

ABSTRACT

DINDA LILLAH FII QOLBY AMNI, 2026, Effectiveness of Nutrition Counseling on Toddler Feeding Practices Based on the Health Belief Model in Improving Knowledge, Attitudes, Practices, Dietary Intake and Weight Gain, THESIS, Applied Bachelor's Degree Program in Nutrition and Dietetics, Health Polytechnic of the Ministry of Health Malang. Advisor: Sugeng Iwan Setyobudi, Tapriadi, Ibnu Fajar

Toddlers with stagnant weight gain are considered an early indicator of growth disturbances associated with inadequate knowledge, attitudes, and feeding practices. This study aimed to analyze the effectiveness of Health Belief Model (HBM)-based nutrition counseling on maternal knowledge, attitudes, feeding practices, dietary intake levels, and weight gain among toddlers with stagnant weight gain. This study employed a pre-experimental design using a one-group pretest-posttest approach. The sample consisted of 15 mothers with toddlers aged 12–59 months whose body weight had not increased, selected using a cluster sampling technique. The intervention involved HBM-based nutrition counseling using a booklet as educational media over a three-week period (three sessions). Data were analyzed using the Wilcoxon signed-rank test. The results showed a significant improvement in maternal knowledge following the counseling intervention at each session ($p < 0.05$). Maternal attitudes improved, with the mean score increasing from 53.6 (71.5%) to 59.5 (79.3%). Feeding practices also improved, as indicated by an increase in the mean score from 3.86 (77.2%) to 4.06 (81.2%), while the proportion of mothers categorized as having good feeding practices increased from 60% to 86.6%. The mean body weight of toddlers increased from 11.16 kg to 11.24 kg. Dietary intake of energy, protein, fat, and carbohydrates also showed improvements across the intervention sessions. HBM-based nutrition counseling was effective in improving maternal knowledge, attitudes, feeding practices, dietary intake levels, and supporting weight gain among toddlers.

Keywords: toddlers with stagnant weight gain, Health Belief Model, nutrition counseling.