

ABSTRAK

WULAN CAHYANI DWI NATA. 2025. The Differences in Knowledge, Attitude, and Skills of Mothers of Toddlers Aged 06–23 Months Before and After Nutrition Education Using Booklet Media in Bareng Subdistrict, Klojen District, Malang City. Thesis, Bachelor of Applied Nutrition and Dietetics Study Program, Health Polytechnic of the Ministry of Health Malang. Advisors: Sugeng Iwan S, STP, M.Kes and Juin Hadisuyitno, SST, M.Kes.

Background: Nutritional problems in children aged 0–59 months are a major concern, as they can hinder growth and development and increase the risk of stunting, wasting, and underweight. In Indonesia, the prevalence of these issues remains high, including in Malang City, particularly in Bareng Subdistrict. One of the indirect factors influencing nutritional status is the mother's knowledge of child nutrition. A preventive effort that can be taken to address ongoing nutritional problems in toddlers is providing nutrition assistance using a booklet on feeding practices, including exclusive breastfeeding, complementary feeding (MPASI), and growth monitoring using the KMS card. This aims to improve maternal knowledge, attitudes, and skills. **Objective:** This study aimed to analyze the differences in knowledge, attitude, and skills of mothers with toddlers aged 06–23 months before and after receiving nutrition education using booklet media in Bareng Subdistrict, Klojen District, Malang City. **Methods:** This research used a pre-experimental design with a one-group pretest-posttest approach. The study did not include a control group, and samples were selected non-randomly. Statistical analysis used for knowledge, attitude, and skills was the Paired Samples Test. **Results:** The findings showed differences in the mean scores before and after the intervention. The mean knowledge score before the intervention was 64.3 (fair category), with 7% (1 respondent) categorized as good, 73% (11 respondents) as fair, and 20% (3 respondents) as poor. After the intervention, the mean knowledge score increased to 92.6 (good category), with 100% (15 respondents) categorized as good. The mean attitude score before the intervention was 68.9 (neutral), with 100% (15 respondents) categorized as fair, while after the intervention it increased to 90.6 (positive), with 100% (15 respondents) categorized as good. The mean skills score before the intervention was 59.6 (poor), with 67% (10 respondents) categorized as fair and 33% (5 respondents) as poor. After the intervention, the mean skills score rose to 93.6 (good), with 100% (15 respondents) categorized as good. The p-value for knowledge, attitudes, and skills was $0.000 < \alpha (0.05)$. **Conclusion:** There was a significant difference in the knowledge, attitudes, and skills of mothers of toddlers before and after nutrition education using booklet media. After the intervention, all respondents 100% (15 people) were categorized as good.

Keywords: Knowledge, Attitude, Skills; Nutrition Education