

ABSTRACT

THE DIFFERENCES BETWEEN CONSUMPTION PATTERN OF CHILDREN WITH AUTISM SPECTRUM DISORDER (ASD) AND CONSUMPTION PATTERN OF FAMILY

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Background: Many parents complain about the consumption patterns of their children with autism that different from the consumption patterns of the family. Children with autism is more difficult to eat rather than families. However, studies that illustrated the differences of consumption pattern between children with autism and their families has been limited. Poor consumption patterns of children with autism can lead to stunted growth and development.

Objective: To evaluated the differences between autistic children's consumption pattern and their families.

Method: We conducted observational research with cross-sectional design. Conducted at SLB Autis Alamanda and SLB Harmoni Surakarta. We recruited 33 children with autism in grade 1-6 and willing to take part in this study. Consumption patterns of children with autism and their closest family members were taken by SQ-FFQ. The respondents filled the questionnaires by themselves. We analyzed data by univariate and bivariate analysis i.e paired sample t-test and Wilcoxon test.

Results: Children with autism consume fat (3,03 vs 2,94, $p=0,01$) more often than their family, but consume animal protein (1,93 vs 2,11, $p=0,01$), mix food (2,52 vs 2,87, $p=0,01$) and gluten (2,06 vs 2,25, $p=0,01$) more rare than their family. Children with autism consume less energy (87,7% vs 140,6%, $p=0,01$), fat (63,6% vs 134,1%, $p=0,01$), dan carbohydrate (104,4% vs 151,1%, $p=0,01$) than their family but consume more protein (63,3% vs 134,1%, $p=0,01$) than their family.

Conclusion: There are differences of frequency of eating animal protein, oil, mix food, and gluten between children with autism and their families. There are difference of energy intake, protein, fat, and carbohydrates between children with autism and their families.

Keywords: autism, eating habit, food pattern

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INTISARI

PERBEDAAN ANTARA POLA KONSUMSI PENYANDANG *AUTISM SPECTRUM DISORDER (ASD)* DENGAN POLA KONSUMSI KELUARGA

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Latar Belakang: Banyak orang tua yang mengeluhkan pola konsumsi anak autisme berbeda dengan pola konsumsi keluarga. Anak autisme lebih susah makan daripada keluarga. Namun, selama ini belum ada penelitian yang menggambarkan perbedaan pola konsumsi anak autisme dibandingkan keluarga. Pola konsumsi yang buruk pada anak autisme dapat mengakibatkan pertumbuhan dan perkembangannya terhambat.

Tujuan: Mengetahui ada tidaknya perbedaan antara pola konsumsi anak autisme dengan pola konsumsi keluarga.

Metode: Penelitian bersifat observasional dengan rancangan *cross-sectional*. Penelitian dilakukan di SLB Autis Alamanda dan SLB Harmoni Surakarta. Sampel sebanyak 33 anak autisme dengan kriteria duduk di kelas 1-6 SD dan bersedia mengikuti penelitian. Pola konsumsi anak autisme dan anggota keluarga terdekatnya diambil dengan SQ-FFQ. Responden penelitian mengisi sendiri kuesioner tersebut. Analisa data yang digunakan yaitu analisa univariat dan analisa bivariat (*paired sampel t-test* dan Wilcoxon).

Hasil penelitian : Anak autisme lebih sering mengkonsumsi minyak (3,03 vs 2,94, $p=0,01$) dibandingkan keluarga tetapi lebih jarang mengkonsumsi protein hewani (1,93 vs 2,11, $p=0,01$), makanan campuran (2,52 vs 2,87, $p=0,01$) dan gluten (2,06 vs 2,25, $p=0,01$) dibandingkan keluarga. Asupan energi (87,7% vs 140,6%, $p=0,01$), lemak (63,6% vs 134,1%, $p=0,01$), dan karbohidrat (104,4% vs 151,1%, $p=0,01$) anak autisme lebih sedikit dibandingkan keluarga tetapi asupan protein (63,3% vs 134,1%, $p=0,01$) anak autisme lebih banyak dibandingkan keluarga

Kesimpulan : Terdapat perbedaan pada frekuensi makan protein hewani, minyak, makanan campuran dan gluten anak autisme dibandingkan keluarga dan terdapat perbedaan pada asupan makan energi, protein, lemak dan karbohidrat anak autisme dibandingkan keluarga.

Kata kunci : autisme, kebiasaan makan, pola makan

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