

## ABSTRACT

**OCHI ANGGELA, 2023. The Effect of Whatsapp Group-Based Counseling with Video Media on Changes in Knowledge and Skills About Food Selection for Toddler Mothers at Posyandu Dahlia, Klojen Village, Malang City.**

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**Background:** Toddlers are an age group that is susceptible to infectious diseases such as diarrhea. Based on the 2018 Riskesdas, the incidence of diarrhea in Malang City reached 2,161 cases. In general, the main cause of diarrhea occurs due to consumption of food contaminated with bacteria or parasites. Purnama (2017) states that the cause of infectious diseases such as diarrhea in terms of food sources comes from households (47%). The aspect of the mother's lack of knowledge regarding information on choosing the right food ingredients is the main factor that makes food processing unsafe because the mother's knowledge influences the mother's skills.

**Research Objectives:** This study aims to study the effect before and after counseling based on WhatsApp groups with video media on knowledge and skills regarding food selection for mothers under five in Posyandu Dahlia, Klojen Village, Malang City.

**Research Methods:** The research method or design used is a pre-experimental study with a sample of 20 mothers under five. Data processing uses paired sample t-test due to normal data distribution.

**Research Results:** The results showed that there was a change in knowledge before and after counseling with video media ( $p=0.000$ ), there was no effect of changes in skills before and after counseling with video media ( $p=0.225$ ). Video media can change knowledge more than skills.

**Conclusion:** There is a change in knowledge before and after counseling with video media. Video media can change knowledge more than skills.

**Keywords:** Counseling, Knowledge, Skills, Selection of Food Materials