

## ABSTRACT

**Ana Nur Faidah. 2023.** *The Influence of Nutrition Education With Media E-Booklet about Parenting Toddlers on Mother's Knowledge as Stunting in Three Vilages of the Dinoyo Community Health Center, Malang City.* Advisor : I Dewa Nyoman Supriasa and Tapriadi. Examiner: Juin Hadisuyitno.

Stunting or short toddlers is one of the nutritional problems experienced by toddlers around the world including Indonesia with a fairly high prevalence. Average prevalence under five stunting in Indonesia in 2005-2017 it was 36.4% (WHO 2017). The 2013 Basic Health Research noted that the prevalence stunting Indonesia is ranked fifth in the world for the number of children with stunting, which is 37.2%. Based on the results of monitoring nutritional status in 2019 prevalence stunting also decreased, namely 27.67%. Malang City is one of the areas in East Java that has a prevalence of this disease stunting which is quite high. Based on the results of the 2021 Indonesian Nutritional Status Study (SSGI), the incidence prevalence stunting in Malang City by 25.7%. High prevalence rate stunting caused by several factors, including lack of intake from still in the womb to birth, lack of access to health services, lack of access to clean water, and sanitation hygiene (Azrimaidaliza, et al, 2012). According to TNP2K (2017), one of the reasons for the high prevalence rate stunting is the lack of knowledge of mothers about health, so that the care given is not good. The purpose of this study was to determine the effect of nutrition education on toddler parenting on the knowledge of toddler mothers in efforts to prevent stunting in Tlogomas Merjosari and Dinoyo Villages - Malang City. This study uses a design one group pre test and post test design. A phenomenological approach is also needed to provide an accurate picture related to mother-to-five parenting as reinforcement of data that are interconnected and have a strong link. The population in this study were mothers of toddlers stunting in three sub-districts in the Working Area of the Dinoyo Health Center in Malang City, namely 112 toddlers with a total of stunting as many as 62. The sampling technique used purposive sampling. Data collection techniques using a questionnaire. There was an increase in the knowledge of mothers under five before and after the intervention with an average of 65 before education and 80 after education. Results Paired T-test shows that there are differences in knowledge before and after education about parenting with the media e-booklet with a p-value of 0.000 ( $p < 0.005$ ). The general description of the parenting style in Tlogomas, Merjosari, and Dinoyo Villages is that 68% of mothers under five carry out Early Breastfeeding Initiation (IMD) and 32% of mothers under five do not do IMD. As much as 48% of toddlers are not given exclusive breastfeeding. The parenting pattern in providing basic immunization as a whole is complete. As many as 80% of mothers under five provide food with portions that are not in accordance with the needs of children based on their age. One of the inaccuracies in giving parenting to children is influenced by the lack of knowledge of toddler mothers.

**Keywords : Knowledge, Parenting, Nutrition Education, E-Booklet**