

ABSTRACT

Hera Kartika Damayanti, 2026. Maternal Nutrition Knowledge, Energy and Protein Consumption Level, and Nutritional Status (Weight-for-Age) of Children Aged 3–5 Years in Wandanpuro Village, Bululawang Subdistrict, Malang Regency. Undergraduate Study Program in Applied Nutrition and Dietetics, Department of Nutrition, Poltekkes Kemenkes Malang. Advisor: Hasan Aroni, SKM., MPH

Background: Undernutrition (underweight) among children under five remains a public health concern in Indonesia. The national prevalence of underweight reaches 16.8% (SSGI 2024), 14.5% in East Java, and 11.70% in Malang Regency (SIGIZI KESGA 2025), while the working area of Bululawang Public Health Center recorded 10.23% (395 toddlers). Maternal nutrition knowledge plays an important role in meeting children's nutritional intake, yet a gap between knowledge and feeding practice is often found. **Objective:** To determine and analyze the relationship between maternal nutrition knowledge, energy and protein consumption levels, and nutritional status (weight-for-age) among children aged 3–5 years in Wandanpuro Village, Bululawang Subdistrict, Malang Regency. **Method:** This study used an analytical observational design with a cross-sectional approach, conducted from February to May 2026. The population consisted of 352 mothers of children aged 3–5 years, with a sample of 40 respondents selected using simple random sampling. Data were collected through a nutrition knowledge questionnaire, 2×24-hour food recall, and Maternal and Child Health Cards (KMS). Data were analyzed using the Chi-Square test/Fisher's Exact Test. **Result:** Most mothers had a fair (45.0%) or good (42.5%) level of nutrition knowledge. Most children's energy consumption was in the normal category (50.0%), while all children (100%) had excess protein consumption. Most children had normal weight-for-age status (47.5%). Statistical tests showed no significant relationship between maternal nutrition knowledge and energy consumption ($p=0.525$), but significant relationships were found between energy consumption and weight-for-age status ($p=0.013$) and between maternal nutrition knowledge and weight-for-age status ($p=0.005$). **Conclusion:** There is a significant relationship between maternal nutrition knowledge and energy consumption level with the weight-for-age nutritional status of children aged 3–5 years in Wandanpuro Village.

Keywords: maternal nutrition knowledge, energy consumption, protein consumption, nutritional status, toddler