

## ABSTRACT

**Safira Putri Ramadanti. 2023.** Differences Before and After Nutrition Education Between Mother's Knowledge and Levels of Energy and Protein Consumption of Toddlers at Risk of Stunting at the Bareng Village Bareng Health Center in Malang City. Advisors: I Dewa Nyoman Supriasa and Hasan Aroni.

**Background:** The prevalence of stunting at the Bareng Health Center in 2021 is 13.8%. Stunting is caused by low nutritional intake for a long time. Stunting can be used as an indicator of public health problems because it can increase the risk of morbidity and mortality, decrease the development of motor and mental functions, and reduce physical capacity. The provision of nutrition education aims to increase mothers' knowledge and the level of energy and protein consumption of toddlers.

**Methods:** The type of research used was a pre-experimental design with one group pretest-posttest design. The sample in this study amounted to 30 samples with a sampling technique that is purposive sampling. Using the Paired T-Test for data with normal distribution and the Wilcoxon test for data with abnormal distribution. **Results:** There is an increase in the average score of mothers' knowledge and the level of energy and protein consumption for children under five at risk of stunting. The results of the statistical test showed that there were differences before and after nutrition education between mothers' knowledge, levels of energy, and protein consumption of children under five at the risk of stunting at the Bareng Village Bareng Health Center in Malang City at  $\alpha$  0,05.

**Conclusion:** There are differences before and after nutrition between mother's knowledge and levels of energy and protein consumption for children under five at the risk of stunting at the Bareng Village Bareng Health Center in Malang City at  $\alpha$  0,05

**Keywords:** Knowledge, Consumption Level, Stunting Risk.