

## ABSTRACT

**Tessalonica Ananda Hardani. 2024.** The Effect of Nutritional Assistance on Energy and Protein Consumption Levels and Weight Gain in Undernourished Toddlers 12-59 Months in Karangbesuki Village, Sukun District, Malang City. Supervisors: **Bastianus Doddy Riyadi, SKM., MM and Juin Hadisuyitno, SST., M. Kes**

**Background:** Malnutrition is a condition where the z-score is more than -2 SD or the toddler's weight does not match his height. The results of weighing in June 2023 were undernourished toddlers aged 12-59 months according to BB/TB with a Z-score of -3SD to -2 SD in Karangbesuki Village as many as 31 toddlers. The impact that occurs due to malnutrition is a decrease in the ability to explore the environment, less sociability, less feeling of joy, and a tendency to become apathetic. Factors that influence the occurrence of malnutrition in toddlers include nutritional intake, family income, history of infectious diseases, complete immunization status, and exclusive breastfeeding.

**Method:** This research is a quasi-experimental type of research with a Two Group Pre-test and Post-test design. This research was conducted on two groups, namely the control group and the experimental group. The experimental group was given treatment in the form of a booklet and nutritional assistance, namely counseling, while the control group was only given a booklet. The level of energy consumption, level of protein consumption, and weight gain were studied before nutritional assistance and after nutritional assistance.

**Results:** There was a significant effect between energy consumption in the treatment group ( $p=0.005$ ) and control group ( $p=0.005$ ) and weight gain in the treatment group ( $p=0.006$ ) and control group ( $p=0.005$ ) before and after administration. nutritional assistance. There was no significant effect between protein consumption before and after being given nutritional assistance in the treatment group ( $p=0.093$ ) and the control group ( $p=0.074$ ). There was no significant difference between energy consumption of toddlers in the treatment group ( $p=0.880$ ) and control ( $p=0.112$ ) and between protein consumption in the treatment group ( $p=0.650$ ) and control ( $p=0.762$ ) before and after being given assistance. There was no significant difference between the weight gain of toddlers in the treatment and control groups before being given assistance ( $p=0.063$ ). There was a significant difference between the weight gain of toddlers in the treatment and control groups after being given assistance ( $p=0.049$ ).

**Conclusion:** There is an influence of nutritional assistance on the level of energy consumption and weight gain in malnourished toddlers aged 12-59 months in Karangbesuki sub-district, Sukun District, Malang City.

**Keywords:** Nutritional Assistance, Malnutrition, Toddlers