

## ABSTRACT

DEWI SOFIANILATI, 2023. The Effect of Frequency of Nutrition Assistance (Nutrition Counseling) on the Level of Maternal Nutrition Knowledge about Wasting and the Level of Energy Consumption (Protein, Fat, Carbohydrate) of Wasting Toddlers in Polowijen Village, Malang City. Advisor: B. Doddy Riyadu, SKM, MM. and I Nengah Tanu Komalyana, DCN, SE, M. Kes, RD.

Background: Wasting has a long-term impact on the quality of human resources in the future because it is a condition of acute malnutrition characterized by a toddler's weight that does not match the height at his age.

Objective: To determine the effect of the frequency of nutrition counseling on the level of nutrition knowledge of mothers about wasting and the level of energy consumption (protein, fat, carbohydrate) of wasting toddlers in Polowijen Village, Malang City.

Methods: This study used quasi-experimental design with two group pretest posttest. The research sample was 20 respondents consisting of 10 control group respondents and 10 treatment group respondents. The sampling technique used total sampling.

Results: Data analysis using the Paired T-Test technique showed that there was an effect of the frequency of nutrition assistance on the level of knowledge ( $p = 0.001$ ). There is no effect of the frequency of nutrition assistance on energy consumption levels ( $p = 0.055$ ), protein consumption levels ( $p = 0.346$ ) and fat consumption levels ( $p = 0.533$ ). However, there was an effect of the frequency of nutritional assistance on the level of carbohydrate consumption ( $p = 0.017$ ). The highest mean energy consumption level in the treatment group was before the assistance ( $1216.20 \pm 541.05$ ) and after ( $1674.47 \pm 484.50$ ) when compared to the control group. The highest protein consumption rate in the treatment group was before ( $55.00 \pm 26.28$ ) and after ( $63.27 \pm 14.95$ ) when compared to the control group. The highest level of fat consumption in the treatment group was before the assistance ( $61.57 \pm 36.67$ ) and after ( $61.96 \pm 15.57$ ) when compared to the control group. While the highest level of carbohydrate consumption in the treatment group before assistance ( $106.65 \pm 72.75$ ) and after ( $210.23 \pm 73.61$ ) when compared to the control group.

Conclusion: The frequency of nutrition counseling has a significant effect on the knowledge and carbohydrate consumption level of wasting toddlers in Polowijen Village, Malang City.

Keywords: Wasting; Nutrition Assistance; Knowledge; Energy; Protein; Fat; Carbohydrate.