

ABSTRACT

Eka Maulida Wahyuningtiyas, 2023. *The Effect of Nutrition Education Using E-Booklet Media on Knowledge Levels and Food Consumption Patterns of Pregnant Women in Efforts to Prevent Stunting in Three Villages of the Dinoyo Community Health Center, Malang City.* Skripsi, Undergraduate Study Program of Applied Nutrition and Dietetics, Department of Nutrition, Health Polytechnic of the Ministry of Health Malang. Advisor : Sugeng Iwan S, I Dewa Nyoman Supariasa, and Tapriadi.

The prevalence of stunting in Indonesia according to the 2018 Riskesdas was 30.8%. Furthermore, data from the SSGI results for 2021 shows the prevalence of stunting under five is 24.4%. While the prevalence of stunting in East Java in 2018 was 32.8%, the prevalence of stunting in Malang City was 25.7%. The results of the TB/U survey based on Community Health Centers in Malang City in 2021 Dinoyo Village are still the areas with the highest risk of stunting with a prevalence of 24.1%. The causes of multidimensional stunting are not only due to malnutrition experienced by pregnant women and children under five, but also the lack of maternal food intake with balanced nutrition during pregnancy. For this reason, it is necessary to have interventions in the form of disseminating information or education through various media, one of which is e-booklets. The purpose of this study was to determine the effect of nutrition education using e-booklet media on the level of knowledge and food consumption patterns of pregnant women in an effort to prevent stunting in the three Sub-Districts of the Dinoyo Community Health Center, Malang City, namely Dinoyo, Merjosari, and Tlogomas Sub-Districts based on the results of preliminary research. This research method is a quantitative type with a pre-experimental design. The research design used was one group pretest-posttest. The results showed that there was an increase in the average score of mothers' knowledge prior to nutrition education from 59 to 74 with statistical test results showing that there was a significant effect, namely the p-value of 0.000 ($p < 0.05$). The food consumption pattern of pregnant women using the FFQ method found that the most frequently consumed foodstuffs with a frequency of $\geq 3x$ a day were staple foods and vegetable side dishes, 1x/day were vegetables and fruits, while animal side dishes were only consumed 3-6 times/week. The average energy and protein intake of pregnant women with the 2x24 hour food recall method increased after being given nutrition education, namely 1828.11 kcal to 2595 kcal, as well as the average protein intake of pregnant women of 62.02 grams to 82.84 grams after given nutrition education. The energy and protein consumption levels of pregnant women before and after being given nutrition education increased with an average difference between the energy consumption level of 27% and the protein consumption level of 24.3%. The results of statistical tests showed that there was a significant effect in providing nutrition education based on e-booklets on the level of energy and protein consumption of pregnant women with a p-value of 0.000 ($p < 0.05$).

Keyword : **Nutrition Education, E-Booklets, Level of Knowledge, Food Consumption Patterns, Stunting**