

**HUBUNGAN ASUPAN GIZI MAKRONUTRIEN DENGAN STATUS GIZI
PADA ANAK *AUTISM SPECTRUM DISORDER* (ASD) DI SLB N 2
SINGARAJA.**

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ABSTRAK

Anak-anak dengan autisme sering mengalami masalah sensorik, seperti kesulitan merespons tekstur, bau, atau sentuhan tertentu. Hal ini dapat menyebabkan selektivitas makanan, yang berpengaruh pada pola makan mereka, sehingga mempengaruhi asupan makanan anak-anak autis. Penelitian ini bertujuan untuk mengetahui hubungan antara asupan makronutrien dan status gizi pada anak dengan autisme. Penelitian ini menggunakan desain penelitian cross-sectional yang melibatkan 26 orang tua dan anak-anak dengan gangguan spektrum autisme. Asupan makronutrien diukur menggunakan kuesioner SQ-FFQ, sementara status gizi diukur dengan metode antropometri. Uji korelasi Rank Spearman dan uji korelasi Pearson digunakan untuk analisis statistik. Hasil penelitian menunjukkan bahwa mayoritas anak ASD berjenis kelamin laki-laki, dengan rata-rata status gizi berdasarkan z-score (IMT/U) 2,52, asupan kalori rata-rata 1488,83 kkal, protein 59,22 g, lemak 45,75 g, dan karbohidrat 210,35 g. Terdapat hubungan antara asupan protein dan lemak dengan status gizi pada anak dengan gangguan spektrum autisme ($p > 0,05$), namun tidak ditemukan hubungan antara asupan kalori dan karbohidrat dengan status gizi anak-anak tersebut ($p < 0,05$). Kesimpulannya, terdapat hubungan antara asupan makronutrien (protein dan lemak) dengan status gizi pada anak dengan gangguan spektrum autisme (ASD) di SLB N 2 Singaraja.

Kata kunci: *Autism Spectrum Disorder*, Asupan Gizi, Status Gizi

***THE RELATIONSHIP BETWEEN MACRONUTRIENT NUTRITION
INTAKE AND NUTRITIONAL STATUS IN CHILDREN WITH AUTISM
SPECTRUM DISORDER (ASD) AT SLB N 2 SINGARAJA.***

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ABSTRACT

Children with autism often experience sensory problems, such as difficulty responding to certain textures, smells, or touches. This can lead to food selectivity, which affects their diet, thus affecting the food intake of autistic children. This study aims to determine the relationship between macronutrient intake and nutritional status in children with autism. This study used a cross-sectional research design involving 26 parents and children with autism spectrum disorders. Macronutrient intake was measured using the SQ-FFQ questionnaire, while nutritional status was measured by anthropometric methods. The Spearman Rank correlation test and the Pearson correlation test were used for statistical analysis. The results showed that the majority of ASD children were male, with an average nutritional status based on z-score (BMI/U) of 2.52, an average calorie intake of 1488.83 kcal, protein 59.22 g, fat 45.75 g, and carbohydrates 210.35 g. There was a relationship between protein and fat intake and nutritional status in children with autism spectrum disorder ($p > 0.05$), but no relationship was found between calorie and carbohydrate intake and nutritional status of these children ($p < 0.05$). In conclusion, there is a relationship between macronutrient intake (protein and fat) and nutritional status in children with Autism Spectrum Disorder (ASD) in SLB N 2 Singaraja.

Keywords: *Autism Spectrum Disorder, Nutritional Intake, Nutritional Status*