

STUDI POLA ASUH GIZI DAN PERTUMBUHAN FISIK  
ANAK AUTISME DI YAYASAN DAN RUMAH SAKIT  
(Studi di Yayasan Cakra Autisme Surabaya dan Ruang *Day Care*  
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**ABSTRACT**

Feeding disorder and food sensitivity are general problems in autism children, but usually they are not be focused by caretaker. Caretaker's characteristic determine the nutritional parenting of autism children especially to choose food that not appear a sensitive reaction but still have enough nutrition to get an optimal growth. Because of the different of socioeconomic status, it's needed study about the nutritional parenting and growth of autism children in the therapy school compare with in the hospital. This was a *cross sectional* study with qualitative approach. Data was collected by antropometric assessment of 22 children with autism and interviews their caretakers who was selected by *purposive sampling*.. Variables in this study were characteristics of children with autism and their caretakers, nutritional parenting, food habit, nutrient consumption level and growth of autism children. The result showed that majority autism children were male with 2-5 and >5 years old and children who have feeding disorder in the therapy school more than in the hospital. A half of autism children in the therapy school did not cared by their mother. Most caretakers have a little knowledge about nutritive food resources. The good nutritional parenting that was done by most caretakers are given routine schedulefeeding, portion by age and effort to persuade when children got feeding disorder. Only few caretakers were introduced new food with calm, step by step and comfortable feeding situation. The most consumption level was good for energy, protein and Mg, but deficit in Zn, Ca and vitamin C. It was found that there are overweight children in the therapy school (45,5%) and in the hospital (36,4%). There is no significantly different nutritional parenting dan growth of autism children in the therapy school and hospital, but need effort to increase caretaker's knowledge about nutritive food resources, the way to introduce new food, feeding situation, and growth assessment.

*Key word: nutritional parenting, growth, autism*

## ABSTRAK

Gangguan makan dan sensitifitas pada makanan tertentu merupakan masalah umum pada anak autisme, namun biasanya pengasuh kurang memperhatikan masalah tersebut. Karakteristik pengasuh menentukan pola asuh gizi terutama dalam memilih bahan makanan yang tidak menimbulkan sensitifitas, namun tetap memenuhi kebutuhan zat gizi untuk pertumbuhan optimal. Oleh karena itu dilakukan penelitian mengenai pola asuh gizi dan pertumbuhan fisik anak autisme di Yayasan terapi dan Rumah Sakit, karena secara sosioekonomi pasien di kedua tempat tersebut berbeda. Penelitian ini termasuk penelitian *cross sectional* kualitatif. Data diperoleh melalui pengukuran antropometri 22 anak autisme yang ditentukan secara *purposive sampling*, serta wawancara pengasuh menggunakan kuesioner. Variabel yang diteliti meliputi karakteristik anak autisme, karakteristik pengasuh, pola asuh gizi, pola konsumsi, tingkat konsumsi zat gizi dan pertumbuhan fisik anak autisme. Hasil penelitian menunjukkan bahwa mayoritas anak autisme berjenis kelamin laki-laki dengan usia 2-5 tahun dan >5 tahun, yang mengalami gangguan makan di Yayasan lebih banyak dibandingkan di Rumah Sakit. Sebagian anak autisme di Yayasan bukan diasuh oleh ibu kandung. Tingkat pengetahuan pengasuh di Yayasan dan Rumah Sakit tentang sumber makanan bergizi masih rendah. Pola asuh gizi baik yang dilakukan pengasuh di Yayasan dan Rumah Sakit, mayoritas cara memberikan makan dengan jadwal rutin, porsi sesuai usia dan berusaha membujuk ketika anak mengalami gangguan makan. Sedangkan cara mengenalkan makanan baru secara sabar dan perlahan, serta suasana makan yang menyenangkan hanya dilakukan oleh sebagian kecil pengasuh. Tingkat konsumsi energi, protein dan Mg baik, sedangkan Zn, Ca dan vitamin C rata-rata defisit. Ditemukan kasus gizi lebih di Yayasan (45,5%), sedangkan di Rumah Sakit (36,4%). Pola asuh gizi dan pertumbuhan anak autisme di Yayasan dan di Rumah Sakit tidak jauh berbeda, namun perlu upaya peningkatan pengetahuan pengasuh mengenai sumber makanan bergizi, cara mengenalkan makanan baru, suasana makan dan pemantauan pertumbuhan.

*Kata kunci: pola asuh gizi, pertumbuhan, autisme*