

***DIFFERENCES IN THE KNOWLEDGE, ATTITUDES, AND
COMPLEMENTARY FEEDING PRACTICES OF MOTHERS
WITH UNDERWEIGHT CHILDREN AGED 6–23 MONTHS
BEFORE AND AFTER NUTRITION EDUCATION USING
VIDEO MEDIA IN KALIREJO VILLAGE, LAWANG
DISTRICT, MALANG REGENCY***

ABSTRACT

Background: Underweight among children aged 6–23 months remains a public health concern that may be associated with inappropriate complementary feeding practices. Mothers' knowledge and attitudes are important factors influencing child-feeding practices, video-based nutrition education may facilitate the delivery of practical information through combined visual and auditory messages. **Research Purpose:** To analyze differences in maternal knowledge, attitudes, and complementary feeding practices before and after video-based nutrition education among mothers of underweight children aged 6–23 months in Kalirejo Village, Lawang District. **Method:** This pre-experimental one-group pretest–posttest study included all 12 eligible mothers using total sampling. The intervention consisted of three nutrition education videos delivered through a WhatsApp group over three weeks. Data were collected using knowledge and attitude questionnaires and a complementary feeding practice monitoring form. **Results:** Knowledge and attitude scores were analyzed using paired-samples t-tests and complementary feeding practice scores were analyzed using the Wilcoxon signed-rank test. The mean knowledge score from 66.12 ± 15.16 to 87.22 ± 12.21 ($p < 0.001$). The mean attitude score from 82.78 ± 7.51 to 90.22 ± 5.28 ($p = 0.004$), the mean complementary feeding practice score increased from 2.75 ± 1.29 to 3.58 ± 0.52 ($p = 0.039$). **Conclusion:** Maternal knowledge, attitudes, and complementary feeding practice scores were significantly higher after video-based nutrition education. Video-based education delivered through WhatsApp has the potential to support nutrition education in community nutrition services.

Keywords: complementary feeding, maternal attitude, maternal knowledge, nutrition education, underweight