

ABSTRACT

Amalya Kartika Hapsari. 2024. The Effect of Nutritional Assistance Using Booklet Media on Mother's Knowledge and Attitude in the Selection of Complementary Foods, as well as the Level of Protein and Iron Consumption of Undernourished Toddlers Aged 12-59 Months in Bandulan Village, Sukun District, Malang City. Supervisors: **I Dewa Nyoman Supariasa, MPS and Bastianus Doddy Riyadi, SKM., MM**

Background: Undernutrition is a health disorder caused by a deficiency or imbalance of nutrients necessary for growth, thinking and all other aspects of life. The results of the weighing in June 2023 showed that toddlers were malnourished for 12-59 months according to BB/TB with a Z-score of $-3SD$ to -2 elementary school in Bandulan Village as many as 23 toddlers. The occurrence of malnutrition at an early age can cause stunted growth and development. In addition, malnutrition can also cause toddlers to be susceptible to infectious diseases as a result of decreased immunity and in the long term can increase the risk of developing non-communicable diseases. Factors that affect the occurrence of malnutrition are nutrient intake (especially protein and iron), knowledge and attitude of the mother.

Methods: This study is a quasi-experimental study with a *pre and post control group design*. The design carried out in this study is *Two Group Pre-test and Post-test design* which uses two research groups, namely the control group and the experimental group. The experimental group was given treatment in the form of nutritional assistance with booklet media and was given contact materials, namely a nutritional assistance monitoring form, while the control group was only given a booklet and contact materials. The level of knowledge and attitude of mothers, as well as the level of protein and iron consumption of toddlers were studied before and after nutritional assistance.

Results: There was a significant influence between maternal knowledge in the experimental group ($p = 0.005$) and control group ($p = 0.009$), maternal attitudes in the experimental group ($p = 0.000$) and control group ($p = 0.001$), toddler protein consumption in the control group ($p = 0.002$), iron consumption of toddlers in the experimental group ($p = 0.007$) and control group ($p = 0.012$) before and after being given nutritional assistance. There was no significant effect between protein consumption before and after mentoring in the experimental group ($p = 0.450$). There were significant differences between maternal knowledge in the control group ($p = 0.011$) and the experimental group ($p = 0.001$), maternal attitudes in the control group ($p = 0.005$) and the experimental group ($p = 0.001$), toddler protein consumption in the control group ($p = 0.001$), iron consumption in the experimental group ($p = 0.045$) before and after receiving nutritional assistance. There was no significant difference between the protein consumption of toddlers in the experimental group ($p = 0.623$), iron consumption of toddlers in the control group ($p = 0.053$) before and after being given nutritional assistance.

Conclusion: There is an effect of nutritional assistance on the knowledge and attitude of mothers in the selection of complementary foods, as well as the level of protein and iron consumption of nourished toddlers under the age of 12-59 months in Bandulan Village, Sukun District, Malang City.

Keywords: Nutrition Assistance, Undernutrition, Toddlers.