

## CHARACTERISTICS OF AUTISM PATIENTS IN SLB AUTISM YPPA PADANG PERIOD SEPTEMBER-NOVEMBER 2019

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### ABSTRACT

Autism is a brain development disorder that causes disturbances in interaction, communication and behavior. This makes people with autism often withdraw from the environment and are more likely to be alone, but children with autism have high concentration and independence with support and therapy. The aim is to find out the characteristics of people with autism in YPPA Padang Autism SLB. This type of research is descriptive research using primary data. The time of the study was carried out from September 2019 to November 2019. The sample of this study was people with autism who met the inclusion criteria, namely 49 people obtained by the Total Sampling technique. The results of the research analysis are reported in the form of a frequency distribution table. Based on the results of the study, the most age was in the 12-16 year age group (46.9%), the most gender is male (89.8%), the most parental occupations are self-employed (38.3%), making eye contact (38.3%), making appropriate facial expressions (20.4%), playing with children age (12.2%), empathize and express emotions (8.2%), habitual echolalia (26.5%), able to speak according to his developmental stage (18.4%), there are certain rituals carried out every day (59.2%), playing toys according to function (32.7%), temper tantrum behavior (55.1%), self-harm (26.5%). Stereotypes and repetition (51%), independence (55.1%), moderate grasping power (36.7%) and concentration (59.2%). able to speak according to their developmental stage (18.4%), there are certain rituals carried out every day (59.2%), playing toys according to function (32.7%), temper tantrum behavior (55.1%), self-harm (26.5%). Stereotypes and repetition (51%), independence (55.1%), moderate grasping power (36.7%) and concentration (59.2%). able to speak according to their developmental stage (18.4%), there are certain rituals carried out every day (59.2%), playing toys according to function (32.7%), temper tantrum behavior (55.1%), self-harm (26.5%). Stereotypes and repetition (51%), independence (55.1%), moderate grasping power (36.7%) and concentration (59.2%). In this study, the most autism sufferers were men with entrepreneurial parents and there were disturbances in 3 aspects, namely disorders of social interaction, communication, and behavior.

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### 1. INTRODUCTION

Autism is a disease caused by complex brain damage and results in impaired behavior, communication, and social interaction.<sup>1</sup> Autistic children only have an interest in their own world. They do not care about the stimulus that comes from outside and are busy doing what they enjoy. All the activities

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that he does arise from his own impulses without any coercion from outside parties.<sup>2</sup> The factors that cause autism are not known for certain. There are several things that can influence it, namely genetic, metabolic, anatomical abnormalities of the brain, disorders during pregnancy to birth (prenatal, natal, post-natal), heavy metal poisoning to digestive disorders, and vaccines.

The prevalence of autism in the world is increasing day by day. Data from the ASA (Autism Society of America) in 2000 was obtained at 60 per 10,000 births, with a total of 1 per 250 population. CDC data (centers for disease control and prevention) in 2012 stated that 1 per 88 children suffer from autism, and CDC data in 2014 increased to 1 per 68 children with autism in the United States.

The West Sumatra provincial education office in 2016 stated that there were 694 children enrolled in various special schools. In the city of Padang there are 5 special schools for autism with a total of 283 students.<sup>4</sup>

The appearance and physical appearance of people with autism are not different from children in general, but there are differences when they do activities. This often causes people with autism to become isolated from their environment and live in their own world, so that they often act on their own, don't want to be controlled, undirected behavior, pacing, running, climbing, circling, jumping, screaming, aggressive, hurting themselves, tantrums (tantrums) and repetitive behavior.<sup>5</sup>

People with autism have several characteristics that are often encountered, namely disturbances in social interaction, communication and behavior. This disruption in social interactions causes them to look strange and different from other children. Disturbances in communication occur in verbal and non-verbal communication such as gestures, facial expressions, tone, and voice intonation. Behavioral disorders, namely the presence of repetitive behavior.<sup>6</sup>

The problem of autism often causes deep concern, especially for both parents. In general, people with autism come from families with high levels of intelligence and socioeconomic status, but this is not a reference because autism can happen to anyone and there are no differences in socioeconomic status, education, ethnicity, or nation.

Children with autism have special features with all the advantages and disadvantages. One of the advantages they have is a strong grasping power and can be very concentrated on something even beyond the limits of normal people. They do have differences with normal children their age, but with support from the environment, especially the family, it will make them better accompanied by various therapies that can be done. Autism is not an infectious disease, but there are disorders in its growth and development so it needs special treatment according to its characteristics.

Children with autism are different not to be shunned but we need to recognize their characteristics and embrace them together so that we can help to improve their quality of life. Researchers are interested in conducting research on the characteristics of people with autism in West Sumatra because there is no research on this theme in West Sumatra and will highlight other positive sides of people with autism.

## **2. METHOD**

The scope of this research discipline is child health science. The type of research used in this research is descriptive research with a cross sectional approach.

### **A. Ways of working**

The stages carried out by researchers in this study:

1. The researcher visited the YPPA Autism Special School and asked permission from the principal at the special school where the research was conducted.
2. Researchers collected data by giving questionnaires to the therapists of students at the special school.

Data collection techniques are carried out as follows:

- a. The researcher introduces himself to the respondents and explains the purpose of this research.
- b. Asking the respondent's permission to be a respondent in this study so that the researcher can get the data.

- c. Then the researcher gave a questionnaire sheet to be filled in by the respondent according to their experience and actual situation.
  - d. The researcher thanks the respondents for their participation
3. After that, the researcher collected all the data and grouped the data that had been obtained
  4. Then the data will be processed by the computer in the form of tables.

## B. Data analysis

Data analysis in this study was univariate. The purpose of univariate analysis is to explain or describe the characteristics of each research variable. The result of this research is the calculation of the proportion of the variables presented in tabular form.

## 3. RESULTS AND DISCUSSION

### A. Univariate Analysis

This study aims to determine the characteristics of people with autism in SLB Autism YPPA Padang conducted on 49 research samples that have met the inclusion criteria and exclusion criteria. Based on the research that has been done, the authors conclude the research results in the exposure below.

#### 1. Frequency distribution of characteristics of people with autism by age

The results of the study obtained the frequency distribution of characteristics of people with autism based on age which was carried out at SLB Autism YPPA Padang as shown in the following table:

**Table 1. Frequency Distribution of Characteristics of Autism Patients by Age**

Age	Frequency (f)	Percentage (%)
0-5 years	0	0
6-11 years old	12	24.5
12-16 years old	23	46.9
17-25 years old	14	28.6
<b>Total</b>	<b>49</b>	<b>100</b>

Based on table 1, it can be concluded that from 49 samples of people with autism at Special School Autism YPPA Padang, it shows that the most age groups are in the 12-16 years old namely as many as 23 people (46.9%).

#### 2. Frequency Distribution of Characteristics of Autism Patients by Gender

The results of the study obtained the frequency distribution of characteristics of people with autism based on gender which was carried out at SLB Autism YPPA Padang as shown in the following table:

**Table 2. Frequency distribution of characteristics of people with autism by gender**

Gender	Frequency (f)	Percentage (%)
Man	44	89.8
Woman	5	10.2
<b>Total</b>	<b>49</b>	<b>100</b>

Based on table 2, it can be concluded that from 49 samples of people with autism at Special School Autism YPPA Padang, it shows that the male gender is mostly 44 people (89.8%).

#### 3. Frequency Distribution of Characteristics of Autism Patients Based on Parents' Occupational Background

The results of the study obtained the frequency distribution of characteristics of people with autism based on the background of the work of parents who were carried out at SLB Autism YPPA Padang as shown in the following table:

**Table 3. Frequency distribution of characteristics of people with autism based on parents' occupational background**

<b>Profession</b>	<b>Frequency (f)</b>	<b>Percentage (%)</b>
civil servant	15	30.6
Employee	7	14.3
entrepreneur	19	38.3
Laborer	5	10.2
Retired	3	6.1
<b>Total</b>	<b>49</b>	<b>100</b>

Based on table 3, it can be concluded that from 49 samples of people with autism at SLB Autism YPPA Padang, it shows that the background of parents with autism is mostly entrepreneurs, as many as 19 people (38.3%).

#### **4. Frequency Distribution of Characteristics of Autism Patients Based on the Presence or Absence of Disturbances in Social Interaction**

The results of the study obtained the frequency distribution of characteristics of people with autism based on the presence or absence of disturbances in social interactions carried out at SLB Autism YPPA Padang as shown in the following table:

**Table 4. Frequency distribution of characteristics of people with autism based on the presence or absence of disturbances in social interaction**

<b>General Characteristics</b>	<b>Frequency (f)</b>	<b>Percentage (%)</b>
Eye contact during social interactions		
Yes	19	38.8
Not	30	61.2
<b>Total</b>	<b>49</b>	<b>100</b>
Appropriate facial expressions and body language:		
Yes	10	20.4
Not	39	79.6
<b>Total</b>	<b>49</b>	<b>100</b>
Playing with children his age:		
Yes	6	12.2
Not	43	87.8
<b>Total</b>	<b>49</b>	<b>100</b>
Empathize and express emotions accordingly:		
Yes	4	8.2
Not	45	91.8

<b>Total</b>	<b>49</b>	<b>100</b>
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Based on table 4, it can be concluded that from 49 samples of autism sufferers at SLB Autism YPPA Padang, it shows that 19 people (38.8%), making appropriate facial expressions and body language (20,4 %), able to play with children their age as many as 6 people (12.2%), and 4 people who are able to empathize and express their emotions (8.2%).

### 5. Frequency distribution of characteristics of people with autism based on the presence or absence of communication disorders

The results of the study obtained the frequency distribution of characteristics of people with autism based on the presence or absence of disturbances in communication carried out at SLB Autism YPPA Padang as shown in the following table:

**Table 5. Frequency distribution of characteristics of people with autism based on the presence or absence of disturbances in communication**

<b>General Characteristics</b>	<b>Frequency (f)</b>	<b>Percentage (%)</b>
Ecolalia habits		
Yes	13	26.5
Not	36	73.5
<b>Total</b>	<b>49</b>	<b>100</b>
The ability to speak according to the stage of development		
Yes	9	18.4
Not	40	81.6
<b>Total</b>	<b>49</b>	<b>100</b>

Based on table 5, it can be concluded that from 49 samples of people with autism at SLB Autisma YPPA Padang, it shows that there are 13 people with autism (26.5%) who have the habit of speaking with autism and 9 people (18.4%) who have the ability to speak according to their developmental stage. ).

### 6. Frequency distribution of characteristics of people with autism based on the presence or absence of disturbances in behavior

The results of the study obtained the frequency distribution of characteristics of people with autism based on the presence or absence of disturbances in behavior carried out at SLB Autism YPPA Padang as shown in the following table:

**Table 6. Frequency distribution of characteristics of people with autism based on the presence or absence of behavioral disturbances**

<b>General Characteristics</b>	<b>Frequency (f)</b>	<b>Percentage (%)</b>
Certain habits or rituals that are not normal and are performed every day:		

Yes	29	59.2
Not	20	40.8
<b>Total</b>	<b>49</b>	<b>100</b>
Playing toys according to their function:		
Yes	16	32.7
Not	33	67.3
<b>Total</b>	<b>49</b>	<b>100</b>
Have a temper tantrum behavior:		
Yes	27	55.1
Not	22	44.9
<b>Total</b>	<b>49</b>	<b>100</b>
Tendency to self-harm:		
Yes	13	26.5
Not	36	73.5
<b>Total</b>	<b>49</b>	<b>100</b>
Stereotyped and repetitive behavior		
Yes	25	51.0
Not	24	49.0
<b>Total</b>	<b>49</b>	<b>100</b>

Based on table 6, it can be concluded that from 49 samples of people with autism at SLB Autisma YPPA Padang, it shows that people with autism who have certain rituals every day are 29 people (59.2%), who are able to play toys according to their functions as many as 16 people (32.7 %), have temper tantrum behavior as many as 27 people (55.1%), self-harm tendencies as many as 13 people (26.5%) and have stereotyped behavior as many as 25 people (51.0%).

## 7. Frequency Distribution of Characteristics of Autism Patients Based on Their Level of Independence.

The results of the study obtained that the frequency distribution of the characteristics of people with autism based on their independence was carried out at SLB Autism YPPA Padang in the following table:

**Table 7. Frequency Distribution of Characteristics of Autism Patients Based on the Level of Independence**

<b>independence</b>	<b>Frequency (f)</b>	<b>Percentage (%)</b>
independent	27	55.1
Not independent	22	44.9
<b>Total</b>	<b>49</b>	<b>100</b>

Based on table 7, it can be concluded that from 49 samples of people with autism at SLB Autism YPPA Padang, it shows that there are 27 people with autism who are independent (55.1%) and 22 people are not independent (44.9%).

### 8. Frequency Distribution of Characteristics of Autism Patients Based on Capability

The results of the study obtained that the distribution of autism sufferers based on the grasping power of SLB Autism YPPA Padang as shown in the following table:

**Table 8. Frequency Distribution of Characteristics of Autism Patients Based on Capability**

Comprehension	Frequency (f)	Percentage (%)
Low	16	32.7
Currently	18	36.7
Tall	15	30.6
<b>Total</b>	<b>49</b>	<b>100</b>

Based on table 8, it can be concluded that from 49 samples of people with autism at SLB Autisma YPPA Padang, it shows that more people with autism have a moderate grasping power, as many as 18 people (36.7%).

### 9. Frequency Distribution of Characteristics of Autism Patients Based on Concentration

The results of the study obtained the frequency distribution of autism sufferers based on the concentration carried out at SLB Autism YPPA Padang as shown in the following table:

**Table 9. Frequency distribution of people with autism based on concentration**

Concentration	Frequenc y (f)	Percent age (%)
Concentration	29	59.2
Not concentrate	20	40.8
<b>Total</b>	<b>49</b>	<b>100</b>

Based on table 9, it can be concluded that from 49 samples of people with autism at the Special School of Autism YPPA Padang, it shows that people with autism have a concentration of 29 people (59.2%).

## DISCUSSION

### A. General Characteristics

#### 1. Age

Based on research from 49 samples of autism sufferers at Special School Autism YPPA Padang, the most age groups are aged 12-16 years as many as 23 people (46.9%). The results of this study are different from the research conducted by Dinda at the Ananda Karsa Mandiri Foundation, Medan, where the largest age group is the age group of 2-5 years as many as 10 people (34.5%). The difference in the results of the study is because in addition to therapeutic activities at SLB Autism YPPA Padang there are also teaching and learning activities such as elementary, middle, and high school so that more people with autism enter at school age and at the same time to do or continue therapy there, which is different from Dinda, who mostly enters at age. 2-5 years.<sup>7</sup>

Budhiman (1997) stated that The onset of autism symptoms can be from birth, but can also only appear after the child is between 12-24 months old. Abnormalities can arise at the age of the child about four months, the baby does not want to look into his mother's eyes. At the age of 6 months babies do not laugh and make happy expressions. At 9 months the baby is not babbling. At the age of 1 year, the baby does not turn around when his name is called and when the baby is 24 months old, he cannot say two words that have meaning. <sup>8</sup> In accordance with Handojo's theory which states that the ideal age to intervene with

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autism is 2-3 years, although it is difficult, the symptoms of autism are actually already present. can be observed from birth even before 6 months. 9

## 2. Gender

Based on research from 49 samples of people with autism at SLB Autisma YPPA Padang, autism sufferers are more common in the male sex as many as 44 people (89.8%). The results of this study are in line with research conducted by Dinda at the Ananda Karsa Mandiri Foundation, Medan with the results the majority of the studies were male as many as 22 people (75.9%) 7

Winarno stated based on the Journal of Nature Genetics, the neuroxin gene found on human chromosomes is one of the genes that play an important role in the occurrence of autism. Neuroxin is a protein that plays a role in helping nerve cell communication. One of the proteins from the neuroxin family that is encoded by the gene CNTNAP2 (Contactin Associates Protein-like 2) functions as a receptor molecule on nerve cells. During pregnancy, when fetal blood samples were taken and analyzed, autistic children experienced an increase in blood protein, which was three times higher than normal children.10 The results showed that males were more affected than females because males only have one X chromosome while women have 2 X chromosomes so that men are more susceptible to autism

## 3. Parents' job

Based on research from 49 samples of people with autism at SLB Autism YPPA Padang, the proportion of the frequency distribution of the occupations of parents with autism is mostly the self-employed group, as many as 19 people (38.8%). The results of this study are in line with the research conducted by Dinda at the Ananda Karsa Mandiri Foundation in Medan with the most results being the entrepreneur group as many as 12 people (41.4%). 7

The results showed that many people with autism came from affluent socio-economic backgrounds. This can be seen from the research place which is an integrated autism foundation with therapists who are experts in their fields and of course require sufficient funds. However, this cannot be used as a reference because autism can affect any economic group.5 As said by a psychiatrist at Omni hospital serpong, dr. Kresno Mulyadi that there is no evidence that rich parents are more at risk of giving birth to children with autism.

## B. Disturbances in Social Interaction

Based on research from 49 samples of autism sufferers at SLB Autisma YPPA Padang, 19 people (38.8%), making appropriate facial expressions and body language (20.4%). According to research conducted by Dinda at the Ananda Karsa Mandiri Foundation in Medan, 20 people with autism who made eye contact (69%), made appropriate facial expressions as many as 16 people (55.2%). 7

The ability to play with children his age was 6 (12.2%), and 4 people (8.2%) were able to empathize from 49 samples. The results of this study are in line with research conducted by Dinda at the Ananda Karsa Mandiri Foundation in Medan. There are 13 people with autism who are able to play with their age (44.8%) and only 10 people (34.5%) are able to empathize from the 29 samples.7

One of the characteristics of people with autism is a disturbance in social interaction. Dyah Puspita (2003) states that interaction disorders are a person's reluctance to interact with children of their own age and often feel disturbed because of their presence and prefer to be alone, make little or no eye contact, do not have facial expressions, play with children their age and lack of empathy for others. fellow.5Based on the research conducted, there are differences in the results of eye contact and facial expressions. Where there are many autism sufferers in the YPPA Padang Autism SLB who do not make eye contact and appropriate facial expressions, this is because the progress of therapy for each child is different and the regularity of therapy that has been carried out so far.

Hogan and the Option Institute & Fellowship (2007) stated that the good and bad eye contact that autistic children have is very likely due to the therapy they follow consistently as a form of early intervention.



### **C. Disturbance in Communicating**

Based on research from 49 samples of autism sufferers at the Special School of Autism YPPA Padang, it showed that there were 13 people with autism (26.5%) with autism who had the habit of echolalia and 9 people with the ability to speak according to their developmental stage (18.4%). The results of research conducted by Dinda at the Ananda Karsa Mandiri Foundation, Medan, showed that 10 people (34.5%) had the habit of echolalia and 4 people (13.8%) had the ability to speak according to their developmental stage. 7

Based on the research conducted, the results obtained are in line with research conducted by Dinda in Medan. One of the characteristics of people with autism is a disorder in communication. Hadith (2006) stated that the language development of children with autism is very slow or even non-existent, this disorder causes them to look like deaf so that they use body language more.2 This is in line with Powers' statement that communicating It is not easy for autistic children to rely more on visuals and body language than speech.12

### **D. Disturbance in Behavior**

Based on research from 49 samples of people with autism at SLB Autisma YPPA Padang, 29 people (59.2%) of autism have certain rituals every day, 16 people (32.7%), who are able to play toys according to their function, have tempertantrums were 27 people (55.1%), 13 people had a tendency to hurt themselves (26.5%) and 25 people had stereotypical behavior (51.0%).

There are several research results that are different from the research conducted by Dinda at the Ananda Karsa Mandiri Foundation in Medan, namely those who have certain rituals every day as many as 12 people (41.4%), who are able to play toys according to their functions as many as 16 people (55.2%), have tempertantrum behavior was 11 people (37.9%), 5 people had a tendency to hurt themselves (17.2%) and 8 people had stereotypical behavior (27.6%).

Differences in research results regarding the behavioral characteristics of autistic patients depend on how regular and age the autistic patient does therapy so that the results obtained can be different and the development and progress of therapy for each child is also different. Clikeman (2007) states that by intervening early on some autistic children can increase their abilities by around 50% at a later age development stage. 20 Handojo (2004) which states that therapy will be best given as early as possible before 5 years because at this age there is rapid brain development. very rapidly so that the success of therapy is maximized

William (2008) stated that children with autism have strange movements that are always repeated. 32Joko Yuwono (2012) states that some autistic children like certain objects or activities that seem non-functional, such as carrying paper and being shaken, carrying robots and various other objects throughout the day. If the object that the child likes is prohibited by force, it makes the situation feel uncomfortable, there will be a change in the pattern or sequence of activities, causing tantrum behavior.

### **E. independence**

Based on research from 49 samples of autism sufferers at Special School Autism YPPA Padang, 27 people (55.1%) with autism were independent and 22 people (44.9%). The results of this study are in line with research conducted by Mutia from Andalas University, the results of which are 49 children with autism (51.6%) and 46 people (48.4%) who are not independent.

Based on research conducted, more than half of children with autism are able to be independent in meeting their needs. This is supported by many aspects, one of which is the role of therapy that has been carried out so far and also the role of both parents and therapy which is equipped with advice and infrastructure at the place of therapy so that it can provide maximum results. Danuatmaja (2004) states that autistic children are just like other children, they need more guidance and support from their parents and their environment to grow and develop in order to live independently.13 Ginanjar (2008) states that children

with special needs are more. Many need help from the people around them. Especially the way caregivers show, explain and guide children in their activities and experiences with the world around them in forming independence. 14

#### **F. Comprehension**

Based on research from 49 samples of people with autism at SLB Autism YPPA Padang, it showed that more than 18 people with moderate grasping power (36.7%). pictures) therefore in the learning process use more visual tools that will make it easier for children with autism to capture learning information and other information. 15

#### **G. Concentration**

Based on research from 49 samples of people with autism at Special School Autism YPPA Padang It was found that there were 29 people with autism who were able to concentrate (59.2%) and 20 people who were not able to concentrate (40.8%). The results of this study are different from Dwi roudlotul jannah in 2017 at SD al-firdaus surakarta who stated that the sample had difficulty concentrating. This is because the duration of therapy and the number of therapists are small, so they have to share therapy time with 21 other children. This causes the success of therapy to be minimal. 16 In contrast to the research that Rosa did, as many as 29 children had good concentration, this was due to the large number of therapists so there was no need to share time with other children and one child could do therapy for 1 hour. This makes concentration more honed and increased.

Galih (2008) states that concentration is needed such as training in learning and also for communication and eye contact. One focus that can train their attention span is playing puzzles, reading stories, guessing pictures and arranging shapes. 17 Jannah (2007) states that children with autism find it difficult to concentrate on many things because children with autism are easily distracted but children with autism can be very focused and concentrated. towards one field and he will be very focused even to the point of memorizing and can exceed the abilities of normal people his age. 16

### **4. CONCLUSION**

Based on the characteristics of people with autism who were carried out at SLB Autism YPPA Padang, it can be concluded that:

1. The distribution of the frequency of autism sufferers based on general characteristics, namely the most age at the age of 12-16 years, namely 23 people, the most gender is male as many as 44 people, and most of the parents' occupations are entrepreneurs, namely 19 people.
2. The frequency distribution of people with autism is based on the presence or absence of disturbances in social interactions, namely those who make eye contact during interactions, as many as 19 people, make appropriate facial expressions and body language as many as 10 people, are able to play with children their age as many as 6 people, and who are able to empathize and express their emotions as many as 4 people.
3. Distribution of the frequency of people with autism based on the presence or absence of disturbances in communication, namely children who have the habit of echolalia as many as 13 people and who have the ability to speak according to their developmental stage as many as 9 people.
4. The frequency distribution of autism sufferers is based on the presence or absence of disturbances in behavior, namely 29 people with autism who have certain rituals every day, 16 people who are able to play toys according to their functions, 27 people who have temper tantrums, 13 people who have a tendency to hurt themselves, and 13 people who have temper tantrums. stereotype as many as 25 people.
5. The distribution of the frequency of autism sufferers based on their level of independence is 27 people with autism who are independent.
6. The distribution of the frequency of autism sufferers based on their grasping power, namely those with autism, with autism, YPPA Padang, had a moderate grasping power of 18 people.

7. The distribution of the frequency of people with autism based on the level of concentration as many as 29 people.

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