

ABSTRAK

"NOVITRI ALIFIA ZETTIRA. 2023. Nutritional Assistance (Education and Recommendation of Animal Protein-Rich Food Recipes) on Maternal Knowledge and Consumption Level (Energy and Protein) in Stunted Toddlers at Candirenggo Subdistrict, Singosari District, Malang Regency.

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Nutritional issues can be categorized into direct and indirect causes. Based on the Indonesian Nutritional Status Survey (Survei Status Gizi Indonesia - SSGI) by the Ministry of Health, the prevalence of stunting in East Java was recorded at 19.2% in 2022. By providing family assistance through nutritional education and recommending animal protein-rich food recipes, it is expected to significantly contribute to reducing stunting prevalence in toddlers.

The research objective is to determine the outcomes of nutritional assistance through education and recommendation of animal protein-rich food recipes on maternal knowledge and consumption level (energy and protein), as well as changes in the weight of stunted toddlers in Candirenggo Subdistrict, Singosari District, Malang Regency.

The research design employed for this study is a case study. The study was conducted from March 6th to March 25th, 2023, in Candirenggo Subdistrict, Singosari District, Malang Regency.

After receiving nutritional care for 21 days, it can be concluded that the average knowledge level of mothers of toddlers showed an improvement per week, increasing from 73% (fair category) to 88% (good category). The improvement in knowledge also influenced the energy and protein consumption levels of the toddlers. The average energy and protein intake of toddlers increased over the 21-day period, with energy intake rising from 58% (severe deficiency level) to 88% (good category), and protein intake increasing from 84% (mild deficiency level) to 137% (above recommended intake) on the final day. This increased intake led to a weight gain in the toddlers, from 10.31 kg to 10.44 kg.

Considering the lack of family support for the mothers to successfully meet the nutritional needs of their toddlers by implementing the provided recipes during nutritional assistance, it is recommended that community health workers or village health personnel consistently motivate these mothers to ensure proper nutritional intake for the toddlers.

Keywords: Nutritional Assistance, Knowledge Level, Consumption Level, Weight Gain Improvement."