

## ABSTRACT

**Dwi Afida Mutiara Fadilah, 2023** *The Influence of Counseling with Video Media on the Changes of Knowledge and Skills Regarding Food Additives among Mothers of Toddlers in Food Processing in Malangsuko Village, Tumpang Sub-district, Malang Regency.*

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The excessive use of Food Additives (FA) beyond the maximum limit and an unbalanced consumption pattern have detrimental effects on health. Based on the observation results, it was found that mothers of toddlers in Malangsuko Village are not aware of the threshold limits for the use of food additives, especially food additives in household food processing. Mothers of toddlers also do not limit the consumption of snacks by their children and tend to allow them to consume any snacks without considering the content and composition of the snacks. This research aims to determine the influence of counseling with video media on the changes in knowledge and skills regarding food additives among housewives in food processing in Malangsuko Village, Tumpang Sub-district, Malang Regency.

The method used was pre-experimental, employing a *one-group pretest-posttest design*.

The research findings revealed significant results through the Paired sample t-test conducted on the variables of knowledge and skills, with a *p-value* of 0.000. Consequently, it can be deduced that there is a discernible impact of counseling utilizing video media on the enhancement of knowledge and skills pertaining to food additives among mothers residing in Malangsuko Village, Malang Regency.

**Keywords: Food Additives, Counseling, Knowledge, Skills.**