

ABSTRAK
UNIVERSITAS MUHAMMADIYAH JEMBER
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Hubungan *Free Gluten* dengan Perubahan Perilaku Pada Anak Autis di SLB-B
Autis TPA Jember, 2019.

43 halaman + 7 tabel + 10 lampiran

Abstrak

Pemberian makanan pada anak autis secara benar bisa mengurangi gejala autis. Salah satu terapi diet yang dianjurkan pada autis adalah free gluten makanan sesuai dengan diet yang sesuai harus diberikan secara tepat untuk mencegah terjadinya kekurangan gizi. Penelitian ini bertujuan untuk menganalisa hubungan free gluten dengan perubahan perilaku pada anak autis usia di SLB-B Autis TPA Jember. Pengambilan data menggunakan desain cross sectional dimana data yang diambil berlokasi di SLB-B Autis TPA Jember. Jumlah sampel sebanyak 35 subjek yang dipilih menggunakan metode *total sampling*. Data Yang dikumpulkan meliputi identitas berupa usia dan jenis kelamin, data diet bebas gluten dan data perilaku anak berupa quisioner. Penderita autis lebih banyak ditemukan pada laki-laki (80%) dibandingkan perempuan. Usia terdiagnosis autis paling dominan antara 10-14 tahun (52,9%) dan sebagian besar telah melakukan diet bebas gluten (65,7%). Hasil analisis menggunakan korelasi yang hasilnya 0,653 sehingga, H₀ ditolak dan H₁ diterima. Dapat disimpulkan bahwa ada hubungan positif antara bebas gluten dengan perilaku hiperaktif anak-anak autis. Jika orang tua itu menerapkan gluten diet bebas, itu akan mempengaruhi perilaku hiperaktif anak-anak autis. Rekomendasi penelitian ini yaitu orang tua menerapkan diet bebas gluten terhadap anak autis secara teratur agar perilaku anak autis seperti marah, gerakan berulang, menyakiti diri sendiri akan berkurang secara bertahap.

Kata Kunci: diet gluten; perilaku hiperaktif; anak autis.
Daftar pustaka 22 (2002-2016)

ABSTRACT
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Free Gluten Relationship with Behavior Changes in Autistic Children in the SLB-B Autism TPA Jember, 2019.

43 pages + 7 tables + 10 attachments

Abstract

Giving food to children with autism can properly reduce the symptoms of autism. One diet therapy recommended for autism is free gluten food according to the appropriate diet must be given appropriately to prevent malnutrition. This study aims to analyze the relationship between free gluten and behavioral changes in autistic children aged at SLB-B Autism TPA Jember. Retrieval of data using a cross sectional design where the data taken is located in SLB-B Autism TPA Jember. The number of samples was 35 subjects selected using the total sampling method. Data collected includes identity in the form of age and sex, gluten-free diet data and child behavior data in the form of questionnaires. People with autism are more common in men (80%) than women. The age most diagnosed with autism is between 10-14 years (52.9%) and most have had a gluten-free diet (65.7%). The results of the analysis using the correlation results are 0.653 so that H₀ is rejected and H₁ is accepted. It can be concluded that there is a positive relationship between gluten free diet and hyperactive behavior of autistic children. If the parent applies a gluten free diet, it will affect the hyperactive behavior of autistic children. The recommendation of this study is that parents apply a gluten-free diet to autistic children regularly so that the behavior of autistic children such as anger, repetitive movements, self-harm will gradually decrease.

Keywords: gluten diet; hyperactive behavior; autistic child.
Bibliography 22 (2002-2016)