

**DESCRIPTION OF THE LEVEL OF KNOWLEDGE AND BEHAVIOR
ABOUT GLUTEN FREE CASEIN FREE (GFCE) DIET IN
MOTHERS WHO HAVE CHILDREN WITH AUTISM
IN SLB KOTA SURAKARTA**

Notasya Devika Arynanda¹, Sitti Rahma Soleman²
notasya.students@aiska-university.ac.id

^{1,2}Student, Bachelor of Nursing, 'Aisyiyah University Surakarta

^{1,3}Lecturer, Bachelor of Nursing, 'Aisyiyah University Surakarta

ABSTRACT

Background: Mother's knowledge and parenting style are important factors that influence nutritional status of children with autism, who are often prone to loss of appetite, food digestion disorders and psychological influences. In Indonesia, autism cases are estimated to increase by 500 annually, with 5,530 cases of developmental disorders, including autism, reported in 2020-2021. A gluten free casein free diet can help alleviate behavioral disorders in autistic children.

Objective: To describe the level of knowledge and behavior about Gluten Free Casein Free (GFCE) diet in mothers who have children with autism in SLB Surakarta City. **Methods:** Quantitative descriptive method, using total sampling with 116 respondents. **Results:** The results showed that 78 mothers had good knowledge of the GFCE diet, while 60 mothers had a moderate level of behavior in providing the GFCE diet. **Conclusion:** Characteristics of respondents in SLB Surakarta City based on the age of the majority of middle adults. Based on the education level, the majority of mothers were high school and the majority of mothers' occupations were housewives. Mother's level of knowledge was in good category, while the mother's behavior in giving GFCE diet was moderate.

Keywords: autism, knowledge, behavior, mother, gluten free casein free diet