

ABSTRAK



UNIVERSITAS ESA UNGGUL
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PROGRAM STUDI GIZI
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FITRIA ANANDA

HUBUNGAN KARAKTERISTIK IBU, FAKTOR INTERNAL DAN FAKTOR EKSTERNAL TERHADAP KEPATUHAN DIET GLUTEN FREE CASEIN FREE (GFCF) PADA ANAK AUTIS DI SATRIA KID CENTER BEKASI TAHUN 2018

xvi, VI Bab, 95 Halaman, 14 Tabel, 14 Gambar, 5 Lampiran

Latar Belakang: Autis merupakan kelainan pada anak akibat perkembangan yang tidak normal pada fungsi otak dan saluran pencernaan yang menyebabkan anak mengalami perilaku autis seperti hiperaktif dan *tantrum*. Perilaku autis dapat dikurangi dengan menerapkan diet *Gluten Free Casein Free* (GFCF). Diet GFCF pada anak sepenuhnya dapat dikontrol oleh ibu. Kepatuhan ibu dalam menerapkan diet GFCF pada anak dipengaruhi oleh beberapa faktor yang terdiri dari faktor internal dan faktor eksternal.

Tujuan: Menganalisis hubungan karakteristik ibu, faktor internal dan faktor eksternal terhadap kepatuhan diet GFCF pada anak autis.

Metode: Desain penelitian *cross sectional*, dilaksanakan di Satria Kid Center Bekasi pada bulan Januari 2018. Responden berjumlah 42 orang. Data dianalisis menggunakan uji *chi square*.

Hasil: Hasil uji statistik didapatkan bahwa ada hubungan pengetahuan ibu ($p = 0,004$), sikap ibu ($p = 0,043$) dan dukungan keluarga ($p = 0,006$) terhadap kepatuhan diet GFCF.

Kesimpulan: Ketidakepatuhan responden dalam menerapkan diet GFCF pada anak autis disebabkan karena rendahnya pengetahuan dan sikap ibu mengenai diet GFCF serta rendahnya dukungan keluarga yang ibu dapatkan dari keluarga. Untuk meningkatkan kepatuhan, diperlukan adanya penyuluhan mengenai pentingnya diet GFCF pada anak autis.

Kata Kunci : faktor internal, faktor eksternal, kepatuhan, diet GFCF, autis

Daftar Pustaka : 90 (2000-2017)

ABSTRACT



ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH SCIENCES
NUTRITION PROGRAM
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FITRIA ANANDA

RELATION OF MOTHER'S CHARACTERISTICS, INTERNAL FACTORS AND EXTERNAL FACTORS ON COMPLIANCE OF GLUTEN FREE CASEIN FREE (GFCF) DIET ON CHILDREN WITH AUTISM IN SATRIA KID CENTER BEKASI TAHUN 2018

xvi, VI Chapters, 95 Pages, 14 Table, 14 Picture, 5 Attachment

Background: Autism is a disorder in children due to abnormal development of brain function and digestive tract, causing the child to become hyperactive and tantrum. Autistic behavior can be reduced by applying a Gluten Free Casein Free diet (GFCF). GFCF diets in children with autism can be controlled by the mother. Mother's compliance in applying GFCF diet in children can be caused by several factors consisting of internal and external factors.

Objective: To analyze relation between mother's characteristics, internal and external factors to GFCF diet adherence in children with autism.

Methods: The study was an cross sectional study, which was held at Satria Kid Center Bekasi in Januari 2018. Respondents amounted to 42 people. Data were analyzed by Chi square test.

Result: Based on the result of statistical test, there is a correlation between mother's knowledge ($p = 0,004$), mother attitude ($p = 0,043$) and family support ($p = 0,006$) to GFCF diet compliance.

Conclusion: Non compliance respondents in applying GFCF diet in children with autism due to the lack of knowledge and attitude of mother about GFCF diet as well as the lack of family support that mothers get from their families. To improve compliance there is a need for counseling about the importance of GFCF diet in children with autism.

Keywords : Internal factors, external factors, compliance, GFCF diet, autism

Bibliography : 90 (2000-2017)