

THE IMPLEMENTATION OF EMOTIONAL DEMONSTRATION (EMO-DEMO)
ON CHANGES IN MOTHERS' KNOWLEDGE, SKILLS,
ENERGY AND PROTEIN INTAKE LEVELS, AND NUTRITIONAL STATUS OF TODDLERS
AT ARJUNO COMMUNITY HEALTH CENTER, MALANG CITY

Linda Nofiyana*, I Nengah Tanu Komalyna, DCN., SE., M.Kes., RD,
Program Studi Sarjana Terapan Gizi dan Dietetika, Politeknik Kesehatan
Kemenkes Malang, Jl. Besar Ijen No. 77C Malang
Email: lindaanofiyanaa@gmail.com

ABSTRACT

Background: Failure to gain weight among toddlers can be influenced by suboptimal feeding practices. One effort to improve mothers' knowledge and skills regarding toddler feeding is through interactive nutrition education. **Objective:** To examine the implementation of Emotional Demonstration (Emo-Demo) on mothers' knowledge, skills, energy and protein intake levels, and the nutritional status of toddlers with failure to gain weight in the working area of Arjuno Community Health Center, Malang City. **Methods:** This study employed a pre-experimental design using a one-group pretest-posttest approach. A total of 18 mothers of toddlers with failure to gain weight were selected using purposive sampling. Data were analyzed using Paired Sample t-test, Wilcoxon Signed Rank Test, Pearson correlation, and Spearman correlation. **Results:** The proportion of mothers with good knowledge increased from 22% to 72%, while the proportion of mothers categorized as skilled increased from 33% to 67%. The proportion of toddlers with normal energy and protein intake levels also increased after the intervention. The nutritional status of toddlers based on the weight-for-age (W/A) indicator remained within the normal category both before and after the intervention. **Conclusion:** The implementation of Emo-Demo improved mothers' knowledge and skills, as well as toddlers' energy and protein intake levels. However, it did not result in changes in the nutritional status of toddlers.

Keywords: Emo-Demo, knowledge, skills, energy intake, protein intake, nutritional status.