

ABSTRACT

RACHEL ALFA KUSUMAWARDANI. 2024. The Differences in Mother's Knowledge, Diet, and Level of Energy Consumption, Protein, and *Zinc Stunting* Toddlers Before and After Nutritional Education in Tlogomas Village Lowokwaru District Malang City. Adviser: I Dewa Nyoman Supriasa, MPS dan Ibnu Fajar, SKM., M.Kes., RD.

The prevalence of *stunting* in the Dinoyo Health Center working area in 2022 was 13.9%. In addition, the prevalence of *stunting* in Tlogomas Village, Lowokwaru District, Malang City, which is one of the working areas of the Dinoyo Health Center, was 13.1%. *Stunting* is caused by a deficiency of food intake in the long term. *Stunting* causes cognitive and motor decline in children which causes inhibition of physical growth, mental development and health status. One of the efforts that can be made by providing nutritional education to increase the mother's knowledge, diet, and the level of energy consumption, protein, and *zinc* of stunted toddlers. The purpose of this research is to find out the difference in mother's knowledge, diet, and the level of energy consumption, protein, and *zinc* of *stunting* toddlers before and after nutritional education in Tlogomas Village, Lowokwaru District, Malang City. This research method uses a pre-experimental research type with a research design used one group pretest-posttest. The sample in this study amounted to 20 samples with a sampling technique of total sampling. The statistical test used is the Paired T-Test for data with normal distribution and the Wilcoxon test for data with non-normal distribution. The results of this study showed an increase in the average mother's knowledge score, diet, and level of energy consumption, protein, and *zinc* of *stunting* toddlers. The results of the statistical test showed that there were significant differences before and after nutritional education between mother's knowledge ($p=0,000$), diet ($p=0,000$), and energy consumption level ($p=0,000$), protein ($p=0,000$), and *zinc* ($p=0.002$) *stunting* toddlers in Tlogomas Village, Lowokwaru District, Malang City. The conclusion of this study is that there are differences in mother's knowledge, diet, and the level of energy consumption, protein, and *zinc* of *stunting* toddlers before and after nutritional education in Tlogomas Village Lowokwaru District Malang City.

Keywords: Toddlers, Education, *Stunting*