

ABSTRAK

Background: To support government programs in terms of providing, improving and expanding nutrition education targets, research was conducted using video. The use of video in nutrition counseling for pregnant women was chosen because the visualization uses two senses which will facilitate the process of absorbing knowledge. **Objective:** This study aims to determine whether there is an effect of providing nutritional counseling with video media on nutrition knowledge and attitudes in pregnant women. **Design:** This study is a pre-experimental study. This research was conducted at the Sukorejo Health Center in Blitar City with a sample of 23 people and was carried out during January-February 2023. The sampling technique was through a purposive sampling method with a data collection instrument in the form of a checklist sheet. Statistical analysis used the Paired Sample T-Test for normally distributed data and used the Wilcoxon test if the data was not normally distributed with a p-value ≤ 0.05 . **Results:** The results of this study obtained 4 (17.4%) respondents with insufficient knowledge, 17 (73.9%) respondents with sufficient knowledge, and 2 (8.7%) respondents with good knowledge prior to nutrition counseling. After nutrition counseling, there were 3 (13.1%) respondents with less knowledge, 5 (21.7%) respondents with sufficient knowledge, and 15 (65.2%) respondents with good knowledge. The attitude of the respondents before carrying out nutrition counseling using video media, there were 12 (52.2%) respondents who had a negative attitude and 11 (47.8%) respondents who had a positive attitude. After nutrition education, 12 (52.2%) respondents had a negative attitude and 11 (47.8%) respondents had a positive attitude. **Conclusions:** There is a significant effect on changes in nutritional knowledge and attitudes in pregnant women after being given nutrition counseling through video media.

Keywords: Anemic; pregnant women; knowledge; attitude; video