

## ABSTRACT

**NADIA PUTRI BAQIATUS SOLECHAH, 2023.** The Effect of Counseling with Video Media on the Level of Knowledge and Skills About Sanitary Hygiene of Food and Beverage Equipment for Toddler Mothers at Posyandu Melati 5, Srengat Village. KTI, Department of Nutrition, Poltekkes Kemenkes Malang.

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Based on the 2021 East Java Health Profile, diarrhea is an infectious disease that is prone to attack the toddler age group. The incidence of diarrhea in Blitar Regency has reached 13,613 cases. The occurrence of diarrhea is triggered by three factors, namely environmental, individual, and behavioral factors. Environmental factors such as poor water quality and crowded environments, individual factors of malnutrition, and behavioral factors such as food sanitation and hygiene (Utami, 2016). Purnama (2017) stated that the causes of food poisoning and infectious diseases, such as diarrhea, came from household foods (47.1%). Educational interventions on household hygiene and sanitation are urgently needed to increase knowledge and awareness and to change habits that are still not correct regarding cleanliness of household appliances used for food preparation and processing, which in turn can reduce the incidence of food poisoning. The research method or design used was a pre-experimental study with a sample of 20 mothers under five. Data processing using paired sample t-test. The results showed that there was a change in knowledge before and after counseling using video media ( $p=0.001$ ), there was a change in skills before and after counseling using video media ( $p=0.001$ ), and counseling with video media was more able to change knowledge than skills with a difference average pre test and post test (21.5). There are changes in knowledge and skills before and after counseling with video media and are more able to change knowledge than the skills of toddler mothers.

**Keywords: Counseling, Knowledge, Skills, Food Equipment Sanitation Hygiene**

