

# HUBUNGAN ASUPAN ENERGI DAN ZAT GIZI MAKRO DENGAN STATUS GIZI PADA ANAK AUTIS USIA SEKOLAH DI SLB C DHARMA MULIA DAN SLB YAYASAN AUTISMA KOTA SEMARANG

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## ABSTRAK

**Latar belakang :** Prevalensi anak autis di dunia diperkirakan satu dari 100 anak di dunia menderita *Autism Spectrum Disorder (ASD)* (WHO, 2023). Anak autis memiliki keterbatasan konsumsi jenis bahan makanan yang dapat mempengaruhi pola perilaku, status gizi dan system pencernaan anak.

**Tujuan :** Mengetahui hubungan asupan energi dan zat gizi makro dengan status gizi pada anak autis usia sekolah di SLB C Dharma Mulia Dan SLB Yayasan Autisma Kota Semarang.

**Metode :** Desain penelitian analitik observasional dengan pendekatan *cross sectional*. Populasi penelitian ini seluruh siswa di SLB C Dharma Mulia Dan SLB Yayasan Autisma Kota Semarang. Teknik pengambilan sampel *total sampling* yaitu 52 responden. Instrumen penelitian menggunakan, formulir *Repeat Recall 2 x 24 jam*, timbangan dan *microtoise*. Analisis data menggunakan korelasi *pearson* dan *rank spearman* ( $\alpha=5\%$ ).

**Hasil :** Rata-rata asupan energi (106,5%) kategori cukup, zat gizi makro protein (146%) kategori lebih, lemak (122,8%) kategori lebih dan karbohidrat (105,7%) dengan kategori cukup. Sebagian besar status gizi berdasarkan IMT/U baik (0,97 SD). Ada hubungan asupan energi dan zat gizi makro dengan status gizi pada anak autis usia sekolah di SLB C Dharma Mulia dan SLB Yayasan Autisma Kota Semarang, masing-masing yaitu energi ( $p= 0,001$ ), protein ( $p= 0,001$ ), lemak ( $p= 0,003$ ) dan karbohidrat ( $p= 0,001$ ).

**Simpulan :** Ada hubungan asupan energi dan zat gizi makro dengan status gizi pada anak autis usia sekolah di SLB C Dharma Mulia Dan SLB Yayasan Autisma Kota Semarang.

**Kata Kunci :** Autisme, Asupan Energi, Zat Gizi Makro, Status Energi.

**THE RELATIONSHIP BETWEEN ENERGY INTAKE AND  
MACRONUTRIEN INTAKE WITH THE NUTRITIONAL STATUS OF  
SCHOOL AGE AUTISTIC CHILDREN AT SLB C DHARMA MULIA AND  
SLB YAYASAN AUTISMA SEMARANG CITY**

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**ABSTRACT**

**Background :** *The prevalence of autistic children in the world is estimated at one of 100 children in the world suffering from autism Spectrum Disorder (ASD) (WHO, 2023). Children with autism have limited consumption of types of food which can affect behavior patterns, nutritional status and the child's digestive system.*

**Objective :** *Knowing the relationship between energy intake and macronutrien intake with the nutritional status of school age autistic children at SLB C Dharma Mulia and SLB Yayasan Autisma Semarang City.*

**Method :** *The research design used observational analytic with a cross sectional approach. The population of this study were all students at SLB C Dharma Mulia and SLB Yayasan Autisma Semarang. The total sampling was 52 respondents. The research instrument used the Repeat Recall form 2 x 24 hours, scales and microtoise. Data analysis used Pearson correlation and rank spearman ( $\alpha=5\%$ ).*

**Result :** *Average intake of enery (106,5%) enough category, macronutrients protein (146%) more category, fat (122,8%) more category and carbohydrates (105,7%) enough category. The most nutritional status based on BMI/U was good (0,97 SD). There is a relationship between energy and macronutrient intake with the nutritional status of school age autistic children at SLB C Dharma Mulia and SLB Yayasan Autisma Semarang City, each other are energy ( $p= 0,001$ ), protein ( $p= 0,001$ ), fat ( $p= 0,003$ ), and carbohydrates ( $p= 0,001$ ).*

**Consclusion :** *There is arelationship between energy and macronutrient intake with the nutritional status of school age autistic children at SLB C Dharma Mulia and SLB Yayasan Autisma Semarang City*

**Keywords:** *Autism, Energy Intake, Macronutrient Intake, Nutritional Status.*