahui signifikansi hubungan antara variabel bebas dan terikat, serta variabel yang paling mempengaruhi luaran.

Hasil: Total 50 subjek termasuk dalam penelitian ini. Kejadian sensitivitas sensorik atipikal dan selektivitas makanan di PLA serta Poli TKPS RSUP Dr. Sardjito mencapai 66% dan 33%. Anak GSA dengan sensitivitas sensorik atipikal dan selektivitas makanan paling banyak memiliki kondisi status gizi lebih masing-masing mencapai 48,5% dan 52,9%. Analisis bivariat menunjukkan hubungan yang signifikan antara sensitivitas sensorik dan selektivitas makanan terhadap status gizi dengan nilai p masing-masing 0,017 dan 0,008 ($p < 0,05$). Selektivitas makanan dan asupan makanan merupakan faktor independent yang mempengaruhi status gizi anak GSA dengan nilai $p = 0.018$ ($p < 0.05$).

Kesimpulan: Sensitivitas sensorik dan selektivitas makanan secara statistik menunjukkan hubungan yang signifikan terhadap pasien GSA di PLA dan Poli TKPS RSUP Dr. Sardjito, Yogyakarta.

Kata kunci: autisme, selektivitas makanan, sensitivitas sensorik, status gizi.

ABSTRACT

Background: Autism spectrum disorder (ASD) is a complex neurodevelopmental disorder in communication and behavior. In addition to these aspects, children with ASD can have sensory sensitivity and food selectivity disturbances, which result in changes in body weight and growth. This can lead to malnutrition, which poses a risk to the child's health in the future.

Objective: To find out whether sensory sensitivity and food selectivity have a significant relationship with nutritional status in ASD patients at the Autism Service Center and Growth Development outpatient clinic at the Dr. Sardjito Hospital, Yogyakarta.

Methods: A cross-sectional study was conducted on ASD patients aged 3–10 years who were enrolled from January to February 2023 at the Autism Service Center and Growth Development outpatient clinic at the Dr. Sardjito Hospital. Sensory sensitivity was assessed by the Short Sensory Profile (SSP), while food selectivity was assessed by avoiding certain food groups for at least 1 month. Data collection by interviewing parents Weight and height measurements were taken at the same time. Bivariate and multivariate analyses were carried out to determine the significance of the relationship between the independent and dependent variables, as well as the variables that most influenced the outcome.

Result: A total of 50 subjects were included in this study. The incidence of atypical sensory sensitivity and food selectivity at the Autism Service Center and Growth Development outpatient clinic at the Dr. Sardjito Hospital reached 66% and 33%, respectively. Children with ASD who had atypical sensory sensitivity and food selectivity had the most excess nutritional status, reaching 48.5% and 52.9%, respectively. Bivariate analysis showed a significant relationship between sensory sensitivity and food selectivity and nutritional status with p values of 0.017 and 0.08 (p 0.05), respectively. Food selectivity and food intake were independent factors affecting the nutritional status of children with ASD, with p value = 0.018 (p 0.05).

Conclusion: Sensory sensitivity and food selectivity in this study showed a statistically significant relationship for ASD patients in the Autism Service Center and Growth Development outpatient clinic at the Dr. Sardjito Hospital.

Keywords: autism, food selectivity, sensory sensitivity, nutritional status