Hubungan Asupan Asam Amino Triptofan dan Asam Amino Fenilalanin terhadap Hiperaktivitas Anak Autis di SLB-B dan Autis TPA Kecamatan Patrang Kabupaten Jember *(Relations Intake Amino Acid Tryptophan and Amino Acids Phenylalanine to Hyperactive Children Autism in SLB-B and Autism TPA Subdistrict Patrang District Jember)*

Faridlotul Zannah, Puspito Arum, Dahlia Indah Amareta
Program Studi Gizi Klinik
Jurusan Kesehatan

ABSTRACT

Hyperactive is a pattern behavior in someone who demonstrate the attitude of do not want to silence, uncontrolled, not paying attention impulsive (act say whose heart). To reduce disorder behavior autistic namely by medical treatment which aims to balance between the neurotransmitter dopamine and serotonin. Dopamine derived from an amino acid tryptophan and serotonin derived from an amino acid tyrosine. This research aims to understand the relationship intake of an amino acid tryptophan and amino acids of phenylalanine against hiperaktivitas autistic child in SLB-B and autism TPA subdistrict Patrang district Jember. Research aims to understand relations intake amino acid tryptophan and amino acids phenylalanine to hyperactive children autis in SLB-B and autism TPA subdistrict Patrang district Jember. This research survey using analytic methods with the approach of cross sectional study .Data retrieval be held on january 2017 with involving 20 subject. Variable independent in this research was intake amino acid phenylalanine and amino acids tryptophan obtained from the interviews FFQ. Variable dependent the research was hiperaktivitas the autis assessed based on observations use DSM-IV guidelines. The result showed that the children had hyperactive lightly as much as 8 the (40%), hyperactive was about 9 the (45%), hyperactive high as many as 2 the (10%) and hyperactive very high as many as 1 the (5%). Intake amino acids phenylalanine maximum 7735,42 mg as much as, at least as much as 1843,88 mg, and mean 4899,74±1543,42. Intake amino acids tryptophan maximum 1953,89 mg as much as, at least as much as 367,69 mg and mean 1153,91±384,99. The conclusion of this research is there is a connection state of the intake amino acid phenylalanine and amino acid tryptophan with hyperactive children autis.

Keywords: *autis, hyperactive, phenylalanine, tryptophan, SLB*