



## ABSTRAK

UNIVERSITAS ESA UNGGUL  
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**PENGARUH PEMBERIAN PENYULUHAN DENGAN MEDIA KIPAS LIPAT TERHADAP PERUBAHAN PENGETAHUAN DAN SIKAP IBU DALAM DIET GFCF ANAK AUTIS DI SATRIA *KID CENTER* BEKASI 2018**

xvii, VI Bab, 89 Halaman, 12 Tabel, 9 Gambar, 5 Lampiran

**Latar Belakang:** Diet GFCF dapat membantu perilaku autisme menjadi berkurang dan terkontrol namun penerapannya masih tergolong rendah, karena 29% pengetahuan ibu masih tergolong kurang dan 48,4% ibu memiliki sikap negatif (Marlina, 2015) sehingga diperlukan sebuah upaya pemberian penyuluhan menggunakan media yang menarik seperti kipas lipat.

**Tujuan:** Mengetahui pengaruh pemberian media kipas lipat terhadap perubahan pengetahuan dan sikap ibu dalam diet GFCF Anak Autis di Satria *Kid Center* Bekasi

**Metode:** Penelitian ini merupakan *quasi experimental design*. Teknik pengambilan sampel menggunakan teknik *total sampling*, berjumlah 42 orang. Analisis data menggunakan *Paired sample t – test*, *Wilcoxon*, *Independent Sample t – test* dan *Mann – Whitney*.

**Hasil:** Hasil penelitian menunjukkan adanya pengaruh pemberian media kipas lipat terhadap peningkatan skor pengetahuan dan sikap ibu tentang diet GFCF ( $p \leq 0,05$ ) pada kelompok perlakuan, sedangkan pada kelompok kontrol tidak ada pengaruh ( $p > 0,05$ ).

**Kesimpulan:** Ada pengaruh signifikan pemberian media kipas lipat terhadap peningkatan pengetahuan dan sikap ibu mengenai diet GFCF pada kelompok perlakuan sedangkan pada kelompok kontrol tidak. Pada penelitian selanjutnya diharapkan dapat meneliti pengaruh faktor seperti usia, tingkat pendidikan, status pekerjaan, akses terhadap informasi dan pengalaman pribadi dalam memengaruhi perubahan pengetahuan dan sikap ibu.

**Kata Kunci** : kipas Lipat, diet GFCF, anak autis

**Daftar Pustaka** : 105 (2000-2017)



## ABSTRACT

UNIVERSITY OF ESA UNGGUL  
FACULTY OF HEALTH SCIENCE  
NUTRITION DEPARTMENT  
UNDERGRADUATE THESIS, March 2018

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**THE INFLUENCE OF EDUCATION WITH FOLD FAN MEDIA TO CHANGE KNOWLEDGE AND ATTITUDE MOTHER IN GFCF DIET INSTRUCTIONS FOR CHILDREN WITH AUTISM IN SATRIA KID CENTER BEKASI 2018**

**xvii, VI Chapter, 89 Pages, 12 Tables, 9 Pictures, 5 Attachments**

**Background:** GFCF diet can help the behavior of autism to be reduced and controlled but that application is still relatively low, because 29% of mother's knowledge is still classified as low and 48,4% mother have negative attitude (Marlina, 2015) so it needed an effort of giving education using interesting media like fold fan.

**Objective:** To examine the influence of education with fold fan media to change knowledge and attitude of mother in GFCF diet for children with Autism at Satria Kid Center Bekasi 2018.

**Method:** This study was a quasi-experimental, the sample was chosen with total sampling technique that consisted of 42 respondents. Data were analyzed by using Paired sample t – test, Wilcoxon, Independent Sample t – test and Mann – Whitney.

**Results:** The result of the research showed that there is an effect of fold fan media in increasing of mother's knowledge and attitude about GFCF diet ( $p \leq 0,05$ ) in the treatment group, while the control group had no effect ( $p > 0,05$ ).

**Conclusions:** There was a significant effect of fold fan media on increasing of mother's knowledge and attitude about GFCF diet in treatment group while in control group did not. Further research is expected to find out the effects of other factors such as age, educational level, employment status, access to information and personal experience that may affect the knowledge and attitude of mother.

**Keywords** : fold fan, GFCF diet, autism

**Bibliography** : 105 (2000-2017)