

**Pengaruh Media Buku Saku Tentang Diet CFGF (*Casein Free Gluten Free*) Terhadap Pengetahuan Ibu Dan Pola Makan Anak Autis (Studi Kasus SLB Kecamatan Patrang Kabupaten Jember).**The Effect Of Pocket Media On The CFGF (Casein Free Gluten Free) Diet On Knowledge Of Mothers And Eating Patterns Of Autist Children (SLB Case Study, Patrang District, Jember Regency)

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**ABSTRACT**

Autism is a brain development disorder in children caused by multifactorial, psychiatric disorders, the wrong combination of food, and toxic substances that cause damage to the large intestine. The prevalence of autistic children is 15 – 20 cases per 10,000 children, the incidence is higher in boys 23.6 per 1000 compared to girls 5.3 per 1000. The purpose of this study was to see how the influence of nutrition education through pocket book media on knowledge of mothers and eating patterns of autistic children. The design of this study used one group pretest posttest design. This research was conducted in April 2022. The total population of all autistic children in SLB Negeri Branjangan, Patrang District, Jember Regency and a large sample of 17 respondents. Sampling in this study used a *purposive sampling* technique. Instruments in this study include a food frequency questionnaire form, a knowledge questionnaire. The statistical test used is the Wilcoxon test. From the results of the Wilcoxon test, there is no effect between pocket books on parental knowledge ( $p = 0,096$ ), there is no effect between pocket books on the eating patterns of autistic children ( $p = 0,166$ ).

Keyword: Autism, eating patterns of autistic children, parental knowledge, pocket book,