HUBUNGAN TINGKAT PENGETAHUAN IBU TENTANG DIET *GLUTEN FREE CASEIN FREE* (GFCF) DENGAN STATUS GIZI ANAK AUTISME USIA 6-12 TAHUN DI SLB NEGERI CILEUNYI

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ABSTRAK

Anak dengan *Autism Spectrum Disorder* (ASD) mengalami sensitivitas terhadap gluten dan kasein yang dapat memicu gangguan pencernaan, dan berdampak pada keseimbangan status nutrisi. Sebagian besar ibu di SLB Negeri Cileunyi memberikan makanan sesuai keinginan anak tanpa mempertimbangkan nilai gizi disertai kurangnya pemahaman ibu tentang diet GFCF sehingga memicu kasus gizi lebih dan gizi kurang pada anak autisme. Penelitian ini bertujuan untuk mengidentifikasi hubungan pengetahuan ibu tentang diet *Gluten Free Casein Free* (GFCF) dengan status gizi anak autisme usia 6–12 tahun di SLB Negeri Cileunyi. Penelitian ini menggunakan desain kuantitatif korelasional dengan pendekatan *cross-sectional*. Sampel berjumlah 32 responden yang dipilih melalui teknik *total sampling*. Instrumen yang digunakan adalah kuesioner tingkat pengetahuan ibu tentang diet GFCF serta pengukuran status gizi berdasarkan IMT/U. Hasil penelitian menunjukkan 40,6% ibu memiliki pengetahuan cukup, dan 46,9% anak tergolong gizi baik (normal). Uji *Spearman rank* menunjukkan terdapat hubungan antara tingkat pengetahuan ibu tentang GFCF dengan status gizi anak autisme ($p=0,000 \leq 0,05$). Temuan ini menunjukkan bahwa tingkat pengetahuan ibu memiliki peran penting dalam keberhasilan penerapan diet GFCF dan berdampak langsung pada kecukupan gizi anak. Disarankan kepada sekolah untuk menyelenggarakan program edukasi kesehatan yang menyeluruh, mencakup pemahaman teori dan pelatihan praktis seperti pemilihan bahan makanan pengganti yang bergizi. Upaya ini bertujuan meningkatkan pemahaman ibu sehingga penerapan diet GFCF lebih tepat dan status gizi anak tetap terjaga.

Kata kunci: Anak autis, *GFCF*, pengetahuan, status gizi.

THE RELATIONSHIP BETWEEN MOTHERS' KNOWLEDGE OF GLUTEN FREE CASEIN FREE (GFCF) DIET AND NUTRITIONAL STATUS OF CHILDREN WITH AUTISM AGED 6-12 YEARS AT SLB NEGERI CILEUNYI

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ABSTRACT

Children with Autism Spectrum Disorder (ASD) often exhibit sensitivities to gluten and casein, which can trigger digestive disorders and affect their nutritional status. At SLB Negeri Cileunyi, most mothers tend to provide food based on their child's preferences without considering nutritional value, often due to limited understanding of the Gluten-Free Casein-Free (GFCF) diet. This condition has contributed to both undernutrition and overnutrition among children with autism. This study aims to identify the relationship between maternal knowledge of the GFCF diet and the nutritional status of children with autism aged 6–12 years at SLB Negeri Cileunyi. A quantitative correlational study with a cross-sectional approach was conducted involving 32 respondents selected through total sampling. Data were collected using a questionnaire to assess maternal knowledge of the GFCF diet and nutritional status was measured using BMI-for-age (BMI/A). The results showed that 40.6% of mothers had a moderate level of knowledge, and 46.9% of children had normal nutritional status. Spearman rank analysis indicated a significant relationship between maternal knowledge of the GFCF diet and the nutritional status of children with autism ($p = 0.000 \leq 0.05$). These findings highlight the crucial role of maternal knowledge in the successful implementation of the GFCF diet and its direct impact on the child's nutritional adequacy. It is recommended that schools implement comprehensive health education programs that include both theoretical understanding and practical training, such as selecting nutritious food substitutes. This effort aims to enhance maternal understanding and ensure proper GFCF diet implementation, thereby supporting optimal nutritional outcomes for children with autism.

Keywords: *Autism, GFCF, knowledge, nutritional status.*