

ABSTRACT

Pramesti, Arsy Chintya, 2025. The Effect of Emo Demo Education on Mothers' Knowledge About Feeding Preschool-Age Children to Prevent Picky Eater in Posyandu of Bareng Health Center Working Area. Bachelor of Applied Midwifery Study Program Malang. Health Polytechnic of the Ministry of Health Malang. Main Supervisor: Dr. Farida Halis DK, S.Kp., M. Pd.

Mothers' knowledge about proper feeding practices for preschool-aged children plays an important role in preventing picky eating. Education using the emo demo method (emotion and demonstration) is one effective approach to improving mothers' understanding through emotional involvement and hands-on practice. This study aims to determine the effect of emo demo education on mothers' knowledge about feeding preschool-aged children to prevent picky eating. The research design uses a pre-experimental approach with a one-group pretest-posttest design. The study population consists of 31 mothers with preschool-aged children (2–5 years old) at the Bareng Health Post, selected using total sampling. The research instrument was a questionnaire on knowledge about feeding preschool-aged children. The results showed an increase in mothers' knowledge after receiving emo demo education, where before the intervention, most mothers had a low level of knowledge (58,1%), and after the intervention, it improved to the good category (90,3%). The statistical test using the Wilcoxon Signed Rank Test yielded a p -value of $0.000 < 0.05$, indicating a significant effect of emo demo education on improving mothers' knowledge. Emo demo education can be used as an alternative method of counseling to improve mothers' knowledge about feeding preschool children, thereby preventing picky eating.

Keywords: Preschooler, Education, Emo Demo, Maternal Knowledge